

# Modern Sailing Global Destinations is Proud to Present



## A West Indies Sailing Odyssey:



From St. Lucia's British History to the Flavors of French Martinique

**April 2 - 12, 2025**



Reserve before November 1<sup>st</sup>  
and save **5% off** Cabin and  
Bareboat prices!

## Modern Sailing School & Club

(415) 331-8250, [modernsailing.com](http://modernsailing.com)



**Captain Robert Bivin, Trip Co-Leader**  
**Captain Jeff Cathers, Trip Co-Leader**



## SAIL THE WEST INDIES

🌴✨ Embark on a Voyage to Paradise with Modern Sailing School and Club's Global Destinations ✨🌴

Set sail for an adventure of a lifetime amidst the captivating allure of the West Indies Islands. Join us as we navigate the shimmering turquoise waters of the Caribbean, exploring the breathtaking beauty of **St. Lucia** and **Martinique**. From **April 2 to 12, 2025**, let the tropical winds guide you to an unforgettable escape.

Pack your favorite swimsuit and light, airy tropical wear, and prepare to leave behind the lingering chill of the post-holiday season and the rain-soaked streets of the San Francisco Bay Area. It's time to indulge in the warm and lively culture of the Caribbean!

### Reserve Your Tropical Getaway

Choose your own slice of heaven aboard one of our club boats, each a spacious catamaran helmed by a seasoned professional captain, ensuring a journey as relaxing as the destination itself. Or, for the more adventurous spirits, take the helm of your very own Modern Sailing-selected bareboat catamaran. Gather your family and friends for a personalized voyage, all while supported by the seasoned expertise of the Modern Sailing team.

Don't miss the chance to transform your dreams into reality. Reserve your cabin or bareboat today and set a course for the sun-drenched islands of the Caribbean with Modern Sailing School and Club. Your tropical adventure awaits!

## WHY SAIL THE WEST INDIES ISLANDS?



The West Indies Islands of St. Lucia and Martinique are nestled in the heart of the Southern Caribbean. Here, the spirit of adventure sails on the gentle caress of balmy temperatures and the soothing embrace of tropical trade winds. The inviting crystal-clear waters offer a year-round aquatic playground that beckon you to dive in and explore.

As the calendar turns to the spring months, the islands bloom into a sailor's paradise, presenting conditions that are nothing short of ideal for setting sail on a journey of discovery. Picture yourself gliding along pristine beaches, each a gateway to a treasure trove of sea and shore escapades. The West Indies offer an array of vibrant experiences, from paddling or snorkeling amidst the colorful marine life of secluded cays to hiking lush landscapes for the reward of an exhilarating dip in a waterfall pool or finding awe in spectacular vistas.

Savor the flavors of the islands with unique cuisine that tantalizes the palate, dive into the depths for an underwater spectacle, and wander the lands where time slows to the rhythmic pulse of "island time." Let your soul be lifted by the exhilaration of brisk sailing under a canopy of azure skies, with the sun's golden rays as your guide and the steady trade winds as your steadfast companion. Even the occasional rain squall is a refreshing interlude, often graced by the arc of a rainbow, adding a splash of color to your nautical adventure.

The West Indies Islands are not just a destination; they are a vivid, living tapestry of experiences waiting to be woven into the memories of those who seek the joy of the journey. Come, set your sails, and let these islands capture your senses.

## WHY A MODERN SAILING FLOTILLA?

Whether you're dipping your toes into the world of cruising for the first time or you're a seasoned mariner, Modern Sailing is your compass to an unforgettable journey through the majestic West Indies Islands of St. Lucia and Martinique.

With Modern Sailing, expertise is at the helm. Our Global Destinations trips are meticulously crafted, offering you an opportunity to embrace the thrill of exploration with peace of mind under the care and



guidance of our friendly, expert captains. Our leaders possess a wealth of destination chartering experience to ensure your voyage is as seamless as it is spectacular.

Navigate with confidence, as a Modern Sailing mentor instructor will be your guiding star, illuminating the path from the first knot to the final mooring. We are your steadfast crew, dedicated to planning your itinerary, teaching you the secrets of the routes, anchorages, and the art of selecting the perfect mooring ball.

Those who prefer the freedom to choose their own crew have the option to take the helm and join the flotilla as skipper of a Modern Sailing-selected bareboat. You will confidently be able to bring family or friends for an incredible sailing vacation with the comfort of knowing that there is support all around you. Even if you have extensive cruising experience of your own, you will enjoy the group dynamics and social flavor of sailing in a flotilla.

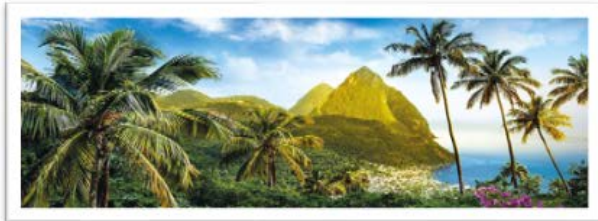
Have questions about sailing maneuvers or seeking recommendations for onshore excursions? Our knowledgeable team is on deck, ready to ensure your queries are charted and your experiences, unparalleled.

Elevate your sailing dreams and join us as we unfurl the sails, charting a course through the azure waters and vibrant cultures of the Caribbean. With Modern Sailing, your nautical narrative awaits, written on the canvas of the sea and under the banner of the stars. Cast off the lines with us, and let the winds of adventure fill your sails!

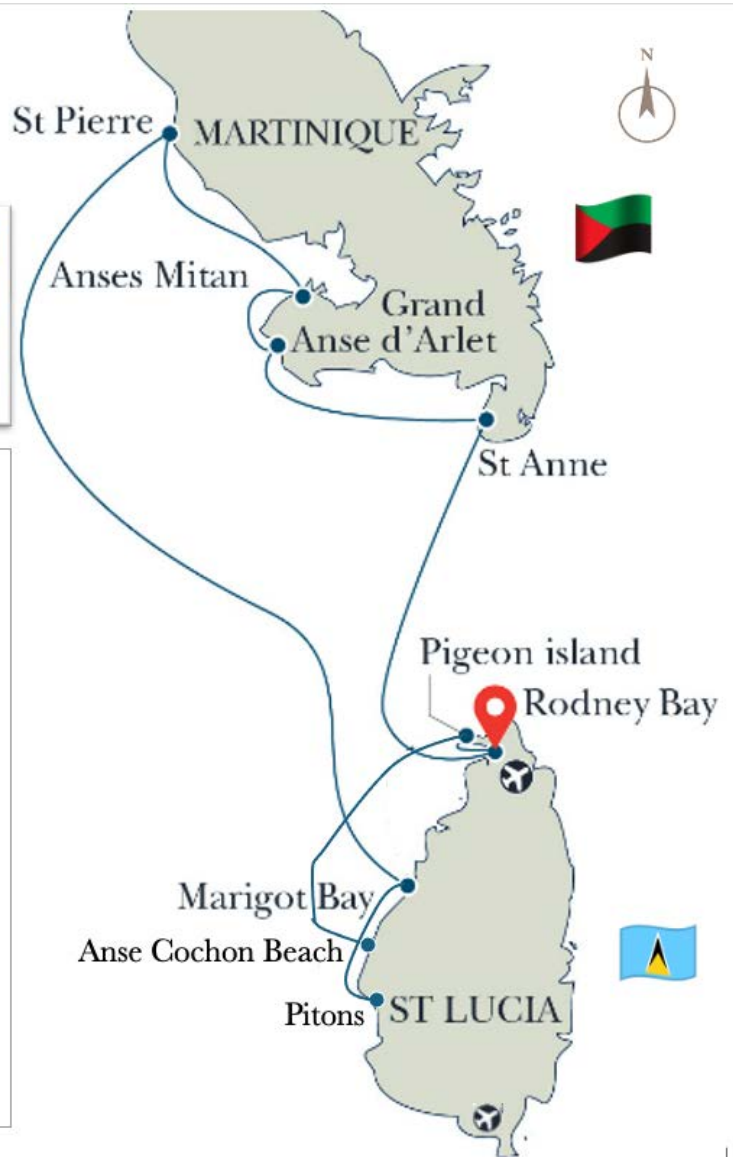


# PROPOSED ITINERARY\*

## The Islands of St. Lucia and Martinique April 2-12, 2025



- DAY 1 (Wed, Apr 2)**  
Rodney Bay, St Lucia ~12:00 📄
- DAY 2 (Thurs, Apr 3)**  
St Anne, Martinique, ~13:00 🏰
- DAY 3 (Fri, Apr 4)**  
Grand Anse d'Arlet, Martinique ~12:00 🏰
- DAY 4 (Sat, Apr 5)**  
Anse Mitan, Martinique ~12:00 ⚓
- DAY 5 (Sun, Apr 6)**  
St Pierre, Martinique ~11:00 ⚓
- DAY 6 (Mon, Apr 7)**  
Marigot Bay, St Lucia, ~15:00 📄
- DAY 7-8 (Tues, Apr 8 – Wed, Apr 9)**  
Pitons, St Lucia ~12:00 🏰
- DAY 9 (Thurs, Apr 10)**  
Anse Cochon Beach, St Lucia, ~12:00 ⚓
- DAY 10 (Fri, Apr 11)**  
Pigeon Island, St Lucia, ~12:00 ⚓
- DAY 11 (Sat, Apr 12)**  
Rodney Bay, St Lucia ~08:00 📄



\*Upon the Trip Leaders' judgement, the itineraries are subject to change based on sea state, weather conditions, anchorages.



## THE ITINERARY

Ahoy, fellow sea wanderers! Our course is charted with respect for April's prevailing winds and tides, but mind ye, we're ever watchful of the skies and ready to trim our sails to the whims of Neptune. Our Trip Leader, a true salt, will steer us true, making savvy calls with the wind in our hair and the brine on our faces to keep our journey both shipshape and jolly.

Now, these waters we're setting course for, they're not for your greenhorn sailors. We're talking a Level 3 Sailing Destination, mates.

That's a fair step above the calm seas of the British Virgin Islands and Croatia, those Level 1 havens, and even Greece at Level 2. But fear not! With MSC's crackerjack captains at the helm, all of whom are ASA Instructors no less, you'll be navigating these bountiful seas with the confidence of an old hand.

Our flotilla will be dropping anchor at a string of bays and coves, each more captivating than the last. We're in for a proper sailor's holiday, with the charter life coursing through the veins of these islands. Fancy a bite at a local eatery, a dive beneath the waves, a ramble ashore, or a hunt for treasures in the markets? You'll find it all here where the charter trade is king.

Our voyage is plotted with a mix of hearty sails — stretching our sea legs up to 48 nautical miles — and shorter jaunts of 5 to 25 nautical miles, with a reef or two to test your piloting prowess. We sail as one, with all vessels in our flotilla keeping to a shared course and rhythm. But the true spice of life at sea? It's the camaraderie, the sharing of tales and ales with your fellow mariners. We'll be hosting a merry round of sundowners, with some crews inviting the lot over for an evening of nibbles and libations in the glow of the setting sun.

Should the winds of fate blow in unusual directions, we'll bend our plans as needed, always in consort with our Trip Leader. Every day's a new chapter, and we've got the lay of the land (and sea) for each port of call, where there is a bounty of activities to whet your appetite for adventure.

So, hoist the mainsail and set your eyes on the horizon. Our West Indies odyssey awaits, and by thunder, it'll be one for the logbook.



**DAY 1 – Wednesday, April 2<sup>nd</sup> : Arrive at SunSail / Moorings Base, Rodney Bay**



**🌞🚢 Ahoy, Shipmates! Your Nautical Adventure Casts-off at the SunSail / Moorings Base in Rodney Bay, St. Lucia 🚢🌞**

Heave to and make fast, for your voyage begins in the early afternoon at the SunSail / Moorings base, nestled in the welcoming embrace of Rodney Bay, St. Lucia. Here, where the sea meets the sky, you'll muster with your fellow crew and the hearty souls of our flotilla under the warm Caribbean sun.

**🍹🎉 All Hands-on Deck for the Welcome Reception 🎉🍹**

Modern Sailing beckons you to join the ranks at a jovial Welcome Reception in the early afternoon, hosted at one of the marina's finest galleys. Break bread with your shipmates, share a yarn or two, and chart the course for the camaraderie that will define your journey.

**🚢 Boarding Call: Your Seafaring Home 🚢**

Post-revelry, as the clock chimes around 5:00 PM, it's time to step aboard your noble vessel. She's more than just a yacht; she's your floating haven, your steadfast companion on the briny deep for a full ten days of adventure.

**🌙 Settling In: A Sailor's Evening Ritual 🌙**

As dusk falls, we'll secure our kit, stow our provisions, and make all shipshape aboard our yachts. 'Tis the perfect time for spinning tales with your bunkmates or sharing a dram with the crews moored yonder. And if the mood strikes, why not venture to one of Rodney Bay's nearby watering holes for a bite and a tot of grog?

So, weigh anchor, hoist the main, and let the spirit of the sea infuse your soul. Tonight, we're all kin under the stars, bound by the promise of the tides and the tales yet to be told. 🌌🍷🚢



## DAY 2 – Thursday, April 3rd: Rodney Bay to Sainte-Anne, Martinique ~23nm

### **A Sailor's Dawn in Rodney Bay: Charting the Course Ahead**

As the first light of daybreak spills over the deck, you'll awaken aboard your trusty yacht, the gentle rocking a balm for any remnants of jet lag. 'Tis a new morn, and with it comes the division of duties amongst the crew. Some hands will take to the task of tallying and stowing our provisions, marking each item as if it were treasure. Others will set to foot for the local markets, seeking fresh victuals and spirits for those inclined to a nip of courage.



### **The Skippers' Gathering: A Conclave of Nautical Knowledge**

Our Trip Leaders and Bareboat Skippers will convene for the sacred rituals of chart, weather, and safety briefings, ensuring no wisdom of the previous day was left unheeded. With a keen eye and a steady hand, they'll navigate the customs and immigration channels, securing our leave from St. Lucia's shores.

### **Setting Sail: The Maiden Voyage to Martinique**

With the sun climbing high, we'll cast off from Rodney Bay, turning our bowsprit northward. The St. Lucia coastline will bid us farewell off our starboard side as we embrace the open embrace of the deep blue Caribbean Sea. The eastern trade wind will be our companion as we set a close reach course, slicing through the waves for 20+ nautical miles. The mountainous embrace of Martinique will soon shelter us from the Atlantic's swell.

### **Mooring at Sainte Anne: A Tropical Reprieve**

This "shakedown cruise" will see the crew and vessel become one, a dance of sea and sail. We'll claim a mooring ball off the sandy shores of Sainte Anne, a town as delightful as it is serene, and there we'll rest under the watchful guard of a sandy bottom anchorage, a bulwark against the easterly winds.

### **A View from the Deck: Pointe Marin's Splendor**

From the deck, let your gaze wander to Pointe Marin's beach, a golden strip of sand stretching over a kilometer, from Sainte Anne's anchorage to Club Med Les Boucaniers, Martinique. A tropical forest of coconut, grape, and palm trees fringes the coast, crafting a scene plucked from the dreams of sailors long at sea.

### **Exploring Ashore: The Bounty of Martinique**

Near our anchorage, tread lightly through the coconut grove, drink in the verdant hues, and delight in the birds' spirited song. The beaches invite leisure, while the Piton de Crève Cœur, Martinique's mythical volcano, calls to the hearts of hikers.



## 🌙 An Evening Feast: Sainte Anne's Culinary Delights 🌙

As twilight descends, the town and beachfront come alive with the promise of culinary adventure. Restaurants aplenty, from the heart of Sainte Anne to the sands by Club Med, offer sustenance for the body and soul.

So, my hearty crew, let us embrace this journey with sails unfurled and hearts open to the wonders of the sea and shore. Onward to the horizon, where adventure and tranquility await in equal measure. 🚢🌴☀️

### DAY 3 – Friday, April 4: Sainte-Anne to Grand Anse d'Arlet, Martinique ~14nm



We'll weigh anchor come mid-morn, settin' course for a 5.3-league jaunt (14 NM) up Martinique's flower-kissed west shore. She's the queen of the Windwards, French through-and-through, save for a few British spells. Roads as fine as Paris and a bustling trade she boasts. Every cove's got a sturdy dock for your tender, courtesy of the crown.

A scant couple bells' sailin' with the sun still high, we'll berth at Grande Anse d'Arlet. A quaint hamlet, white sands at her feet, mighty peaks at her back. We'll drop the hook or snag a mooring, just a stone's throw from the beach.

Grand Anse d'Arlet, a jewel among beach towns, offers pleasures for every soul. Claim a patch of golden shore, bathe in the tranquil sea. Taverns and inns dot the coast, and there's art to be found inland. But make no mistake, the beach is king here. Once ye set foot, ye'll be bewitched – that's a sailor's word.

**DAY 4 – Saturday, April 5: Grand Anse d’Arlet, Martinique to Anse Mitan, Martinique ~6 nm**

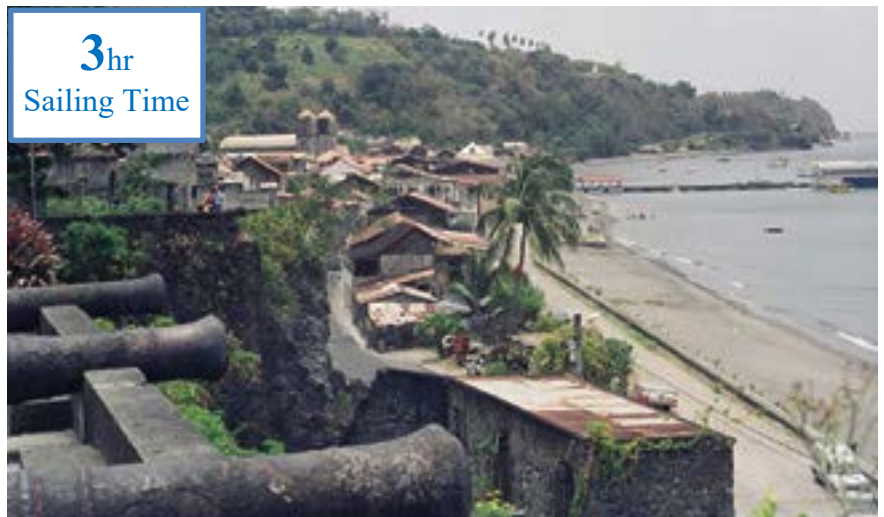
After breakfast and a final stroll on Grand Anse d’Arlet's sands, we'll chart a course for Anse Mitan on Martinique's southwest edge. Drop anchor for the afternoon and evening at this palm-fringed haven, where clear waters and charming eateries await just steps from the shore.



Feast on fresh-caught seafood or dive into snorkeling adventures teeming with marine life. When night falls, head a mile and a half to Trois Ilets. The Casino Trois-Ilets, styled after New Orleans' French Quarter, offers roulette, stud poker, craps, live music, dancing, and fine dining.

**DAY 5 – Sunday, April 6: Anse Mitan, Martinique to St Pierre, Martinique ~16 nm**

Ahoy! Saint-Pierre, a wee town on Martinique's northwest, lies at the foot of the notorious Mt Pelee. This spot's a gem on our West Indies Odyssey charter. Over a century ago, a volcanic blast leveled it, but she's been rebuilt around her old bones. Stroll through untouched ruins, then hit the museum. Feel the black sand 'tween your toes or sail a few hundred yards out to marvel at over 10 shipwrecks, now under no-anchor protection. Aye, it's a sailor's delight!



**DAY 6 – Monday, April 7: St Pierre, Martinique to Marigot Bay, St Lucia ~48 nm**

Ahoy, matey! Not your usual Monday, but an early start nonetheless. We'll hoist the sails at dawn, leaving Martinique's French flair behind, and head south to St Lucia, with Marigot Bay as our next port-of-call. Brace yerself for the mighty Tradewinds and thrilling speeds on a beam-reach point-of-sail. Marigot Bay offers a snug anchorage and a new marina. The town's a





beauty, with charming wooden architecture and a posh, eco-friendly resort boasting a top-notch spa. Expect a hearty welcome at the classic Caribbean bars and eateries. Anchors aweigh!

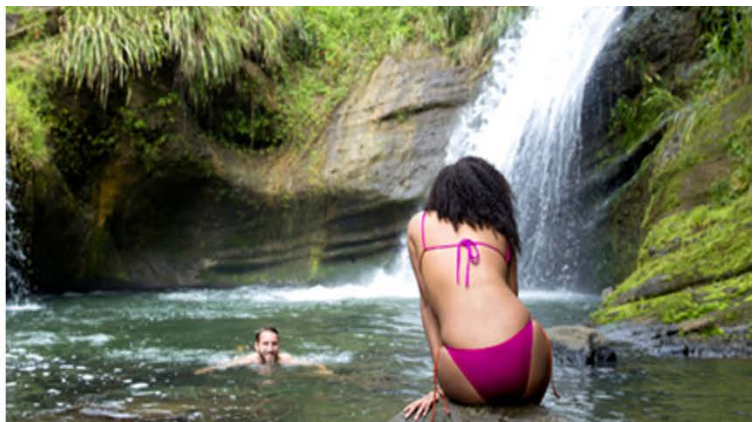
**DAY 7 – Tuesday, April 8: Marigot Bay, St Lucia to Piton Bay, St Lucia ~11nm**



Following a lazy morn, we'll weigh anchor and sail south to the striking twin peaks of Gros Piton and Petit Piton, true icons of the Caribbean and UNESCO treasures. We'll snag a mooring ball in this marine reserve, giving ye the rest of the day to catch the sunset, and the whole next day to bask in the sunrise and sunset while exploring this Caribbean jewel. Aye, it's a sight to behold!

**DAY 8 – Wednesday, April 9: Layover Day**

After a week of daily sailing, ye'll have a full day and night to dive into shoreside and seaside adventures. Hike, snorkel, scuba dive, soak in hot mud baths at the sulfur springs, wander through lush tropical gardens, or simply relax on the beach. Fancy a stroll? Head into the town of Soufrière. For the hearty hikers, scaling the 2,619-foot (798-meter) Gros Piton, the mightier of the volcanic peaks, will be a thrilling challenge. Aye, there's plenty to keep ye busy!.



**DAY 9 – Thursday, April 10: Piton Bay, St Lucia to Anse Cochon Beach, St Lucia ~5 NM**

We'll weigh anchor from Piton Bay and chart a northbound course for a short sail to Anse Cochon Beach. There, we'll snag a mooring ball or drop anchor in this Caribbean treasure. Ashore, perched on the cliffside above Anse Cochon cove, lies Ti Kaye, a quaint cottage resort. The resort boasts restaurants, bars, a pizzeria, beach cabanas, a spa, and a wine cellar with occasional by reservation. They also offer scuba diving and can arrange tours





and excursions. Outside guests are welcome when there's room, by reservation. This cove also offers some of the finest snorkeling along St. Lucia's western coast and the Windward Islands. Aye, it's a sailor's paradise!

**DAY 10 – Friday, April 11: Anse Cochon Beach, St. Lucia to Pigeon Island, St. Lucia ~17 NM**



**3hr**  
Sailing Time

After greeting another stunning sunrise and enjoying a lazy morning, we'll set sail north for a short and pleasant jaunt to Pigeon Island. It's the perfect spot to drop anchor for the night, nestled in a sheltered cove along a wave-kissed white sand beach. The waters here are clear and calm, ideal for swimming and snorkeling. Ashore, you'll find a mix of restaurants, bars, and resorts to

explore. If ye fancy a hike, trek through Pigeon Island National Park for breathtaking views across Rodney Bay to the distant peaks. Aye, it's a sailor's dream!

**DAY 11 – Saturday, April 12: Rodney Bay, Marina – Disembark and Farewell**

After a light breakfast, we'll make a short sail back to our base in Rodney Bay, where we'll disembark from our trusty yachts. We'll reflect on our adventures among some of the world's most beautiful islands. With a treasure chest of memories filled with sailing escapades, tropical sunsets, and newfound mates, we'll each chart our own course—whether for a few days' layover or a return to the States. Aye, it's been a voyage to remember!



*"Dear tropical island, I think about you all the time." —Unknown*

*"The tan will fade, but the memories will last forever." —Unknown*

# SKIPPERED CLUB BOATS 1 & 2

## Moorings 4500L (Lounge), 4-Cabin Catamaran



### The Boat and Accommodations

Winner of the 'Best Charter Boat' category in Cruising World's 2017 'Boat of the Year' competition, this innovative mid-size catamaran from renowned boat builders Robertson & Caine takes style, comfort, and performance to the next level. The new Moorings 4500 features four spacious staterooms, all with en-suite baths – and delivers the solid performance expected from this world-renowned line of catamarans, and more – for an unrivaled mid-size catamaran charter experience.

The 4500 boasts an interior volume and spaciousness typically found on larger yachts. An updated, sleek exterior design featuring expansive windows also greatly impacts the interior saloon, creating panoramic views.



[View Detailed Specifications](#)



# BAREBOATS #2, #4 and #5

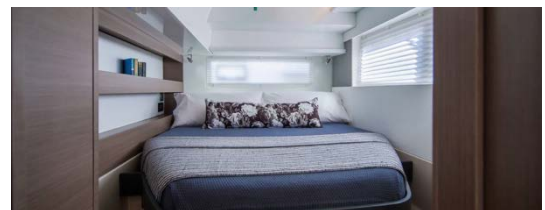
## Moorings 4200, 3-Cabin Catamaran



### The Boat and Accommodations

The Moorings 4200 is the newest masterpiece from Robertson and Caine’s distinguished line of catamarans. This sleek and spacious yacht was designed with innovation in mind, without sacrificing comfort or performance. Drawing much of its aesthetics from the award-winning Moorings 5000, this mid-size catamaran features three private staterooms, each with its own en-suite bath.

Travel the seas in style aboard this modern sailing vessel, whose distinctive and spacious upper lounge layout provides world-class 360-degree views. An aft cockpit with an outside dining area and a forward lounge ideal for sunbathing underway ensure plenty of outdoor space for leisure and living in the moment.



[View Detailed Specifications](#)



## TRAVEL ARRANGEMENTS

You are responsible for booking your own airfare. Airfare pricing is presently running \$600 to \$1000 per person. If you would like to use a travel agent to book your flights, we suggest Bob Entwisle at E&E Travel, (415) 819-5665, or email bobetravels@gmail.com. If you plan on arriving early or spending a few extras at the conclusion of the voyage, there are many lodging options available on St. Lucia.

## WHAT TO BRING

### Passport

We will be traveling to St. Lucia and Martinique. There is no visa required for US citizens but check with your state department if you are traveling from a different country. Please ensure your passport is current and will not expire for at least six months after the conclusion of trip.

### Luggage

We suggest traveling light. Your gear should fit in a medium duffel bag and a small carry-on bag. Your carry-on should be less than 15 pounds. We recommend using a dry bag or backpack. Both bags should be collapsible for easy stowage on the boat in a small space. Do not bring bags with hard frames as they are difficult to stow.

### Gear

We have found that people often only use about half of what they bring. A great way to bring only what you use is to lay all your items out and reduce it by 50%. Lay them out again and then reduce again. Gear weight depends on weather conditions of course, but lightweight layering pieces made of moisture-wicking fabric that will dry quickly is essential. Your total gear weight should be less than 55lbs, including carry-on.

Sun conditions can be very different than in San Francisco Bay. Consider lightweight clothing that covers exposed areas without adding bulk or weight. There are a variety of lightweight pants, shirts, and blouses that provide UV protection. Sunscreen and hats are essential.

### What Not to Bring

Different states and countries have different travel rules, regulations, and considerations. If you have specific questions about an item, ask us. Some general items you should **not** bring are illegal drugs, weapons, hair dryers, expensive jewelry, pets, rigid suitcases, surfboards, golf clubs (it has happened), fireworks, and dive tanks. Linens, towels, and pillows are provided on each boat and are not necessary to bring.

### Considerations

The charter base will typically provide fins, but we encourage you to bring your own mask and snorkel. There are PFDs (life jackets) provided onboard the boat, however, you are more than welcome to bring your own. Note, you'll need to check with your airline on their rules when it comes to traveling with an inflatable PFD.

## Suggested Packing List

<u>CLOTHING</u>	<u>NON-CLOTHING</u>
<ul style="list-style-type: none"><li>• Quick-dry T-shirts, sun shirt</li><li>• Shorts w/zipper pocket</li><li>• Swimsuits and cover-ups</li><li>• Sweater or fleece jacket</li><li>• Deck shoes, water shoes, reef shoes, or sandals (they will get wet)</li><li>• Hiking shoes for exploring beyond the shore</li><li>• Long sleeve shirt for snorkeling</li><li>• Lightweight rain jacket/pants</li><li>• Extra towel (microfiber quick-dry)</li><li>• Long and short pants</li><li>• Casual evening attire</li></ul>	<ul style="list-style-type: none"><li>• Passport (copies)</li><li>• Cash</li><li>• Sunscreen</li><li>• Insect repellent</li><li>• Polarized sunglasses (2 pairs)</li><li>• Camera or smart phone</li><li>• Personal hygiene items</li><li>• Medications with prescriptions</li><li>• Special dietary Items</li><li>• Flashlight and batteries</li><li>• Dry bag and backpack</li><li>• Ziplock bags</li><li>• Bio-degradable soap/shampoo</li><li>• Electronics with chargers</li><li>• Sailing gloves</li></ul>

## WEATHER

The weather in the West Indies Islands is beautiful year-round. The month of April is characterized by an average high temperature of 87°F with a low temperatures average 74°F, although there can be a chill in the air when it rains.

The West Indies Islands have two seasons, and the most common forms of precipitation are brief squalls or thunderstorms. March and April are least rainy months of the year with 3.5" of per month and an average of 10 days per month with some precipitation. The islands will still be lush and green at this time of the year.

The average water temperature in April is a warm and inviting 81°F, so plan on enjoying the water with the more than 8 hours of daylight this time of year.



## WIND CONDITIONS, CURRENTS, TIDES

In April, trade winds are out of the east at 10 to 25 knots and can occasionally get stronger, building to 30 knots. Strong winds may impact our itinerary. It is usually an easy sail south and north, with the generally consistent trade winds out of the east. If conditions are windier than average, we may shift our itinerary to accommodate the conditions.

## GALLEY AND PROVISIONING

Provisioning will be discussed at the crew meeting. Initial menus will be made for staples. Provisioning for breakfast, lunch, and snacks will be done in advance through the charter company and are included in the cost of the trip for the club boats. We will assist bareboat skippers in planning for their charters. Additional provisioning will depend on crews' desires. Final provisioning will be completed once we arrive at the charter base in Rodney Bay, St. Lucia.

Rodney Bay, St. Lucia has several full-service markets and there are a variety of small shops for provisioning needs. Each skipper will work with participants to select items to appeal individual tastes on board. It is a charming experience to wander through a Caribbean grocery store and see what fresh specialty items are available. Recognize that all retail goods must be shipped to the islands, so costs can be higher than you might expect.



Each boat is fully equipped with:

- Three-burner gas stove and oven with outdoor charcoal grill
- Refrigerator with separate freezer drawer
- Comfortable salon seating area
- Storage cabinets for provisions
- Cooking pots and pans

The crew will decide on how many meals they plan on eating ashore and provision accordingly. Food and beverage costs vary based on individual crews' desires. Breakfast, lunch, snacks, and one dinner will be provisioned through SunSail on club boats. Additional meals will be decided upon and purchased as a collective by the crew, depending on tastes.

Global Destinations recognizes that people have different experiences and tastes in personal beverages (alcohol) and provisioning time will be provided for members to make their own purchases. One or two crew members are assigned to stowing the provisions.



While galley duty is a shared responsibility, those who inventory the provisions can help others to find stored items. Each boat will set up their own cooking and cleaning schedules based on crew expectations and experience.

### **Special Dietary Needs**

The Trip Leader(s) and skippers will consult with participants at the crew meeting regarding advanced provisioning. This is your opportunity to let them know if you have specific dietary needs or restrictions. We can plan to accommodate you. If there are unique items you desire, you will have time to purchase them during the provisioning trip.

### **Breakfast**

Breakfast will typically be between 7:00 AM to 9:00 AM each day on club boats, with flexibility based on the itinerary, group, and individual desires. We have enjoyed full course breakfasts, complete with bacon, eggs, et cetera. We have also enjoyed granola bars and fruit, depending on the crew.

The goal is to meet your needs so you will have energy to enjoy the rest of your day.



### **Lunches**

Lunches are very casual with no set schedule. They can be soup and sandwiches, salads, veggie sticks, or local fare. Lunch is often served under way and conditions may dictate what we have on a particular day. If the crew agrees, and a nice lunch spot is found, we can dinghy ashore to eat at a local restaurant or picnic on the beach.

### **Snacks**

Snacks are always a very personal thing and whatever the crew desires. Sometimes they can be chips and salsa or cheese and crackers. Fresh fruit and nuts are always good (and delicious), as they require little to no preparation and help maintain energy.

### **Dinners**

Dinners provide the most flexibility. We can choose to relax on board, cook and watch the sunset, or go ashore and sample the local culture and cuisine. When we make provisioning plans, at least one dinner meal on board needs to be included so that if we find a secluded anchorage and decide not to move, we can remain to enjoy the peace and serenity. The local watering holes and restaurants lend to much of the Caribbean's charm. If available, eating lobster on the beach is a must-do activity.

### **Dinner Ashore**

If we choose to go ashore in the evening, meal costs will be the responsibility of each person. Usually, most establishments will be willing to split checks. Be sure to carry some cash with you as small “mom and pop” places only accept cash.

**Perishables**

Over the years, we have discovered that some items have a very short shelf life in the marine environment. We will try to anticipate this by acquiring the fewest possible perishables and restock enroute. Often, we come across fresh fish on the docks or at open markets. There is nothing as delicious as fresh seafood caught that very day.

**Get Your Questions Answered**

Contact Modern Sailing at (415) 331-8250 or office@modernsailing.com. There will also be an Information Session hosted at Modern Sailing with the CEO and Trip Co-Leaders in Sausalito on September 5, 2024, and in Berkeley, September 12, 2024. The specifics for these sessions and a link to RSVP will be posted in the Modern Sailing weekly email newsletter and on our website.

**Cabin and Bareboat Prices\***

<b>Occupancy</b>	<b>Early Pricing**</b>	<b>Standard Pricing</b>
<i>Cabin – Single Occupancy – Moorings 4500L Club</i>	\$8,495	\$8,920
<i>Cabin – Double Occupancy – Moorings 4500L Club</i>	\$8,995	\$9,445
<i>Bareboat – Moorings 4200, 3-Cabin Club, 2 available</i>	\$15,995	\$16,795
<i>Bareboat – Moorings 4200, 3-Cabin EP, 1 available</i>	\$18,995	\$19,945

*\*A deposit of 50% of your cabin choice is due at time of enrollment. Remaining balance is due January 15, 2025.*

*\*\*Early Pricing ends October 15, 2024.*

**Club** class yachts have some of the Exclusive class amenities and are generally 3+ years of age

**Exclusive Plus** class yachts are up to 1 year old and feature the latest innovations

**Reserve and Book your Cabin or Bareboat and Take Advantage of VIP Early Pricing**

Contact Modern Sailing at (415) 331-8250, office@modernsailing.com, or stop by in person at either of our locations.

**Modern Sailing Sausalito** - 2310 Marinship Way, Sausalito, CA 94965

**Modern Sailing Berkeley** - 1 Spinnaker Way, Berkeley, CA 94710