



7-Day Island-hopping Sail Training in Greek Cyclades

RYA Competent Crew / RYA Coastal Skipper / Continuation Course

All year round available

An Unforgettable Sailing Trip

Cyclades sailing – wind, sea, and timeless islands.

Set sail on a hands-on sailing adventure through the stunning **Cyclades islands**, starting and ending in **Lavrion, Greece (20m from Athens Airport)**.

This 7-day island-hopping route blends immersive sailing training with the beauty of classic Aegean destinations—**Kea, Andros, Tinos, Mykonos, Syros, and Kythnos**—making it the ideal trip for intermediate sailors, aspiring skippers, or those preparing for RYA practical courses.

Each day offers new sailing conditions, docking challenges, and opportunities to build skippering confidence under the guidance of a **professional RYA instructor**. Take turns at the helm, plan short passages, anchor in stunning bays, and log valuable sea time—all while enjoying the charm of whitewashed villages, turquoise anchorages, and Greek island life.

-  7 days of liveaboard coaching on a 46ft Bavaria Cruiser
-  Ideal for RYA Day Skipper (or Plus) or as a refresher/mile-builder
-  Includes skills coaching, navigation, sail trim, mooring, and more
-  Combine learning with island discovery and relaxed nights onboard

You can join this trip as part of an **RYA practical course (Competent Crew /Day Skipper /Coastal Skipper)**, or simply to sharpen your sailing skills while exploring some of the Aegean's most iconic islands.

7-Day Island Hopping

 **4.9** rating of 83 reviews



Bavaria 46C - 4 cabins



Scheduled mainly in summer



14 - 65 years old



4 - 7 students onboard



150-200 Nautical Miles



Good weather condition



Lavrion Port, Greece



No assumed knowledge

BOOK NOW

Different islands to visit

This 7-day sailing itinerary is perfect for students of any levels, aspiring Day Skippers, or sailors preparing for Yachtmaster who want hands-on experience while exploring the iconic Cyclades islands. Includes daily sailing, marina practice, and optional skills coaching.



7 days Lavrion - Cyclades

Lavrion > Kea - 15nm

Kea > Andros - 25nm

Andros > Tinos - 30nm

Tinos > Mykonos - 10nm

Mykonos > Syros - 20nm

Syros > Kythnos - 20nm

Kythnos > Lavrion - 23nm

Total: around 150nm

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7



A Perfect Sailing Gateway

Greece - Lavrion

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A quiet island with calm anchorages and Cycladic charm

Cyclades - Kea

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Lush, untamed, and ideal for coastal sailing

Cyclades - Andros

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Windy, authentic, and deeply Cycladic

Cyclades - Tinos

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The Glamorous Island of the Aegean

Cyclades - Mykonos

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Elegant and cultural, the vibrant heart of the Cyclades.

Cyclades - Syros

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Relaxed and rustic, with hot springs and sheltered bays.

Cyclades - Kythnos

A region in the Aegean Sea celebrated for its timeless beauty, clear waters, deep-rooted sailing heritage, and the steady Meltemi wind that offers both a challenge and a thrill for sailors navigating between its iconic islands.



Passage Planning & Navigation

- Planning the route before departure, taking into account weather, tides, currents, hazards, and stopovers.
- Identifying way points, adjusting course, and ensuring the passage is safe and efficient.



Night Sailing & Watchkeeping

- Sailing in darkness with limited visibility using navigation lights, radar, AIS, and chart plotters.
- Watchkeeping involves standing shifts (watches) during long passages, where crew members rotate roles.



Sail Handling & Trim Optimization

- Adjusting sails to maximize speed, efficiency, and comfort based on wind conditions.
- Understanding how different sail settings affect the boat's performance.



Heavy Weather Sailing & MOB

- Techniques to handle strong winds, rough seas, and unexpected squalls.
- Using storm sails, heaving-to, deploying drogues, and managing crew fatigue.
- Practicing man-overboard drills.



Anchoring & Mooring Techniques

- Learning how to safely anchor in different seabed conditions.
- Mooring in various settings, including marinas, pontoons, and mooring buoys.

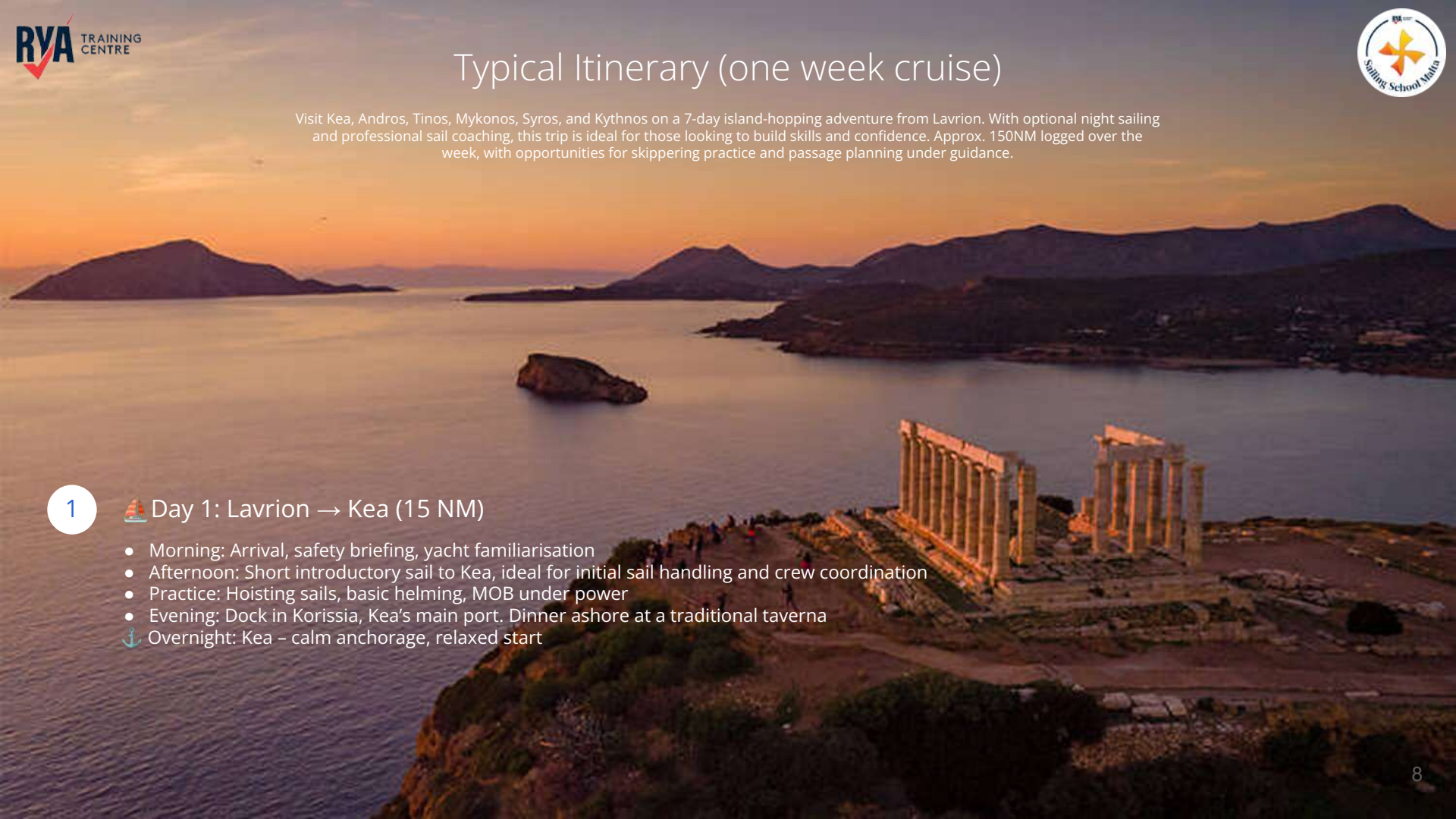


Radio Communication & COLREGS

- Using VHF radio to communicate with harbor masters, coast guards, and nearby vessels.
- Understanding Collision Regulations (COLREGS) for right of way at sea.







Typical Itinerary (one week cruise)

Visit Kea, Andros, Tinos, Mykonos, Syros, and Kythnos on a 7-day island-hopping adventure from Lavrion. With optional night sailing and professional sail coaching, this trip is ideal for those looking to build skills and confidence. Approx. 150NM logged over the week, with opportunities for skippering practice and passage planning under guidance.

1

Day 1: Lavrion → Kea (15 NM)

- Morning: Arrival, safety briefing, yacht familiarisation
- Afternoon: Short introductory sail to Kea, ideal for initial sail handling and crew coordination
- Practice: Hoisting sails, basic helming, MOB under power
- Evening: Dock in Korissia, Kea's main port. Dinner ashore at a traditional taverna
-  Overnight: Kea – calm anchorage, relaxed start











2



Day 2: Kea → Andros (25 NM)

- A longer coastal sail north, introducing passage planning and watch rotations
 - Practice: Basic navigation, tacking/gybing drills, reefing in moderate wind
 - Arrival in Gavrio, Andros – green hills, fewer tourists
 - Optional evening walk or dinner ashore
- 🚢 Overnight: Gavrio Port or nearby anchorage









3

🚤 Day 3: Andros → Tinos (30 NM)

- A more challenging sail along the windy Andros-Tinos channel
- Practice: Sail trim, weather routing, heavy weather helming (if Meltemi active)
- Arrival in Tinos, a culturally rich and spiritual island
- Explore the town or visit the Panagia Evangelistria church

⚓ Overnight: Tinos Marina









4

 Day 4: Tinos → Mykonos (10 NM)

- A short but scenic passage—perfect for skippering rotations and docking practice
 - Practice: Close-quarters maneuvering, anchoring techniques
 - Afternoon in iconic Mykonos – explore town, or enjoy a swim stop before entering port
-  Overnight: Mykonos Marina or nearby anchorage















5



Day 5: Mykonos → Syros (20 NM)

- Head to the administrative capital of the Cyclades, Syros
 - Practice: Traditional pilotage, entry into a busy marina
 - Explore Ermoupoli, known for its neoclassical buildings and cosmopolitan vibe
 - Theory review and route planning for final days
- ⚓ Overnight: Ermoupoli Marina





6



Day 6: Syros → Kythnos (20 NM)

- A rewarding sail to Kythnos, a quiet and rustic island
- Anchor in the stunning Kolona Bay – a twin beach anchorage
- Practice: Anchoring drills, dinghy handling, emergency scenarios
- Relax with a swim or beach walk

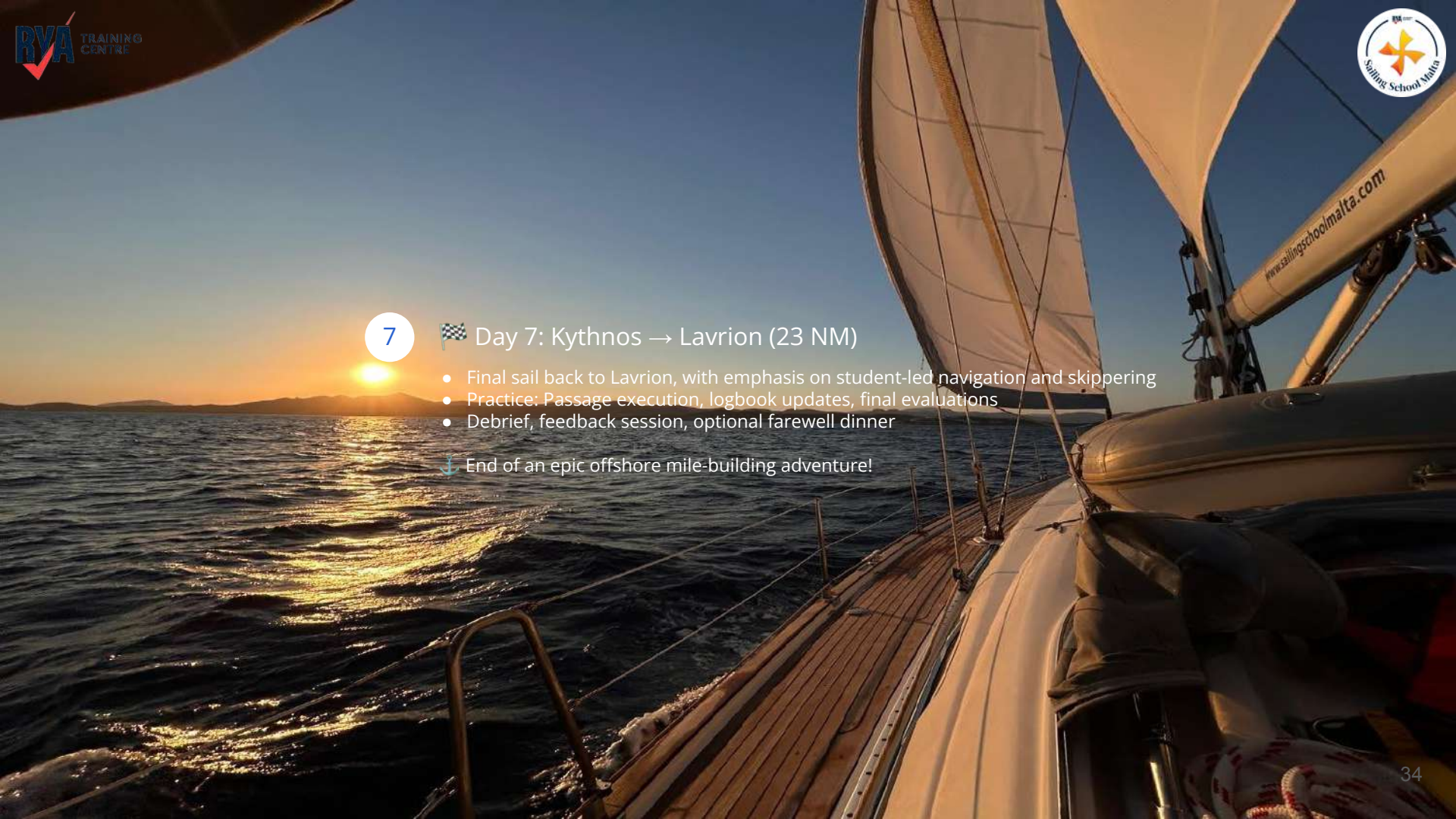


Overnight: Anchored in Kolona Bay









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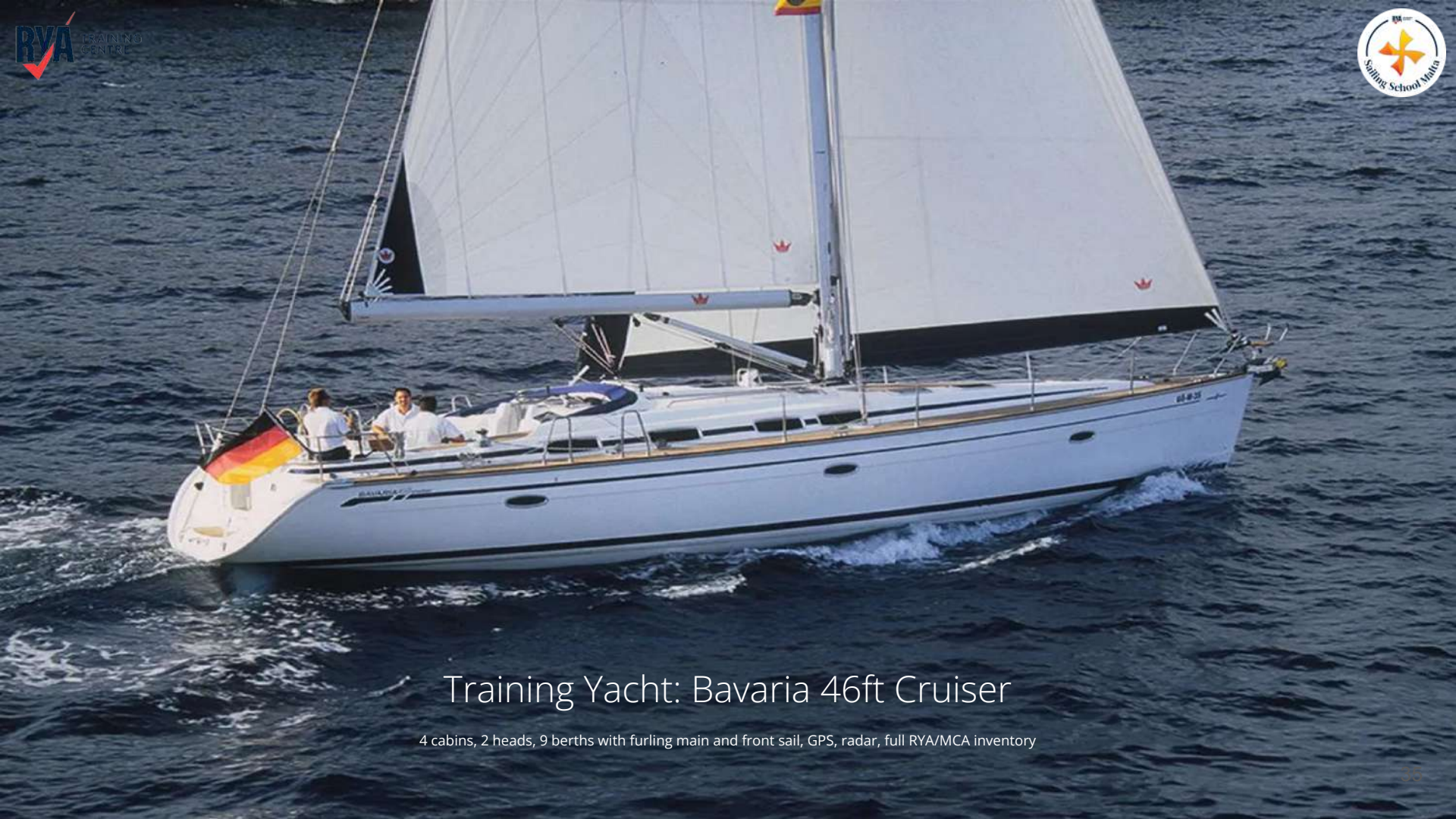


Day 7: Kythnos → Lavrion (23 NM)

- Final sail back to Lavrion, with emphasis on student-led navigation and skippering
- Practice: Passage execution, logbook updates, final evaluations
- Debrief, feedback session, optional farewell dinner

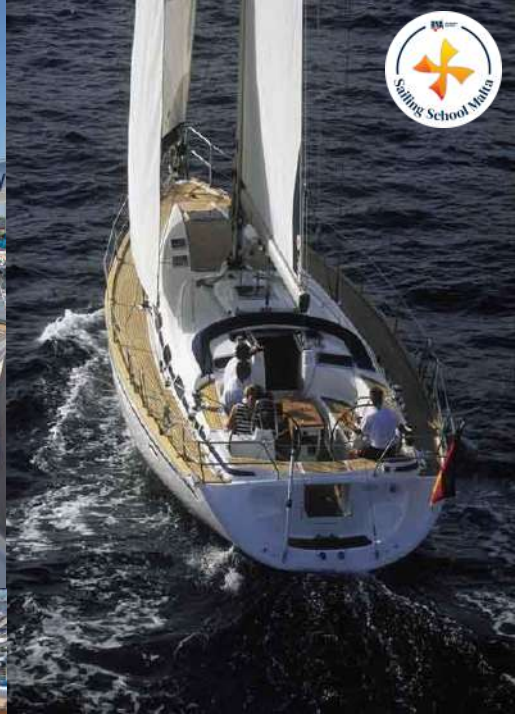


End of an epic offshore mile-building adventure!



Training Yacht: Bavaria 46ft Cruiser

4 cabins, 2 heads, 9 berths with furling main and front sail, GPS, radar, full RYA/MCA inventory



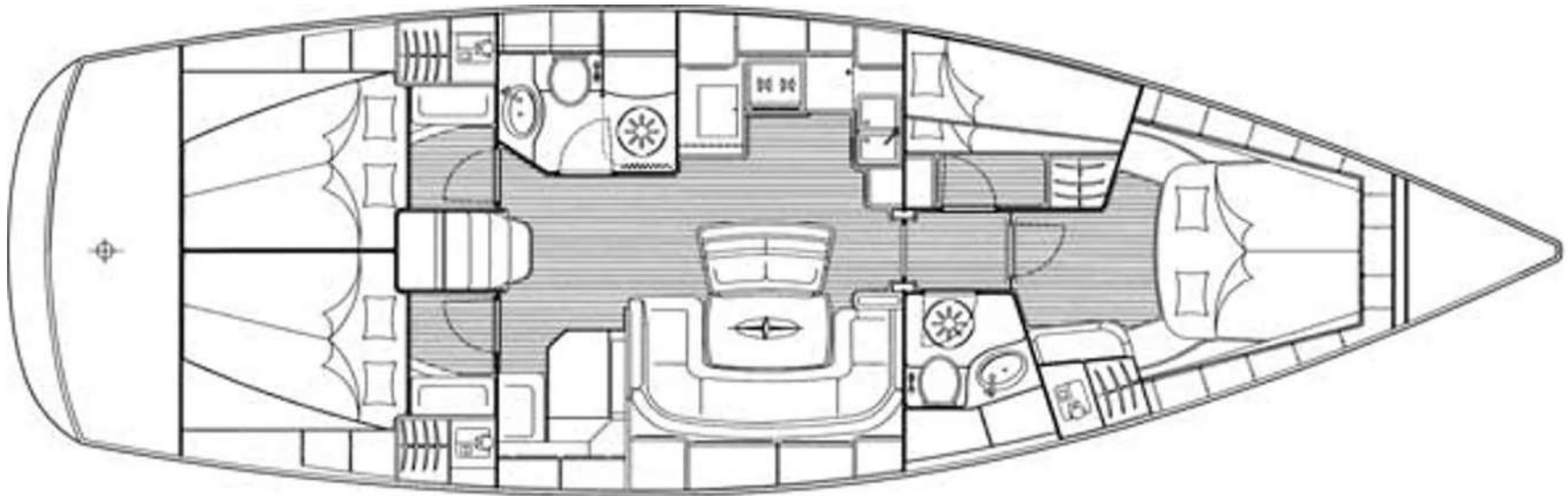


A Perfect Blend of Comfort, Performance, and Quality

Spacious Accommodations

Seaworthiness and Handling

A Yacht That Inspires Confidence



What's included

 Accommodation onboard

 Opportunity to practice navigation, passage-making, and mooring techniques.

 Initial provisioning; further supplies shared by crew

 Free WiFi onboard

 Safety gear and wet weather clothing.

 RYA recognized Instructor

 All necessary bedding and towels

 Final cleaning

 A mix of short coastal hops and longer offshore passages.

 Fuel

What's not included

 Marina fee, shared by crew, subject to passage

 Restaurant onshore

RYA Instructor of the trip



Neil Morris

RYA Yachtmaster Sail Instructor, Sail RYA Advanced Power Boat Instructor, RYA YM Offshore Power Instructor

Having learnt to sail at the age of 12 Neil has always been a passionate sailor and power boat enthusiast. With experience in the Middle East, Caribbean, Mediterranean and home base the South Coast U.K. Neil has a passion for coaching and mentoring new entrants to the sport as well as developing skills of more established sailors. Neil has extensive experience both cruising and racing in tidal and non tidal waters. He looks forward to welcoming you on board at Sea School Malta whether it be your next course or an adventure sail mile builder.