



TRIP OVERVIEW

This introductory Greek island swimming holiday gives you the opportunity to explore the beautiful volcanic coastline of Milos. Featuring spectacular sea caves, tunnels and breathtaking arches, Milos and its surrounding islands are an open geological museum just waiting to be explored.

The beautiful views and incredible geology that you will experience on this trip, both above and below the water, are some of the most spectacular that exist anywhere in the Mediterranean. From the deep, clear waters of the Aegean Sea to the white sand beaches and imposing rock formations that define the islands in this corner of the world, Milos is an idyllic location for open water swimmers.

Accompanied by our very own SwimTrek yacht throughout the week, this trip features a combination of stunning coastal swims and adventurous crossings to both inhabited and uninhabited islands. Combined with the spectacular island landscapes and the laid-back Greek culture, this SwimTrek adventure embraces the sense of exploration and discovery that we live by every day.

WHO IS THIS TRIP FOR?

This trip is designed for swimmers who enjoy both coastal swims and crossings as well as exploring sea caves, tunnels and arches while swimming shorter daily swims. The trip is ideal for swimmers with a little less experience in the open water or who are looking to enjoy some additional time out of the water. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 3km prior to the start of the trip.

LOCATION SUMMARIES

Milos

According to mythology, the island was named after its first inhabitant, Milos, who was the son of a Cyprian royal family, sent by the goddess Aphrodite to inhabit the island after his parents' death. Milos is the most south-western island in the Greek Cyclades.

Pollonia

Pollonia is a picturesque fishing village on the northeast tip of Milos directly opposite the island of Kimolos. It's built around a sheltered harbour with traditional whitewashed, cubic houses.

Kimolos

Separated from Milos by the Kimolos Strait, Kimolos is a volcanic island full of natural caves.

Polyaigos

At a distance of 1½km to the northeast of Kimolos lies the island of Polyaigos, which translates to "island with a lot of goats." With an area of approximately 18 km², it is one of the largest uninhabited islands in the Mediterranean.

Kleftico

A spectacular complex of cliffs, sea passages, tunnels and arches. The name comes from the Greek word "kleftes", meaning thief, as legend says it was a popular haven for pirates in the middle ages.



TRIP SCHEDULE

Start Point	Soultana Rooms, Pollonia, Milos www.soultanamilos.com
Start Time	17:00 on Day 1
Finish Point	Soultana Rooms, Pollonia, Milos
Finish Time	10:00 on Day 7

Daily Itineraries

Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

We meet on the outside terrace at the Apollon Rooms, the sister hotel of the Soultana Rooms, where we hold a welcome meeting featuring a description of the days ahead, followed by a safety briefing. Following this, we go to the private beach situated in front of our accommodation for a short acclimatisation swim, before taking a short walk into Pollonia for dinner at one of the local restaurants.

Day 2

Our first swim starts just out from our hotel in the town of Pollonia. It's a coastal swim and an ideal opening swim. The 60m tall rock stack composed entirely of columnar jointed basalt known as "The Monk" guides our way and is an easy sighting point just off Cape Kalogeros. Once onboard the boat we travel by boat to Papafragas which is one of the island's most impressive collections of caves and tunnels. The caves all have multiple chambers and entrances.

Following a chance to relax and have lunch on the boat, we head out on our first crossing of the week to the volcanic phenomenon of Glaronissia Island with its imposing geology. We finish the swim by going through one of the main island's tunnels.

Day 3

Today we explore the islands located north of Milos. Our first swim takes us to eastern Kimolos where we'll discover a series of rocky outcrops around the islets of Klimatonissia featuring tunnels ideal for swimming through.

In the afternoon, we head to the uninhabited island of Polyaiagos whose translation is simply "Many Goats." The south side of the island and the location of our afternoon swim features many sea surface caves which act as a refuge to a rare population of Mediterranean Monk Seals.



Day 4

The morning begins with swim along the coastline between Sarakiniko and Mandrakia which has undergone large scale erosion over the years. This has led to the formation of about 20 sea caves and arches which are simply spectacular to swim through. The finish of the swim is breathtaking, as we reach the resting place of the Princess of Dubai, one of Greece's best preserved shipwrecks.

In the afternoon, we head slightly west of Mandrakia to Tourkothalassa Bay and continue our coastal swim towards the fishing village of Firopotamos. The depth of the water fluctuates here, which also varies the colour of the water during our swim. Our finish point at Firopotamos sees us arrive at the villages colourful fishing huts and a local church, before heading back to Pollonia.

Day 5

This morning, we travel by boat around Milos' mountainous east coast. The morning swim starts at Fyrligkos, as we journey around the coast to Tourkaki Beach. On the way, be sure to look out for the stunning coastline colours and bubbles rising from the sea floor, which is a result of volcanic activity.

After stopping for lunch and a rest, we head towards the beach of Tsigrado for a real swim adventure as we swim through caves, hop across bays and travel underneath sheer rock formations and cliff faces.

Day 6

This morning we set off early to head to the remote south-west tip of Milos. We board the boat at Provatas and motor towards the iconic Kleftico region. This area is renowned for its truly spectacular rock formations, caves and tunnels, as well as its history, which is rich with tales of pirates and stolen treasures. The coastline features an impressive array of stacks, caverns and tunnels.

In the afternoon we travel up the island's west coast and into Milos Bay where we arrive at the picturesque fishing village of Fourkovouni, which has traditionally been sheltered from the north winds. From here, we swim south down this historic coastline. Once hopping in the boat we head towards the ancient fishing community of Klima with its historic catacombs dating from the 1st-5th Century.

Day 7

After the exertions of the week, we have time for breakfast and a relaxing swim on the beach just outside our accommodation before the trip finishes at 10am.



TRIP INFORMATION

Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	Item	✓	Item
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Sweater / Fleece
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Walking Shoes / Sandals
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Aqua Shoes / Sandals

*Try to bring one clear lens and one tinted lens for different light conditions.

Please note that SwimTrek will supply swim hats and provide water and electrolyte drinks in shared water bottles on your safety boat. If you prefer to use your own drink bottle, please feel free to bring one along. If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these with you.

Swimming Distances

SWIM	DISTANCE	SWIM	DISTANCE
Pollonia - Kalogeros	1½km	Papafragas - Glaronissia	1km
Kimolos Coastal	2km	Polyaigos Coastal	1km
Sarakiniko - Mandrakia	1½km	Tourkothalassa - Firopotamos	1½km
Fyrligkos- Tourkaki	1½km	Tsigrado Coastal	1km
Kleftico - Gerontas	1½km	Fourkovouni - Klima	1½km

*Please note that these swims are an example of what may take place during the course of your trip and should be used as a guide only. Actual swim locations and distances will vary according to local weather and sea conditions.

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as sea lice, jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis, please consult the office prior to booking.

Walking Distances

There are small walks on this trip which are mainly to get us to and from the start and finish of a swim. Most walks take place on recognised paths and tracks, however there may be cases where we walk along trails or other unsealed surfaces and care should be taken in these areas.



Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
July	24-28°C / 75-82°F	22-29°C / 72-84°F
August	24-28°C / 75-82°F	22-29°C / 72-84°F
September	24-26°C / 75-79°F	21-26°C / 70-79°F

*Please note that these temperatures are indicative and should be used as a guide only.

Group Size and Boat Support

This trip has a maximum group size of 15. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by their own safety vessel/escort.

Boat support on this trip includes one main yacht and two support boats to be piloted by your SwimTrek guides and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

GETTING THERE

There are many options for travelling to Milos, however, the easiest routes are to fly into either Athens or Santorini and then catch a connecting flight or a ferry to Milos. Once you have arrived in Milos, a transfer is the easiest way to reach the hotel.

IMPORTANT: While it is recommended that you purchase your ferry tickets online in advance, it is worth mentioning that ferry operators and third party websites may issue an 'e-ticket' at the time of booking (i.e. you will not be able to print your ticket prior to travel). You will have the option to either have your ticket sent to you via courier (upon payment of a postage fee) or to pick up your ticket when you arrive in Greece. Pick-up locations can vary from one ferry operator to the next and often include locations in central Athens, as well as offices which are located at your selected departure port. For any enquiries about ticket collections, please contact the ferry operator or booking agent directly.

Option 1 - Getting There - Athens to Milos

Flights to Athens

To search for available flights into Athens Airport, we suggest that you use www.skyscanner.net. We also recommend that you confirm your flights and other travel arrangements as early as possible in order to avoid price rises and availability issues.

Overnight Accommodation in Athens

If you need to stay overnight in Athens prior to or after your SwimTrek trip and would like to be close to the port, the Hotel Phidias is a great option. Guests arriving to or departing from the port are also get a free transfer to and from the hotel. For further information, please visit: www.hotelphidias.gr.



Flights from Athens to Milos

From Athens airport, there are direct flights to Milos available on selected days with Olympic Air. Once released, flight schedules and availability can be found at www.olympicair.com.

Ferries from Athens to Milos

The journey from Athens (Piraeus Port) to Milos takes 3-4 hours and costs approximately €120 return. To check ferry times and make sure that they match up with your flight arrival or departure, please visit www.travelmetomilos.com.

Option 2 - Getting There - Santorini to Milos

Flights to Santorini

To search for available flights into Santorini Airport, we suggest that you use www.skyscanner.net. We also recommend that you confirm your flights and other travel arrangements as early as possible in order to avoid price rises and availability issues.

Travel from Santorini Airport to Milos Port

From Santorini airport, you will need to get a transfer to the ferry port as there is no local bus service available. Please visit www.santorinitransport.com for prices and journey times.

Ferries from Santorini to Milos

The journey from Santorini to Milos takes 2-3 hours and costs approximately €100 return. To check ferry times and make sure that they match up with your flight arrival or departure, please visit www.travelmetomilos.com.

Transfer from Milos Port/Airport to Soultana Rooms

Once you have arrived in Milos, Travel Me To Milos offers a shared transfer service from Milos port or airport to the Soultana Rooms in Pollonia which coincides with all scheduled flight and ferry arrivals on the island from 08:00 until 22:00. For scheduled arrivals and departure pickups outside this time frame, private transfers are available.

The shared transfer service must be booked in advance, at the latest by 14:00 the day before the transfer.

ROUTE	TRANSFER PRICE PER NUMBER OF GUESTS							
	1 GUEST	2 GUESTS	3 GUESTS	4 GUESTS	5 GUESTS	6 GUESTS	7 GUESTS	8 GUESTS
Milos Port to Soultana Rooms	€20	€20	€21	€22	€32	€36	€40	€44
Milos Airport to Soultana Rooms	€23	€24	€26	€30	€40	€44	€46	€49

To book your transfer, please contact info@travelmilos.com or +30 22870 41008.



PRACTICAL INFORMATION

Accommodation

Accommodation during this trip is in simple and traditional Greek rooms at the ideally located Soutana Rooms (www.soutanamilos.com) in the quiet fishing village of Pollonia. The hotel is run by a local Greek family and offers accommodation directly in front of the islands of Kimolos and Polyaigos. Our accommodation is based on twin-share rooms with en suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

If you require any additional nights' accommodation before or after the trip, this can be arranged directly via Travel Me To Milos (www.travelmetomilos.com), who can be reached by email at info@travelmilos.com or by telephone at +30 2287 041008.

Meals

All breakfasts and lunches are included in your trip price, however, dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local cafes and restaurants of your choice over the course of your trip. The average price of a two course dinner in a local restaurant in Pollonia is between €20-€25.

Extra Expenses

You should bring extra money with you to cover such items as ferry transfers, dinners and drinks, entertainment, souvenirs, etc. The local currency is the Euro (€). Please note that there are ATMs available on the island, however, there are only two in Pollonia so we suggest that you bring some money with you. Please note, the Greek Ministry of Tourism has introduced an Overnight Stay Tax. This is payable upon arrival at the accommodation at a rate of €0.50 per room, per night.

Passports and Visas

Greece is part of the European Union. Non-residents of Greece require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of all EU member states, the US, Canada, Australia and New Zealand do not require a visa to enter Greece. Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Greece, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this information is subject to change and you should re-check this site regularly prior to your trip.

Travel Plugs & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu.