



Malta - Heart of Mediterranean Sea

7-Day Malta - East Sicily Mile Builder


ALL YEAR AROUND


Sailing through Sicily's timeless charm


Join us on an exhilarating 7-day mile-building journey from Malta to East Sicily and back — a perfect mix of coastal cruising and offshore adventure.


This is more than just a sailing trip; it's a hands-on, skill-building experience that challenges and rewards. You'll navigate between historic harbors, sail beneath the shadow of Mount Etna, and take in breathtaking views of Sicily's rugged coastline.

Throughout the week, you'll log over 300 nautical miles — with qualifying passages that count toward your RYA Yachtmaster certification. You'll take turns at the helm, stand night watches, and participate in passage planning, navigation, and advanced sail handling, all under the guidance of an experienced RYA instructor.

 Enjoy your own private cabin — no sharing unless you request it when booking.

 Perfect for solo sailors, couples, or small groups looking for adventure on a comfortable 46ft cruising yacht.

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

 You'll be expected to helm, keep watch, and truly be part of the crew — an ideal step toward skipper-level sailing.

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



300 nautical miles



All year available



Manoel Island Yacht Marina

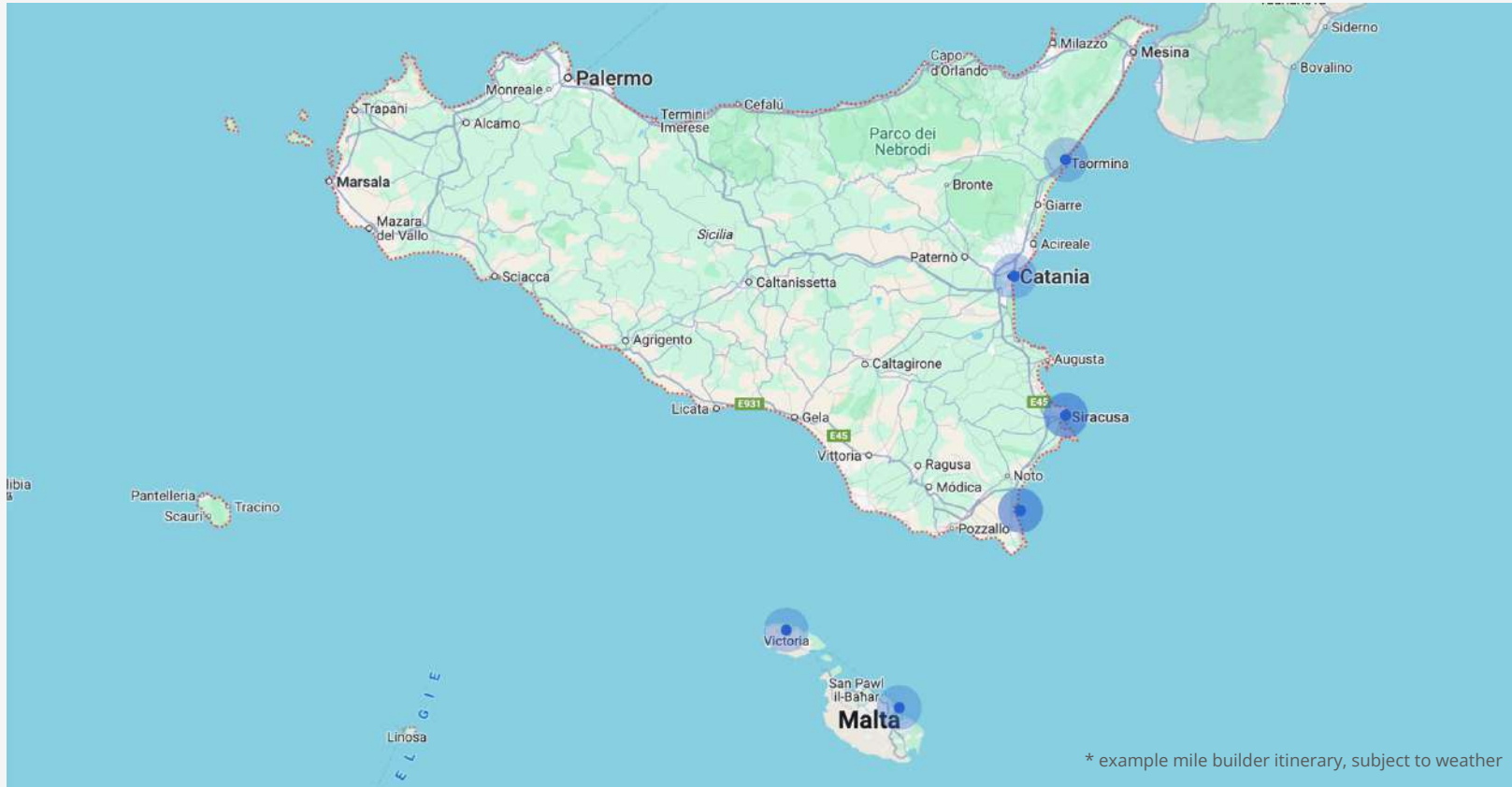


No assumed knowledge

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

A Grand Sailing Destination

Malta - Valletta

1

2

3

4

5

6

Popular stops along the trip

Malta - Gozo

1

2

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6

A Timeless Sicilian Gem

Sicily - Syracuse

1

2

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6

A City Built on Volcano

Sicily - Catania

1

2

3

4

5

6

A Scenic Sailing Retreat

Sicily - Taormina

1

2

3

4

5

6

A Charming Seaside Escape

Sicily - Marzamemi



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, Syracuse, Catania, and Tourmina, with some night sailing.
Sail coaching available for those wishing to improve their skills. C.350NM (7 day) logged.

1

Day 1: Malta to Gozo (25 nm)

Set sail from the historic Grand Harbour in Valletta, Malta, heading north-west to Gozo. The first day is a shorter, relaxed sail, giving you time to settle into the rhythm of the trip. After docking in Gozo, explore Victoria, the island's capital, and enjoy the scenic cliffs and peaceful villages. Before Gozo, We may also drop an anchor at Comino Island to swim in Blue Lagoon or Crystal Lagoon after onboard lunch.









2

Day 2: Gozo to Marzamemi, Sicily (65 nm)

Depart Gozo early and sail north to Sicily. A full day of sailing takes you to the charming village of Marzamemi, known for its lovely waterfront and narrow streets lined with restaurants. After arrival, enjoy some local Sicilian seafood and take a leisurely stroll around this picturesque village.





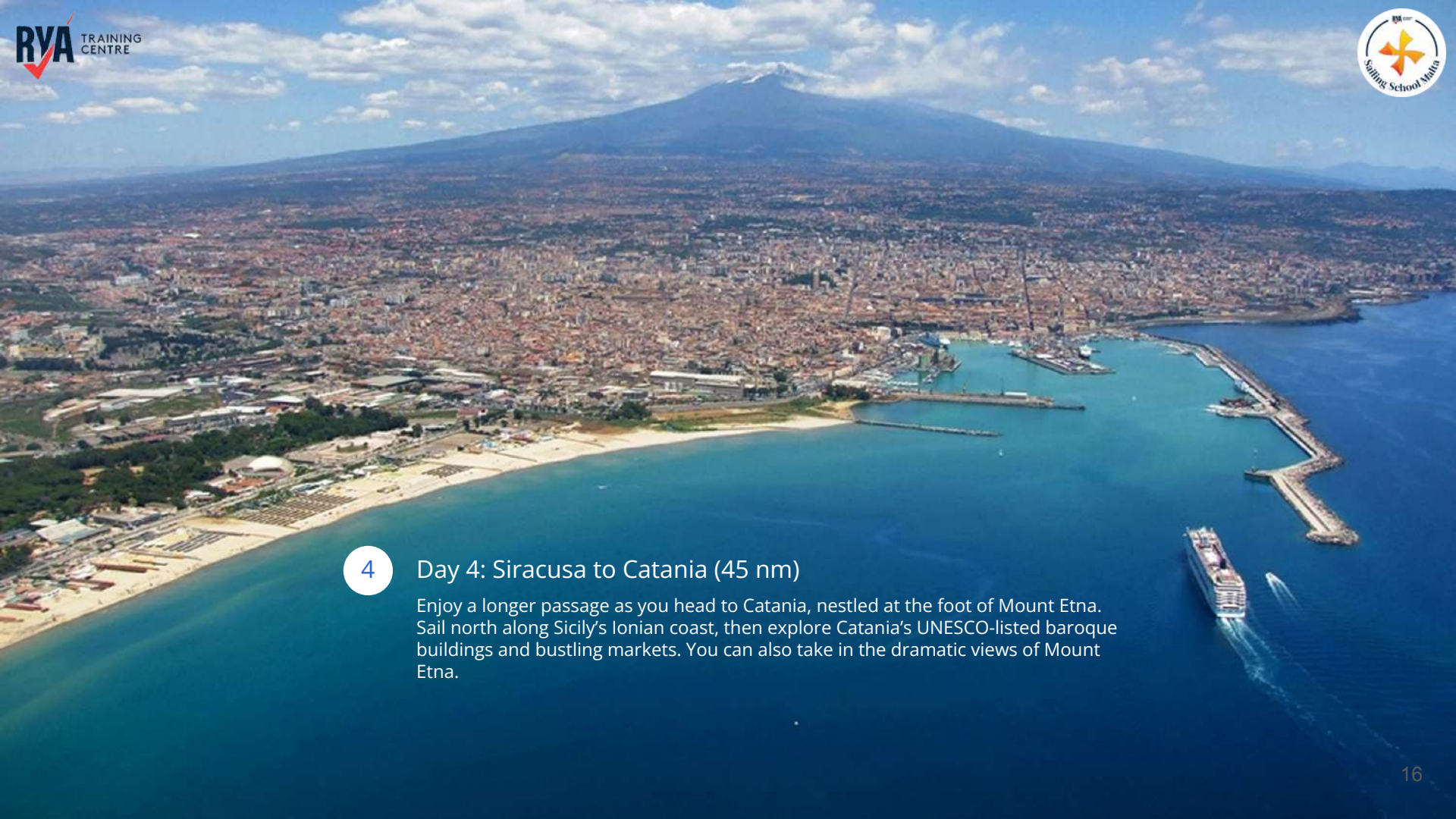
3

Day 3: Marzamemi to Siracusa (30 nm)

Set sail for the historic city of Siracusa. Known for its Greek and Roman ruins, Siracusa offers ancient landmarks like the Greek Theatre and the Archaeological Park. You'll dock on the island of Ortigia, where you can explore narrow streets and beautiful baroque buildings.







4

Day 4: Siracusa to Catania (45 nm)

Enjoy a longer passage as you head to Catania, nestled at the foot of Mount Etna. Sail north along Sicily's Ionian coast, then explore Catania's UNESCO-listed baroque buildings and bustling markets. You can also take in the dramatic views of Mount Etna.







5

Day 5: Catania to Taormina (25-30 nm)

Set sail for Taormina, one of Sicily's most famous towns. This shorter leg of the trip will offer you time to refine your navigation and sailing techniques. Taormina is perched above the Ionian Sea, offering panoramic views and stunning ancient ruins, like the Greek Theatre, and charming streets. Don't miss the public gardens, which provide breathtaking views of the coastline.







6

Day 6: Taormina to Marzamemi (50 nm)

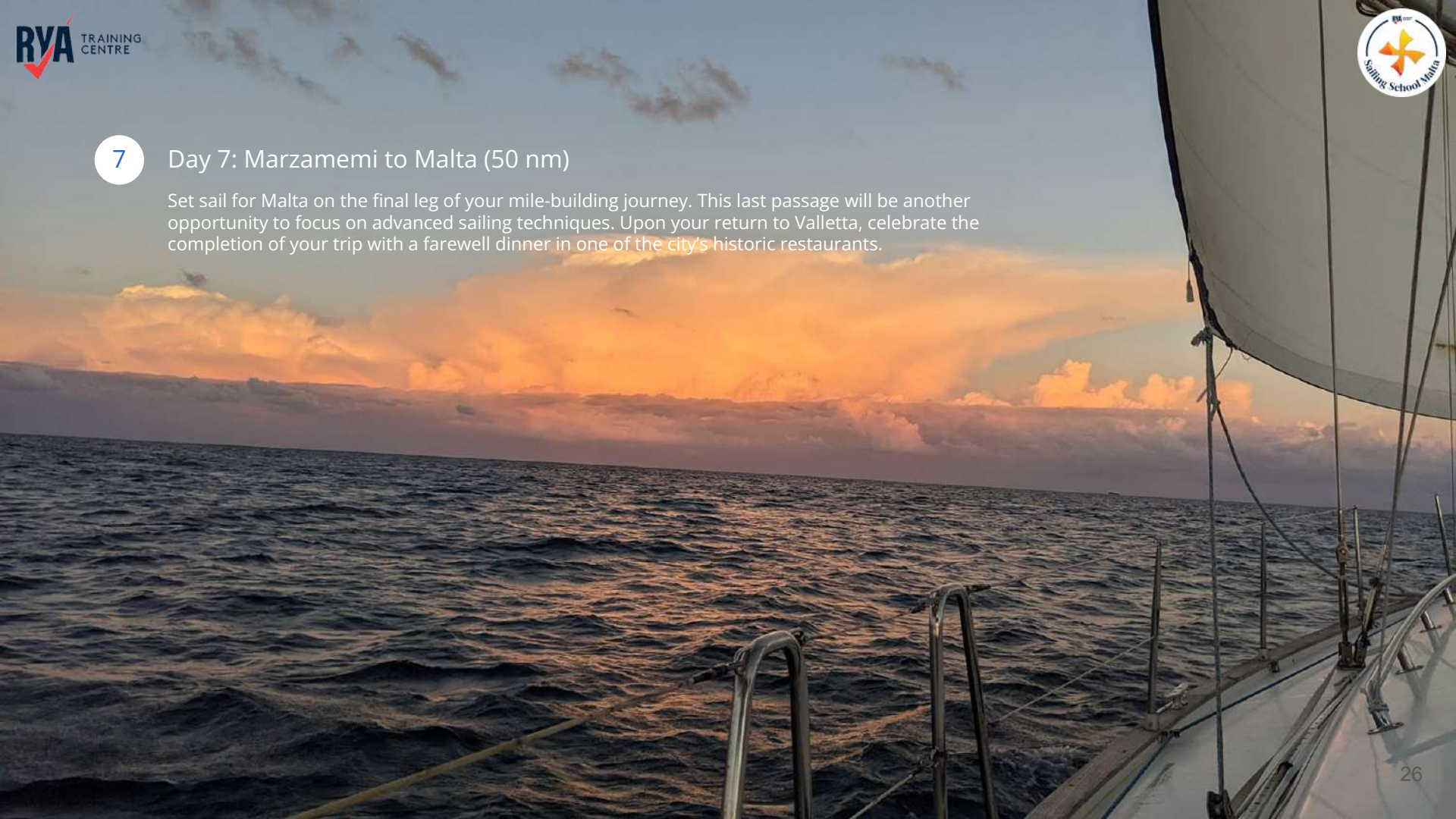
A longer sail today back to Marzamemi. This passage will give you time to practice longer-distance navigation and refine your skills on the open water. Once back in Marzamemi, you can relax, explore the village again, and enjoy some final Sicilian cuisine.



ALITHRY







7

Day 7: Marzamemi to Malta (50 nm)

Set sail for Malta on the final leg of your mile-building journey. This last passage will be another opportunity to focus on advanced sailing techniques. Upon your return to Valletta, celebrate the completion of your trip with a farewell dinner in one of the city's historic restaurants.







Training Yacht: Bavaria 46ft Cruiser 2007

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



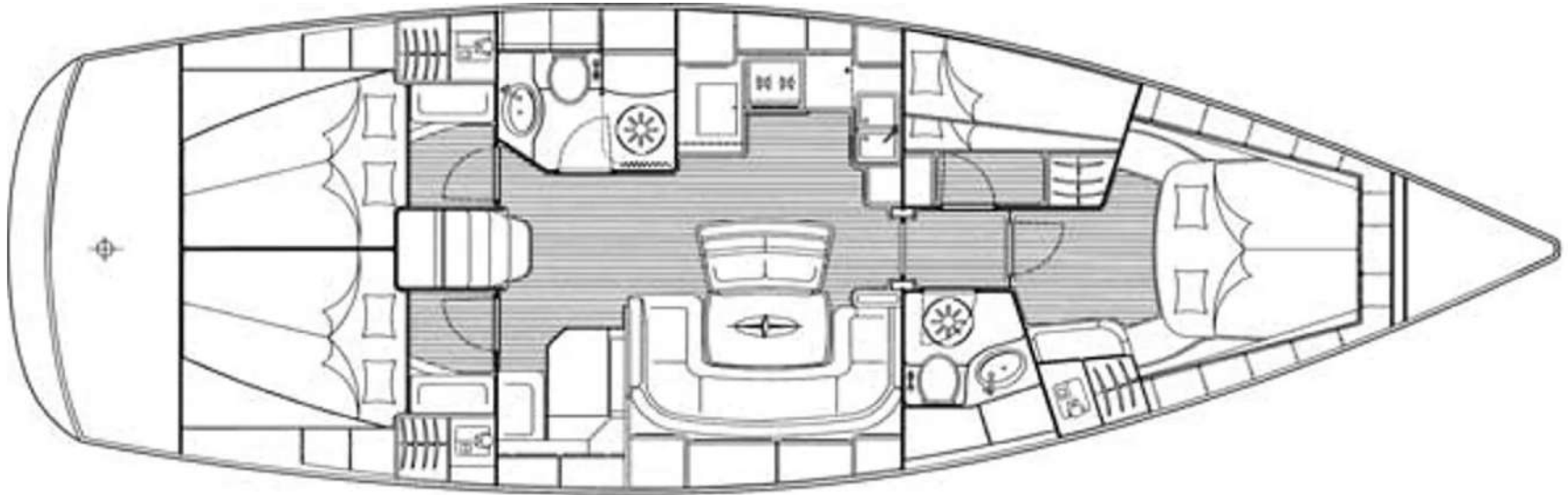


A Perfect Blend of Comfort, Performance, and Quality

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!