

SPECIAL
OFFER - SAVE
£200
PER PERSON

TO THE LAND OF GODS & HEROES

A passage around the Peloponnese combined
with the islands of Kefalonia & Ithaca
aboard the 50-passenger MS Monet

27th May to 6th June 2024

NOBLE CALEDONIA

The Peloponnese is home to an extraordinary collection of great archaeological sites with tangible traces of the many civilisations which have at one point over the course of history called this region home including classical temples, Mycenaean palaces, Byzantine cities and Ottoman and Venetian fortresses. The peninsula is of course also the setting for numerous myths and legends which will be brought to life by our local guides who travel aboard the MS Monet for the duration of the cruise, adding an extra dimension to all we see and experience.

The Peloponnese was where Hercules fought the Nemean lion, the legendary Spartan warriors battled and from where Paris of Troy eloped with Helen. Beyond these fascinating sites, there is also beautiful mountainous scenery, mysterious caves, vast gorges, charming villages and superb beaches. Our fascinating cruise begins with a transit of the Corinth Canal which, whilst only built in the 19th century was conceived as long ago as the 7th century BC. It is only possible to transit the canal on a small ship like the MS Monet and the experience offers a wonderful start to our cruise.

We have designed our ten night itinerary to include many of the most fascinating sites in the region combined with ample time at leisure to wander the picturesque lanes and harbours of some of the Greece's most delightful towns including the picturesque town of Vathy on Ithaca, the beautiful city of Nafplio and the fishing town of Gytheio on the Mani Peninsula. Amongst the many ancient world highlights of our voyage are our visits to the sacred site of Delphi, the ruins of Olympia, the famous citadel of Mycenae, the renowned theatre at Epidaurus and the Byzantine hillside town of Mystras.

Whether you are interested in ancient history, Greek myths or simply the joy of cruising aboard a small ship and experiencing new places and islands in this beautiful region, our voyage has something for everyone.



Epidaurus



Church of Agioi Theodoroi, Mystras

The Itinerary

Day 1 London to Athens, Greece. Fly by scheduled flight. Arrive and transfer to the MS Monet moored in Piraeus.

Day 2 Corinth Canal & Corinth. Sail early and be on deck later this morning as we navigate the narrow Corinth Canal. Completed in 1893 and only 6.4 kilometres long and 21.5 metres wide, it is only small ships like the MS Monet which can now make this journey. Over lunch we dock in the port of Corinth which flourished under both Greek and Roman rule due to its significant location on the Isthmus of Corinth which controlled trade routes as well as being home to the naval power which took colonies in Syracuse and Corfu. It has also been closely linked to St Paul who lived here for a number of years and is known through his letters to the Christian community. This afternoon we will explore the site of Ancient Corinth seeing the Temple of Aphrodite, the 6th century BC Temple of Apollo, built on a hill overlooking the marketplace, and the Roman Forum.

Day 3 Itea & Delphi. Spend the morning at the sacred site of Delphi, one of Greece's most important sites of antiquity. The hillside ruins here are exceptional and we will explore the Sanctuary of Apollo, site of the sacred Delphic Oracle and walk along Delphi's Sacred Way, visiting the Treasury of the Athenians and the 5000 seat theatre dating from the 4th

century BC. Return to the ship for lunch and enjoy a free afternoon along the waterfront in Itea. We sail late for anyone wishing to take an after dinner stroll.

Day 4 Argostoli, Kefalonia. After a leisurely morning at sea we arrive in Kefalonia, the largest of the Ionian Islands. From our berth in Argostoli we drive to the famous lighthouse of Agioi Theodoroi, the remarkable Venetian castle of Saint George and the 16th century Saint Gerasimos monastery. St. Gerasimos is the patron saint of Kefalonia, and his relic is kept in the monastery, in a silver urn. Near to the monastery we find the Robala vineyards. Wines have been grown here since the 12th century and we will learn about the processes and enjoy a tasting before we return to the ship via Kourkoumelata, one of the prettiest villages of the island.

Day 5 Vathy, Ithaca. Ithaca, one of the most legendary of all Greek islands is unspoiled by tourism, yet has a fascinating history. Relics date back to 4000 BC and by Mycenaean times it was the capital of a kingdom that included surrounding islands and part of the Peloponnese coast. It was under Odysseus that this kingdom reached its zenith, sending 12 ships to the Trojan War. During a scenic drive of the island we will visit the village of Stavros and the Monastery of Panagia Katharon which is



located on Mount Neritos and offers wonderful views of the island below. After lunch on board the afternoon is free to enjoy the delightful town of Vathy at leisure.

Day 6 Katakolon for Olympia. Pastoral and lush, Olympia's plentiful ruins are shaded by Aleppo pines and olive trees. The fame of Olympia rests upon the Olympic Games. During the celebrations that accompanied the Games, competitors, while not forgetting that they were Athenians, Spartans or from other city states, remembered that they were Greeks and regarded an Olympic victory as the highest honour. We will see the gymnasium, the stadium and the palestra or wrestling school. We will also explore the Altis, or sacred precinct of Zeus, which houses structures including the Temple of Zeus, one of the largest temples on the Greek mainland and the Archaeological Museum which houses some fine sculptures and artefacts from the site. After our visit you may choose to return to the MS Monet for lunch and an afternoon at leisure in Katakolon or stay in Olympia to explore further independently.

Day 7 Pylos. Today we will call into the home of Nestor, the wise king of Pylos who fought for the Greeks at Troy and advised Odysseus's son, Telemachus, on how best to deal with the evil suitors chasing his mother, Penelope. From our central berth in Navarino Bay, we will drive through the enchanting countryside to Methoni, one of the most impressive Medieval fortresses in Greece. The Venetians built Methoni on the Ionian Sea and Koroni on the Gulf of Messenia in the 13th century to safeguard their newly acquired Greek Empire. Also visit the castle of Neokastro which today houses the Centre for Underwater Archaeological Studies. Sail in the early afternoon and enjoy time at sea as we continue our journey around the Peloponnese.

Day 8 Gytheio for Mystras. Arrive this morning at the picturesque port of Gytheio from where we head inland to Mystras, a remarkably intact Byzantine hillside town that once housed a population of 20,000 people. Here we visit the Cathedral of Agios Dimitrios, where the two-headed eagle which is the symbol of the Palaeologos Dynasty is carved into a plaque on the floor. According to tradition, this is where Constantine XII stepped when he was crowned king. Strolling through the narrow lanes of the dead city, we will also visit the Church of Agia Sophia, the Palace of the Despots and the Monastery of Pantanassa, with its brilliant frescoes. The afternoon is free to explore Gytheio at your own pace, maybe take a walk on the promenade, visit the lighthouse or people watch from a waterfront taverna.

Day 9 Nafplio & Nemea. Enjoy a morning cruising arriving into Nafplio at lunchtime. Looking out across the translucent water of the bay towards the Arcadian Mountains, Nafplio's sheltered location below a rocky headland and large natural fortress crowned by a Venetian castle is perhaps unrivalled in Greece. From our berth we take a scenic drive through the Argos Plain to Nemea, the site of a religious sanctuary which hosted the pan-Hellenic athletic games every two years from 573 BC until 271 BC. The mythical origin of the Games is sometimes ascribed to Hercules who, after his first labour in which he had to kill

the Nemean lion living in the caves of Mount Tritos above the site, established the athletic games in honour of his father, Zeus. Nemea was not a town or settlement but a venue where festivities were held during the games and our tour will include the Temple of Zeus, the bath house and the stadium before spending time in the small but excellent on site museum. Nemea is also famous for its red wines and we will enjoy a wine tasting at a local vineyard. Return to Nafplio and enjoy time wandering the twisting labyrinthine streets, view the Venetian and Turkish architecture and maybe enjoy a pre-dinner drink ashore. Moor overnight.

Day 10 Nafplio, Mycenae & Epidaurus. Drive this morning to the famous citadel of Mycenae which is located high above the confluence of two boulder strewn ravines and accessed by way of the Lion Gate. Once inside the gate, we will explore the Royal Palace, the shaft graves and the remains of the city walls. An archaeological briefing within the Treasury of Atreus (also known as the Tomb of Agamemnon) will add to our understanding and appreciation of the sights. After lunch in a local restaurant we will visit one of the most renowned of Greece's ancient sites. Situated on the slopes of a beautiful and wooded valley, Epidaurus was known throughout the Hellenic world for its unique medical facilities and healing treatments. Dedicated to Aesclepius, the god of healing, the city was filled with curative spas and baths and only priests had access to certain secret sites. Most of the ruins of Epidaurus have been reduced to their foundations, with the exception of the astonishing theatre which is in an admirable state of preservation. Built into the ground, rather than above it, it is known for its fantastic acoustics, which we will observe during our visit.

Day 11 Athens to London. Disembark this morning in Lavrion and transfer to Athens airport for our scheduled flight to London.

PRICES PER PERSON

Based on double occupancy

SPECIAL OFFER – SAVE £200 PER PERSON FOR A LIMITED TIME ONLY

Cat	Cabin Description	Brochure Price	Special Offer Price
D	Twin/Double with portholes on Camille/Parisien Deck	£4395	£4195
C	Twin/Double with windows on Parisien/Lumiere Deck	£4795	£4595
B	Superior Double with windows on Lumiere Deck	£5295	£5095
A	Deluxe Twin with windows on Lumiere Deck	£5895	£5695
D	Twin/Double with portholes on Camille/Parisien Deck for sole use	£6195	£5995

PRICE INCLUDES: Economy class scheduled air travel • 10 nights aboard the MS Monet on a full board basis • House wine, beer & soft drinks with lunch & dinner • Noble Caledonia onboard team • Shore excursions • Gratuities • Transfers • Port taxes.

Not Included: Travel insurance.



Category A Cabin - 309



MS Monet



Restaurant

MS MONET

We are delighted to have chartered the MS Monet, a 220 foot motor yacht accommodating a maximum of just 50 guests, for a series of cruises in the Mediterranean. Originally built in 1970, MS Monet was converted and launched as a passenger ship in 1998, fully renovated in 2016 and upgraded again in 2018. If you find large resort style vessels accommodating many thousands of passengers attractive then of course this isn't the vessel for you. However, if you prefer an informal and warm atmosphere more akin to a private yacht combined with an itinerary dedicated to both discovery and relaxation then you need look no further.

Your Cabin

All the cabins on board the MS Monet are designed for comfort and have a warm and inviting feel with light fabrics and wood trimmings. Cabins range in size from 9 to 22 square metres and Categories A, B & C are equipped with windows, while those in Category D have portholes. Cabins 104-107, 112, 119, 205 and 210-215 feature twin beds and all other cabins have fixed double beds. Facilities include en-suite bathroom with shower, television, minifridge, safety deposit box, air-conditioning and hairdryer.

Your Space

The public areas include a main lounge and bar with comfortable sofas on the Lumiere Deck, a restaurant located on the Parisian Deck and the Lumiere Open Deck al fresco dining area where meals can be enjoyed when weather permits. The Lumiere Sun Deck provides a delightful sun exposed space with sun loungers and a Jacuzzi, ideal for relaxation and wonderful views.

Your Dining

Located on the Parisian Deck, the glass enclosed indoor dining room seats all passengers in a single sitting with unassigned seating and allows for wonderful panoramic views of the stunning scenery as we sail. The Lumiere Open Deck provides a covered area where guests can enjoy meals al fresco on some days, weather permitting. Food is served at the table or displayed on the hot and cold buffet stands. The menu is international, with a focus on local specialties. A choice of house wine, beer and soft drinks are served with lunch and dinner.

Life On Board

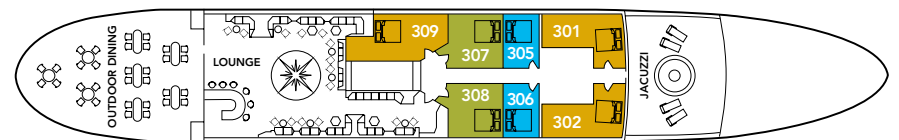
During the day, life on board focuses around the indoor lounge area, and the indoor and outdoor dining spaces, as well as the open and inviting deck areas including the Jacuzzi. These are natural gathering places and perfect for enjoying your meals al fresco, relaxing in a comfortable chair with a good book or socialising with your fellow passengers and enjoying the views.



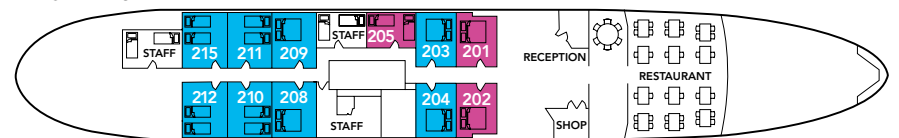
Lumiere Open Deck

DECK PLAN

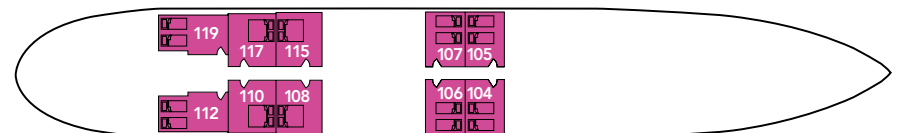
LUMIERE DECK



PARISIAN DECK



CAMILLE DECK



■ CATEGORY A ■ CATEGORY B ■ CATEGORY C ■ CATEGORY D

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All special offers are subject to availability. Our current booking conditions apply to all reservations and are available on request.

Cover image: Olympia.