



TRIP OVERVIEW

This stunning 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 on our coastal swims. The pace of swimming is often slightly slower than usual due to the abundance of underwater vistas and caves and tunnels to explore.

Swimmers should have basic knowledge of open water swimming and be capable of completing the average daily swim distance of 5km (split over a minimum of two swims) 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 at Kalogeros, which means 'The Monk'. It is a 60m tall rock stack composed entirely of columnar jointed basalt and is an impressive start point for our first swim of the week. From here, we swim along the coast towards 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. After swimming through one of the island's tunnels, we carry on by crossing to two other small islands.

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 featuring tunnels ideal for swimming through. From here, we touch the Kimolos coast before heading across to Polyaigos, using a lava stack as our sighting point before arriving at a stunning sandy beach.

In the afternoon, we head to Kimolos' west coast to the village of Prassa in the far northeast, where the island's chalk production is based. The beaches here more closely resemble the tropics due to their white sands and clear blue waters. Depending on the conditions on the day, we'll either swim around the island of Prasonisi or head south along the coast past thermal baths and jagged cliff sides.



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 back to Mandrakia and continue swimming west 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 west coast. The morning swim starts at Fyrligkos, as we journey around the coast to Paliochori 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 Kleftiko region. This area is renowned for its 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 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
Kalogeros - Papafragas	2km	Papafragas - Glaronissia	2½km
Kimolos - Polyaiagos	3km	Prassa - Prasonisi	2km
Sarakiniko - Mandrakia	3km	Mandrakia - Firopotamos	3.5km
Aghia Kyriaki - Paliochori	3km	Tsigrado Coastal	2km
Kleftico - Gerontas	2½km	Fourkovouni - Klima	2½km

*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*
May	17-20°C / 63-68°F	17-21°C / 63-70°F
June	21-25°C / 70-77°F	21-27°C / 70-81°F
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
October	21-24°C / 70-75°F	17-21°C / 63-70°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 can 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 Soutana Rooms

Once you have arrived in Milos, Travel Me To Milos offers a shared transfer service from Milos port or airport to the Soutana 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.

	TRANSFER PRICE PER NUMBER OF GUESTS							
ROUTE	1 GUEST	2 GUESTS	3 GUESTS	4 GUESTS	5 GUESTS	6 GUESTS	7 GUESTS	8 GUESTS



Milos Port to Soutlana Rooms	€20	€20	€21	€22	€32	€36	€40	€44
Milos Airport to Soutlana 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 Soutlana Rooms (www.soultanamilos.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 also note that 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.