





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)

6 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.

14-Day Mile Builder

4.9 rating of 53 reviews

Bavaria 46C - 4 cabins



Monday - Sunday of 2nd week



14 - 65 years old



3 - 7 guests onboard



700 Nautical Miles



All year available



Sliemma - Manoel Island



No assumed knowledge

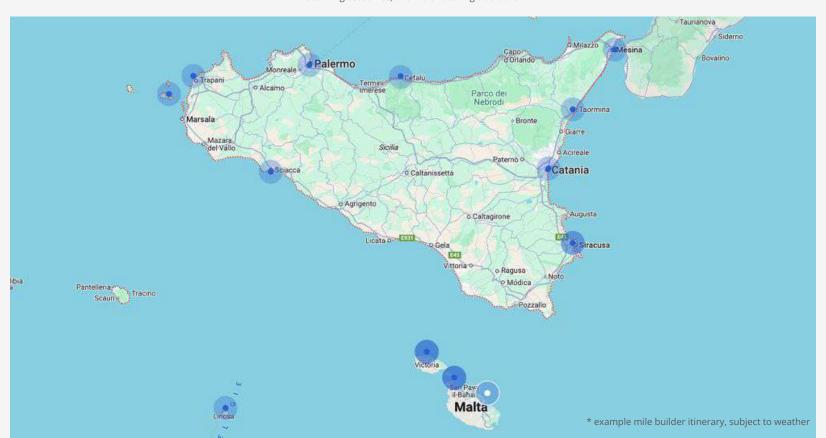
BOOK NOW



Different ports to visit



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





































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.



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.



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.



Anchoring & Mooring Techniques

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





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.

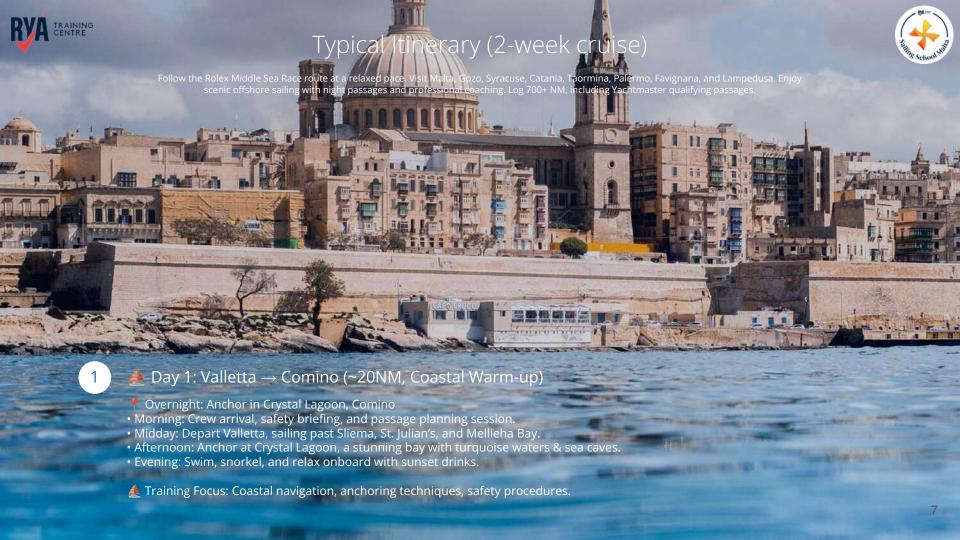


Radio Communication & COLREGS

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

















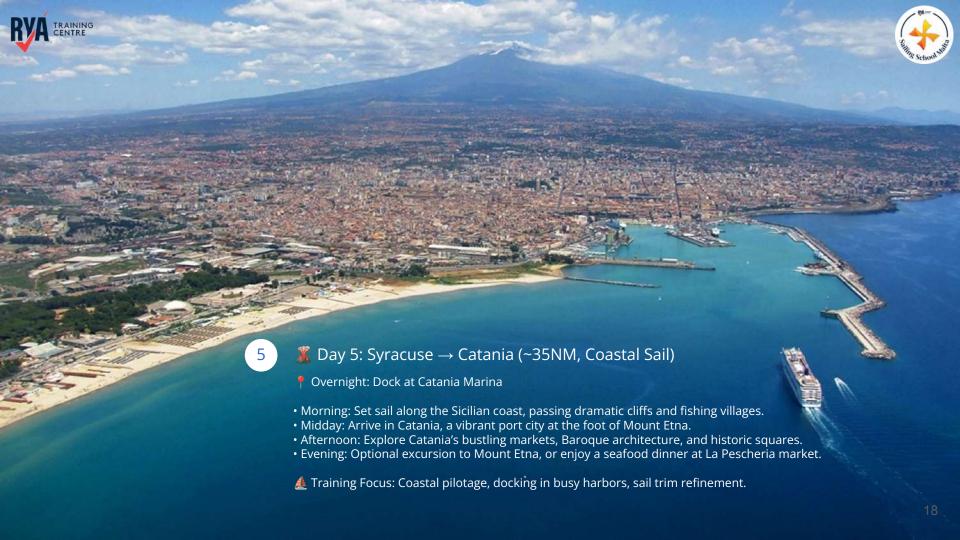






























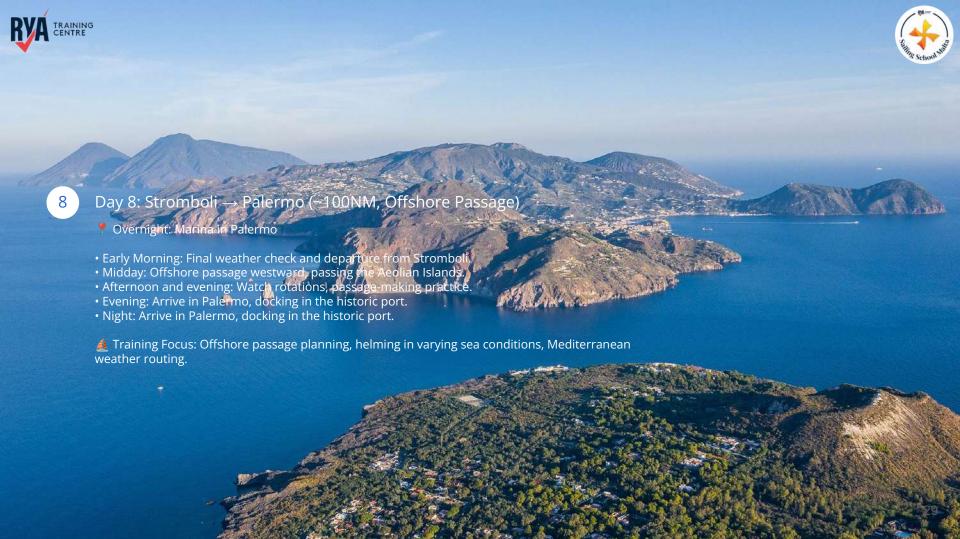








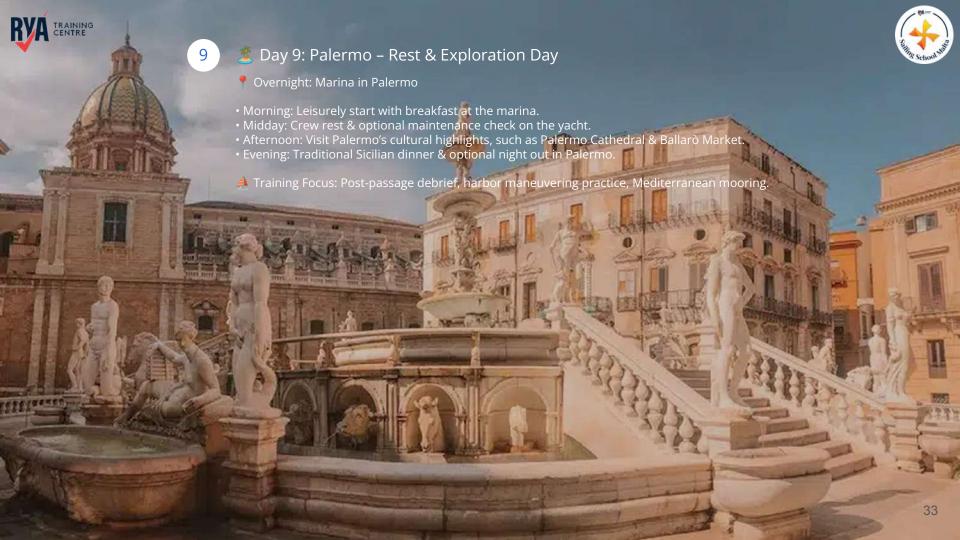






























Day 11: Full Day in Favignana & Night Passage to Lampedusa, passing Pantelleria (~120NM, Overnight Sail)

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 watchkesping shifts, practicing offshore navigation & night sailing techniques.

Training Focus: Advanced night navigation, watch rotations, radar/chartplotter use, fatigue management.

































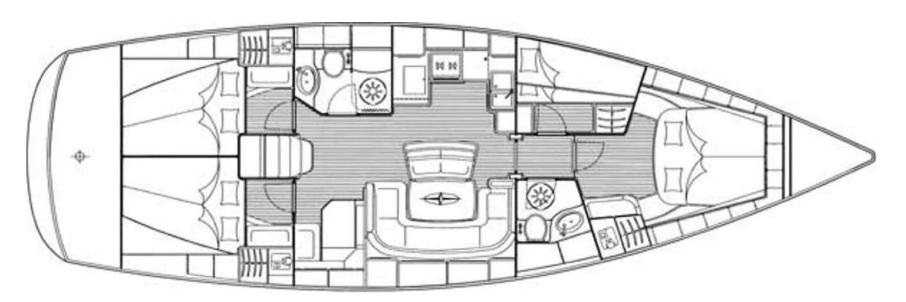


A Perfect Blend of Comfort, Performance, and Quality

Spacious Accommodations

Seaworthiness and Handling

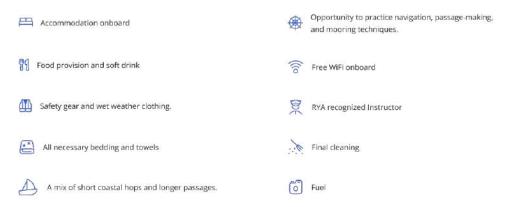
A Yacht That Inspires Confidence







What's included



What's not included











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.









Andrew Pascoots

RYA Yachtmaster Instructor

Andrew's sailing journey began at the age of 6 when he built and sailed an Altoro dinghy with his father. Since then, his passion for sailing has only grown, leading him to compete in nine Fastnet Races, including the 2023 edition on his own NA40 yacht. With over 20 years of experience as an RYA instructor and extensive time as a Yachtmaster Instructor, he specializes in both cruising and racing techniques. Passionate about the tactical, trimming, and navigational aspects of sailing, Andrew brings a patient and structured approach to teaching. His ethos is simple: start with the basics, build confidence step by step, and create a calm, respectful learning environment—with plenty of tea along the way!