



14-Day Round Malta and Sicily Mile Builder

ALL YEAR AROUND

Rolex Middle Sea Race Made Slow

Malta - Heart of Mediterranean Sea

Sail through the breathtaking waters of the central Mediterranean, retracing the legendary route of the Rolex Middle Sea Race — but at a gentler, more immersive pace.

This 14-day sailing journey offers a unique blend of offshore adventure and coastal charm, making it ideal for those looking to build serious sea miles, prepare for the Middle Sea Race, or simply enjoy an extended sailing holiday filled with both excitement and serenity.

Departing from Malta, you'll navigate around Sicily's dramatic coastline, pass through the iconic Strait of Messina, visit enchanting destinations like Taormina, Palermo, Favignana, and Lampedusa, and explore picturesque bays, charming harbors, and historical ports. Along the way, you'll have time ashore to discover local cuisine, ancient ruins, and vibrant seaside towns — all while gaining real offshore experience.

Throughout the trip, you'll log over 700NM of valuable sea time — including qualifying passages for the RYA Yachtmaster Exam. This is more than just a voyage; it's a hands-on opportunity to take turns at the helm, stand night watches, lead passage planning, and refine your skills under the guidance of a seasoned RYA instructor.

 Open to solo sailors, couples, and groups aboard a fully equipped 46ft cruising yacht

 You can join this trip as an RYA Competent Crew course (no previous experience needed)

 You'll be an active crew member — helming, navigating, trimming, and growing with every nautical mile

This is the ultimate journey for those who want to deepen their skills, explore new waters, and experience the magic of slow sailing through one of the most iconic race routes in the world.

Round Sicily Mile Builder

 **4.9** rating of 83 reviews



Bavaria 46C - 4 cabins



Scheduled all year round



14 - 65 years old



4 - 7 guests onboard



650 - 700 Nautical Miles



Mostly Good weather



Start and end at Malta



No assumed knowledge

BOOK NOW

Different ports to visit

A region in the central Mediterranean known for its rich history, stunning coastlines, and vibrant sailing traditions



* example mile builder itinerary, subject to weather

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A Grand Sailing Destination
Malta - Valletta

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A Sailing Paradise
Malta - Comino Island

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A Tranquil Sailing Escape
Malta - Gozo

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A Historic Sailing Haven
Sicily - Syracuse

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A City Build on Volcano
Sicily - Catania

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A Scenic Sailing Retreat
Sicily - Taormina

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A Legendary Sailing Passage
Sicily - Messina Strait

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A Thrilling Volcano Anchorage
Aeolian Islands - Stromboli

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A Perfect Sailing Stop with History & Culture
Sicily - Palermo

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A Historic Maritime Gateway
Sicily - Trapani

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A Hidden Gem for Sailors
Sicily - Favignana

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A Rugged and Remote Sailing Escape
Sicily - Pandelleria

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A Stunning Offshore Sailing Haven
Italy - Lampedusa



Passage Planning & Navigation

- Planning the route before departure, taking into account weather, tides, currents, hazards, and stopovers.
- Identifying way points, adjusting course, and ensuring the passage is safe and efficient.



Night Sailing & Watchkeeping

- Sailing in darkness with limited visibility using navigation lights, radar, AIS, and chart plotters.
- Watchkeeping involves standing shifts (watches) during long passages, where crew members rotate roles.



Sail Handling & Trim Optimization

- Adjusting sails to maximize speed, efficiency, and comfort based on wind conditions.
- Understanding how different sail settings affect the boat's performance.



Heavy Weather Sailing & MOB

- Techniques to handle strong winds, rough seas, and unexpected squalls.
- Using storm sails, heaving-to, deploying drogues, and managing crew fatigue.
- Practicing man-overboard drills.



Anchoring & Mooring Techniques

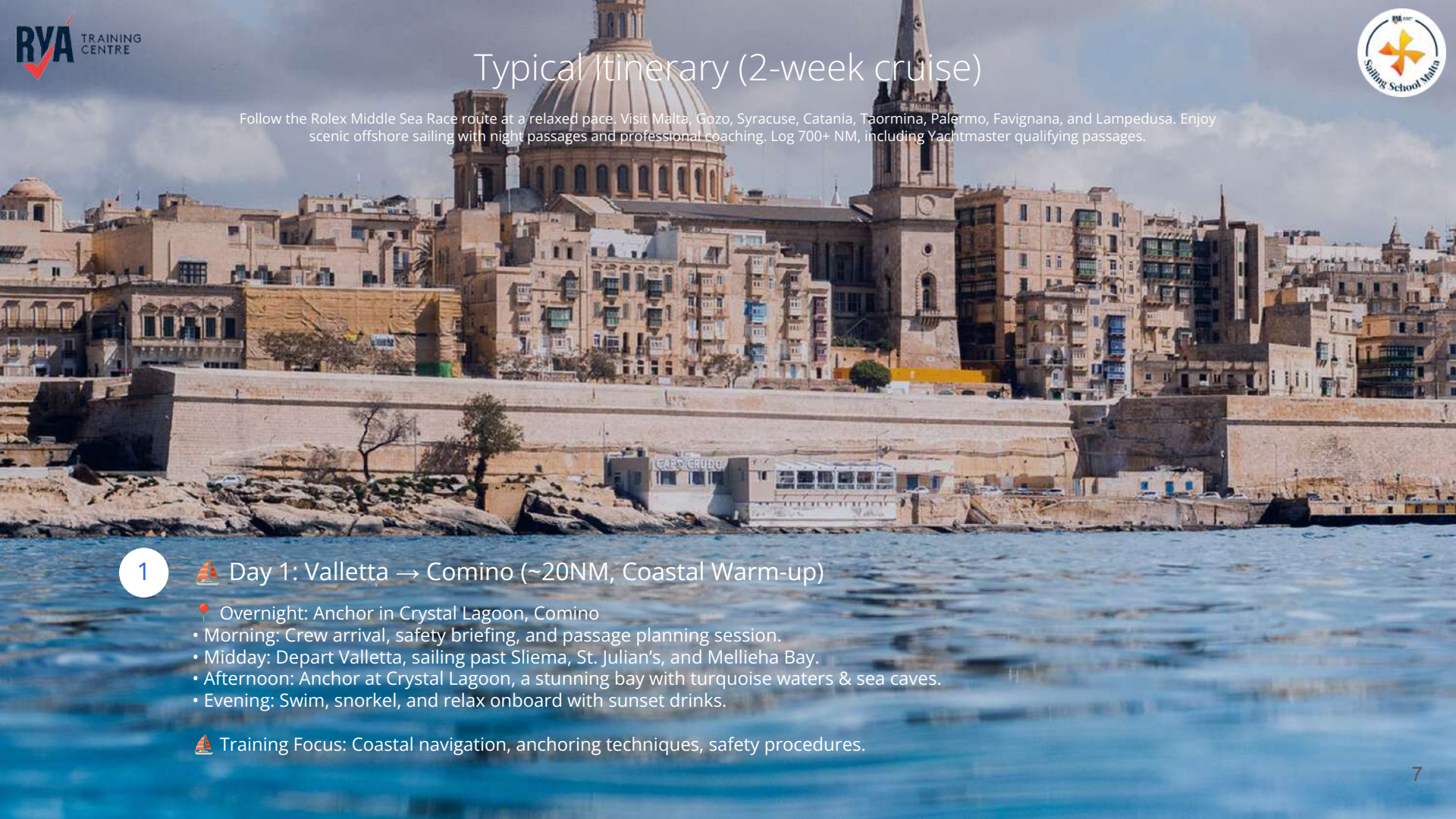
- Learning how to safely anchor in different seabed conditions.
- Mooring in various settings, including marinas, pontoons, and mooring buoys.



Radio Communication & COLREGS

- Using VHF radio to communicate with harbor masters, coast guards, and nearby vessels.
- Understanding Collision Regulations (COLREGs) for right of way at sea.





Typical Itinerary (2-week cruise)

Follow the Rolex Middle Sea Race route at a relaxed pace. Visit Malta, Gozo, Syracuse, Catania, Taormina, Palermo, Favignana, and Lampedusa. Enjoy scenic offshore sailing with night passages and professional coaching. Log 700+ NM, including Yachtmaster qualifying passages.

1

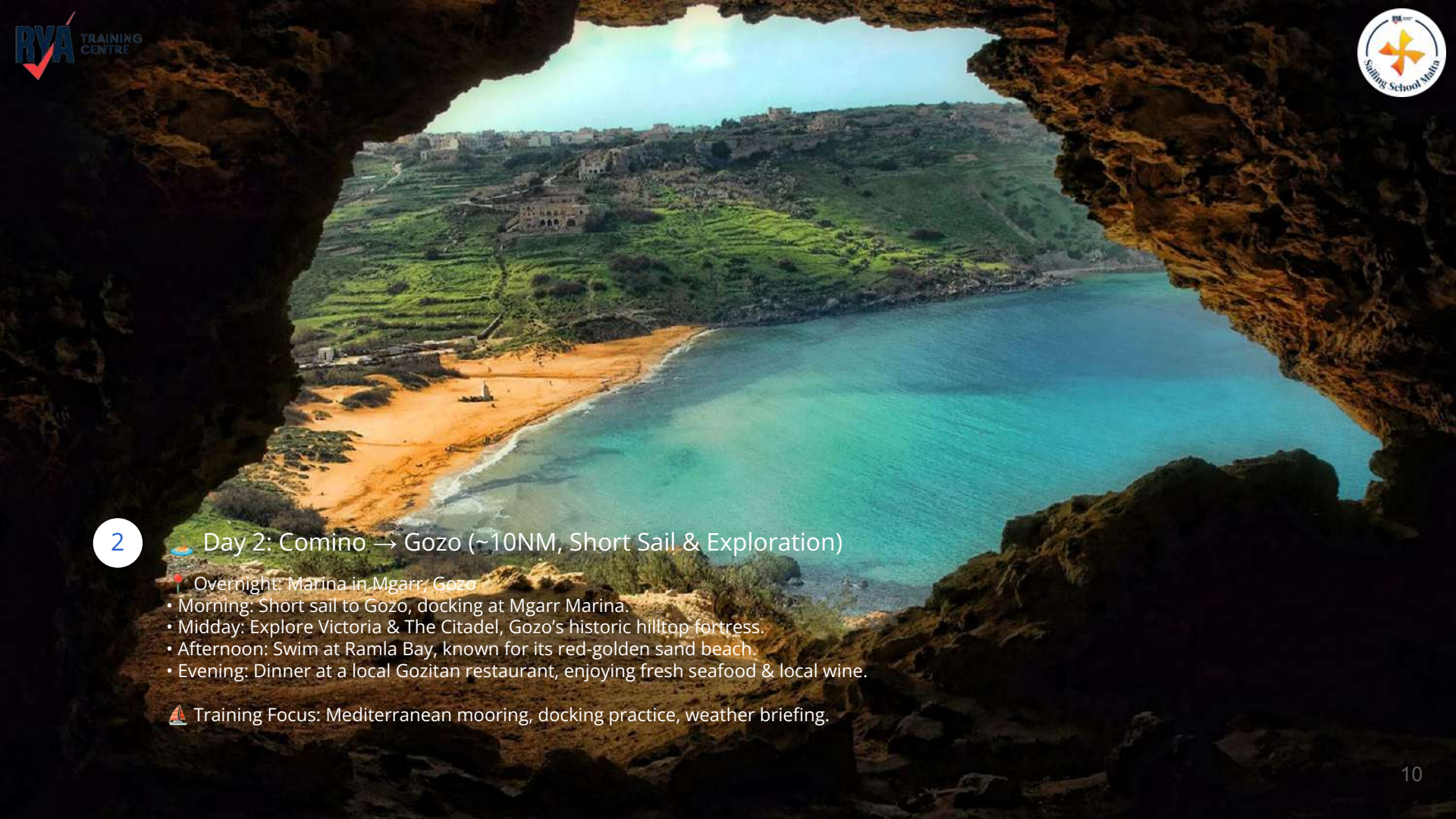
Day 1: Valletta → Comino (~20NM, Coastal Warm-up)

-  Overnight: Anchor in Crystal Lagoon, Comino
- Morning: Crew arrival, safety briefing, and passage planning session.
- Midday: Depart Valletta, sailing past Sliema, St. Julian's, and Mellieha Bay.
- Afternoon: Anchor at Crystal Lagoon, a stunning bay with turquoise waters & sea caves.
- Evening: Swim, snorkel, and relax onboard with sunset drinks.

 Training Focus: Coastal navigation, anchoring techniques, safety procedures.







2

Day 2: Comino → Gozo (~10NM, Short Sail & Exploration)

- Overnight: Marina in Mgarr, Gozo
- Morning: Short sail to Gozo, docking at Mgarr Marina.
- Midday: Explore Victoria & The Citadel, Gozo's historic hilltop fortress.
- Afternoon: Swim at Ramla Bay, known for its red-golden sand beach.
- Evening: Dinner at a local Gozitan restaurant, enjoying fresh seafood & local wine.

 Training Focus: Mediterranean mooring, docking practice, weather briefing.







3



Day 3: Gozo → Syracuse (~90NM, Overnight Passage)



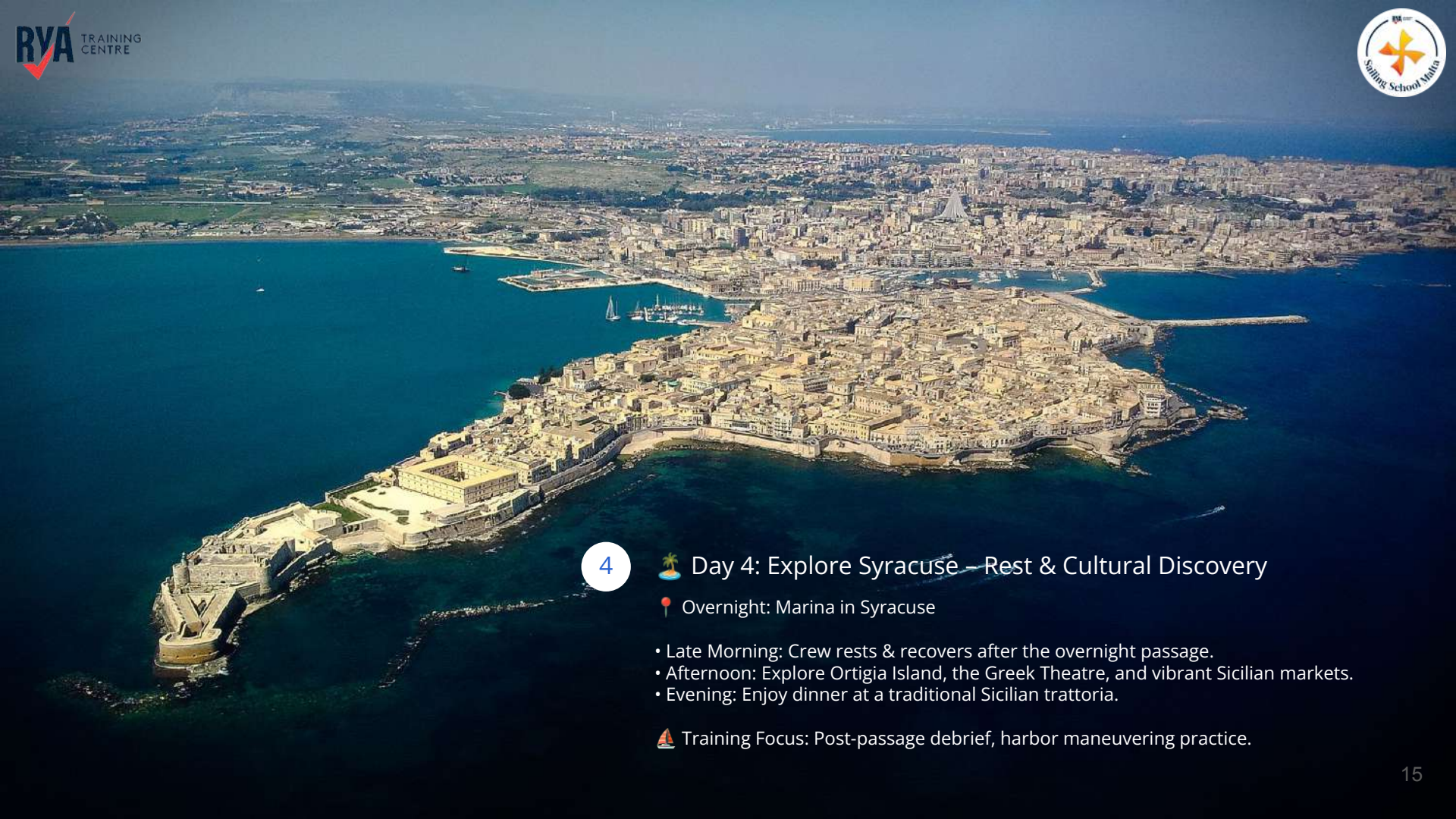
Overnight: Marina in Syracuse, Sicily

- Morning: Depart Gozo for an offshore passage to Sicily.
- All Day & Night: Crew rotates watches, practicing night navigation & offshore passage skills.
- Early Morning Arrival: Dock in Syracuse and enjoy a well-earned rest.



Training Focus: Watchkeeping, offshore passage planning, night navigation.





4



Day 4: Explore Syracuse – Rest & Cultural Discovery



Overnight: Marina in Syracuse

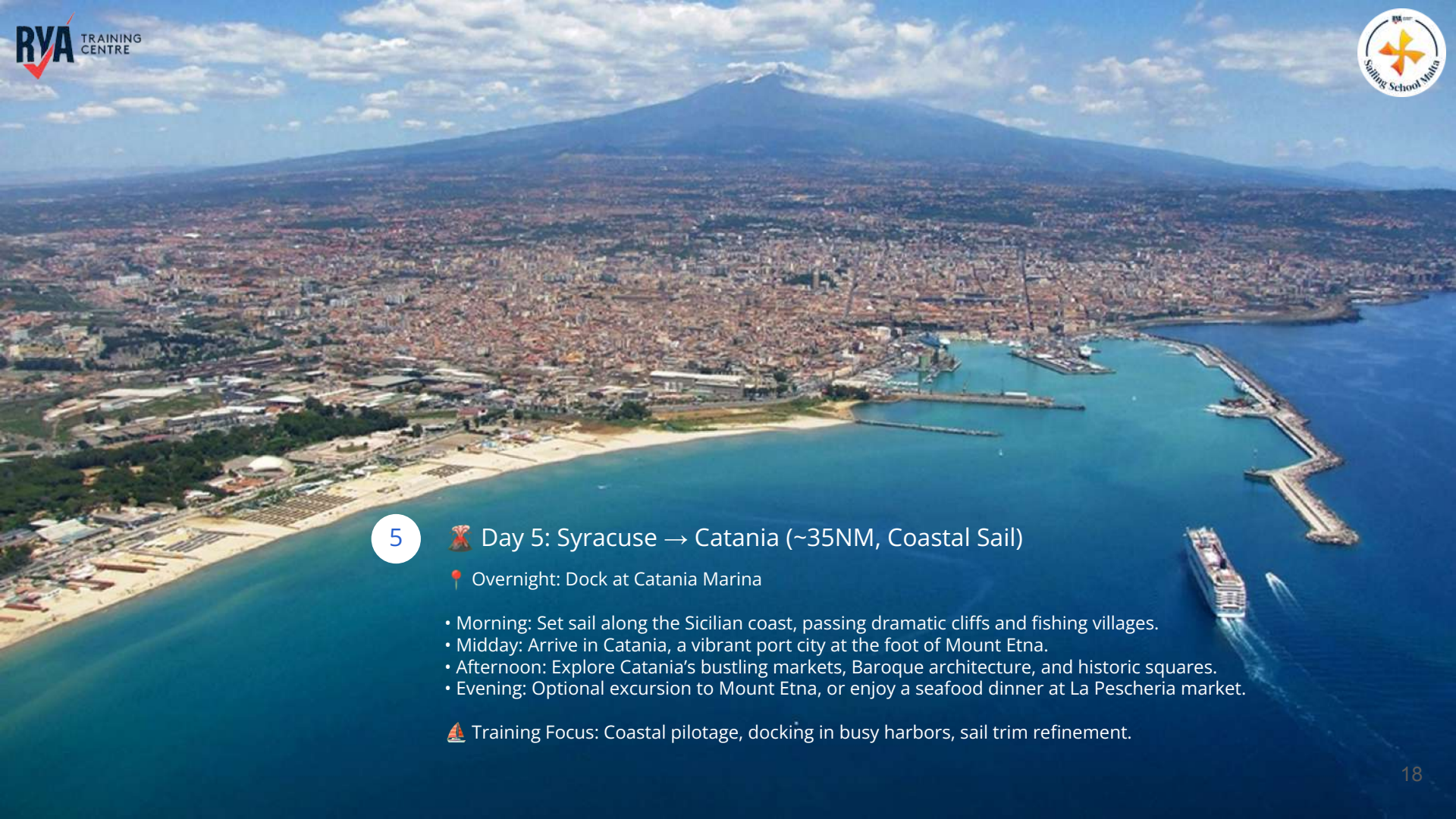
- Late Morning: Crew rests & recovers after the overnight passage.
- Afternoon: Explore Ortigia Island, the Greek Theatre, and vibrant Sicilian markets.
- Evening: Enjoy dinner at a traditional Sicilian trattoria.



Training Focus: Post-passage debrief, harbor maneuvering practice.







5

🚢 Day 5: Syracuse → Catania (~35NM, Coastal Sail)

📍 Overnight: Dock at Catania Marina

- Morning: Set sail along the Sicilian coast, passing dramatic cliffs and fishing villages.
- Midday: Arrive in Catania, a vibrant port city at the foot of Mount Etna.
- Afternoon: Explore Catania's bustling markets, Baroque architecture, and historic squares.
- Evening: Optional excursion to Mount Etna, or enjoy a seafood dinner at La Pescheria market.

🛶 Training Focus: Coastal pilotage, docking in busy harbors, sail trim refinement.







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 Day 6: Catania → Taormina (~30NM, Short Coastal Sail)

 Overnight: Anchor near Taormina or dock at Giardini Naxos Marina

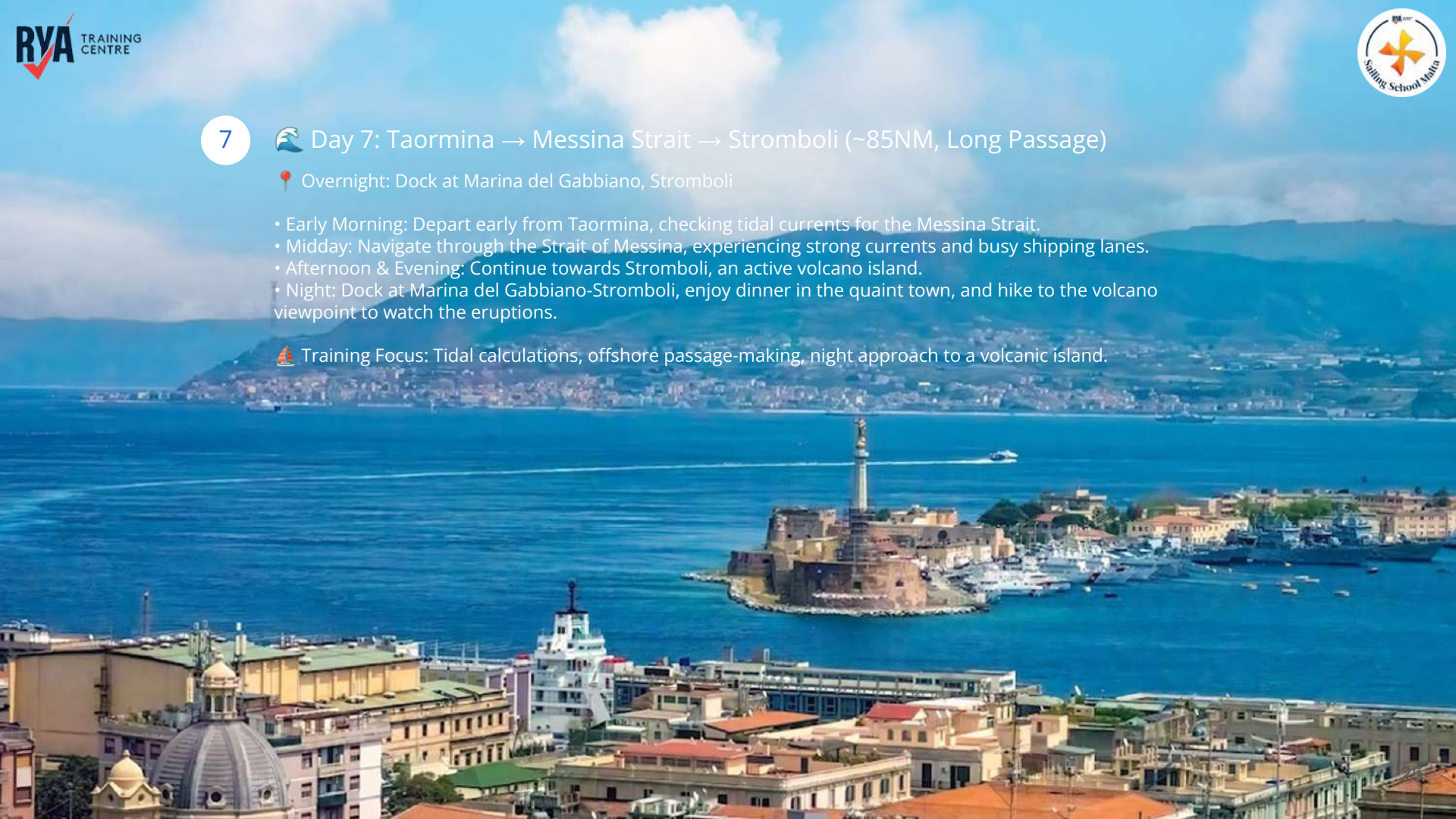
- Morning: Short sail along Sicily's eastern coast, with views of Mount Etna.
- Midday: Swim stop at Isola Bella, a beautiful cove near Taormina.
- Afternoon: Explore Taormina's Greek Theatre, charming streets, and cafés.
- Evening: Dinner overlooking the sea, with a stunning sunset backdrop.

 Training Focus: Anchoring near cliffs, maneuvering in light winds, fine-tuning sail handling.









7



Day 7: Taormina → Messina Strait → Stromboli (~85NM, Long Passage)

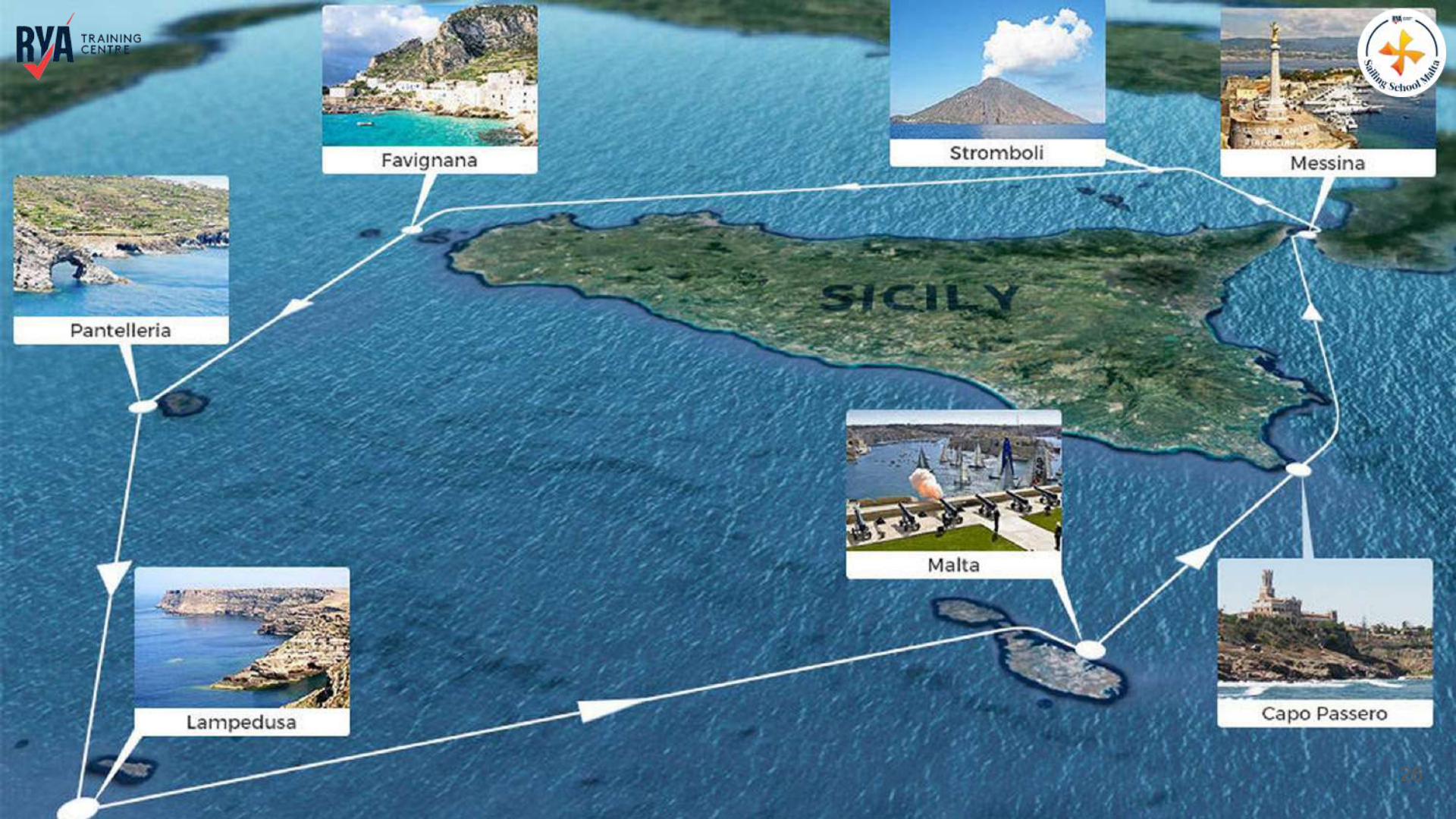


Overnight: Dock at Marina del Gabbiano, Stromboli

- Early Morning: Depart early from Taormina, checking tidal currents for the Messina Strait.
- Midday: Navigate through the Strait of Messina, experiencing strong currents and busy shipping lanes.
- Afternoon & Evening: Continue towards Stromboli, an active volcano island.
- Night: Dock at Marina del Gabbiano-Stromboli, enjoy dinner in the quaint town, and hike to the volcano viewpoint to watch the eruptions.



Training Focus: Tidal calculations, offshore passage-making, night approach to a volcanic island.



Favignana



Stromboli



Messina



Pantelleria



Malta



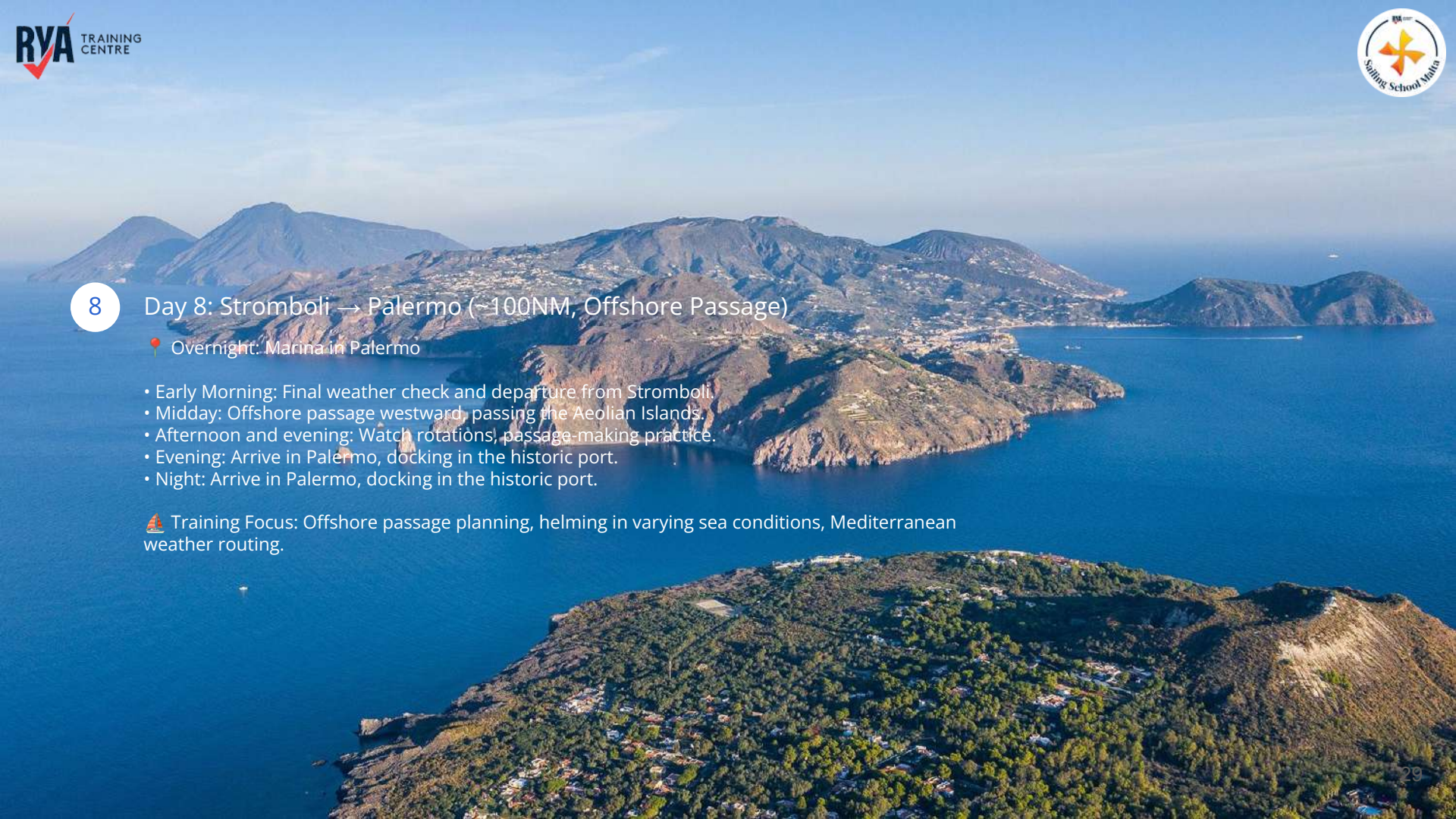
Lampedusa



Capo Passero







8

Day 8: Stromboli → Palermo (~100NM, Offshore Passage)

📍 Overnight: Marina in Palermo

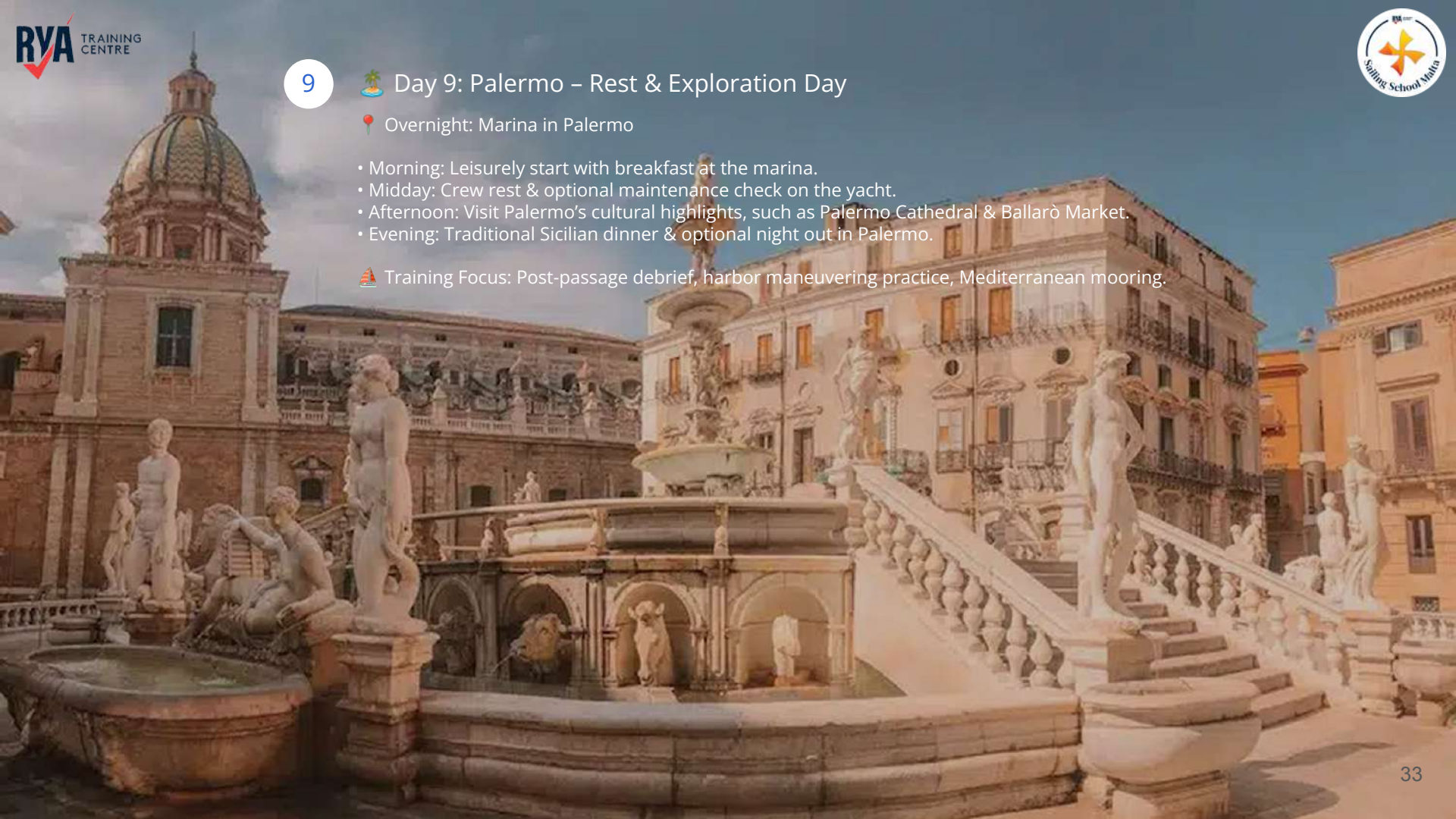
- Early Morning: Final weather check and departure from Stromboli.
- Midday: Offshore passage westward, passing the Aeolian Islands.
- Afternoon and evening: Watch rotations, passage-making practice.
- Evening: Arrive in Palermo, docking in the historic port.
- Night: Arrive in Palermo, docking in the historic port.

🚢 Training Focus: Offshore passage planning, helmng in varying sea conditions, Mediterranean weather routing.









9



Day 9: Palermo – Rest & Exploration Day



Overnight: Marina in Palermo

- Morning: Leisurely start with breakfast at the marina.
- Midday: Crew rest & optional maintenance check on the yacht.
- Afternoon: Visit Palermo's cultural highlights, such as Palermo Cathedral & Ballarò Market.
- Evening: Traditional Sicilian dinner & optional night out in Palermo.



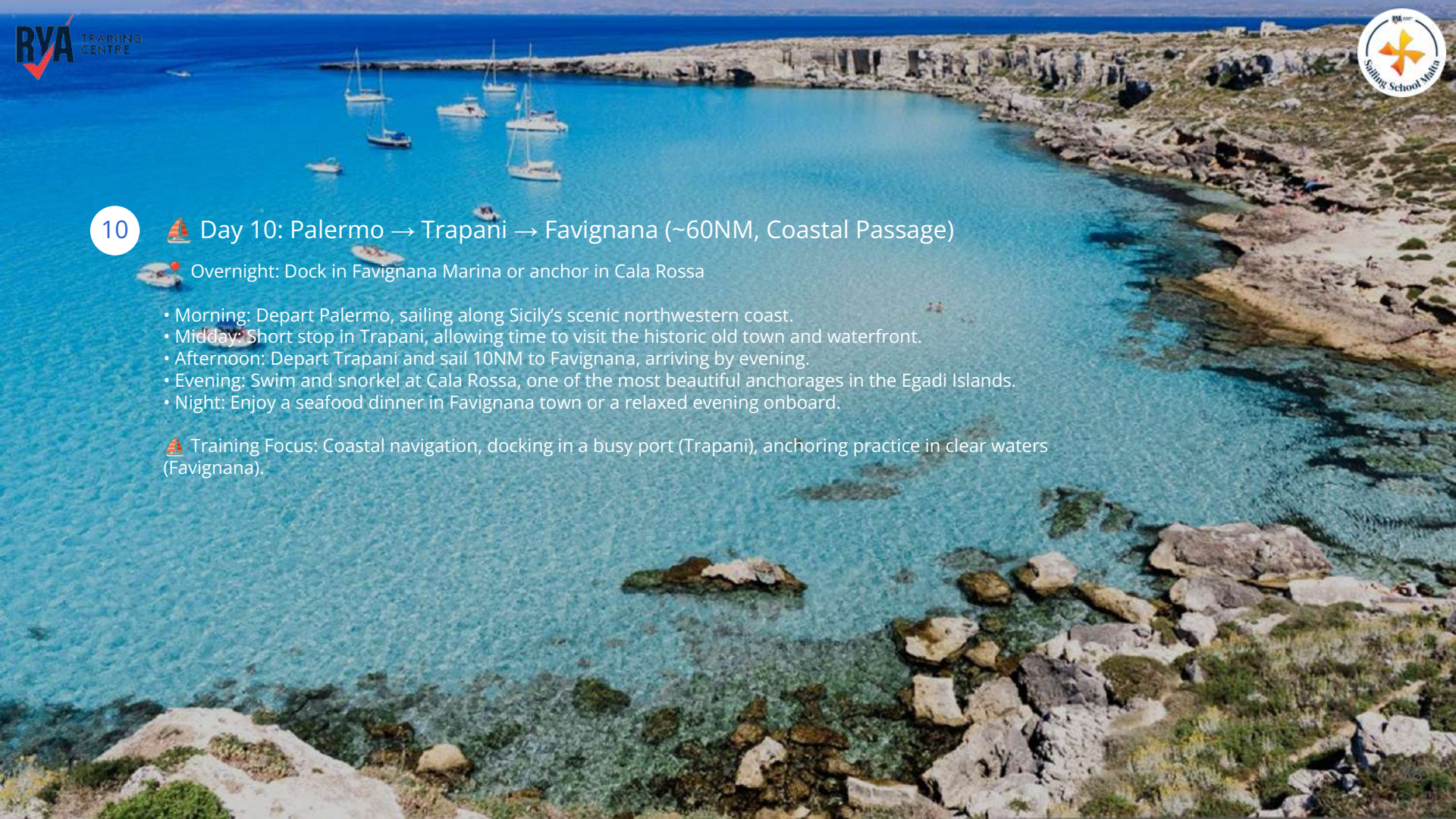
Training Focus: Post-passage debrief, harbor maneuvering practice, Mediterranean mooring.











10



Day 10: Palermo → Trapani → Favignana (~60NM, Coastal Passage)



Overnight: Dock in Favignana Marina or anchor in Cala Rossa

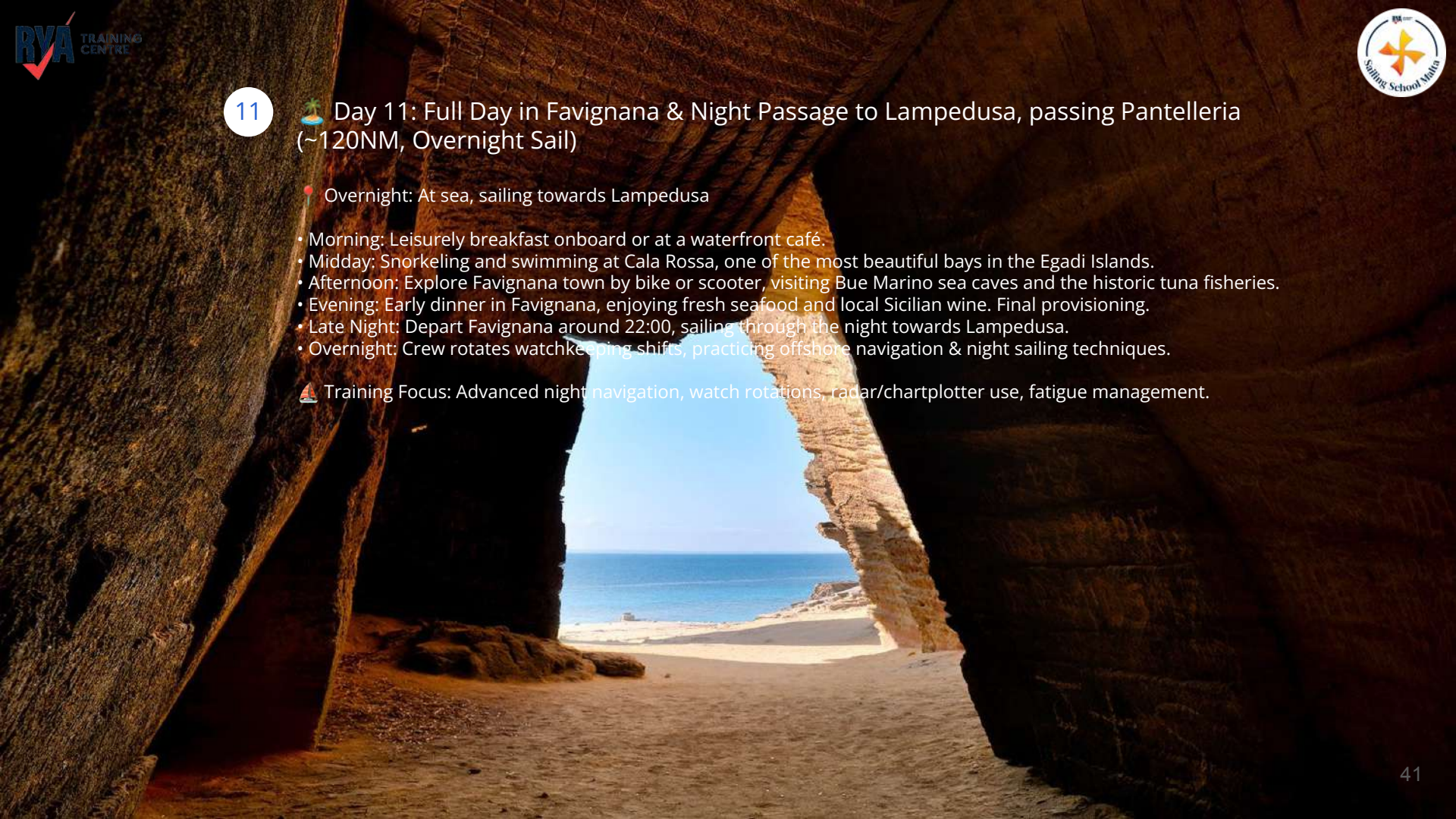
- Morning: Depart Palermo, sailing along Sicily's scenic northwestern coast.
- Midday: Short stop in Trapani, allowing time to visit the historic old town and waterfront.
- Afternoon: Depart Trapani and sail 10NM to Favignana, arriving by evening.
- Evening: Swim and snorkel at Cala Rossa, one of the most beautiful anchorages in the Egadi Islands.
- Night: Enjoy a seafood dinner in Favignana town or a relaxed evening onboard.



Training Focus: Coastal navigation, docking in a busy port (Trapani), anchoring practice in clear waters (Favignana).







11

 Day 11: Full Day in Favignana & Night Passage to Lampedusa, passing Pantelleria (~120NM, Overnight Sail)

-  Overnight: At sea, sailing towards Lampedusa
 - Morning: Leisurely breakfast onboard or at a waterfront café.
 - Midday: Snorkeling and swimming at Cala Rossa, one of the most beautiful bays in the Egadi Islands.
 - Afternoon: Explore Favignana town by bike or scooter, visiting Bue Marino sea caves and the historic tuna fisheries.
 - Evening: Early dinner in Favignana, enjoying fresh seafood and local Sicilian wine. Final provisioning.
 - Late Night: Depart Favignana around 22:00, sailing through the night towards Lampedusa.
 - Overnight: Crew rotates watchkeeping shifts, practicing offshore navigation & night sailing techniques.
-  Training Focus: Advanced night navigation, watch rotations, radar/chartplotter use, fatigue management.







12

 Day 12: Morning Arrival & Full Day in Lampedusa

 Overnight: Dock in Lampedusa

- Morning: Arrive at Lampedusa, docking at the marina or anchoring in a bay. Rest & late breakfast onboard or in a local café.
- Midday: Visit Rabbit Beach, one of the world's top-rated beaches, with crystal-clear water and soft white sand.
- Afternoon: Optional snorkeling or diving tour to explore underwater caves & marine life.
- Evening: Relaxed dinner at a traditional Lampedusan seafood restaurant.

 Training Focus: Post-passage debrief, anchoring in a remote island setting, analyzing night sail performance.







13

🚢 Day 13: Lampedusa → Malta (~90NM, Offshore Passage, ~15-18 hours)

📍 Overnight: Manoel Island Yacht Marina, Malta

- Morning: Final provisioning and weather check before setting sail for Malta.
- Midday: Depart Lampedusa for the last offshore passage of the trip.
- Afternoon & Evening:
 - Crew rotates watchkeeping shifts.
 - Possible encounters with dolphins in deep waters.
 - Final night sailing experience, using light identification and navigation aids.
- Early Morning Arrival: Enter Valletta's Grand Harbour at sunrise, docking at Manoel Island Yacht Marina.

🚢 Training Focus: Final offshore passage, Mediterranean weather and routing analysis









14

🚩 Day 14: Valletta – Disembarkation & Farewell

📍 Final Stop: Manoel Island Marina, Valletta

- Morning: Crew breakfast at a waterfront café.
- Final crew debrief & reflection on the 14-day adventure.
- Logbook recording and signature for Yachtmaster candidates.
- Midday: Crew disembarks, free time to explore Valletta's historic sites before heading home.

🚤 Final Thoughts:

- ✓ Over 700 nautical miles logged
- ✓ A perfect mix of offshore passages & cultural experiences
- ✓ Hands-on training in night sailing, passage planning, and offshore navigation





LIBRARY



Training Yacht: Bavaria 46ft Cruiser 2007

4 cabins, 2 heads, 9 berths with furling main and front sail, GPS, radar, full RYA/MCA inventory



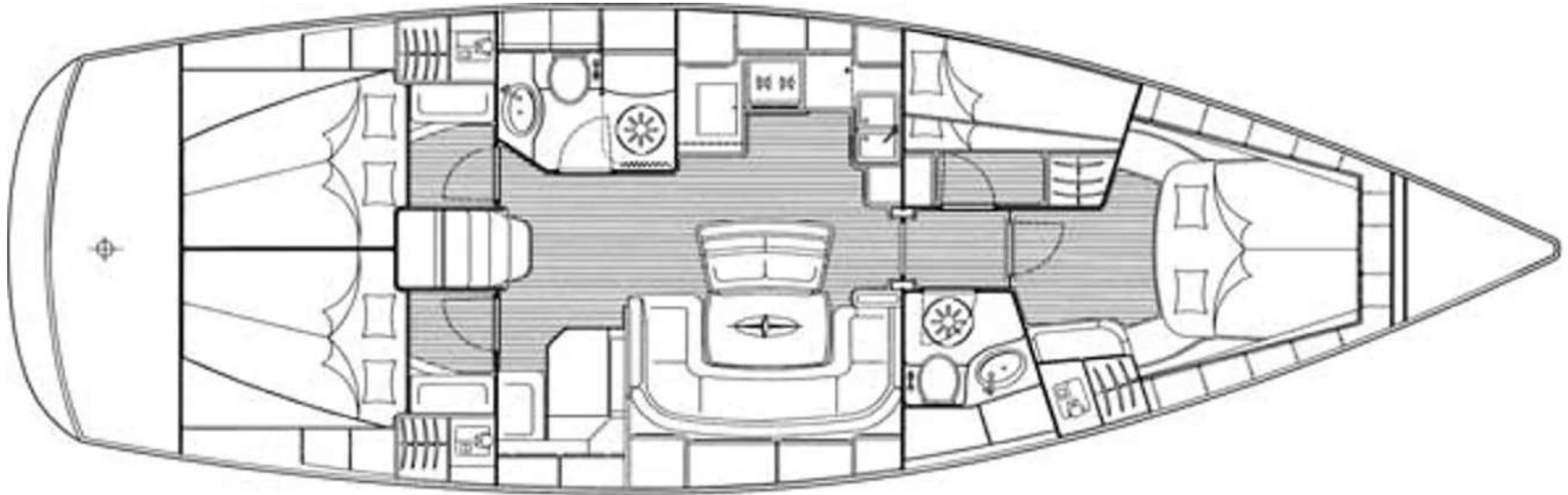


A Perfect Blend of Comfort, Performance, and Quality

Spacious Accommodations

Seaworthiness and Handling

A Yacht That Inspires Confidence



What's included

-  Accommodation onboard
-  Initial provisioning; further supplies shared by crew
-  Safety gear and wet weather clothing.
-  All necessary bedding and towels
-  A mix of short coastal hops and longer offshore passages.
-  Opportunity to practice navigation, passage-making, and mooring techniques.
-  5G WiFi onboard. The mobile signal along Malta and Sicily coast is good within 20 NM offshore.
-  RYA recognized Instructor
-  Final cleaning
-  Fuel

What's not included

-  Marina fee, shared by crew, subject to passage
-  Restaurant onshore

RYA Instructor of the trip



Neil Morris

RYA Yachtmaster Sail Instructor, Sail RYA Advanced Power Boat Instructor, RYA YM Offshore Power Instructor

Having learnt to sail at the age of 12 Neil has always been a passionate sailor and power boat enthusiast. With experience in the Middle East, Caribbean, Mediterranean and home base the South Coast U.K. Neil has a passion for coaching and mentoring new entrants to the sport as well as developing skills of more established sailors. Neil has extensive experience both cruising and racing in tidal and non tidal waters. He looks forward to welcoming you on board at Sea School Malta whether it be your next course or an adventure sail mile builder.

RYA Instructor of the trip



Dieter Kuhlmann

RYA Yachtmaster Sail Instructor, PBL2 Instructor

Captain Dieter Kuhlmann is a seasoned maritime professional with over 15 years' experience commanding sailing and motor yachts across the Atlantic, Pacific, and Indian Oceans. A dual South African-German national and commercially endorsed Yachtmaster Offshore and Instructor, he combines technical expertise with a passion for delivering safe, seamless voyages and unforgettable guest experiences. From charter operations in the Caribbean, Southeast Asia and Mediterranean to vessel deliveries between continents and competing in prestigious regattas, Dieter has proven himself a skilled leader, problem-solver, and mentor. Equally dedicated to teaching, he offers bespoke training for yacht owners and crews, enhancing confidence, professionalism, and safety at sea.