



7-Day Malta - West Sicily Mile Builder

ALL YEAR AROUND


Malta - Heart of Mediterranean Sea


A voyage through Sicilian serenity


Join us on a rewarding 7-day mile-building voyage from Malta to West Sicily and back — a scenic route blending offshore passages with coastal charm.


This isn't just a sailing trip; it's an immersive, skill-focused experience designed to help you grow as a sailor. Cruise across the open Mediterranean, trace the coastlines of historic Sicilian towns, and enjoy the rhythm of life at sea — from sunrises on deck to anchorages beneath the stars.

Over the course of the week, you'll log approximately 350 nautical miles, with passages qualifying toward your RYA Yachtmaster certification. You'll actively take the helm, participate in watch rotations, and get hands-on with navigation, pilotage, sail trim, and skippering — all under the guidance of a professional RYA instructor.

 Sleep soundly in your own private cabin — no sharing unless requested when booking.

 Ideal for solo adventurers, couples, or groups seeking a genuine sailing experience aboard a comfortable 46ft cruising yacht.

 Join as an RYA Competent Crew student, or simply come aboard to gain miles and confidence.

 You'll be part of the crew — helming, planning, and learning with purpose. A perfect step toward advanced coastal and offshore competence.

7-Day Mile Builder

★ 4.9 rating of 52 reviews



Bavaria 46C - 4 cabins



Mon - Sun / Sat - Fri



14 - 65 years old



3 - 7 guests onboard



350 nautical miles



All year available



Manoel Island Yacht Marina



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

1
2
3
4
5
6
7



A Grand Sailing Destination

Malta - Valletta

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A Tranquil Sailing Escape

Malta - Gozo

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A Relaxing Coastal Stop with Sicilian Charm

Sicily - Licata

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A Thermal and Fishing Port with Character

Sicily - Sicacchia


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A Sailing Stop with History and Fine Wine

Sicily - Marsala

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A Historic Maritime Gateway

Sicily - Trapani

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A Gateway to the Valley of the Temples

Sicily - Porto Empedolce



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 (one week cruise)

Visit Malta, Gozo, Licata, Sciacca, Marsala, and Porto Empedocle, with night sailing and longer passage. Sail coaching available for those wishing to improve their skills. Approx. 350NM (7 days) logged, with the possibility to take it as Coastal Skipper Practical course.

1

Day 1: Malta to Gozo (25 nm)

Meet the crew, conduct a passage plan briefing, and stock up on provisions before setting sail to Gozo's Mgarr Marina. This is a great warm-up leg to practice boat handling and navigation. A relaxed evening allows for last-minute preparations before the longer offshore passage ahead.









2

Day 2: Gozo – Licata (85NM, Overnight Passage)

Departing early, we set course for Sicily's southern coast, sailing through the Malta Channel and practicing night navigation, watchkeeping, and sail trim adjustments. After this longer passage, we arrive in Licata and have time for rest and debriefing.









3

Day 3: Licata – Sciacca (55NM)

A coastal sail along the southern Sicilian shoreline provides an opportunity to focus on chart plotting and coastal navigation techniques. Sciacca, with its historic port and thermal baths, is a rewarding stop before continuing west.









4

Day 4: Sciacca – Marsala (45NM, Stay Overnight)

Arriving in Marsala, a well-known sailing destination, we take an extra day here. The afternoon is free for sail adjustments, reviewing passage plans, or exploring the town's historic center.









5 Day 5: Marsala (Day Sail or Training Day)

- Rather than setting off immediately, we use the day for:
- A short sail to the Egadi Islands (e.g., Favignana, for anchor practice and pilotage).
 - Additional training, including emergency drills, sail handling, and advanced navigation exercises.
 - Relaxing and exploring Marsala's coastal charm.









6

Day 6: Marsala – Porto Empedocle (70NM)

Instead of retracing our route to Licata, we take a different path along the coast to Porto Empedocle. This long sail provides another chance to refine offshore skills, including weather routing and night sailing. Upon arrival, there's an option to visit the Valley of the Temples, one of Sicily's most famous archaeological sites.









7

Day 7: Porto Empedocle – Malta (85NM, Overnight or Long Day Sail)

For the final stretch, we embark on a direct return to Malta, allowing for longer passage experience and reinforcing all the skills learned throughout the journey. Upon arrival in Valletta's Grand Harbour, we celebrate completing an exciting and rewarding mile-building adventure.







Training Yacht: Bavaria 46ft Cruiser 2007

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



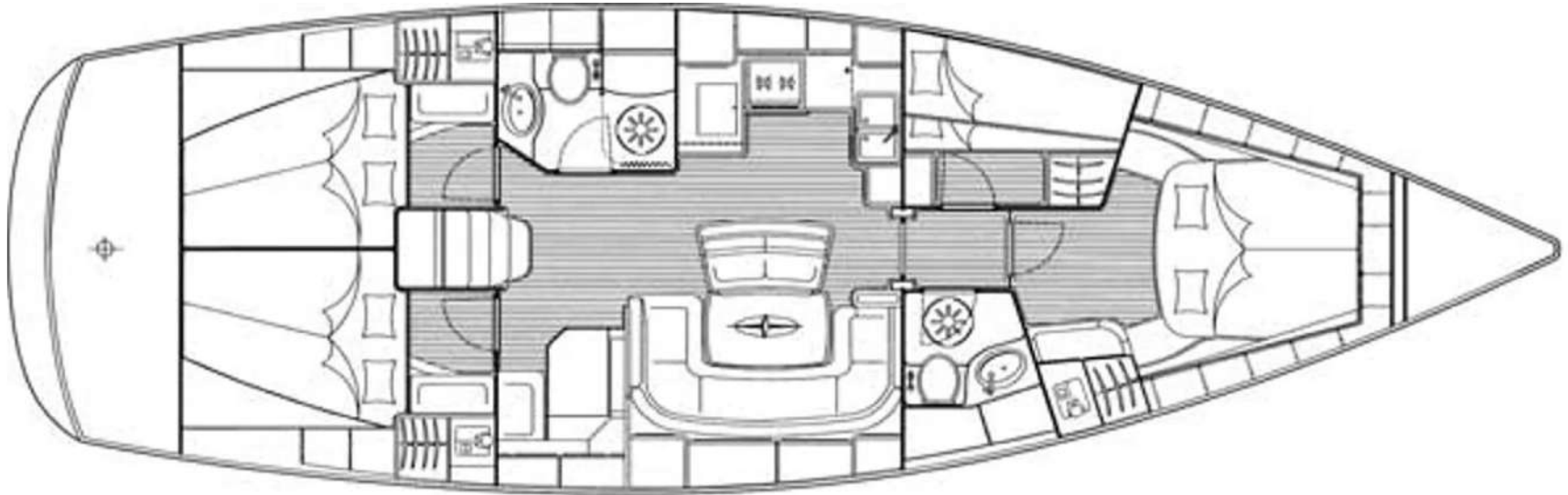


A Perfect Blend of Comfort, Performance, and Quality

Spacious Accommodations

Seaworthiness and Handling

A Yacht That Inspires Confidence



What's included



Accommodation onboard



Opportunity to practice navigation, passage-making, and mooring techniques.



Food provision and soft drink



Free WiFi onboard



Safety gear and wet weather clothing.



RYA recognized Instructor



All necessary bedding and towels



Final cleaning



A mix of short coastal hops and longer passages.



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



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!