

A YACHTMASTER EXPEDITION

MALTA - SARDINIA MILE BUILDER

15 Days | 650+ Nautical Miles | Professional RYA Standard Training

Malta - Heart of Mediterranean Sea



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OVERVIEW

Join us on a spectacular 15-day offshore mile-building voyage from Malta to Sardinia and back — a challenging and highly rewarding route blending deep-water offshore passages with stunning coastal exploration.

This isn't just a sailing trip; it's an immersive, skill-focused expedition. Departing from Malta, you will trace the western coast of Sicily, cross the Tyrrhenian Sea to the pristine shores of South Sardinia, and navigate back via the rugged, windswept volcanic island of Pantelleria.


Throughout the two weeks, you'll log over 650 nautical miles — including multiple 60NM+ qualifying passages for the RYA Yachtmaster Exam. You'll actively take the helm, manage watch rotations, and lead passage planning under the guidance of a professional RYA instructor.


- Open to: Solo sailors, couples, and groups aboard a fully equipped 46ft cruiser.
- Prerequisites: Ideally participants should have completed at least the RYA Competent Crew course or have equivalent prior sailing experience.
- Your Role: You'll be an active crew member — helming, navigating, trimming, and growing with every nautical mile.


Malta Sardinia Mile Builder


★ 4.9 rating of 105 reviews

 Bavaria 46C - 4 cabins


 Scheduled all year round


 14 - 70 years old

 4 - 6 guests onboard

 650 - 700 Nautical Miles

 Mostly Good weather

 Start and end at Malta

 No assumed knowledge

BOOK NOW

MEDITERRANEAN MILE BUILDER ROUTE



CAGLIARI

Leg 2: Favignana to Sardinia - 165NM

FAVIGNANA

SICILY

Leg 3: Sardinia to Pantelleria - 155NM

PANTELLERIA

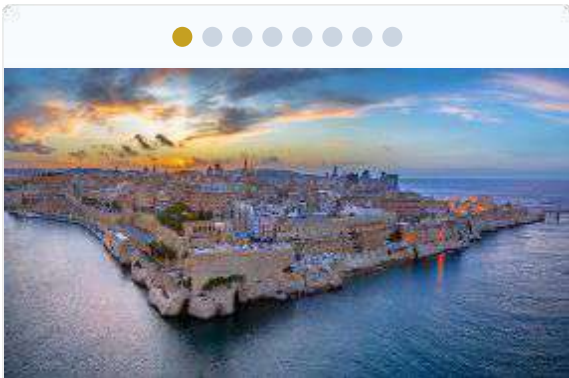
Leg 1: Malta to Favignana - 140NM

Leg 4: Pantelleria to Malta - 105NM

START: MALTA



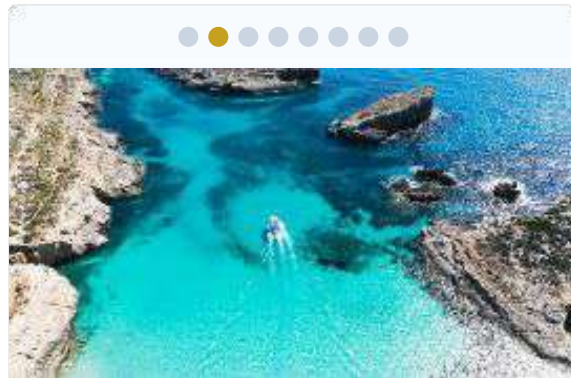
Valletta → Marsala → Favignana → Cagliari → Villasimius → Pantelleria → Valletta



MALTA • DEPARTURE

Malta - Valletta

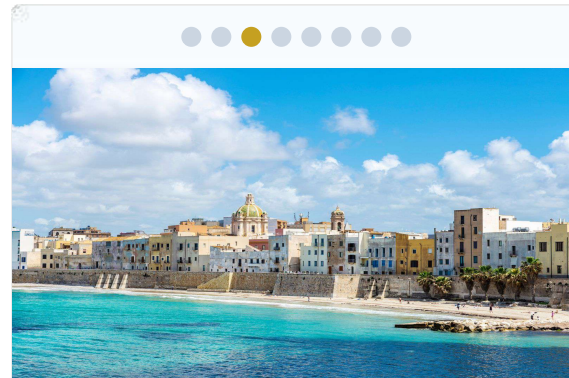
Historic starting point in the world's most spectacular natural harbour.



MALTA • COASTAL DRILLS

Malta - Comino

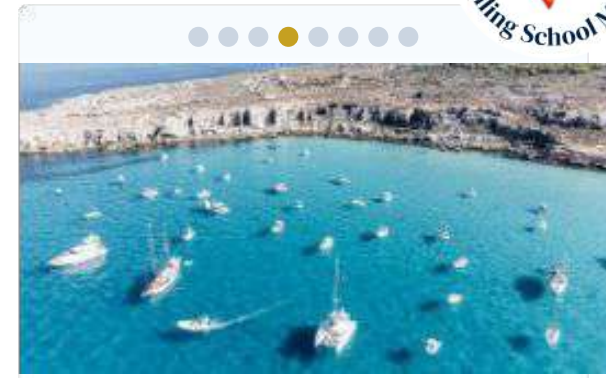
Precision anchoring in the crystal-clear turquoise waters of the Blue Lagoon.



SICILY • PILOTAGE

Sicily - Marsala

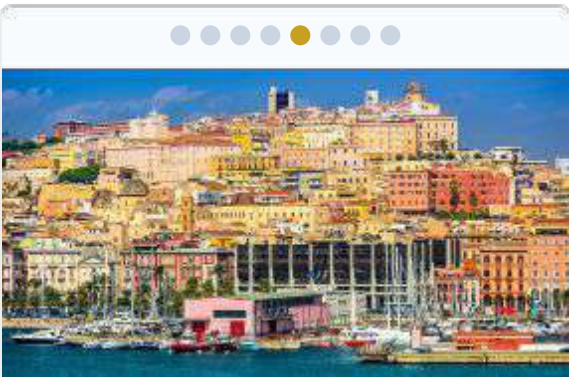
Western Sicily's historic coastal towns, famous for salt pans and windmills.



SICILY • EGADI ISLANDS

Sicily - Favignana

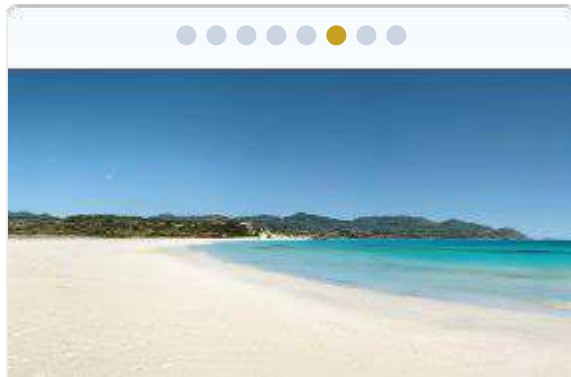
Rock pilotage and stunning anchorages in the butterfly island.



SARDINIA • MAJOR HUB

Sardinia - Cagliari

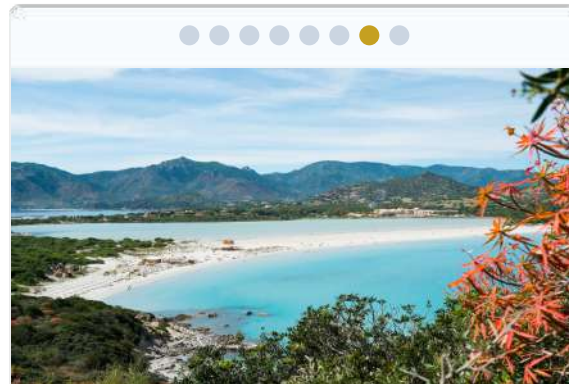
Navigating major commercial port entries and vibrant Italian port cities.



SARDINIA • SOUTH COAST

Sardinia - Villasimius

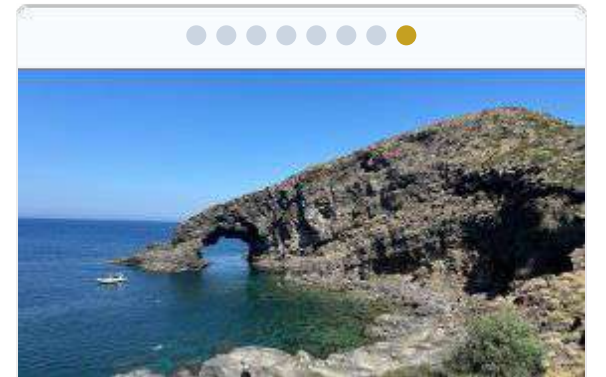
Deep blue crossings leading to white-sand beaches and pristine coastal bays.



SARDINIA • LANDMARK

Capo Carbonara

Dramatic rocky headlands and coastal navigation in Sardinia's Marine Reserve.



OUTPOST • TARGET NAV

Sicily - Pantelleria

Rugged volcanic outpost famous for obsidian cliffs and challenging winds.

PASSAGE SUMMARY

| Leg | Route | Distance | Complexity |
|------------------|-------------------------------------|----------|---------------------------------|
| Leg 1 | Malta to Western Sicily | 140 NM | Offshore Crossing / Night Watch |
| Leg 2 | Sicily to Southern Sardinia | 165 NM | Blue-Water / Deep Sea |
| Short leg | Sardinia Coastal Explorations | 80 NM | Coastal / Pilotage / Anchoring |
| Leg 3 | Sardinia to Pantelleria | 155 NM | Open Sea / Landfall Nav |
| Leg 4 | Pantelleria to Malta Return | 105 NM | Offshore Final Passage |
| Buffer | Contingency / Spare Window (Day 15) | - | Safety & Decompression |

Malta

| TIME | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|------------|-------|--------|--------|-------|-------|-------|
| 00 - 04 | HUGH | AD | STEFAN | MOR | AD | STEF |
| 04 - 06 | KEVIN | TOM | LUCA | KEV | TOM | STEF |
| 06 - 09 | AD | STEFAN | MOR | AD | STEF | KEV |
| 09 - 12:00 | KEVIN | TOM | LUCA | KEV | TOM | STEF |

Monday - (Matti)
 Valetta -> Porto Cempedule [200nm]

Tuesday - (Matti)
 Porto Cempedule -> Marsala [42nm]

Wednesday (Luca)
 Marsala -> Egadi [30nm]

Thursday (Tom)
 Egadi -> Porto Cempedule [175 miles]

Friday (Tom)
 Porto Cempedule -> Valetta [10 miles]

Saturday (Safan)
 Valetta -> Valetta [12 miles]



CORE TRAINING FOCUS



Passage Planning

Planning the route before departure, taking into account weather, tides, currents, hazards, and stopovers. Identifying waypoints and ensuring safe and efficient passages.



Night Navigation

Sailing in darkness with limited visibility using navigation lights, radar, AIS, and chart plotters. Rotating shifts (watches) during multi-day offshore passages.



Sail Handling

Adjusting sails to maximize speed, efficiency, and comfort based on wind conditions. Understanding different sail settings.



Yacht Systems

Diesel engine maintenance, rigging inspection, and power management.



Anchoring & Mooring

Safely anchoring in different seabed conditions, Mediterranean mooring in bustling Italian ports, and advanced docking.



Precision Pilotage

Entering unfamiliar commercial ports and Med-mooring under pressure. Using VHF radio to communicate with harbormasters.



Grand Harbour, Malta

The strategic heart of the Mediterranean and our home port. Departure point for 650 miles of offshore adventure.

THE DEPARTURE: VALLETTA

A Historical Start

Our journey begins beneath the historic limestone bastions of Valletta. Setting off from the world-class Marina di Valletta, this dramatic natural harbour provides a spectacular backdrop for our final safety briefings and yacht preparation.

Once clear of the harbour, we head northwest, tracking the scenic Maltese coastline toward the island of Comino. The crystal-clear waters of the Blue Lagoon or Crystal Lagoon offer the perfect, idyllic anchorage to drop anchor, relax, and enjoy lunch before the first long leg starts.





LEG 1: THE CHANNEL CROSSING



140 NM

First major passage heading North-West towards Sicily.



30 Hours

Introduction to the 3-hour watch system for the crew.



Shipping lanes Crossing

Navigating the commercial traffic of the Sicilian channel.

Malta → Marsala / Favignana (~140NM, Overnight Passage)

- The Passage: Set sail from Valletta, tracking northwest past Comino and Gozo and into the open sea toward Sicily's western tip.
- Focus: Establishing the watch system, experiencing the first night at sea, night navigation, and crossing shipping lanes safely.
- Arrival (Day 3): Landfall in Marsala or the Egadi Islands (Favignana). Crew rests ashore.



A man is seen from the side, looking out over the ocean at night. He is on a sailboat, with the mast and rigging visible. The scene is lit with a mix of deep blue and vibrant red light, creating a dramatic atmosphere. The interior of the boat is visible through the windshield, showing some equipment and a warm light source.

Into the Night

Mastering the silence of the night watch. Navigating by instruments and the stars as we leave land behind.

ARRIVAL: THE SALT COAST

Marsala & Western Sicily

Our first landfall is the historic town of Marsala. Known for its salt pans and windmills, this coastline offers challenging pilotage among shallow waters and shifting sands.

This stop provides the first opportunity to practice Mediterranean mooring—stern-to against the stone quays of Sicily.





Marsala, Sicily

A classic Sicilian landfall. Famous for its fortified wines and the historic salt pans of the Stagnone Lagoon.



THE EGADI ARCHIPELAGO

Favignana & Levanzo

Just off the coast of Marsala lie the Egadi Islands. These rugged limestone islands are a paradise for sailors, offering crystal-clear anchorages and deep-water berths.

We use this time for advanced anchoring drills and rock pilotage through the narrow channels separating the islands.





Cala Rossa, Favignana

Recovering from the first long leg in some of the clearest turquoise waters in the Mediterranean.



The Sailor's Life

Mediterranean mooring stern-to a stone quay. Precision boat handling and crew coordination in action.

LEG 2: THE TYRRHENIAN CROSSING

Favignana to Sardinia

The most demanding leg of the trip. 160 nautical miles across the open Sardinian Sea. With no land in sight for over 30 hours, the crew must rely entirely on the vessel and each other. Focus shifts to deep-sea helming, managing offshore swells, and maintaining boat speed through variable wind conditions.



Favignana → South Sardinia (~160NM, Long Offshore Passage)

- Preparation: Review advanced weather routing (monitoring the Mistral) before departing the Egadi Islands.
- The Passage: A continuous 28–32 hour deep-sea crossing across the Tyrrhenian and Sardinian Seas. No land in sight.
- Focus: Multi-day watchkeeping, fatigue management, celestial navigation practice, and open-ocean helming.



The Great Blue

True offshore sailing. No land, no cell service, just the yacht and the horizon.



Golden Hour Offshore

The reward for a hard day's helming. Preparing the yacht for another night under the stars.

A night sky filled with stars, with a wooden binnacle structure visible in the foreground. The binnacle is made of light-colored wood and has several thin, dark lines extending from it across the sky. The stars are small, white dots of varying brightness, scattered across the dark background. The overall scene is dark and serene, capturing a moment of navigation by the stars.

Starry Night Offshore

Zero light pollution. Navigating by the stars and the glow of the binnacle on the long run to Sardinia.

ARRIVAL IN SARDINIA: CAGLIARI



The Capital of Sardinia

Arrival at the bustling port of Cagliari requires navigating heavy commercial traffic—ferries, tankers, and tugs. Executing pilotage into a new, major harbor.

Once secured, we explore the winding streets of the Castello district, providing a well-earned rest after the Tyrrhenian crossing.





Cagliari, Sardinia

Navigating the busy commercial approaches and securing the vessel in one of Italy's most historic ports.

Take a well-deserved break after the long crossing. Explore the historic streets of Cagliari or the white sandy beaches of Villasimius.

COASTAL EXPLORATION

Villasimius & Porto Pino

The south-east corner of Sardinia is a masterclass in coastal navigation. Marine protected areas, granite headlands, and white sand beaches offer diverse pilotage scenarios.

We spend several days hopping between anchorages, refining our short-handed boat handling skills.



South Sardinia (Cagliari & Villasimius)

Coastal Sailing: Short day-sails along the dramatic southern coast of Sardinia. fine-tuning sail trim in local coastal breezes, and boat maintenance checks.



Villasimius Beach

Pristine white sands and granite boulders. Exploring the Marine Protected Area of Capo Carbonara.

A scenic view of a rugged coastline with high, rocky cliffs and deep blue water. The cliffs are illuminated by warm, golden light, suggesting a sunset or sunrise. The water is a deep, clear blue, and the overall atmosphere is serene and wild.

Rugged Sardinia

The wild south coast. High cliffs and deep water—a sailor's dream for coastal pilotage.



LEG 3: THE RETURN CROSSING



155 NM

Long offshore leg heading East back towards Sicily.



Landfall

Identifying the volcanic peak of Pantelleria from 40NM range.



Mistral

Managing the yacht in the notorious following winds of the channel.

South Sardinia → Pantelleria (~155NM, Offshore Passage)

- The Passage: Depart Sardinia heading SE back toward the Strait of Sicily. This is often a fast, exhilarating downwind or reaching run depending on prevailing summer winds.
- Focus: Advanced landfall identification. Pantelleria is a high, volcanic peak that appears dramatically on the horizon.
- Exploration (Day 12): Berthing in Pantelleria marina. Go ashore to visit the famous thermal springs ("Specchio di Venere") and experience this rugged, wind-swept sailor's haven.



Starry Night Offshore

Zero light pollution. Navigating by the stars and the glow of the binnacle on the long run to Pantelleria.

THE BLACK PEARL: PANTELLERIA

Italy's Outpost

Pantelleria is a rugged, volcanic island halfway between Sicily and Tunisia. Known as the "Black Pearl," its obsidian cliffs and dark waters provide a dramatic landfall.

The island is famous for its high winds—a perfect final training ground for heavy weather handling and reefing drills.





An aerial photograph of a rugged volcanic coastline. The dark, jagged rock formations of the cliffs meet the sea. The water is exceptionally clear, showing a gradient from deep blue to vibrant turquoise. Several small white motorboats are scattered across the bay. The sky is a clear, bright blue.

Obsidian Cliffs

The dark, volcanic soul of Pantelleria. A rugged island shaped by fire and wind.

An aerial photograph of a natural thermal lake, known as Specchio di Venere, located in the heart of an island. The lake is a vibrant turquoise color, surrounded by a sandy beach and dense, dark green vegetation. In the background, the deep blue ocean stretches to the horizon under a clear sky. A few small buildings are visible on the right side of the image.

Specchio di Venere

"Venus' Mirror"—a natural thermal lake in the heart of the island. A well-deserved dip after 500 miles of salt spray.

LEG 4: THE FINAL HOME RUN

Pantelleria to Malta

The final 105NM run. We cross the Tunisian traffic lane for the second time, heading back to the Marina di Valletta.

This final passage is where we consolidate all skills—passage planning, helming, and fatigue management—to ensure a professional arrival back in Valletta.



Pantelleria → Malta (~105NM) & Journey's End

- The Passage: A final overnight leg from Pantelleria back to the Maltese archipelago.
- Focus: Consolidating all learned skills, final passage execution without instructor prompting (for those practicing for Yachtmaster).
- Day 15: Triumphant return to Valletta's Grand Harbour. Final debriefs, logbook signing, and a celebratory farewell crew dinner.





A photograph taken from the deck of a sailboat, looking forward towards the sea. The boat's deck, with its teak planking, and the mast with various rigging lines are visible in the foreground. In the distance, a coastal town with a prominent domed building and a church spire is visible on the left side of the frame. The sky is clear and blue, and the water is a deep blue with some ripples. The overall scene is bright and clear, suggesting a sunny day.

Consolidating Mastery

The final stretch. Applying 14 days of mastery as we approach the Maltese coastline under full sail.

WEATHER BUFFER POLICY

24
Hours Buffer

SAFETY OVER SCHEDULE

Our Day 15 is strictly reserved as a contingency. In offshore sailing, the sea dictates the timing. This buffer ensures we never have to "rush" a passage against weather advice.





Training Yacht: Bavaria 46ft Cruiser 2007

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

THE VESSEL: OCEAN CARESSER

| | |
|-------------------------|-----------------------------|
| Yacht name | Ocean Caresser |
| Production year | 2007 |
| Number of rudder blades | 1 |
| Length | 14 m |
| Beam | 4.35 m |
| Draft | 1.85 m |
| Engine | Volvo Penta 55 hp sea drive |
| Cabins | 4 |
| Berths | 8 |
| Max Persons | 9 |
| WC/Shower | 2 |
| Fuel tank | 210 l |
| Water tank | 460 l |







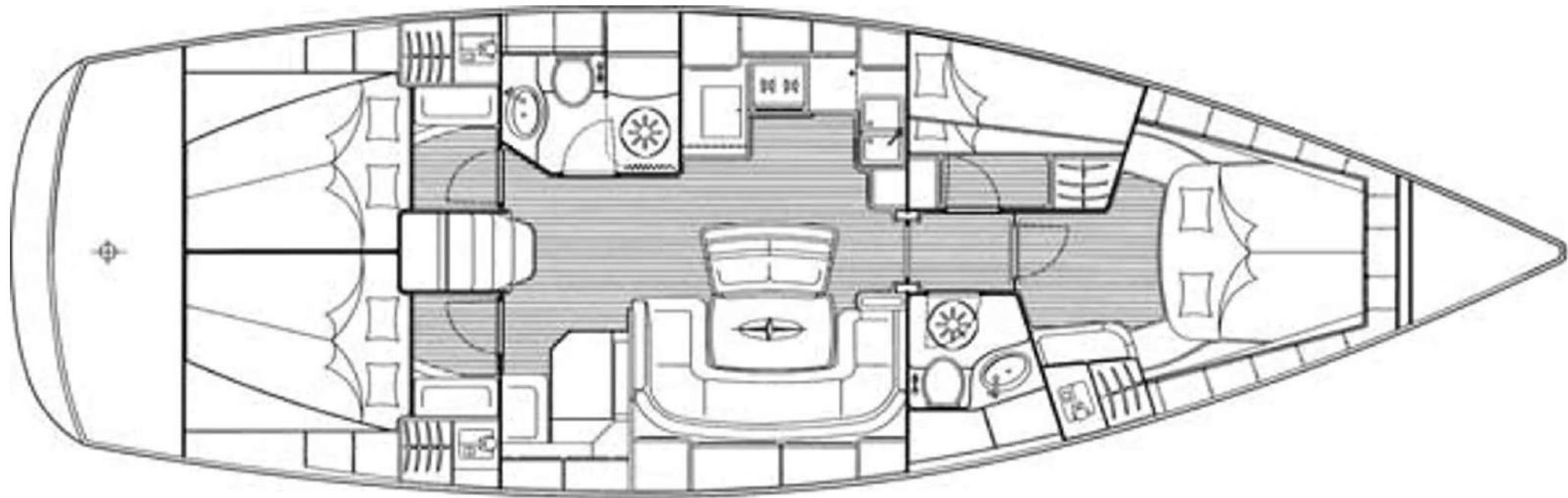


A Perfect Blend of Comfort, Performance, and Quality

Spacious Accommodations











Seaworthiness and Handling

A Yacht That Inspires Confidence



WHAT'S INCLUDED

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.
-  Free 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.

Join the Watch

Building Confidence at Sea

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