

Sail the Cyclades

with Jesse & Natalie



The journey through the marvelous islands of the Cyclades is illuminated by the blue and white colors of the Aegean. According to the ancient myth, it is Poseidon, god of the sea, who created the island complex that is now one of the most famous worldwide. The Cycladic islands charm and challenge all sea lovers. It is within their crystal-clear waters that senses awake to allow travelers to grasp the essence of the islands' splendor.

Greece 2025

21 - 28 June



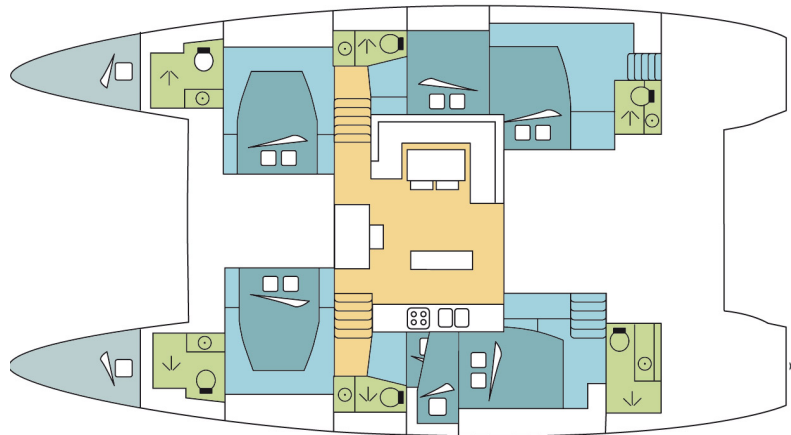
Our Vessel : The Lagoon 52

A generous catamaran.

Enjoy the luxury of space, escape the everyday, and connect with nature. With its innovative layout, this catamaran offers durable solutions to preserve the environment and to protect your dream destinations. Explore the world aboard a Lagoon 52.

Six full-sized cabins, with room to sleep twelve adults. This includes Jesse, Natalie & ten guests

This catamaran has been created for you to make long crossings in exceptional comfort. Relax on the flybridge, with its innovative, modular layout and clever ergonomic design, and enjoy the view: your dream of travel to far-off destinations is finally coming true.



The Lagoon 52 conceals an unparalleled interior volume for a catamaran in this category. Comfortable furnishings and fine materials welcome guests in a refined atmosphere, while maintaining the practicality and functionality of each living space on board.

Our Destination : The Cyclades Islands of Greece



This famous archipelago in the Aegean Sea comprises some of the most beautiful islands in the world! Gorgeous sandy beaches, architecture in white and blue, traditional lifestyle, folk music, warm, hospitable people and barren landscapes with isolated chapels turn a trip to the Cyclades into a memorable adventure of a lifetime!



The whitewashed houses with ultramarine domes are typical of the Cyclades. Sail from the port of Lavrion to discover the wonders of these islands, including Kea, Syros, Paros, Sifnos, Kythnos, Mykonos, Santorini, Ios, Milos, and more!

Our Adventure : What awaits you in the Cyclades?



Explore Lavrion, Greece's prettiest port town.

Lavrion's charm it feels like a Greek Island itself. Meet us here to load your belongings onto the boat and enjoy a delicious dinner on land. We'll toast to our coming adventures and settle in for a peaceful sleep for an early embarkation the next morning.

Explore the Wild Beaches of Kea Island

Savor the relaxed rural ambience of this majestic island, also known to be the region's top scuba diving spot, especially for wreck diving!



Discover the Impressive Architecture on Syros

Delight in the colorful buildings rising into the hills as you stroll along the waterfront framing brilliant cobalt blue waters.

Enjoy the Nightlife on Paros

Mingle with travelers from around the world on the spectacular beaches of Piperi, Molos, or Chrissi Akti where you will find water sports a plenty. Enjoy the finest of Cyclades nightlife for dinner and dancing.





Soak up the Mediterranean Sun on Sifnos

Choose between sandy beaches or bustling shops - featuring traditional ceramics - on Sifnos Island. Be sure to try local the food - chickpea soup and fritters.

Spa Day on Kythnos

Known for its healing mineral springs, book in at the local spa and soak in the thermal baths. After, stroll the charming streets or head to Kolona beach, a sandbank connecting Kythnos to Agios and Loukas.

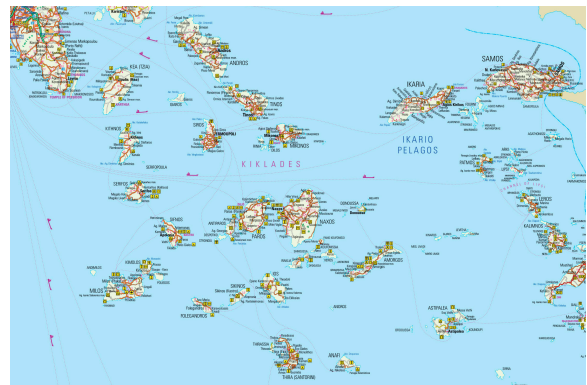


Delight your Taste Buds

Known for its culinary excellence, Greece will astound you with herbaceous, golden hued olive oil, as-fresh-as-it-gets seafood, and a selection of some of the best meat, cheese, and produce in the world. Savor world class wine and sample local liqueur.

Learn more about the Cyclades

The Cyclades islands in the Aegean Sea center on uninhabited Delos, considered the birthplace of Apollo, and home to some of Greece's most important archaeological ruins. The islands are popular holiday destinations, known for their beaches, ancient sites, rugged landscapes and blue and white towns overlooking the sea.



General Itinerary *subject to change due to weather or captain's preference*

21 June 2025

Meet us at the port in Lavrion for a wonderful dinner and sleep on board. Embark the next morning!

22 - 27 June 2025

Explore and enjoy an array of experiences on the beautiful Cyclades.

28 June 2025

Disembark by 9am. Take a taxi back to the airport or wherever your next destination may be.



Details

\$3,000 for a shared cabin / \$5500 for a solo cabin

\$500 per person deposit to reserve your shared cabin / \$1000 deposit to reserve your solo cabin

Balance due three months prior to our departure. Payment Plans available upon request.

- Includes all food and beverage on board (breakfast every day + lunch or dinner daily + snacks)
- Includes all mooring and dockage fees and fuel
- Does not include airfare to Athens or taxi/transfer fee from Athens to the port in Lavrion
- Does not include food and beverage or extra excursions purchased off the boat

Arrival

Fly into Athens International Airport and take an easy 40 minute taxi ride to Lavrion, our home port.

A note from Natalie

Jesse and I are thrilled to invite you to join me us on our adventure sailing through the Cyclades Islands of Greece. I visited these islands on a short cruise in 2007 and promised myself I would return one day in a manner which allowed me to drop in and savor each island more at my leisure. No strict schedules, with plenty of time to explore, connect with locals, indulge in the local food. I can hardly believe I am finally heading back, on a luxury catamaran captained by the love of my life, hopefully with... *you!*

Since meeting Jesse and thus dividing my time between Tuscany and the Caribbean, I have developed a deep love of sailing. Cultivating a relationship with the water element in this powerful form has helped me reconnect with my more emotive, creative, adventurous, and playful side. Little cools the heat of my anxiety as quickly and sufficiently as bathing in the sea. Experiencing 'one-ness' with the sea endows a deep sense of belonging, of being nurtured, and held. It is an equally adventurous and relaxing experience. I have enjoyed profound meditative experiences while being rocked by gentle waves and caressed by a light sea breeze. I am eager to offer you an opportunity to enjoy the same.

Jesse has been working and living on boats and captaining luxury sailing vessels for over eight years. Together we hosted our first sailing experience in October, through the Aeolian Islands off the coast of Sicily. He held my hand as I literally 'learned the ropes,' and by our second week I knew this was an experience I wanted more of. There is such freedom exploring the world by boat. Freedom to come and go as you please knowing that all you require for your travels travels right along with you. Once you move onto the boat there is no need to repack, hop on a train, and settle into a new hotel night after night. No time is 'wasted' getting from point A to point B. Rather, getting around by sea is more than half the fun!

If you love to immerse yourself in the culture you are visiting when you travel, this is a great trip for you. If you are adventurous, courteous of those you share space with, willing to adapt expectations based on 'which way the wind blows,' we would love your company. If you delight in food and wine of other cultures - in this case, Greece, then come on this trip with us! This isn't a 'booze cruise,' but it isn't strictly a yoga retreat, either. This is for those of us who seek to enjoy life to the fullest - *specifically* - through travel, adventure, good food, good wine, gorgeous views, and great company.

Reserve

Contact Jesse and Natalie at NatalieBackmanYoga@gmail.com to reserve your cabin. We require a \$500 deposit - per person - to secure a shared cabin - or - \$1000 to secure a solo cabin. We will send you the 'rules and regulations' for the deposits when you express interest. In essence, the deposit is 100% refundable up to 6-months prior to our departure date. And we will require the balance to be paid in full no more than 3-months prior to departure.

If you have any questions at all, please don't hesitate to ask. So far the people that are joining us for this trip are some of my favorites to travel with! Kind, courteous, adventurous, 'at ease' within themselves. We would all love to include you.

xx Natalie