

# March 2025 BVI Women-Only Instructional Sailing Retreat

📍 British Virgin Islands



## March 8-14, 2025, Embark on an Unforgettable Journey

Join us for a remarkable women-only instructional sailing retreat in the stunning British Virgin Islands, where adventure meets empowerment. Whether you're an experienced sailor looking to refine your skills or a newcomer eager to learn, this retreat offers a welcoming and supportive environment for women of all skill levels. Here, you'll not only boost your sailing abilities but also build lasting confidence and forge meaningful friendships. Your retreat package includes comfortable onboard accommodations, expert sailing instruction, all meals on the boat, mooring fees, the yacht, and fuel. While your experience is packed with value, please note that onshore meals, drinks, and activities are not included in the retreat price.

### What You Can Expect

**Expert Instruction:** Under the guidance of seasoned sailors, Instructional Captain Emily Leach, you'll receive hands-on training tailored to your experience level. Your learning journey begins even before you set sail, with Crew Meetings prior to the retreat. These sessions are designed to help you prepare by covering trip planning, itinerary building, and provisioning. **Comprehensive Sailing Skills:** This retreat goes beyond the basics. You'll dive into essential aspects of sailing such as maneuvering under power, mastering individual hands-on sailing techniques, sail trim, mooring and anchoring, navigation, and understanding boat systems. Each day on the water will be an opportunity to apply what you've learned and gain real-world experience. **Be With Your People:** This retreat is more than just sailing; it's about connecting with a community of like-minded women who share your passion for the sea. You'll create lasting memories, share stories, and support each other as you navigate both the waters of the Caribbean and your personal sailing journey.

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Join us for an experience that will leave you not only a more confident sailor but also with a network of supportive friends and a renewed sense of self. The British Virgin Islands are calling—let's answer together.

## Tour Facts

Group Size:

**2 Students & 1 Instructor**

Duration:

**6**

Tour Type:

**fixed**

## Tour Itinerary

### Arrival Day : Embarkation at Nanny Cay

- **3:00 PM Onwards: Arrival & Settling In**
  - Arrive at Nanny Cay anytime after 3:00 PM and get settled into your cabin aboard Linnea.
  - Finalize provisioning and ensure everything is ready for the week ahead.
  - **Welcome Drinks:** Gather with the crew for a toast to kick off the adventure.
- **6:00 PM: Group Dinner at Peg Leg's at Nanny Cay**
  - Enjoy a relaxed group dinner, an opportunity to meet and connect with your fellow sailors.
- **We spend the night on the boat in the marina**

Meals Included

**Happy Hour,**

Location

**Nanny Cay Marina - Navigare Base**

### Day 1 : Nanny Cay to Leverick Bay via The Baths

- **9:00 AM:** Set off early to make the most of the day. Simple breakfast and start our under power skills across the Sir Francis Drake Channel
  - **Morning Stop: The Baths, Virgin Gorda**
    - Pick up our first mooring ball
    - Explore the iconic granite boulders and hidden pools of The Baths, a must-see spot in the BVI.
- **Sail to Leverick Bay**
  - **Focus:** Maneuvering Under Power Skills
    - Practice essential skills like picking up a mooring ball, handling the boat forwards and backwards, and navigating tight spaces.
  - **Evening:** Mooring ball at Leverick Bay, unwind and enjoy the amenities.

Meals Included

**Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit), Dinner, Happy Hour,**

Duration

**5 Hours**

Location

**Leverick Bay**

## Day 2 : Leverick Bay to Eustatia & Bitter End Yacht Club

- **9:00 AM: Breakfast & Skill Review**
  - Start the day with a leisurely breakfast and a review of the previous day's lessons.
- **Morning Instruction: Advanced Maneuvering Practice**
  - **Skills Covered:**
    - Navigating a channel with confidence.
    - Selecting the perfect anchoring spot.
    - Practicing anchoring and weighing anchor.
- **Afternoon: Snorkeling at Eustatia**
  - Enjoy some underwater exploration at Eustatia, renowned for its crystal-clear waters.
- **Late Afternoon: Mooring at Saba Rock or Bitter End Yacht Club**
  - Choose your evening spot and enjoy a relaxed evening with options for dining or exploring the area.

Meals Included	Duration	Location
<b>Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit),</b>	<b>6 Hours</b>	<b>Bitter End Yacht Club</b>

## Day 3 : Bitter End to Cooper Island & Marina Cay

- **9:00 AM: Sail Prep & Breakfast**
  - Prepare the sails and gear up for a full day of sailing.
- **Morning Instruction: Set Sail for Cooper Island**
  - **Focus:** Sailing Techniques & Hands-On Practice
    - Refine your skills in sail trimming, tacking, and jibing as we make our way to Cooper Island.
- **Lunch at Cooper Island**
  - Moor at Cooper Island Beach Club for lunch, with time to explore or relax.
- **Afternoon Instruction: Sail to Marina Cay**
  - **Late Afternoon Activity:** Snorkeling at Marina Cay
    - Explore the beautiful reef just off the south side of the island, perfect for an easy beach walk and snorkel.

Meals Included	Duration
<b>Breakfast, Snack Break (i.e. Charcuterie, Fruit),</b>	<b>5 Hours</b>

## Day 4 : Marina Cay to Jost Van Dyke via Sandy Island

- **9:00 AM: Relaxed Morning & Breakfast**
  - Start the day at your own pace, enjoying the serene surroundings.
- **Late Morning Activity: Anchor Practice at Sandy Island**
  - Further refine your anchoring skills in the sheltered waters of Sandy Island.
  - **Afternoon Activity:** Swimming and relaxing on the island
- **Sail to Jost Van Dyke**
  - Spend the evening at Jost Van Dyke, famous for its vibrant nightlife and laid-back atmosphere.

Meals Included	Duration
<b>Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit),</b>	<b>4 Hours</b>

### Day 5 : Jost Van Dyke to Norman Island (The Indians)

- **9:00 AM: Departure for Norman Island**
  - Head out early to maximize the day.
  - **Morning Instruction:** Sail through Thatch Cut and into Sir Francis Drake Channel
  - Evaluate if additional provisioning is needed, stop in at Soper's Hole
- **Morning Activity: Snorkeling at The Indians**
  - **Challenge:** Mooring Ball Practice
    - This spot offers a chance to practice picking up a mooring ball in a slightly challenging setting, perfect for honing your skills.
- **Afternoon: Moor at Norman Island**
  - Relax in one of Norman Island's tranquil bays, with options for exploring the island or enjoying the water.

Meals Included	Duration	Location
<b>Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit), Dinner, Happy Hour,</b>	<b>3 Hours</b>	<b>TBD</b>

### Disembark : Norman Island to Nanny Cay

- **8:00 AM: Final Sail across Sir Francis Drake Channel**
  - Take a scenic sail back to Nanny Cay, reflecting on the week's adventures.
- **12:00 PM: Disembarkation & Departure**
  - Clean up and pack, ensuring the boat is ready for its next journey.
  - Farewell to the crew, with final goodbyes and plans to sail again in the future.

Meals Included  
**Breakfast,**



At Sails & Grace, we believe in the transformative power of the sea and the strength of women supporting women. Founded by Emily, a passionate sailor with years of experience navigating the world's waters, our mission is to empower women through the art of sailing.



Instructional Captain

**Emily Leach**

(505) 385-0259

[emily@sailsandgrace.com](mailto:emily@sailsandgrace.com)

