



# SAIL & POWER TRAINING

## Langebaan, South Africa

### MILE BUILDING TRIPS

Courses are presented throughout the year; please contact us for dates and prices

Pre Requisites	: RYA/MCA Coastal Skipper & Yachtmaster Offshore Shorebased and Day skipper sailing standard.
Duration	: 5 days
Minimum Age	: 16 years old
Where	: Coastal Sailing

#### Overview of course content:

**Mileage Building – 5 Days** (includes accommodation and food)

#### We usually follow one of two sailing routes:

- Sail south to Cape Town, Hout Bay and perhaps to Simons Town and Gordons Bay
- Sail north to Paternoster, St. Helena Bay, Port Owen and perhaps to Lamberts Bay

The choice of which sailing route to take, depends on the weather and the instructor will make the final decision.

#### Who is it for?

Ideal for candidates who need nautical miles to qualify for upgrading their sail qualifications to Yachtmaster Coastal, Yachtmaster Offshore or Yachtmaster Ocean, or for sailing enthusiasts who want to gain some sailing experience on longer trips.

#### Qualification Gained:

Nautical miles obtained/passages/night hours and days at sea are signed off in your log book by the skipper.

### Included:

- Personal Log Book
- Atlantic Yachting Cap
- Diesel + Berthing Fees
- **Accommodation on board** for the duration of your practical sailing course
- Fresh linen, pillows and pillow cases
- The use of Foul Weather gear should you need it
- Tea, Coffee & Sugar in office and on yachts
- **Food - yachts are provisioned for the duration of your practical course**
- Diesel and Berthing fees
- Access card to Marina ablutions (**on loan**)
- Fully equipped galley + cleaning materials

### Excluded:

- Transport to Langebaan from Cape Town

### What you need to bring with you:

- Suitable clothing - layers are a good idea (T shirts, baggies, long sleeve T-shirts, rash vests, tracksuit pants, jeans, flip flops and warm clothes)
- Weather proof jacket
- Polarised Sunglasses , or you can purchase from our shop - From R800.00
- Gloves , or you can purchase from our shop - R250.00
- Sailing shoes or any soft-soled shoes (i.e. trainers)
- Sleeping bag and a blanket
- Sun cream, hats, towels and toiletries
- Warm socks and a beanie
- Extra money for food and beverages - cooking onboard is encouraged as part of the yachting experience and helps to stretch your budget