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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Sailing Itineraries**

**By Yannis Moraitis**

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**p>SAILING ITINERARIES IN GREECE – A PROPOSAL**

Bellow you may find some itinerary suggestions for your sailing holidays in Greece. These routes are just a proposal your actual itinerary should always be planned having in mind current weather conditions for your crew's safety!

Important notice : Charters in Greece usually start on Saturdays at 17:00 and usually end one or two weeks later on Saturday morning at 09:00.

**Saronic Gulf & Eastrn Peloponnese**

**Departure/return base Alimos Marina – Athens**

**1 Week charter**

1st Day Alimos Marina Check-in at 17:00

2nd Day Epidavros 31 NM

3rd Day Hydra Island 32 NM

4th Day Spetses Island 15 NM

5th Day Poros Island 26 NM

6th Day Aegina Island 13 NM

## Sailing Itineraries

7th Day Alimos Marina 17 NM

8th Day Check-out at 9:00

### **2 Weeks Charter**

1st Day Alimos Marina Check-in at 17.00 hours

2nd Day Poros Island 29 NM

3rd Day Hydra Island 11 NM

4th Day Spetses Island 15 NM

5th Day Nafplio (Peloponnese) 23 NM

6th Day Astros (Peloponnese) 9 NM

7th Day Gerakas (Peloponnese) 41 NM

8th Day Monemvasia (Peloponnese)

8 NM 9th Day Leonidio (Peloponnese) 40 NM

10th Day Porto Heli (Peloponnese) 16 NM

11th Day Poros Island 27 NM

12th Day Epidavros (Peloponnese) 22 NM

13th Day Aegina Island 15 NM

14th Day Alimos Marina 17 NM

15th Day Check-out at 9:00

### **Cyclades Islands**

**Departure/return base Athens, Alimos Marina**

### **1 Week charter**

1st Day Alimos Marina Check-in at 17:00

2nd Day Kea 40 NM

3rd Day Finikas (Syros Island) 32 NM

4th Day Paroikia (Paros Island) 23 NM

5th Day Livadhi (Serifos Island) 30 NM

6th Day Merihas (Kithnos Island) 23 NM

7th Day Alimos Marina 25 NM

8th Day Check-out at 9:00

## **2 Weeks Charter**

1st Day Alimos Marina Check-in at 17.00 hours

2nd Day Vourkari (Kea Island) 37 NM

3rd Day Ermoupolis (Syros Island) 34 NM

4th Day Tinos Island 11 NM

5th Day Mykonos Island 10 NM

6th Day Naousa (Paros Island) 20 NM

7th Day Ios Island 32 NM

8th Day Santorini Island 21 NM

9th Day Folegandros Island 25 NM

10th Day Adhamas (Milos Island) 34 NM

11th Day Kamares (Sifnos Island) 24 NM

12th Day Livadhi (Serifos Island) 12 NM

13th Day Merihas (Kithnos Island) 21 NM

14th Day Alimos Marina 45 NM

15th Day Check-out at 9:00

## **Ionian Sea**

### **Departure/return base Gouvia Marina – Corfu**

#### **1 Week Charter**

1st Day Gouvia Marina check-in at 17:00

2nd Day Gaios (Paxos Island) 35 NM

3rd Day Nidri (Lefkas Island) 43 NM

4th Day Vathi (Meganissi island) 5 NM

5th Day Lefkas Island 11 NM

6th Day Mourtos (North Epirus) 41 NM

7th Day Gouvia Marina 24NM

8th Day Check-out at 9:00

#### **2 Weeks Charter**

1st Day Gouvia Marina check-in at 17:00

2nd Day Mourtos (North Epirus) 24 NM

3rd Day Gaios (Paxos Island) 5 NM

4th Day Nidri (Lefkas Island) 43 NM

5th Day Fiskardo (Kefalonia Island) 19 NM

6th Day Zakynthos Island 43 NM

7th Day Agia Efthimia (Kefalonia Island) 37 NM

8th Day Vathi (Ithaki Island) 16 NM

## Sailing Itineraries

9th Day Porto Leone (Kalamos) 17 NM

10th Day Vathi (Meganissi Island) 11 NM

11th Day Lefkas Island 11 NM

12th Day Parga (Epirus) 30 NM

13th Day Lakka (Paxos Island) 13 NM

14th Day Gouvia Marina 31 NM

15th Day Check-out at 9:00

### **Departure/return base Lefkas New Marina**

#### **1 Week Charter**

1st Day Lefkas Marina Check-in at 17:00

2nd Day Vathi (Meganissi) 11 NM

3rd Day Vathi (Ithak) 22 NM

4th Day Fiskardo (Kefalonia) 14 NM

5th Day Vassiliki (Lefkas) 10 NM

6th Day Nidri (Lefkas) 14 NM

7th Day Lefkas Marina 9 NM

8th Day Check-out at 9:00

#### **2 Weeks Charter**

1st Day Lefkas Marina Check-in at 17:00

2nd Day Meganissi Port Spilia 8 NM

3rd Day Syvota 16 NM

4th Day Fiskardo (Kefalonia) 12 NM

## Sailing Itineraries

5th Day Kioni (Ithaki) 12 NM

6th Day Atokos–Kastos–Kalamos 22 NM

7th Day Syvota 17 NM

8th Day Agia Efthimia (Kefalonia) 23 NM

9th Day Skinari (Zakynthos) 32 NM

10th Day Zakynthos Main Port 14 NM

11th Day Poros (Zakynthos) 26 NM

12th Day Vathi (Ithaki) 20 NM

13th Day Atherinos (Meganissi) 12 NM

14th Day Lefkas Marina 11 NM

15th Day Check–out at 9:00

### **Dodecanese & Samos Area**

#### **Departure/return base Mandraki Marina – Rhodes**

##### **1 Week Charter**

1st Day Mandraki Marina Check–in at 17:00

2nd Day Simi Island 23 NM

3rd Day Palos (Nisiros Island) 32 NM

4th Day Kos Island 21 NM

5th Day Tilos Island 35 NM

6th Day Halki Island 14 NM

7th Day Mandraki Marina 37 NM

8th Day Check–out at 9:00

## **2 Weeks Charter**

1st Day Mandraki Marina Check-in at 17:00

2nd Day Simi Island 23 NM

3rd Day Palos (Nisiros Island) 32 NM

4th Day Kos Island 21 NM

5th Day Leros Island 27 NM

6th Day Patmos Island 20 NM

7th Day Lipsos Island 10 NM

8th Day Levitha Island 23 NM

9th Day Kalimnos Island 27 NM

10th Day Astipalaia Island 39 NM

11th Day Tilos Island 53 NM

12th Day Halki Island 14 NM

13th Day Lindos (Rhodes Island) 49 NM

14th Day Mandraki Marina 23 NM

15th Day Check-out at 9:00

## **Departure/return base Kos New Marina**

### **1 Week Charter**

1st Day Kos Marina Check-in at 17:00

2nd Day Nisiros 23 NM

3rd Day Tilos 20 NM

4th Day Halki 17 NM

## Sailing Itineraries

5th Day Rhodes 36 NM

6th Day Simi 23 NM

7th Day Kos Marina 60 NM

8th Day Check-out at 9:00

### **2 Weeks Charter**

1st Day Kos Marina Check-in at 17:00

2nd Day Leros 28 NM

3rd Day Patmos 20 NM

4th Day Amorgos 51 NM

5th Day Skinousa 18 NM

6th Day Ios 20 NM

7th Day Folegandros 17 NM

8th Day Santorini 27 NM

9th Day Astipalaia 57 NM

10th Day Tilos 56 NM

11th Day Halki 17 NM

12th Day Simi 48 NM

13th Day Nisiros 40 NM

14th Day Kos Marina 23 NM

15th Day Check-out at 9:00

**Departure/return base Pythagoreio Marina –  
Samos**

### **1 Week charter**

## Sailing Itineraries

1st Day Pythagoreio Marina Check-in at 17:00

2nd Day Agios Kirikos (Ikaria Island) 35 NM

3rd Day Fournoi Island 12 NM

4th Day Patmos Island 24 NM

5th Day Lakki (Leros Island) 20 NM

6th Day Lipsos Island 16 NM

7th Day Pythagoreio Marina 31 NM

8th Day Check-out at 9:00

### **Departure/return base Skiathos – Main Port**

#### **1 Week Charter**

1st Day Skiathos Marina check-in at 17:00

2nd Day Skopelos Island 20 NM

3rd Day Linaria (Skiros Island) 42 NM

4th Day Paignio (Kira Panagia island) 40 NM

5th Day Patitiri (Alonissos Island) 13 NM

6th Day Koukounaries (Skiathos Island) 25 NM

7th Day Skiathos Marina 6 NM

8th Day Check-out at 9:00

#### **2 Weeks Charter**

1st Day Skiathos Marina check-in at 17:00

2nd Day Skopelos 20 NM

3rd Day Patitiri (Alonissos Island) 7 NM

4th Day Linaria (Skiros Island) 37 NM

5th Day Paignio (Kira Panagia) 40 NM

6th Day Porto Koufo 40 NM

7th Day Kalithea (Halkidiki) 23 NM

8th Day Porto Carras (Halkidiki) 22 NM

9th Day Zagora (Volos) 48 N

10th Day Trikeri (Volos) 43 NM

11th Day Orei (Evia) 18 NM

12th Day Glifa (Volos) 6 NM

13th Day Koukounaries (Skiathos) 24 NM

14th Day Skiathos 6 NM

15th Day Check-out at 9:00

I hope I was of help to you and your sailing vacations planning. For any additional information please visit our web site at :

Owner of Seascope Sailing Yacht Charters company in Greece.

## **Learn About The Traditional Chinese Sailing Ships**

**By Jakob Jelling**

## **Learn About The Traditional Chinese Sailing Ships**

by: **Jakob Jelling**

The traditional sailing ships are one of the main prosperity Chinese symbols. Actually, these objects are the most known symbols after dragons in the Chinese culture. Just like dragons, they can be seen in most Chinese buildings and houses as traditional objects as well as prosperity amulets. They not only symbolize prosperity but also are very auspicious for goal achievements and happiness in

## Sailing Itineraries

general, and can help us attracting such benefits into our homes.

One of the most usual ways these sailing ships are represented is carrying gold coins and gold ingots. Actually, the tradition says they should contain as many richness and wealth symbols as possible, since sailing ships carrying such items symbolize the ship transporting richness into the house or towards the place where they are. Besides, the way by which the sails hold the air and the wind has great symbolism as well. The sails holding the wind symbolize problems being stopped from entering the house, and this way the sailing ship helps those around it keeping problems away from them.

There are specific indications on how and where the sailing ships should be placed. Sailing ships should be inside the house and next to the main door. If it is in your working space, it should also be inside it and right next to the door. Besides, it is important that it is facing inside symbolizing that it carries prosperity into your space. If it is pointing outside, it might produce the opposite effect and send prosperity away.

If the door is at the northwest or west of the building, the sailing ship you choose should be made of metal in order to create harmony for that area. On the other hand, if the door is at the east or southeast, your sailing ship should be made of wood; and if the door is at the northeast or southwest you should place a crystal ship next to it. By following these indications, you would not only be attracting prosperity into the wished space, but also applying feng shui principles and creating balance between the main elements.

Jakob Jelling is the founder of

. Please visit his website and learn all the

feng shui tips you'll ever need!

Learn About The Traditional Chinese Sailing Ships  
Enjoy Luxury Vacations With Greece Yacht Charters  
Top Five Reasons Yacht Charters In Bahamas Are Better  
Charter Yacht Vacations  
Taking A Cruise: Make It A Family Affair



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