

# Helpful Hints



sailingholidays.com<sup>TM</sup>

This Helpful Hints document was produced in March 2023. Make sure you check the most up to date travel advice and information.



© Sailing Holidays Ltd

## **PASSPORT, EUROS**

What to prepare before you set sail

**Page 7**

## **PACKING LIKE A PRO!**

What to pack for your sailing holiday

**Page 8 - 9**

## **WHAT'S ON THE MENU?**

Our favourite Greek dishes... from tzatziki to baklava!

**Page 16 - 17**





7

# Contents

This guide is here to help you have a fun and fuss free holiday!



5

What to expect...

## 4 ARE YOU READY?

The essential check list for before you set sail!

## 5 WHAT TO EXPECT...

If you've never been on a Sailing Holidays flotilla this is your one-stop-shop for information on what to expect!

## 6 FROM PLANE TO BOAT..

...Your flotilla timeline!

## 7 BEFORE YOU GO!

Here are some of our (boring, but nevertheless important) preparation tips. Get these sorted and before you know it you'll be sat on board relaxing, in the sunshine!

## 8-9 PACKING LIST

What to pack when you're going on a flotilla sailing holiday? Top tips on what to bring and what not to bring and what to pack if you have little sailors on board!

## 10-13 ON BOARD

What's on your yacht; linen, sailing guides, charts, galley utensils, safety equipment and a general yacht inventory.

## 14 - 15 TRAVEL & FLIGHTS

From getting to the airport in the UK to how long the transfer takes once you arrive in Greece.



8

## 16 - 19 GREEK LIFESTYLE

**Eating out** - Taverna life

**Drinks** - Retsina, love it or loathe it?

**Typical Menu** - A few of our favourites

## 20 - 21 A TYPICAL FLOTILLA DAY

From the moment the Mediterranean sun rises to the moment it sets - find out what you can expect from your days on the water.

## 18 SHORE TO SAIL

A few things to help you on your way from yacht to hotel and vice versa.



This Helpful Hints document was produced in March 2023. Make sure you check the most up to date travel advice and information.



## Are you ready to set sail?

To start, here are some of our (boring, but nevertheless important) preparation tips.

Get these sorted and before you know it, you'll be sat on board relaxing in the sunshine!

If you are holidaying with crew who are new to flotilla sailing it is a good idea to suggest they read this Helpful Hints document. There are many things you may know that you are taking for granted, this guide will help get them up to speed with the ins and outs of setting sail for the first time. If individual crew members would like a copy of this booklet, please share this link with them.

### THE ESSENTIALS

- Passports
- Euros
- Flight Information
- Holiday Insurance Policy
- European/Global Health Insurance Card
- Holiday Confirmation

With nearly 50 years of experience sailing in Greece, we like to think we have covered most things in this guide, from what to pack to what to expect when you arrive.



## What to expect from your Sailing Holidays flotilla..

If your crew are new to flotilla sailing or sailing in general then it may seem a little daunting to them to think that, in just a few weeks time, they will be on a yacht in Greece.

Before you step on board, we thought it would be good to go through what you can expect from your flotilla holiday, starting with ...

### What is a flotilla?

A flotilla is a group of 10-12 yachts, guided by one of our lead boats, with a Skipper, Engineer and Hostie on board. On your flotilla holiday you will meander around the beautiful Greek Islands in the comfort of your own yacht.

The flotilla usually consists of around 20-50 people depending on the size of boats and time of year.

### What will my lead crew do?

Your lead crew are available 24/7 and are there to make sure you have the most enjoyable holiday possible!

The **Skipper** will give you a comprehensive briefing each morning so you know where you are heading for that day. They will advise you on navigation, any hazards to watch out for and what you can expect from the weather.

They will also be on the quay when you arrive at your destination port to direct and assist you when mooring the yacht.

Your **Hostie** is a one stop shop for local knowledge! They will let you know what you can expect to find in each harbour.

They are also responsible for organising any group activities throughout your flotilla such as arranging group meals, a punch party and maybe even a beach picnic.

The **Engineer** is on hand to make sure your yacht is in good working order. Along with any repairs that may need attention during your flotilla, the engineer will perform routine maintenance such as oil changes. Please go to your lead crew with any concerns you may have - they will be happy to help!

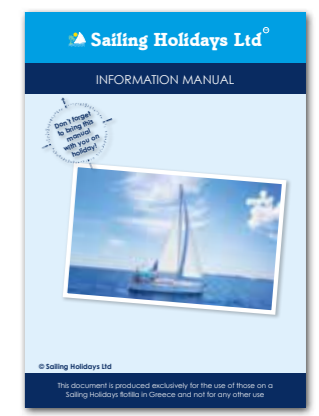


### My crew are complete beginners, will they be the only ones?

Not at all! You will probably find that, on your flotilla, there will be other sailors aside from the skippers who are new to yacht sailing. Our yachts are simple to operate and your lead crew will be on hand to guide you. Please study the Information Manual before arrival in Greece and we recommend you watch the videos on our website.

You can find our 'Video Locker' online here:

[www.sailingholidays.com/our-videos](http://www.sailingholidays.com/our-videos)







If you have any questions about your Sailing Holidays flotilla please check out the FAQ's page of our website - [www.sailingholidays.com/faqs](http://www.sailingholidays.com/faqs) - or you can call our Launch Crew on 020 8438 1122 or email [LaunchCrew@sailingholidays.com](mailto:LaunchCrew@sailingholidays.com).

By now you should have logged into your account via our website. Here you must enter all of the passport details for your crew. We cannot issue your e-tickets or prepare Greek charter papers without this information.

### 1. CHECK YOUR PASSPORT!

Make sure that all the passports in your party (including children's passports, valid only for 5 years) will be valid for at least 3 months after your return from Greece.

**Check the validity of your passport for your date of travel to Greece and renew it if necessary. Make sure you allow plenty of time if you need to renew your passport.**

For non-UK passport holders, it is your responsibility to check your passport meets the entry requirements for Greece.

**Note: Please make sure the names on your holiday confirmation match your passports and that the departure and return dates are correct. If they are not, contact our Launch Crew immediately on 020 8438 1122.**

### 2. HOLIDAY INSURANCE

You should have this in place as soon as your holiday is booked. If you already have annual travel insurance, please check that sailing is covered. Flotilla sailing holidays are not deemed

a "hazardous activity" for insurance purposes.

### 3. MONEY, MONEY, MONEY

Before you go arrange enough Euros to get you through the first few days at least.

Order notes in denominations of 50 and less, as small village bakeries, shops and tavernas may not be able to give change for large notes.

Tavernas often require cash, as will many small shops. Some accept credit cards, debit cards and pre-paid travel cards (but you should not rely on this).

Around £35 per day should get the average adult through their holiday. ATMs are rare in most villages.

### 4. EUROPEAN/UK GLOBAL HEALTH INSURANCE CARD

Once your EHIC has expired, you'll be able to replace it with a GHIC.

If you have a valid European Health Insurance Card (EHIC), you can continue to use it until it expires.

An EHIC or GHIC is free of charge and once you have applied, your card will normally arrive within 10 days. You can read more and apply for a GHIC here: [www.gov.uk/global-health-insurance-card](http://www.gov.uk/global-health-insurance-card)

It does not replace Holiday/Travel Insurance but will be required to assist the process.

This Helpful Hints document was produced in March 2023. Make sure you check the most up to date travel advice and information.

### 5. SAILING CERTIFICATES

If you have an ICC for Sail or **practical** RYA certificate (Day Skipper or higher or non-UK equivalent), please email or post a copy to us with a note of your booking number or departure date. If you have an ICC, check the expiry date.

Certificates should show your name as per passport.

Email us a copy: [LaunchCrew@sailingholidays.com](mailto:LaunchCrew@sailingholidays.com)

**Don't forget to take your original certificate with you!**



# Your Sailing Holiday Packing List

What to pack when you're going on a flotilla sailing holiday?

This Helpful Hints document was produced in January 2022. Make sure you check our most up to date travel advice and information.

[www.sailingholidays.com/sailing-holidays-helpful-hints](http://www.sailingholidays.com/sailing-holidays-helpful-hints)



## BORING (BUT IMPORTANT)

- Passport - check yours and your children's is valid for at least 3 months after your return from Greece (see page 7). UK passports now EXPIRE 5 or 10 years from the DATE OF ISSUE and need to be valid for 3 months after your return from Greece.

Make sure that you give yourself plenty of time if you do need to renew your passport.

- Flight tickets and itinerary (check all names are spelt correctly!)
- Holiday Insurance Certificate
- Euros, debit/credit card. We recommend taking enough Euros to get you through at least the first few days of your flotilla, ATMs are still few and far between.
- European/UK Global Health Insurance card EHIC/GHIC (see page 7)
- Driving Licence if hiring a bike/car. Check you have the correct licence for Greece.

## BOATY BITS

- Harbour Guide (that we post to you)

- Information Manual (posted to you) read this before you travel!
- Waterproof jacket (just in case!)
- Sailing gloves (optional)
- RYA Log book (if you're recording sea miles)

## HOLIDAY ESSENTIALS

- Hat with strap or tie
- Sunglasses - a strap is a good idea as well!
- Swimwear
- Flip flops/deck shoes (non-marking soles)
- Swim shoes for beaches - great for avoiding sea urchins
- Warm jumper (especially in May & October)
- Beach towel (one towel is provided per person)
- Your favourite tea bags - please check what you can and cannot pack i.e. meat and dairy:  
<https://europa.eu/youreurope/citizens/travel/carry/meat-dairy-animal/>
- Mask and flippers (can be bought in Greece)

- Books (and toys for children)
- Casual summer wear
- Walking shoes if you're going to explore on shore.
- Re-usable water bottle. Can be filled at most UK airports.
- Reusable shopping bags
- Biodegradable bin bags (not available in Greece)

## TECH

- iPod or similar and jack to jack lead (to play music on board) - AUX cable.
- Camera (with memory card and charger)
- Mobile phone & charger
- Waterproof phone case
- 12 volt (car charger) for charging devices on board
- 2 pin adaptor to charge devices in tavernas in the evening

## TOILETRIES/ PHARMACEUTICALS

- Sun cream & after sun
- Sea/travel sickness pills
- Insect repellent
- Anti-histamine (in case of insect bites/stings)
- Holiday first aid kit i.e. plasters, antiseptic cream, paracetamol
- Any regular medication (keep in hand luggage)
- We recommend natural shampoos, conditioners and shower gels that won't harm marine life.



Car seat



Infant life jacket



Child netting

# Little Sailors Packing List

We asked all our sailors who have sailed with small children and in particular infants (0 - 2 years old), what they recommended packing for a flotilla sailing trip...

## WHAT TO BRING:

- Sun protection cream
- Hat
- Sun protection clothing
- Something warm for the evenings
- Bibs and baby cutlery
- A sun suit/ suitable swimwear
- Swimming nappy
- Baby float / flotation aids
- Cot linen / Cot sheets
- Towel
- Nappies
- Degradable nappy bags
- Changing mat

- Wipes
- Mosquito repellent
- Baby friendly first aid kit
- Drinking cup
- Milk / Baby food is available in Greece. You may like to bring any specific products your baby likes
- Sterilising for bottles (there is a gas cooker on board)
- Folding buggy
- Baby carrier and sling for younger babies
- Spray water bottle to keep cool

## WHAT WE PROVIDE:

- A life jacket
- A safety harness
- Car seat for the cockpit
- Small travel cot

## AT REQUEST:

- Child netting on the guard rails (£80)



Small travel cot: 100cm length x 60cm width x 58cm height

## THINGS NOT TO BRING

No question is a silly question! In case you were wondering but were too afraid to ask, these are a few things we don't recommend bringing on a sailing holiday:

- Heeled shoes (they damage the deck and also make getting on and off the boat considerably more difficult!) 
- Dark soled shoes (these mark the deck)
- Straighteners and Hair Dryers - there is nowhere to plug them in, embrace the beach waves!
- Please do not bring hair dryers which can be used in a 12 volt socket because the yacht battery cannot cope with these.
- Cordless gas/butane hair straighteners and curlers are now widely available in the UK.
- Hard suitcases - see page 14

- Anything of huge value - we tend to leave the boats open in the evening as it is very safe but 'just in case' anything happens.
- Too many clothes... you will be in swimwear / simple clothes whilst out sailing and most people say they wear much less than they bring.





## What's on board your yacht?

**We've tried to think of everything you could possibly need. There are mini markets at each base. Here are some items that you will find on board upon arrival:**

- **Starter pack** - bottle of water, a bin liner, one toilet roll and cleaning products.
- **Linen** - pillows and pillow cases, duvets and duvet covers, sheets (If you are sailing for more than one week you will have a change of linen), a bath size towel per person, two hand towels and tea towels. We recommend bringing another towel per person with you for use after swimming.
- **Cone shaped coffee filters** (but not the paper filters which are available locally).
- All yachts have radios that accommodate a jack to jack lead connection, bring an appropriate lead. Some have bluetooth.
- **Life jackets** - all yachts are equipped with Greek Regulation life jackets for every berth on board. **See page 30 of your Information Manual for more details.**

### WHEN YOU ARRIVE

Our lead crew will meet you from the coach and show you to your yacht.

A basic briefing will be given at that time, on things like the heads (toilet), the lights and anything else that may be required during your first night. Most people have had a fairly long day, once your baggage is aboard, we suggest you make your beds then relax.

The skipper of each boat should ensure that all the equipment on the inventory list is on board and make sure there is a life jacket and safety harness to fit every member of the crew.

Have a good look around the yacht and don't be afraid to ask about anything you are unsure of. The following morning, in a quayside taverna, a comprehensive briefing by the skipper, engineer and hostie takes place, covering all aspects of the holiday.

### OUR CREW

Lead crew and shore based staff want every cruise to start off as well prepared as possible. You should have a trouble-free holiday but, if any problems do occur, however minor, please inform your lead crew as soon as possible so that they can attend to them.

The essence of our holidays is relaxation. Your flotilla crew will remain as unobtrusive as possible.

Please remember that they have a good knowledge of the local area and the skipper will quickly assess your sailing ability. They are there to help and advise when required.

### OTHER THINGS ON BOARD

A fitted bimini sun awning is provided, so you can have shade even whilst sailing. Conventional sun awnings, for use when moored, will also be on board.

### SAILING GUIDES

Each yacht will have its own Imray charts and pilot book.

We also provide our own Flotilla Harbour Guide and an Information Manual for you to use on your holiday and keep as souvenirs afterwards.

The Flotilla Harbour Guide will be posted to you in the run-up to your holiday. Don't forget to bring it with you on holiday!

The Information Manual will be posted to you with your Harbour Guide. It is essential that you read this as it contains some very important information.

### FIRST AID

On board all our yachts there is a sealed first aid kit. This is a legal requirement and can only be opened under instruction from the Coast Guard.

The pharmacies in Greece are very well stocked and the crew will be able to let you know where the nearest pharmacy is should you need one.

Please bring a basic first aid kit with you that includes plasters and antiseptic wipes/cream, paracetamol and anything else you might need.

### WATER

At the start of the flotilla your yacht will have full water tanks. During your cruise you may like to top them up and, as fresh water is scarce, there may be a small charge for this at some tavernas and quays.

### MINOR LOSSES & BREAKAGES

If you lose or break any of the yacht's equipment please inform one of the lead crew. We understand that things do get broken and lost, but we have no wish to allow these minor mishaps to affect your holiday.

You need to ensure everything is stowed before you leave harbour to avoid breakages.

### SHIP SHAPE

For those of you who haven't spent much time on a yacht, you will find that life is much easier if you spend a few minutes each day tidying/cleaning up. Keeping 'ship shape' means the final clean up is much quicker.

We provide environmentally friendly washing up liquid and toilet cleaner. We ask you to leave your yacht clean like it was when you first arrived.

### SEA SICKNESS

We experience very little swell, so sea sickness is seldom a problem. Even if a lively day's sailing is forecast, travel sickness tablets are excellent and some people use travel sickness wristbands.

### MOBILE PHONES

Most people bring mobile phones. Check with your service provider about the cost of using it in Greece. Please make sure that you give your mobile phone number to our lead crew, as they are excellent additions to inter-yacht communications.

Make sure you have your phone on you at all times in case your lead crew need to get in touch! A waterproof case is ideal!

### WIFI

Wifi is available at most tavernas.







## Yacht Inventory Guide

(Quantities vary depending on crew numbers/yacht size)

### GALLEY CUPBOARDS

- Glasses
- Mugs
- Coasters
- Egg cups
- Dinner plates
- Side plates
- Bowls
- Chopping board
- Colander
- Cheese grater
- Salad bowl
- Food containers
- Saucepans
- Frying pan
- Tea/Coffee pot
- Cone shaped coffee filter
- Kettle
- Fly swat
- Dustpan and brush
- Rubbish bin

### GALLEY DRAWERS

- Cutlery tray
- Knives
- Forks
- Dessert spoons
- Teaspoons
- Bread knife
- Vegetable knife
- Salad servers
- Fry slice
- Wooden spoon
- Tin opener
- Corkscrew/bottle opener
- Scissors
- Gas lighter (cookers with red ignition button don't need this)

### SALOON

- Linen bag containing:
  - 2 Tea towels
  - 2 Hand towels
  - Bath size towels (one per person)
  - Duvet covers
  - Sheets
  - Pillow cases
- Mosquito nets
- Wind scoop
- Fire extinguisher
- Safety harnesses & lines
- Life jackets
- Floating safety light
- Clothes pegs

You will find an inventory check list on your chart table. It is a good idea to run through this to check you have everything. It is your responsibility to ensure you know where everything is.

If you are missing or can't find anything please let your Hostie know before you leave your start base.

### SINK AREA

- Washing up liquid
- Washing-up bowl
- Tea towels
- Cloths
- Fire blanket

### HEADS (WASHROOM)

- Toilet brush and holder
- Toilet cleaner
- Bin for toilet paper

### ON DECK

- Horseshoe Lifebuoy
- Boat hook
- Deck Scrubber
- Genoa
- Mainsail
- Flag - Greek
- Flag - Red Ensign
- Flag - Sailing Holidays
- Bow anchor, chain and warp
- Stern anchor, chain and warp
- Mooring warps
- Winch handle
- Fenders
- Bimini sun canopy
- Bimini cover
- Cockpit cushions

### CHART TABLE AREA

- VHF radio
- Sailing Guide - Rod Heikell
- Imray Chart
- Chart plotter
- Parallel rule
- Dividers
- Pencils and Rubber
- Pencil sharpener
- Hand bearing compass
- Torch
- Binoculars
- Flare pack
- Fire extinguisher
- Smoke alarm
- Tool kit containing:
  - Knife
  - Pliers
  - Screwdriver
  - Adjustable spanner

### COCKPIT LOCKERS

- Sun awning
- Liferaft
- Dinghy
- Dinghy pump
- Oars
- Bucket with rope
- Water funnel
- Diesel funnel
- Water container
- Diesel container
- Spare warps
- Gas bottle(s)
- Fire extinguisher

### CABINS

- Pillows
- Duvets
- Coat hangers

### EXTRAS (if ordered)

- Outboard & petrol container
- Cruising chute
- SUP (stand up paddleboard)
- Travel cot (for infants)
- Car seat (for infants)







## Travelling to Greece

From getting to the airport in the UK to how long the transfer takes once you arrive.

If you have any questions regarding the information below please contact our Launch Crew:

Phone: **020 8438 1122** or Email: **LaunchCrew@sailingholidays.com**

If you are making your own way to one of our yacht bases at the beginning of your holiday, please call our Launch Crew on the number above to discuss your joining arrangements.

### TRAVEL IN THE UK

Please try to be at the departure airport to check-in two hours before the time of your flight.

Travel wallets, luggage labels, Information Manual and Harbour Guide will be posted to you once you have paid your final balance.

### YOUR E-TICKETS

E-Tickets will be sent to you three weeks prior to your departure date. You will only receive them after all your crew have entered all passport details in the log in area of our website.



### TRAVELLING TO THE AIRPORT

Simply visit the websites below to find up to date information on how to get to the airport you are travelling from:

GATWICK AIRPORT  
**www.gatwickairport.com**

HEATHROW AIRPORT  
**www.heathrowairport.com**

MANCHESTER AIRPORT  
**www.manchesterairport.co.uk**

BIRMINGHAM AIRPORT  
**www.birminghamairport.co.uk**

STANSTED AIRPORT  
**www.stanstedairport.com**

### AIRPORT HOTELS AND CAR PARKING

It is usually best to pre-book your airport parking and hotels. We work with Holiday Extras, who offer a great choice of Parking, Hotels and Lounge options at competitive prices. Simply click on the link 'Book airport Hotels & Parking' on your Holiday Confirmation.

### TOP TIP

Use a soft hold-all rather than a solid suitcase, as it will be easier to store on board.



### LIFE JACKETS AND HAIR STRAIGHTENERS...

We provide everyone on board with a life jacket. Don't panic, this is only in case of emergencies and they are very rarely used.

If you prefer to take your own self-inflating life jacket, that requires gas cylinders, you are required to get approval from the airline prior to flying. You must inform the staff at check-in where in your luggage they are packed.

The gas canisters must meet the CAA required standards. It is your responsibility to check this and to inform the airline that you are planning to travel with them. They will inform you as to where and how to pack them.

Other items such as butane gas hair straighteners must be in check-in baggage.

### FLYING WITH AEGEAN

If you need to request a special meal, due to dietary requirements, we need to know at least one week before your departure date, any later and they may not be available.

For 2023, only flights with Aegean Airlines include an on board meal.

### FLYING TO GREECE

Flights to Greece take around three hours. Greek time is always 2 hours ahead of British time. All times given on your itinerary and tickets are local.

### HAND BAGGAGE

Each airline has its own hand baggage size, weight and quantity rules and these can change, so please check with the relevant airline you are travelling with.

Take an empty re-fillable water bottle with you to the airport. You can fill it up after security and use it on your flight.

### ARRIVING IN GREECE

When you arrive in Greece, after collecting your bags, you will be met by one of our airport representatives.

### APPROXIMATE TRANSFER TIMES

ARRIVAL IN PREVEZA (Ionian Islands):

1 hour 20 minutes by road

ARRIVAL IN CORFU (Ionian Islands):

15-20 minutes by road

ARRIVAL IN ATHENS (Saronic Islands):

3 hours 30 minutes by road

ARRIVAL IN ATHENS (Sporades Islands):

2 hours by road, 1 hour by ferry

## Flight Details

On your booking confirmation you will find your airline, flight number and flight time.

### FREQUENTLY ASKED QUESTIONS

For information on the following:

- Luggage allowance
- Online check-in information
- How to purchase extras
- Booking extra leg room seats

Go to the log in area of our website, here you will be able to find information which should be able to answer any questions you may have.

A lot of this information varies depending on your airline so double check your booking confirmation to ensure you know who you are flying with.

### ADVANCE PASSENGER INFORMATION (API)

We cannot issue your e-ticket until we have received your API. You can input these details via the online portal on our website.

If you notice any of your crew details are incorrect please contact our Launch Crew who will be able to arrange for these to be amended.

Please make sure you do this as soon as you spot a mistake. It is your responsibility to check this. **There may be a fee for correcting names.**

### FLIGHT TIMES

For your most up to date flight times please check our online portal. From here you will find your booking confirmation with your flight details on. If for any reason you are unsure of your flight information, please get in touch with us on:

**020 8438 1122**





## Greek Lifestyle

### EATING OUT

Eating out in local tavernas in the evening is the norm. Tzatziki, delicious grilled seafood, fresh Greek salads are some of our favourite dishes, along with a number of traditional main course options - all washed down with a cold beer or local wine.

### LOCAL FAVOURITES

From national favourites like Moussaka (an aubergine based lasagne-style dish) - a firm favourite amongst our team, to local Island specialities that vary from port to port. Fish or lobster are delicious but are often served by the kilo so it is always a good idea to check the prices.

Moussaka or meat dishes with local herbs and garlic are delicious and tend to be the easiest on the pocket. Check out our typical Greek Taverna Menu opposite...just a small sample of some of the terrific dishes you'll have the opportunity to try whilst on holiday. If we are missing your favourites let us know.

### TEMPTING TIPPLES...

The most popular drinks are ice cold beer (lager) and local Greek wine. NOTE: Retsina (wine flavoured with resin) is definitely an 'acquired taste'! Don't say we didn't warn you...

Most people adapt to the local beverages quite easily! If you like specific brands of drinks to enjoy on the boat, it is a good idea to bring a supply with you, as certain spirits can be expensive. We personally recommend picking up a bottle or two of your favourite gin for on board sundowners. This sailing can be thirsty work!

In Greece it is best to use bottled water for cleaning your teeth and for all drinks, including tea and coffee. To avoid dehydration, whilst it is hot, make sure you drink plenty of bottled water throughout the day.



## TYPICAL MENU Greek Islands

### STARTERS

- Tzatziki - Yoghurt, cucumber and garlic dip
- Taramosalata - Fish roe dip
- Spanakopita - Spinach pie
- Saganaki - Fried cheese
- Gigante Beans - large beans in tomato sauce
- Horta - steamed greens (looks like spinach)
- Bread is served with every meal

### MAIN COURSES

- Kleffiko - Slow roasted lamb with herbs and potatoes
- Stifado - Beef stew with onions and wine
- Souvlaki - Skewers of cubed meat grilled with herbs
- Moussaka - Aubergines, baked with minced lamb
- Keftedes - Meatballs - flavoured with herbs and spices
- Arni Souvlas - Lamb on the spit

### FISH

- Barbunia - red mullet - charcoal grilled
- Kalamari - Squid - fried in olive oil
- Sword fish steak

### SALAD

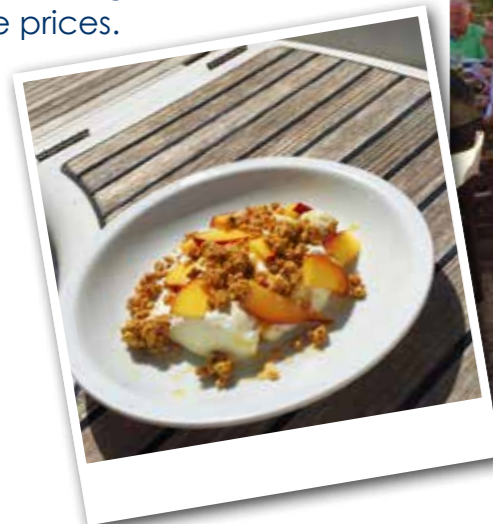
- Greek - Feta cheese, tomato, cucumber, pepper, onion

### CHEESE

- Feta - Goat's milk feta is white, crumbly and quite salty
- Graviera - A pleasantly mild corruption of Gruyere

### DESSERTS

- Baklavas - Filo pastry with chopped nuts and honey
- Yiaourita - Locally made Greek yoghurt (great with honey)
- Complimentary fruit or cake is often served after your meal.







### WEATHER IN THE GREEK ISLANDS

Your skipper will give you a weather forecast every morning. Most days will be shorts and T-shirt weather. Generally, summer days are hot and sunny, the wind pattern predictable.

The normal day starts off with a light wind, which fades away in the early morning to be replaced in mid afternoon by the local prevailing wind. There are variations in the strength and direction and the nearby islands can also effect the wind patterns.

During the summer the Greek Islands are very hot and this can occasionally lead to short evening thunderstorms (half hour or so), so we suggest you take a rain jacket.

It is unlikely that you will need full wet weather gear of the type used around the UK but, if you are sailing early or late season, take it and hopefully you won't need it.

### THE SUN

We know there is no better feeling than the warmth of the sun on your skin...especially after a long cold winter In the UK! We do however suggest you try not to overdose on good old Vitamin D, especially in the first few days of your holiday.

The sun reflecting off the water means you pick up a fantastic tan on a sailing holiday. The downside is that you are more likely to get burnt if you are not careful, especially with the cool sea breeze that can make the sun feel far less strong.

We encourage you to pack a hat with a strap / tie, sunglasses and sunscreen of SPF 30+!

Electrolyte sachets are always good to have on board to help with rehydration.

### EATING OUT WITH CHILDREN

All the tavernas in Greece are child friendly! They understand that children can be a little less adventurous when it comes to the local specialities and are usually more than happy to accommodate any special requests (translation permitting).

That said, the traditional Greek menu offers a number of child friendly options we have found popular for even the fussiest of customers...

For children who may not be keen to try Greek dishes (particularly when there are tentacles involved), all tavernas offer chicken souvlaki (kebabs) or roast chicken with chips, lamb/pork chops, spaghetti bolognese and often pizza.

### FOOD SHOPPING

Most of the harbours we visit have mini markets, which are a bit like old fashioned grocery shops.

Your hostie will let you know if you are going to a place where there is no shop.

Most harbours will also have a bakery - a popular choice with flotilla sailors! You'll be addicted to the spinach and feta pies before you know it...

### SPECIAL DIETARY REQUIREMENTS

If you require a certain product and are unsure as to whether or not it will be available in Greece e.g. soya milk, wheat free bread, please contact us. Gluten free options are not as readily available as in the UK. Your hostie will be able to advise you further on which shops and tavernas offer the best options.

### IT'S ALL GREEK TO ME...

The majority of local people you will meet understand and speak some English, but they still appreciate your attempts to communicate in their language, even if purely for the amusement!

**YASS-OU** - a friendly way of saying Hello

**EF-HARISTO** - Thank you

**YAMMAS** - Cheers

**KALI MERA** - Good morning

**KALI SPERA** - Good evening

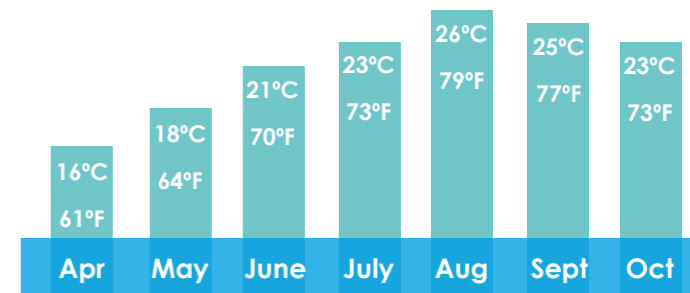
**KALI NICHTA** - Good night

**POSO CANEY?** - How much?

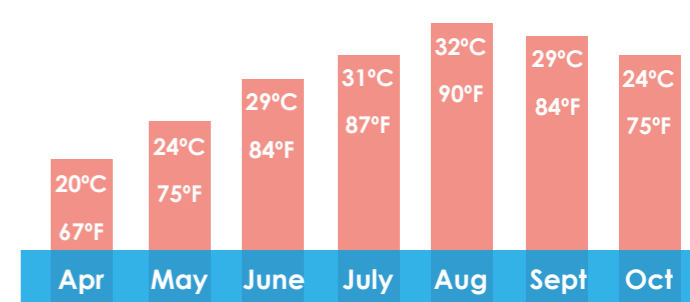
**NEH** - Yes

**OCHI** - No

### WATER - AVERAGE TEMPERATURES



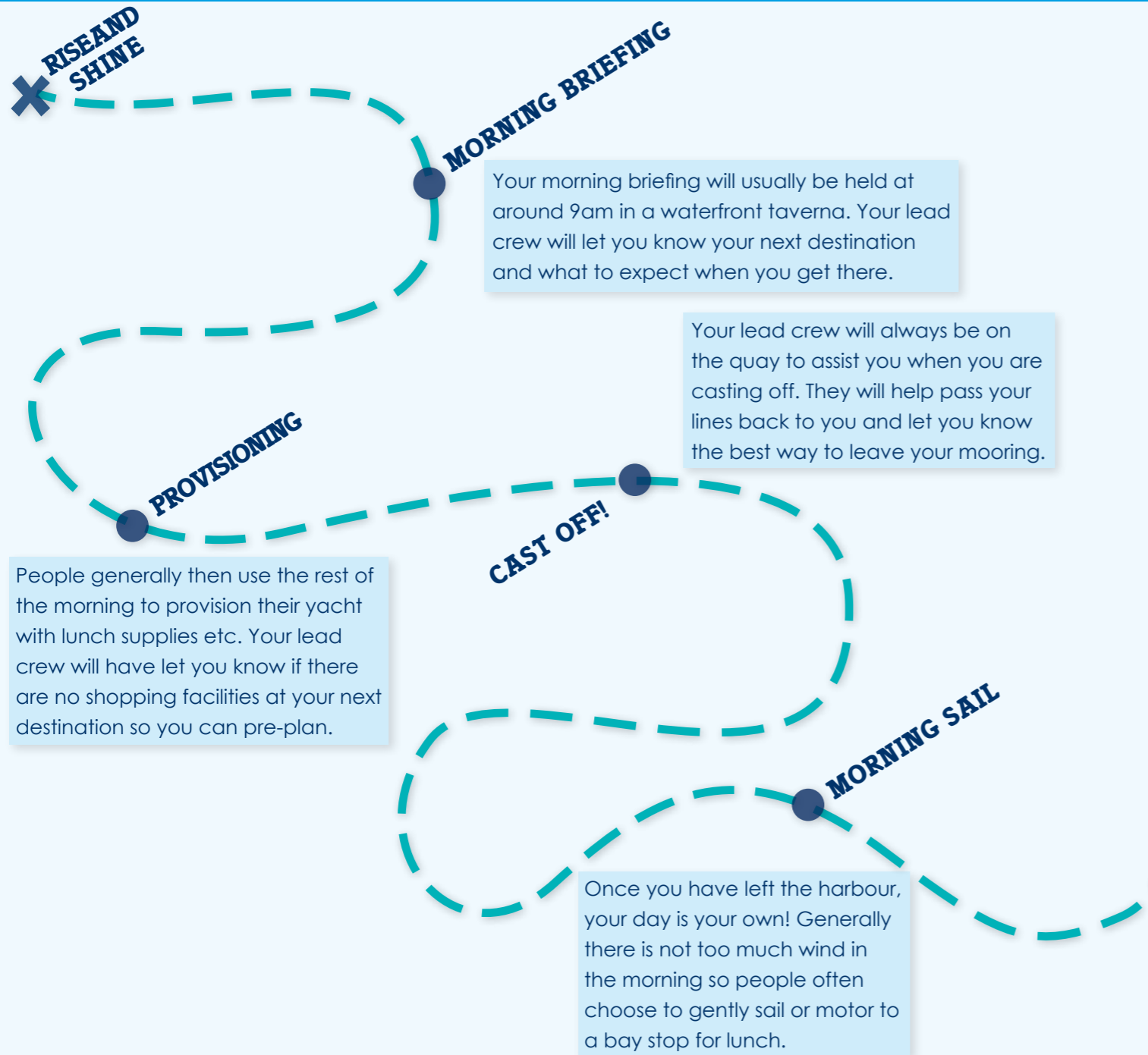
### WEATHER - AVERAGE TEMPERATURES







## A typical day on a Sailing Holidays flotilla



As when casting off from the quay, your lead crew will be there to help you moor. Call them on your VHF Radio and they will instruct you as to how they wish you to enter the harbour. They will talk you through every element of the mooring process.

The wind tends to be a little better in the afternoon so, once you have polished off your lunch and lifted the anchor, you can unroll the sails and start making your way to your evening destination.

Most of our flotilla sailors choose to find a bay en-route. Here you can drop your anchor, have a swim and enjoy lunch on board.

Time to call it a night and get ready to do it all over again tomorrow!

This is just a rough example of what your day on a Sailing Holidays Flotilla may look like. This is your holiday so you can tailor-make it to suit you and your crew. Some of our flotilla sailors choose to sail all day and skip the lunch time bay stop, others rarely get the sails out and prefer to explore local towns and villages instead.





## Shore to Sail information - Ionian Islands

## Useful Knots

### ACCOMMODATION IN THE FIRST WEEK

If you are shore based for the first week then you will also be met at the airport by our Sailing Holidays representatives. If you have hired a car, they will introduce you to our car hire representative, and provide a map and guidance to your accommodation which should be ready by 4pm.

At the end of your week on shore you need to check out of the accommodation by 9am. You can choose to drop it back at the airport and join our transfer to your yacht, or drive directly to our yacht base and have the car collected from there\*.

On arrival please make yourselves known to our staff. Your yacht will be ready at 4pm (unless otherwise advised), so we suggest you arrive after this time.

### SAILING IN THE FIRST WEEK

If you are on flotilla for your first week, our Sailing Holidays representatives will meet you at the airport and show you to your coach for the transfer to your yacht.

At the end of your flotilla you will leave the boat at 8:30am.

If you have hired a car it can be delivered to our sailing base at lunchtime\*.

At the end of your week on shore you are expected to return the car to Preveza Airport in time for your flight.

\* Rental car pick up and drop off fees may apply to some sailing bases.

### TRANSFERS

When staying at the **IRIS HOTEL** transfers between your accommodation, our sailing bases and the airport are **INCLUDED**.

If you are staying at The **SALVATOR SPA HOTEL** transfers are **NOT INCLUDED**. If you have chosen not to hire a car, we can arrange taxis on your behalf to transfer you between your accommodation, our sailing bases and the airport.

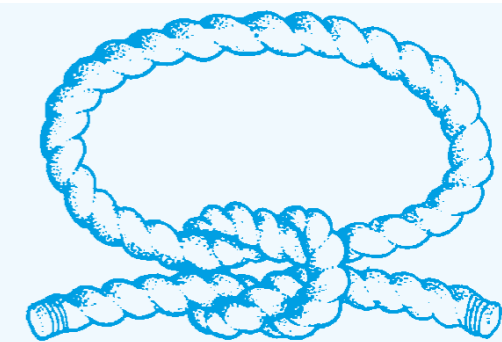
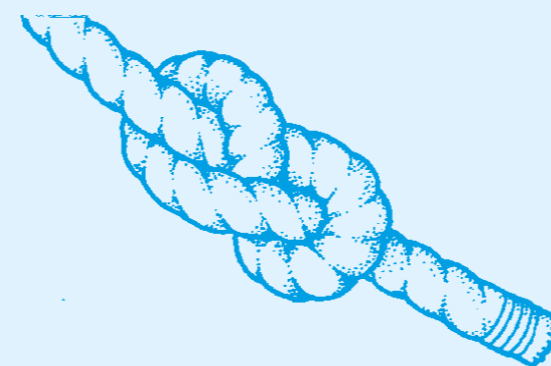
These 'one off' transfers are at your own expense and need to be pre booked. Minimum one-way cost is approximately €90 per taxi.

If you are staying at **VILLA MEANDROS** transfers are included to and from Sivota. You can hire a car if available for pick up from Sivota or Preveza airport.

You can then drop off at either of these locations at the end of your stay. We will need to know in advance where you will be dropping off your car hire so that we can inform the hire company if you book through us.

### FIGURE OF EIGHT:

Quick and easy to tie. Commonly used as a stopper knot at the end of a warp, main or genoa sheet.

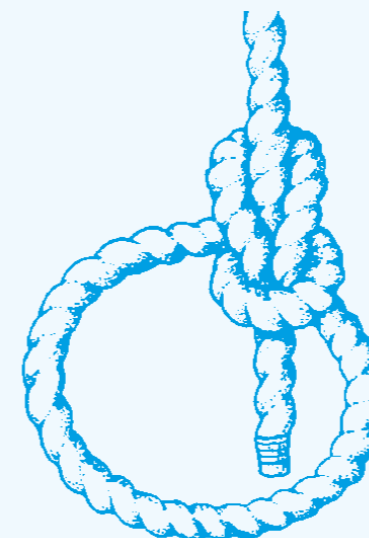


### REEF KNOT

If wrongly tied it's a Granny knot and will not hold. Left over right, right over left is correct. Its main use is securing the mainsail to the boom when reefing, as the name suggests.

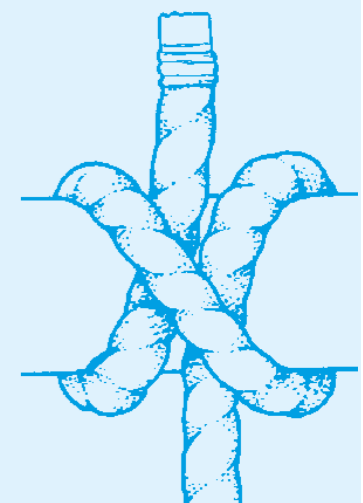
### BOWLINE

This knot forms an eye on the end of the rope. It is the most commonly used knot because it is very secure, but easy to undo even when wet. Practice this one!



### CLOVE HITCH

Quick and easy to tie. Usually used for tying on fenders to the guard rail, with an extra half hitch for good measure.







**Sailing Holidays Ltd** [www.sailingholidays.com](http://www.sailingholidays.com)  
**020 8438 1122** [LaunchCrew@sailingholidays.com](mailto:LaunchCrew@sailingholidays.com)