

03 - 10 Oct 2026

# ATHENS DEEP SAILING & FREEDIVING

Starting in Athens, Greece  
5 islands · 6 dive days · 100 miles



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# Days well spent

## What's included

7 nights aboard a premium Catamaran sailboat

Daily freediving line training sessions, fun dives and workshops

Individual coaching and AIDA certification beginner to advanced if desired

Specific freediving equipment

Exploring the cyclades islands and spending every day in a different bay or port

All fuel, marina and mooring expenses

## What to consider

Shared provisions to cook onboard and individual shore-based meals

Flight tickets & transfers to/from harbor

## A typical day

Breakfast  
9am

Stretching & Relaxation  
10am

Depth Session  
Line Training  
11am

Lunch at Anchor  
1pm

Sail to Next Island  
2pm

Reef & Cave  
Fun Dives  
4pm

Dinner in Town  
8pm



# Sailing Route



Embarking from **Alimos Marina in Athens** on October 03.

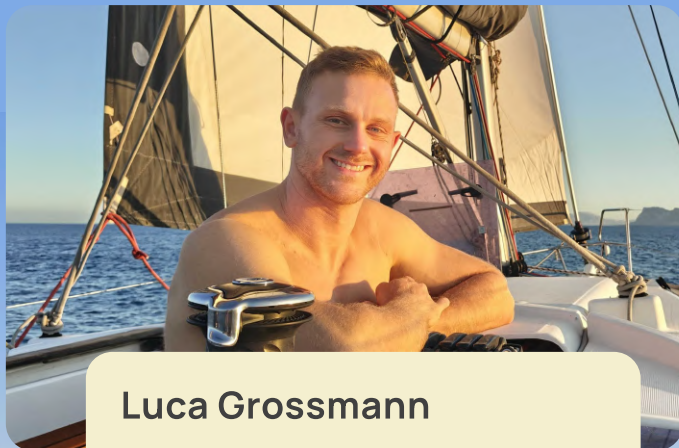
Dates and plans are estimates and may be adjusted to weather conditions and crew preferences.

# Join the Crew



**Ranalina Alim**

Freedive Instructor &  
12x National Records



**Luca Grossmann**

Professional Skipper &  
Master Freediver



# FAQ



## **Do I need prior experience in sailing to join?**

You are a guest, not a deckhand. Your skipper handles the yacht, though you are most welcome to learn the ropes and help with all maneuvers on deck.

## **Do I need to bring my own freediving equipment?**

While buoys and weights are provided, we highly recommend bringing your own "personal fit" gear (mask, snorkel, fins and wetsuit). However, we can organise all necessary gear for you.

## **What is the food situation?**

Guests contribute to a fund, and we shop as a group. Everyone chips in with cooking and cleaning. Usually, breakfast and lunch we have on board and on some days we dine on shore.

## **What happens if the weather is bad?**

Nature is our host, and the Skipper has the final say. If the blue water is too rough, we switch to fun dives in protected coves or focus on dry-land workshops and activities.

## **What are the cabins like?**

Yacht living is cozy and social. Our yachts have double cabins with shared bathrooms. Space is limited, so pack in soft duffel bags (no hard suitcases).

# Secure your Spot

Join us for an unforgettable week sailing and freediving the Saronic islands.


Contact Rana or Luca directly for more details and how to book your spot.

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