



## A. BASIC SAILING COURSES

Course fee

[begin sailing]

### A.1 Taste Sailing

€ 30 adult - € 15 child

If you've never been sailing before, this test (a good taste!) will be your first experience before committing yourself to a course, then one of group A sessions, may be just what you need to help make a decision. You will sail in one of our keelboats with an instructor on board.

How many days: mornings or afternoons  
 Level: check your level  
 Your initial skills: beginner  
 Boat: First 21.7 or First 36.7 (keel boats)  
 Time: 9.30-12.30am or 3.00-6.00pm (more sessions)

### A.2 Beginner Sailing

€ 270

Primarily designed for those coming to sailing for the first time. The objective is to teach students the basics of sailing a boat safely, in stable weather conditions.

Course content:

- Terms used in sailing, basic sailing techniques
- Primary seamanship skills and common manoeuvres
- General principles of safety at sea

How many days: Two Day or Four Half Day Course  
 Level: 1  
 Your initial skills: beginner  
 Boat: First 21.7 or First 36.7 (keel boats)  
 Time: 9.30am - 5.30pm

## B. ADVANCED SAILING COURSES

Course fee

[believe sailing]

### B.1 Performance Sailing

€ 270

This advanced course is aimed at those already familiar with sailing boats, and is designed as the next level following completion of the beginners course.

Course content:

- Improving manoeuvring techniques
- Fine sail trim and rig tuning
- Spinnaker first skills

How many days: Two Day or Four Half Day Course  
 Level: 2  
 Your initial skills: intermediate - advanced  
 Boat: First 21.7 or First 36.7 (keel boats)  
 Time: 9.30am - 5.30pm

### B.2 Complete Advanced Sailing

€ 420

To improve advanced cruising. This course contain previous Performance Sailing Course and add more skills about charts, GPS, pilotage, rules of the road, winds and tides in an enjoyable course programme.

How many days: Four Day Course  
 Level: 2  
 Your initial skills: intermediate - advanced  
 Boat: First 21.7 or First 36.7 (keel boats)  
 Time: 9.30am - 5.30pm

## C. SKIPPER&RACE TRAINING

Course fee

[become sailing]

### C.1 Seamanship Skills

€ 270

This course is suitable for those wishing to improve the techniques and knowledge required to take full command and responsibility aboard. Chiefly designed for the racing circuit, but could also be applied to leisure sailing.

Course content:

- Advanced boat handling
- Manoeuvring around buoys and obstacles
- Improving spinnaker technique in cruise

How many days: Two Day or Four Half Day Course

Level: 3

Your initial skills: intermediate - advanced

Boat: First 21.7 or First 36.7 (keel boats)

Time: 9.30am - 5.30pm

### C.2 Sailing with Spinnaker

€ 270

Spinnaker, spinnaker and spinnaker again ... but not only to fly on the sea.

How many days: Two Day or Four Half Day Course

Level: 3

Your initial skills: intermediate - advanced

Boat: First 21.7 or First 36.7 (keel boats)

Time: 9.30am - 5.30pm

### C.3 Start Racing

€ 270

This course is suitable for those wishing to improve the techniques in regatta.

Chiefly designed for the racing circuit.

Course content:

- Advanced boat and sails tuning
- Manoeuvring around buoys
- Principles and tactics of racing
- Improving spinnaker technique in race

How many days: Two Day or Four Half Day Course

Level: 3

Your initial skills: intermediate - advanced

Boat: First 21.7 or First 36.7 (keel boats)

Time: 9.30am - 5.30pm

## D. FAMILY SAILING COURSES

Course fee

For every two adults one child goes free!

[beloved sailing]

### D.1 Family Sailing Basic

€ 270 adult - € 120 per additional child

How many days: Two Day or Four Half Day Course

Level: beginner

Boat: First 21.7 or First 36.7 (keel boats)

Time: 9.30am - 5.30pm

### D.2 Family Sailing Complete

€ 420 adult - € 220 per additional child

How many days: Four Day Course

Level: beginner

Boat: First 21.7 or First 36.7 (keel boats)

Time: 9.30am - 5.30pm

## E. CRUISING COURSES

Course fee

[live sailing]

### E.1 One Weekend Cruising Course

€ 270

This One Weekend Course is designed for those wishing accommodation on board to learn basic cruising techniques.

Programme content:

- Basics of sailing and seamanship skills
- Short-handed manoeuvring
- Mooring and anchoring

How many days: One Weekend Course

Level: all levels

Boat: First 36.7 (keel boats)

Time: from sat 9.30am until sun 5.30pm

### E.2 Two Weekend Cruising Course

€ 420

The One weekend Cruising Course, followed by another weekend aboard - not necessarily consecutive - after which you will make more experiences in cruising sail.

Programme content:

- improving cruising techniques
- man overboard procedure and emergency manoeuvres
- using the spinnaker in cruising.

How many days: Two Weekend Course

Level: all levels

Boat: First 36.7 (keel boats)

Time: from Sat 9.30am until Sun 5.30pm

### E.3 Complete Cruising Course

€ 420

The complete cruising course provides a unique opportunity to extend your cruising experience whilst enjoying the delights of the Sardinian coastline. Pilotage, boat handling and sailing instruction combined with beautiful anchorages, excellent local cuisine and some of the best sailing in the Mediterranean!

Programme content:

- improving cruising techniques
- man overboard procedure and emergency manoeuvres
- using the spinnaker in cruising
- basic night sailing

How many days: Four Day Course

Level: all levels

Boat: First 36.7 (keel boats)

Time: from Mon 9.30am until Thu 5.30pm

## F. ONE TO ONE TUTORIAL

Course fee

€ 30 per hour

How many days: mornings or afternoons

Level: all levels

Boat: First 21.7 (keel boats)

Time: By Arrangement

## G. ITALIAN&SAILING

Course fee

### G.1 Italian&Sailing

€ 320

You can sail learning Italian language. In addition of standard sailing courses, Sardegna Explora has negotiated special prices with the local Italian language school. The combination of our Italian&Sailing package is a perfect solution for your vacations.

How many days: Two Day Course (Italian mornings and sailing afternoons)

Level: all levels

Boat: First 21.7 or First 36.7 (keel boats)

Time: 9.30am - 5.30pm

### G.2 Italian&Sailing Weeks

€ 470

You can sail learning Italian more

How many days: Four Day Course (Italian mornings and sailing afternoons)

Level: all levels

Boat: First 21.7 or First 36.7 (keel boats)

Time: 9.30am - 5.30pm

## ALTERNATIVE HOLIDAYS

For those torn between the allure of the sea and the attractions of the land. Sardegna Explora can arrange a flexible, personalised holiday combining yacht charter and an exploration of the Sardinian hinterland. This can include quad biking, trekking and 4wheel-drive expeditions. Holidays are tailored and priced according to individual requirements.

### IMPORTANT NOTICE

sailing courses with First 21.7: min two persons - max four persons  
sailing courses with First 36.7: min four persons - max seven persons (Cruising Courses max six persons)  
child: under 13 years old  
foods, transfer, land accomodation not included in prices  
courses and prices can be changed without notice



**SARDEGNA EXPLORA**  
**LA CALETTA - SINISCOLA (NU)**

### HOW TO FIND US

Our Nautical Base is in La Caletta Port - Siniscola (NU), in east coast of Sardinia [ITALY].

### AIRLINES FROM SOME OF MOST IMPORTANT EUROPEAN AIRPORTS

to **Olbia Costa Smeralda**:

direct airline from London/Gatwick: **Easyjet** [low cost]

direct airline from Cologne/Bonn - Hanover - Berlin - Stuttgart - Munich: **Hapag Lloyd** [low cost]

other Airways Companies whose fly to Olbia:

**AirDolomiti - AirAlps - AirVallee - Lufthansa - Meridiana**

to **Alghero Fertilia**:

direct airline from London/Stansted - Frankfurt/Hahn : **Ryanair** [low cost]

to **Cagliari Elmas**:

from London: **British Airways** - **Ryanair**

other Airways Companies whose fly to Alghero and Cagliari:

**AirDolomiti - AirOne - Alitalia - AlpiEagles - Meridiana - Minerva - Volare**

### FERRY BOATS CONNECTIONS TO SARDINIA PORTS

**Olbia**: Tirrenia-Moby Lines-Linea dei Golfi-Grimaldi from/to **Genova-Livorno-Piombino-Civitavecchia**

**Golfo Aranci**: FF.SS-Sardinia Ferries-Tirrenia from/to **Civitavecchia-Livorno-Roma Fiumicino**

**Porto Torres**: Tirrenia-Grimaldi from/to **Genova**

**Cagliari**: Tirrenia-Linea dei Golfi from/to **Genova-Civitavecchia-Napoli-Palermo-Trapani**

### TRANSFER FROM AIRPORTS AND PORTS (not included):

Olbia (airport and port) - La Caletta: 50 Km

Alghero (airport) - La Caletta: 150 Km

Cagliari (airport and port) - La Caletta: 220 Km

### ACCOMODATION (not included):

In combination of **sailing courses** you can ask for your best accomodation in:

- Self-catering private apartments
- Guest Houses (room with private bathroom)
- Hotels \*\*\*
- Traditional Farmhouse Bed&Breakfast accommodation
- Luxury Villas and Hotels



For more information please contact:

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