



9-Day Round Sicily Mile Builder

ALL YEAR AROUND

Rolex Middle Sea Race Route

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 9-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 a 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 650NM 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

 Ideally participants should have completed at least the RYA Competent Crew course or have equivalent prior sailing or crewing experience.

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

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

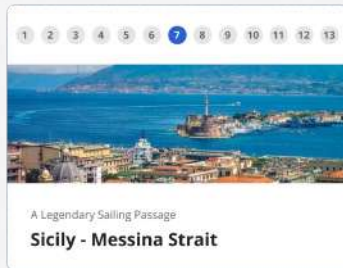
BOOK NOW

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





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

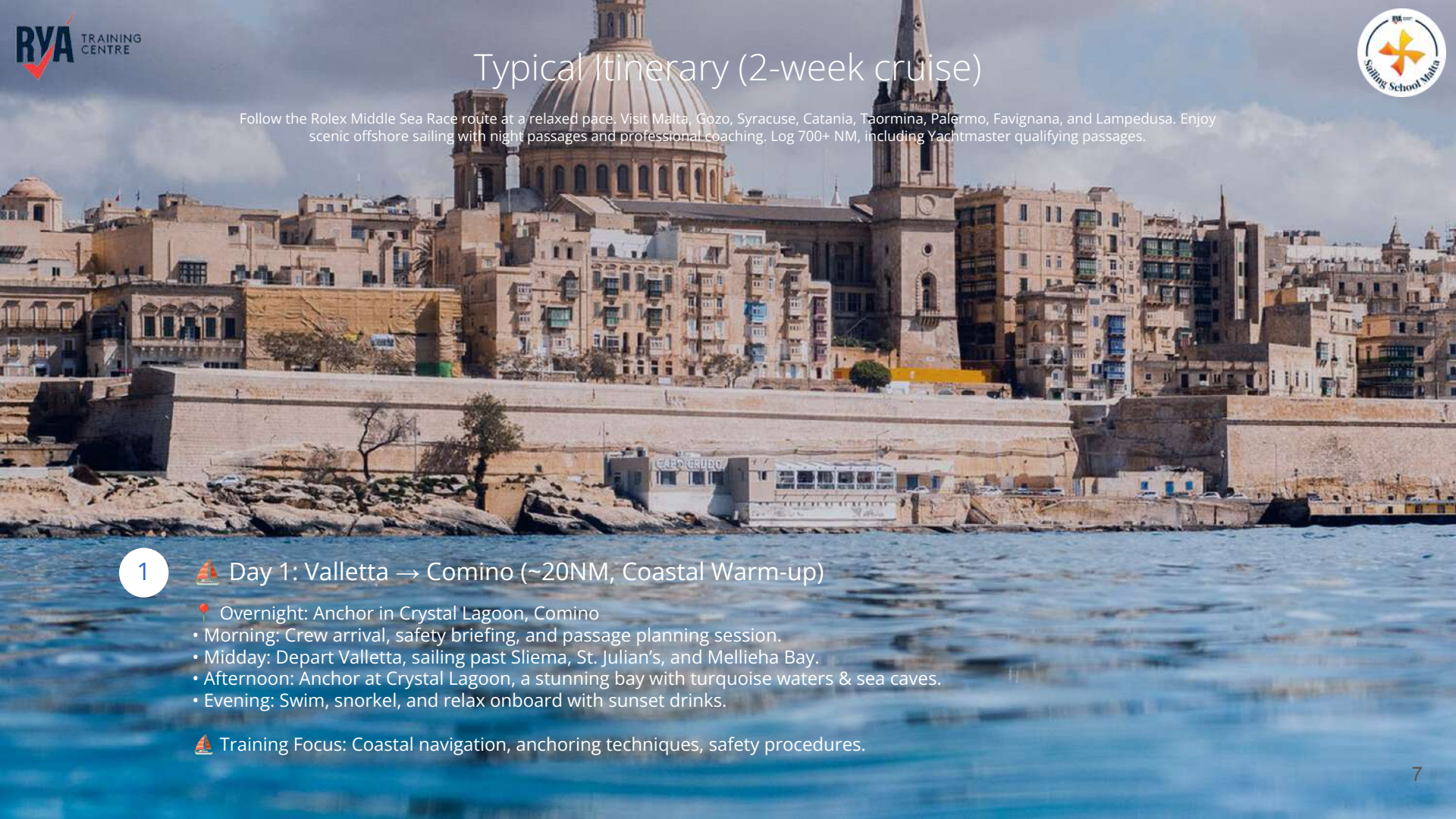
- Learning how to safely anchor in different seabed conditions.
- Mooring in various settings, including marinas, pontoons, and mooring buoys.



Radio Communication & COLREGS

- Using VHF radio to communicate with harbormasters, 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: Malta → 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.



















3

 Day 3: Syracuse → Taormina (~65NM, Short Coastal Sail)

 Overnight: Anchor near Taormina or dock at Giardini Naxos Marina

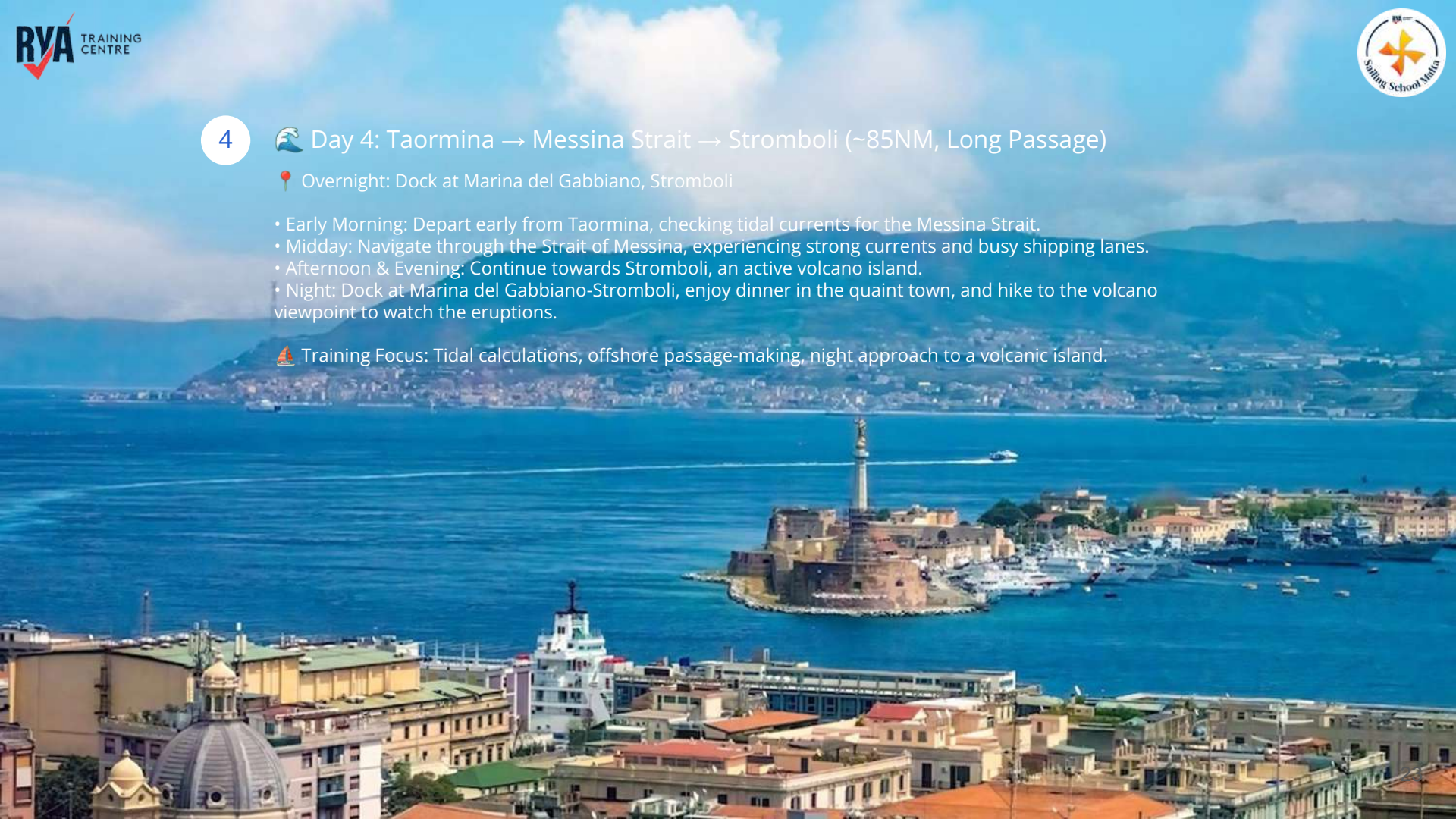
- Morning: Short sail along Sicily's eastern coast, with views of Mount Etna.
- Midday: Swim stop at Isola Bella, a beautiful cove near Taormina.
- Afternoon: Explore Taormina's Greek Theatre, charming streets, and cafés.
- Evening: Dinner overlooking the sea, with a stunning sunset backdrop.

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









4



Day 4: Taormina → Messina Strait → Stromboli (~85NM, Long Passage)

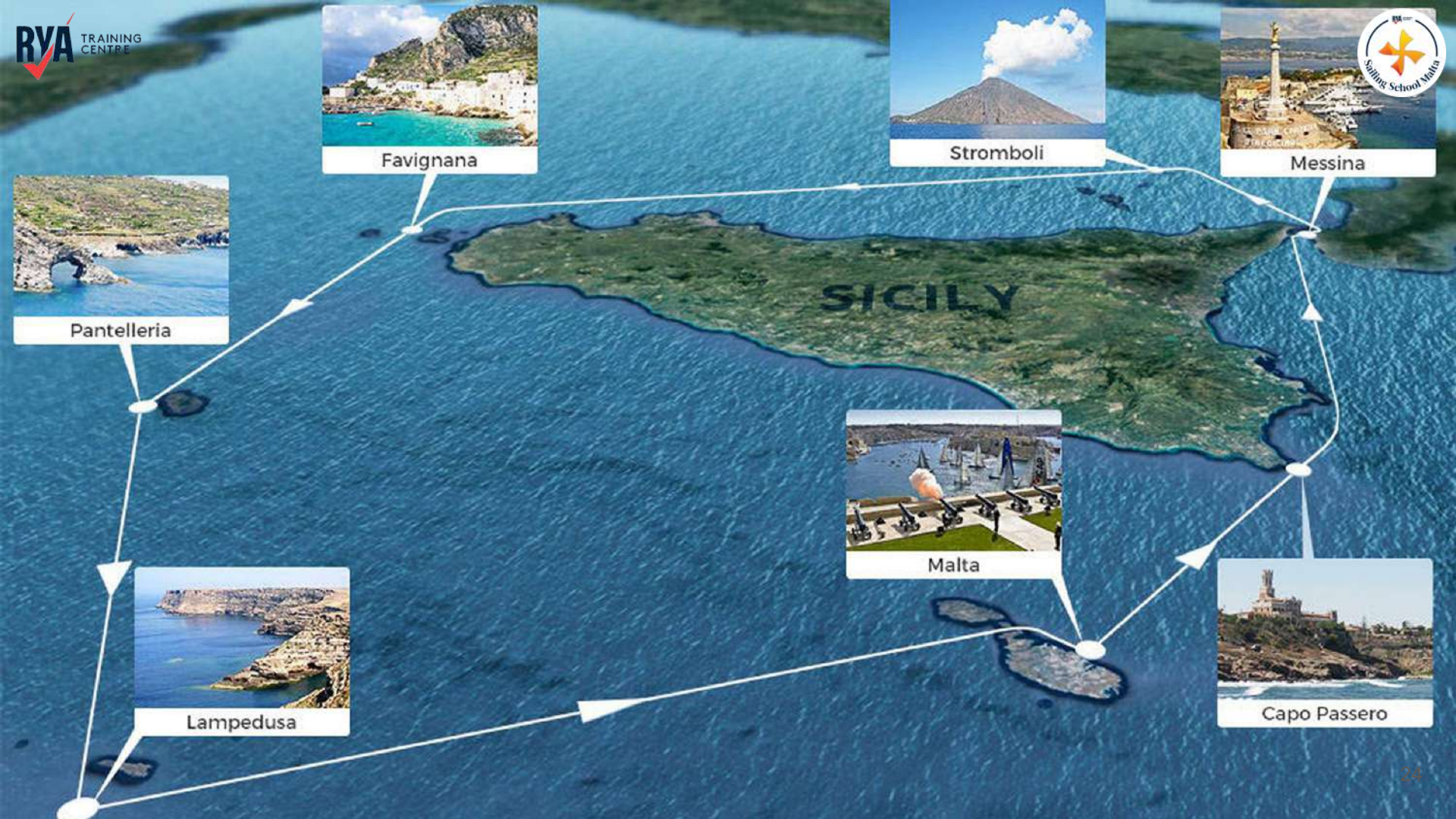


Overnight: Dock at Marina del Gabbiano, Stromboli

- 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



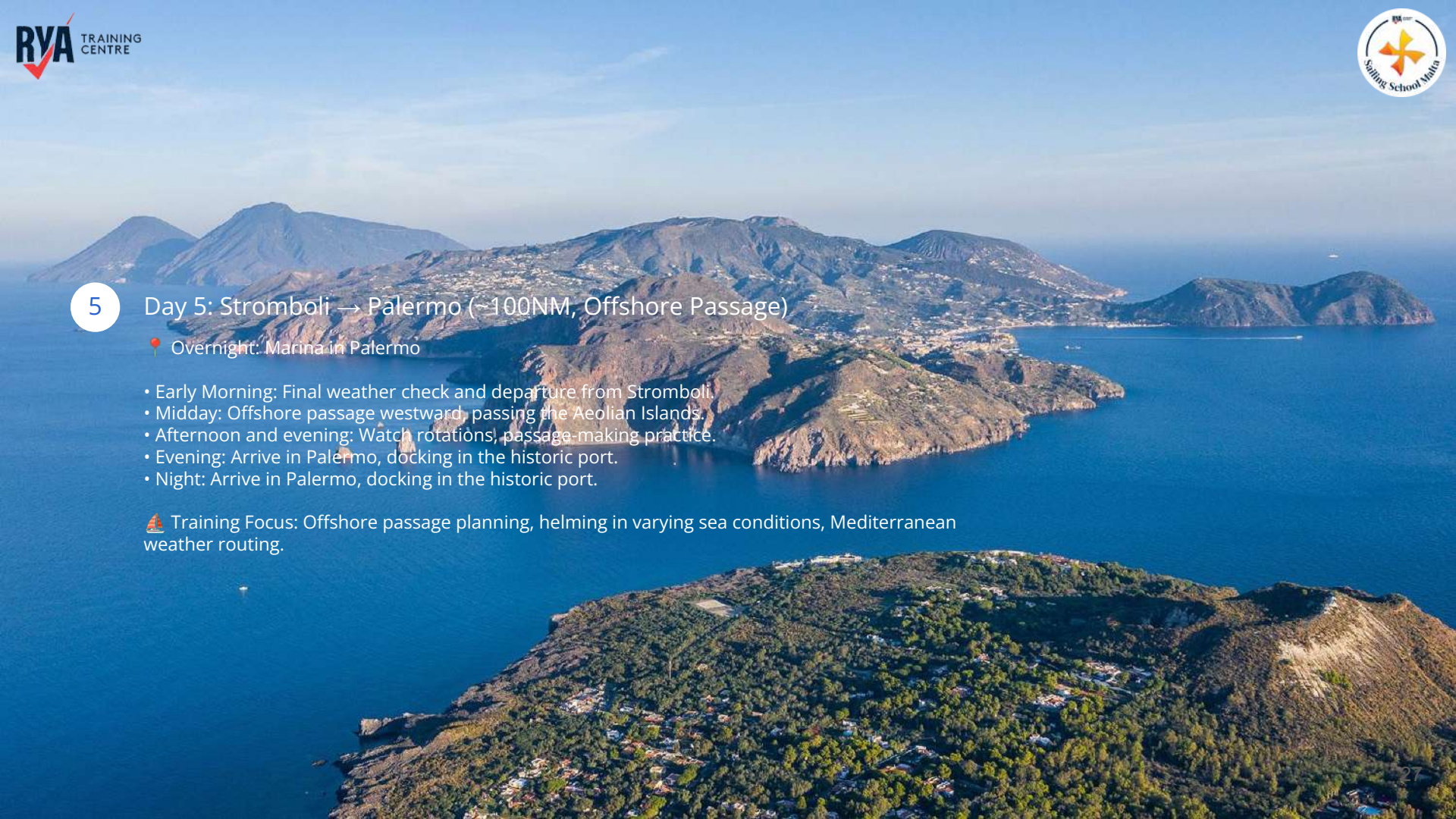
Lampedusa



Capo Passero







5

Day 5: Stromboli → Palermo (~100NM, Offshore Passage)

📍 Overnight: Marina in Palermo

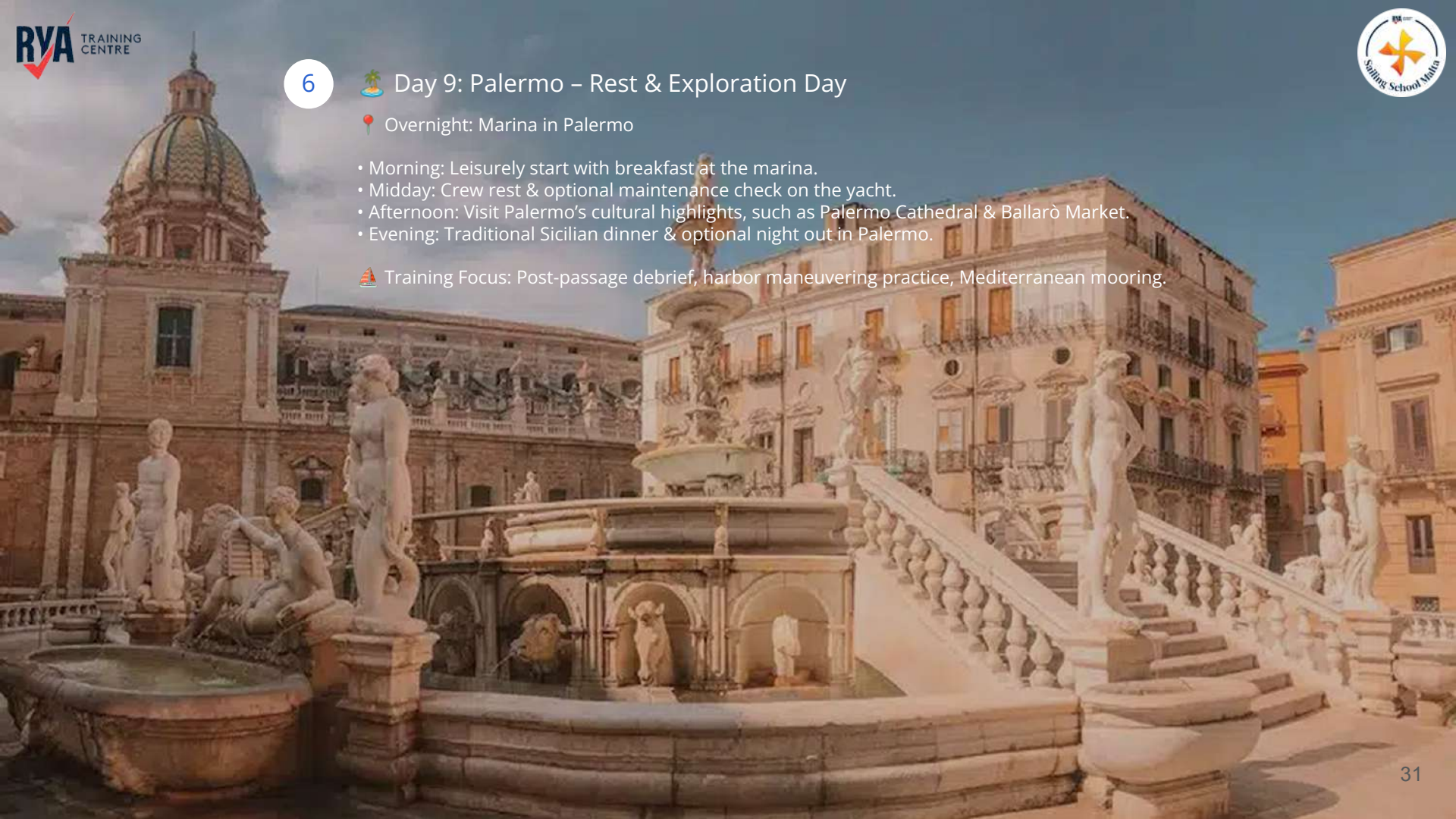
- Early Morning: Final weather check and departure from Stromboli.
- Midday: Offshore passage westward, passing the Aeolian Islands.
- Afternoon and evening: Watch rotations, passage-making practice.
- Evening: Arrive in Palermo, docking in the historic port.
- Night: Arrive in Palermo, docking in the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

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









6



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.



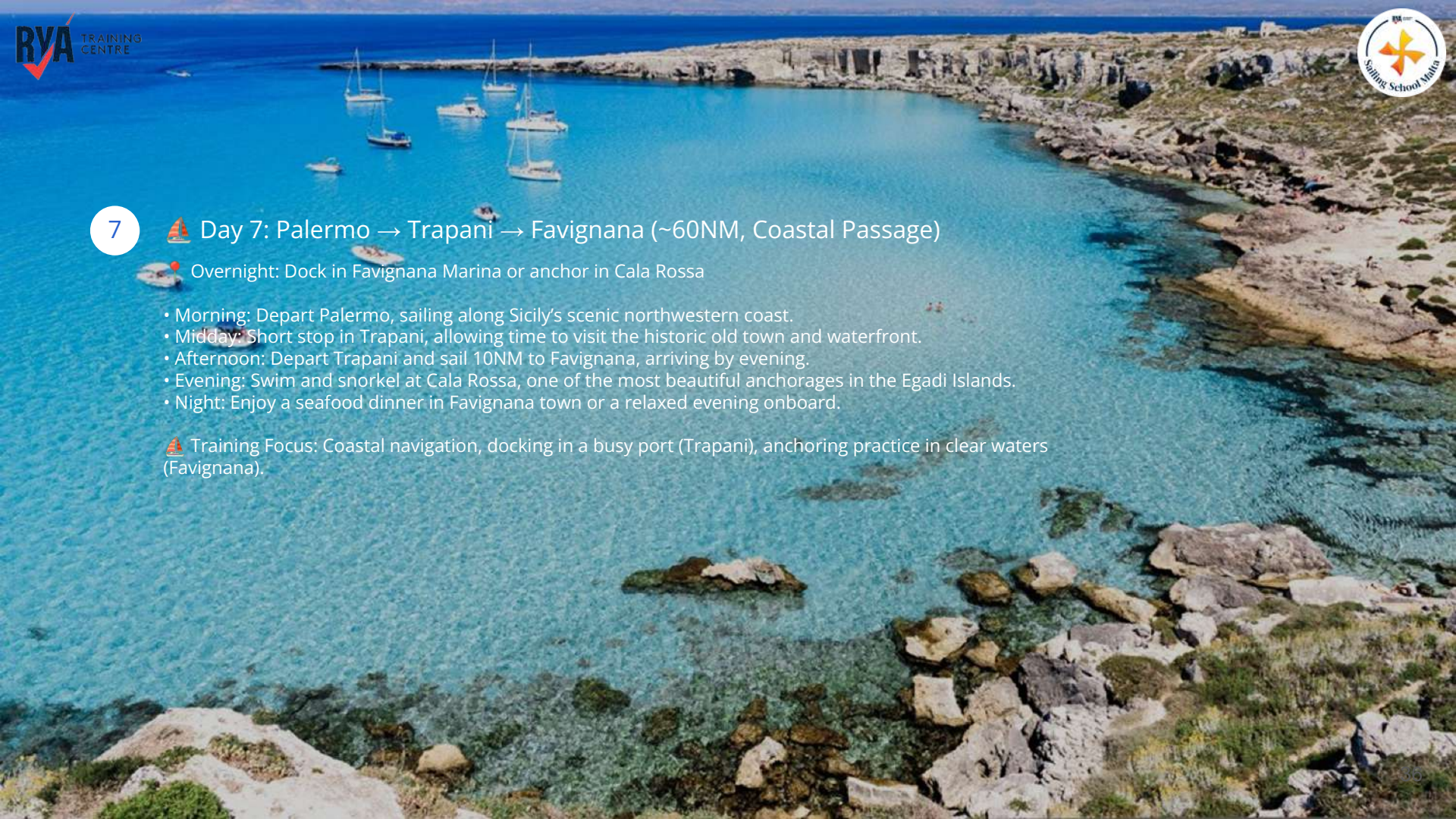
Training Focus: Post-passage debrief, harbor maneuvering practice, Mediterranean mooring.











7



Day 7: 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).

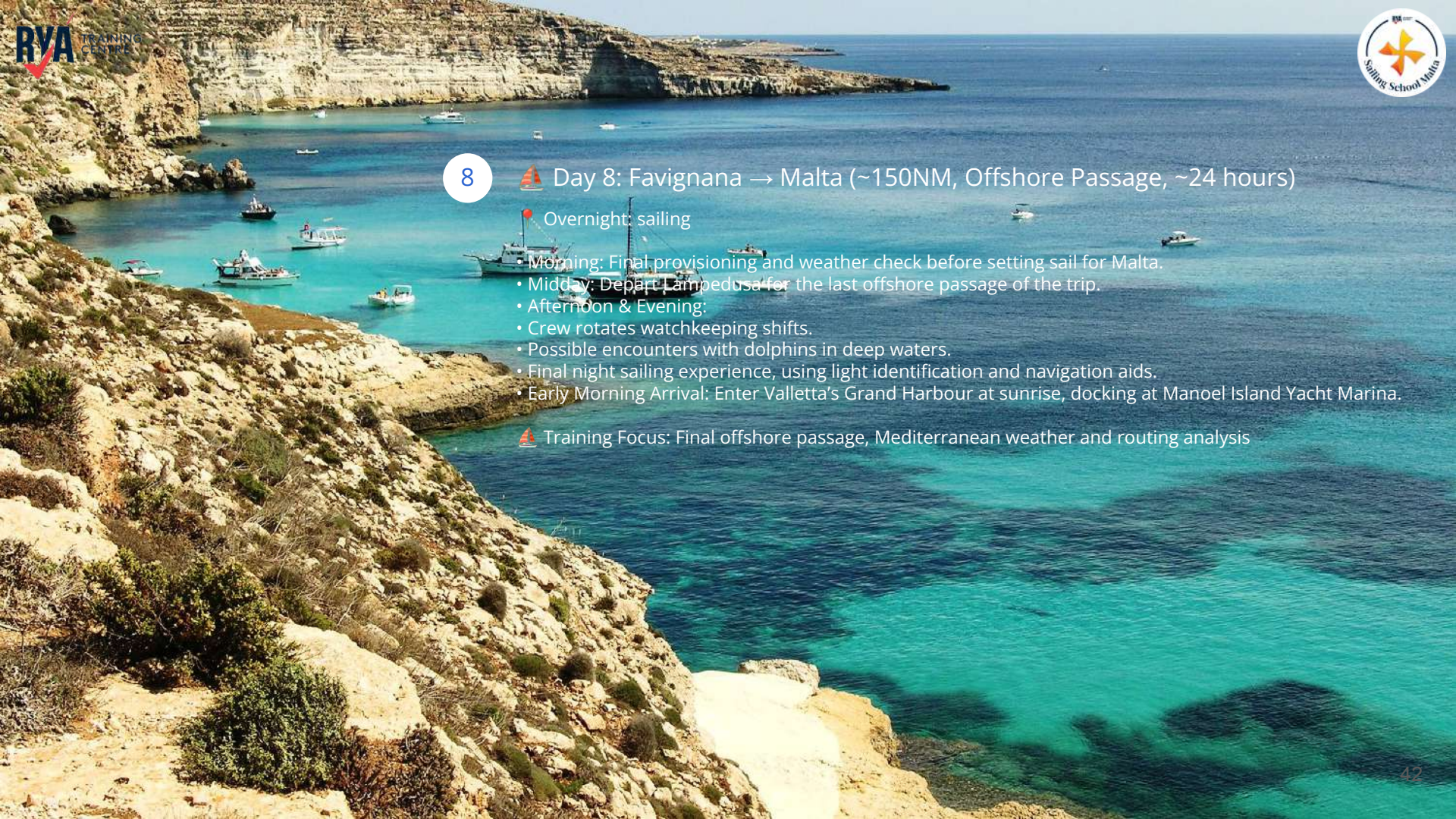












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Day 8: Favignana → Malta (~150NM, Offshore Passage, ~24 hours)

Overnight: sailing

- 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











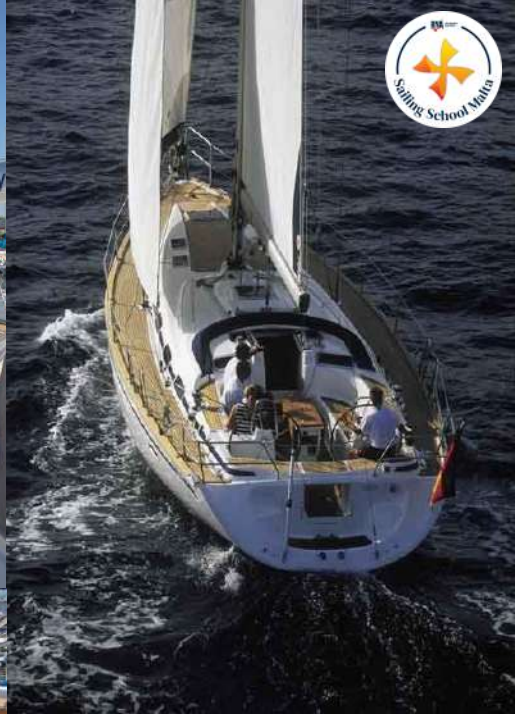


ALITHRY



Training Yacht: Bavaria 46ft Cruiser 2007

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



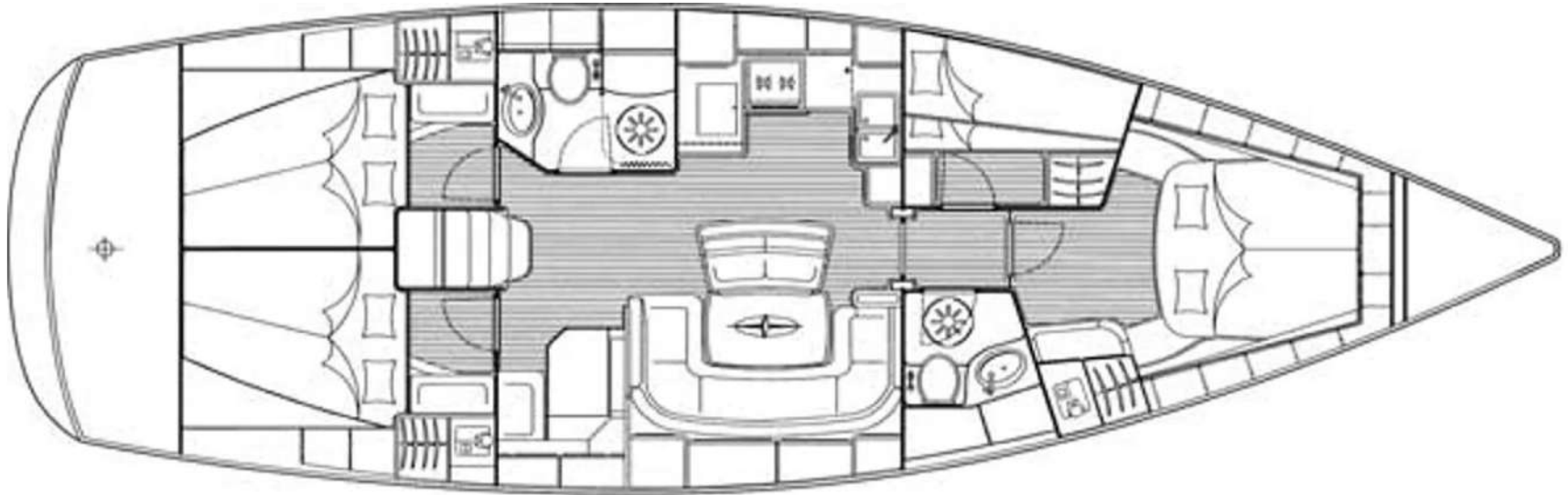


A Perfect Blend of Comfort, Performance, and Quality

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.

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!