



SAILING ITINERARY

A sample itinerary of a typical sailing week

Day 1

Embark Plymouth Yacht Haven
Orientation of the boat
Health and safety briefing
Sailing activity
Evening meal
Getting to know you session

Day 2

Breakfast
Sailing and instruction
Lunch
Navigation and chart work session
Sailing activity
Evening meal
Review of the day and plan next day's route
Free time - may include visit ashore

Day 3

Breakfast
Sailing and instruction
Lunch
Knotting session
Sailing activity
Evening meal
Review of the day and plan next day's route
Free time - may include visit ashore

Day 4

Breakfast
Sailing and instruction
Lunch
Knotting session
Sailing activity
Evening meal
Review of the day and plan watches for overnight passage
Free time/watch during night sail

Day 5

Breakfast
Sailing and instruction
Lunch
Sailing activity
Evening meal
Review of the day and plan next day's route
Free time

Day 6

Breakfast
Return to Plymouth Yacht Haven
Sailing activity
Secure vessel alongside pontoon/mooring
Clean down
Debrief, feedback forms completed
Disembark