

# Joining Instructions

## Practical Courses



## How to reach us

**Saronic Sails RYA Centre is based at Nea Peramos Marina**, conveniently located about 45 minutes from Athens city centre (Syntagma Square), 50 minutes from Athens International Airport and approximately 40 minutes from Piraeus Port.

**From Athens International Airport**, a taxi transfer is recommended and typically takes around 45–50 minutes, depending on traffic. Alternatively, you can take the Suburban Railway (Proastiakos) to Nea Peramos and then continue to the marina by taxi.

From Athens city centre (Syntagma Square or the Acropolis area), a taxi is also the most convenient option, with a journey time of about 45 minutes. Public transport is available as well: take the Suburban Railway (Proastiakos) or a bus towards Megara, followed by a short taxi ride to the marina.



Athens International Airport  
ATH

± 45 m



Taxi & Mini Buss



Nea Peramos in  
House Base



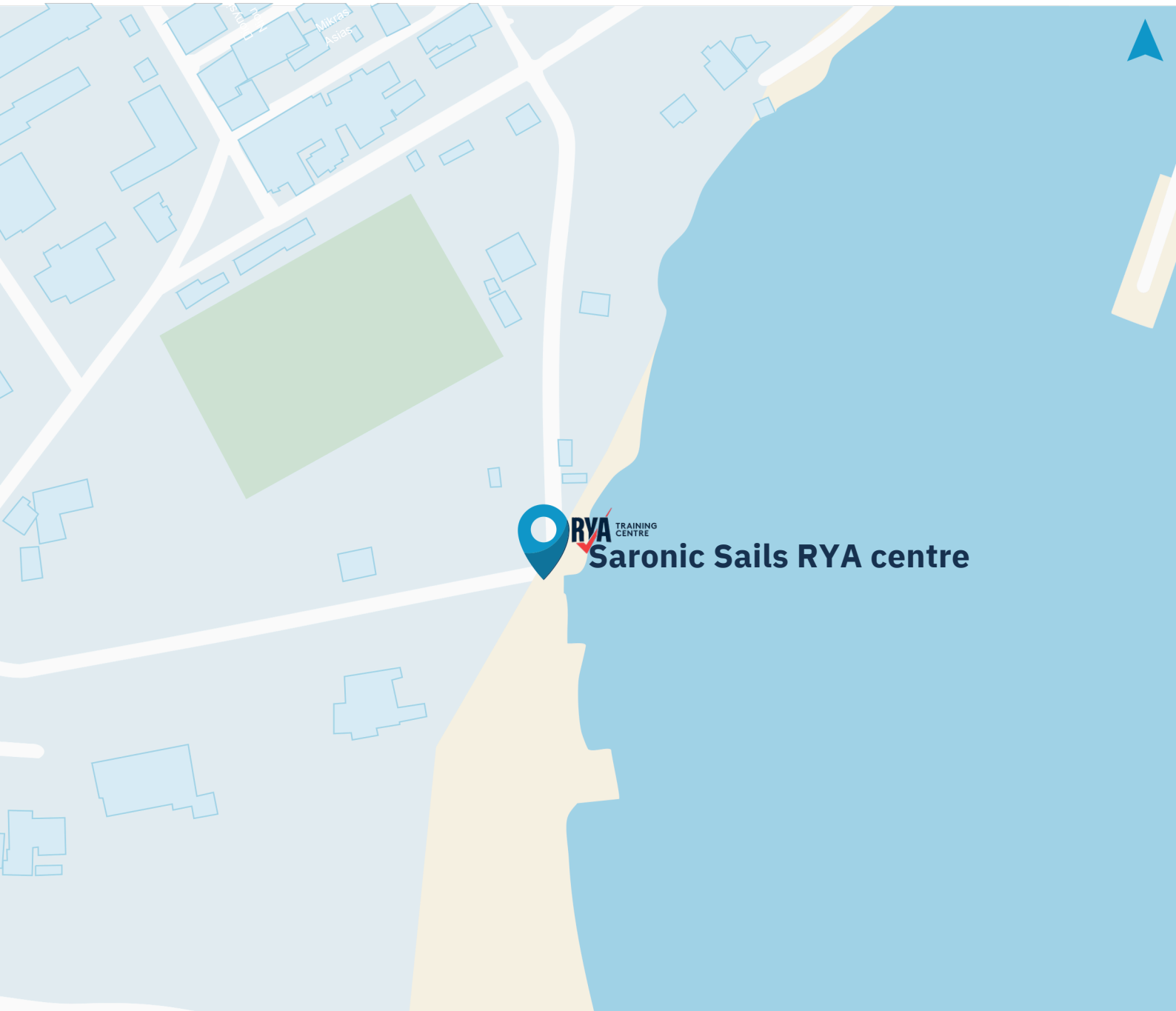
Athens International Airport  
ATH

± 1H



Direct HighSpeed Train

# Where to find us!



## Base

Nea Peramos, Greece 64007

Scan the QRcode

& click here

## Parking

Plenty of public parking is available nearby for your conveniences.

## Contact details

Nikos – Mobile +30 6973 343 515

# Useful Tips



## Description

The practical courses are 6-day courses beginning on Monday 09.00 and ending on Thursday 18.00 with a freesail day on Friday .

Candidates are expected to be at our base on Sunday night at the latest, where they will be welcomed by their instructor and briefed about the yacht and the course.



## Accommodation

Accommodation depends on your booking and the training yacht, and may include a bunk bed, double cabin, or saloon berth. Cabins are typically shared, and saloon berths may be used.

Our training yachts range from 36ft to 46ft, with 3–4 cabins and 2–4 heads. All yachts are fully coded, well maintained, fully equipped, and compliant with Greek and international safety regulations.



## Food on Board

At Saronic Sails RYA Centre, your training is also an opportunity to enjoy Mediterranean cuisine. We provide fresh, high-quality provisions, including locally sourced products for your meals onboard.

Breakfast, lunch, and dinner for the night sail are included. If you have any allergies or dietary requirements, please let us know in advance so we can accommodate you. For severe allergies, we recommend contacting us prior to booking.

What is included	What is not included
Fuel, gas, water	Drinks & meals taken ashore
Bed linen & towels	
Available course material	Transfers and flights to / from our base
Provisions for breakfast, snacks and lunch on board & soft drinks	

# What to Bring

- ✓ Sunglasses, hat, and high-factor sunscreen
- ✓ Comfortable, lightweight clothing
- ✓ A light jacket or fleece for cooler evenings
- ✓ Non-marking deck shoes (trainers with light soles)
- ✓ Swimwear and a towel
- ✓ Soft bag (no hard suitcases, due to limited storage onboard)
- ✓ Personal essentials (toiletries, medications, etc.)
- ✓ Rehydration sachets (optional, if prone to dehydration)

We recommend packing light and keeping your luggage practical for life onboard. Preparing the above will help ensure a comfortable and enjoyable experience during your time with us.

If you have any questions or are unsure about anything, feel free to get in touch — we're always happy to help.

 Dionysiou Niou  
Nea Peramos 190 06

 +30 6973 343 515

 [wa.me/306909256879](https://wa.me/306909256879)

 [saronicsails.com](https://saronicsails.com)

 [training@saronicsails.com](mailto:training@saronicsails.com)