



## **COUPLES TRAINING OVERVIEW**

**RIDE THE STREAM Key West to Bimini, (7 days)**  
**INTERMEDIATE PASSAGE Exumas to Great Inagua (7 days)**  
**CROSSING THE STREAM Great Inagua to Key West (7days)**

You have selected segments of the cruise with a focus on **passage making**. The vessel will be underway continuously for a minimum of 3 days at a time before making landfall. This is a sample of what it is like to be **voyaging**, interpreting the weather data and choosing the window for departure. During continuous days at sea you may experience the gaze of a dolphin eye to eye, the green flash at sunset or see a rainbow from end to end and at night you most certainly will see shooting stars. All of these legs will feature the responsibilities of: standing watch, continuous sailing of the boat in a variety of wind and sea conditions, keeping the ships log, sharing the day to day system monitoring, maintenance and cooking. You will experience various encounters with ships and practical communications ship to ship as well as the use of Radar for ship avoidance, weather data and navigation.

### **RIDING THE GULF STREAM - Key West to Bimini**

Fly in to Key West and enjoy the local atmosphere while we provision the boat together. You will have the opportunity to get familiar with the boat and its systems while at the dock, stowing and securing the vessel for sea. Then we will go out on a shake down sail where we will practice reefing sails and executing man over board procedures as well as “what if” scenarios. We will review the weather data together to determine the best window for setting sail as well as the most recent infrared images of the Gulf Stream to determine where the strongest currents are flowing. The key here is to find the axis of the stream and with a favorable weather window this could be a smooth very fast ride. Once we make landfall we will clear customs and enjoy exploring Bimini, here you might want to plan to go with a local sport fishing yacht for day of fishing or dive master for a unforgettable experience, before you depart for home.

### **INTERMEDIATE PASSAGE - Exumas to Great Inagua (7 days)**

This segment will consist of smaller overnight hops from Georgetown, Exumas to: Conception island (where it is said that Christopher Columbus once stepped foot); Rum Cay, (where I clearly remember seeing star fish on the bottom in twenty feet of water.); On to Plana Cay (with a secluded beach). We can anchor behind the reef at Mayaguana, ending up in Matthew town, Great Inagua. Here we can arrange for the park ranger to take us to see the thousands of pink flamingos that call this island home. This is still open water sailing with night sailing and all of the same experiences just one overnight at a time. We



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recommend this segment if you are not sure if you ready for three days of continuous sailing.

### **CROSSING THE GULF STREAM - Great Inagua to Key West (7days)**

**This segment is open to both couples and singles for a maximum of 4 students.**

Fly in to Mathew town; visit the Bahamas National Park and see the flamingos, go snorkeling then prepare yourself for the busiest night watch you will ever have. This is where the Windward Passage intersects the Old Bahamas Channel and it is not uncommon to be tracking six or more ships on the radar at all times. We will be sailing right along the Cuban coast past the beautiful resorts and beaches, (without stopping), riding the counter current as we plan our crossing of the Gulf Stream, practicing your vector math skills to enable us to make land fall in Key West. Then celebrate your success with a party night in Key West before flying out the following afternoon.

We will need you to arrive one full day before our planned departure to familiarize yourself with the boat and get a basic overview of the systems. In addition: as a team we will go on a shake down sail and practice reefing sails and man over board procedures as well as what if scenarios. We will review the weather data together to determine the best window for setting sail. This segment is the advanced course, previous sailing experience is required and some knowledge of basic navigation is strongly recommended. You will be responsible for: standing watch, participating in sailing the yacht, monitoring of the systems and sharing in the cooking. We recommend this segment to our past ASA 105 and 106 students who are ready to challenge themselves with learning Radar skills and putting their coursework to practical use.