

Ready to Elevate Your Sailing & Chart Your Own Course?

📍 St. George's, Saint George, Grenada



Sailing Instruction Level: Intermediate-Level Women-Only Sailing Program

Join us for an exclusive women-only sailing program from **January 16-23, 2026**, through the stunning, less-charted Windward Islands of Grenada and St. Vincent and the Grenadines! This is your opportunity to refine your intermediate sailing skills while exploring some of the Caribbean's most breathtaking anchorages and vibrant cultures.



This isn't just a vacation; it's an **immersive learning experience designed to build your confidence and significantly expand your nautical expertise, bringing you much closer to independently chartering your own boat.** We're setting sail with two comfortable yachts and three expert female instructional captains, ensuring personalized attention and hands-on learning for every participant. With space for just four individuals, each enjoying their own private cabin, you'll have an intimate and focused environment to truly grow as a sailor.

What You'll Practice Hands-On

Our curriculum is crafted to push your skills beyond the basics, focusing on practical application in real-world scenarios. Get ready to gain invaluable experience in:

- **Anchoring Techniques:** Go beyond basic drops. You'll master **bow/stern anchoring** and learn the nuances of **anchoring in tight bays**, giving you the confidence to secure your vessel in any idyllic cove.
- **Advanced Navigation:** Sharpen your navigational prowess with **distance sailing** and **chart plotting with currents**. You'll also learn the essential procedures for **checking in and out of countries**, preparing you for future international voyages.
- **Precision Sail Trim:** Discover the art of optimizing your sails for speed and comfort. You'll practice **trimming sails over distance** for peak performance, efficiently **reefing sails underway** to adapt to changing conditions, and mastering the graceful maneuver of **sailing off anchor or a mooring ball**.
- **Confident Docking & Power Maneuvering:** Hone your docking abilities, including **docking in a marina** (if conditions allow). We'll also focus on **maneuvering under power in close quarters**, giving you precise control in tight spaces. We might even make a special trip to a location like Sandy Lane Yacht Club specifically for practice, lunch, and then head back out to explore nearby islands.
- **Power Maneuvering Tactics & Control:** Learn how to stay in control of your boat in any situation with essential skills like **heaving-to** and **lying ahull**. These techniques are vital for managing challenging conditions with confidence.
- **Introduction to Night Sailing:** Experience the unique magic and challenge of sailing under the stars. While full night sails are not allowed on a charter, we can seize the opportunity for **early morning pre-dawn sails**, giving you valuable experience navigating by moonlight and heading out before the sun crests the horizon.

Chart Your Own Adventure: What This Program Means for Your Bareboat Future

This program is meticulously designed to **provide you with the comprehensive skills, confidence, and logged experience** necessary to confidently pursue bareboat chartering on your own. You'll not only gain mastery over intermediate sailing techniques but also critically **participate in the full boat check-out process upon arrival at the base and the check-in at the end of the trip.** This invaluable hands-on experience will familiarize you with the thorough inspection of a charter vessel's systems, inventory, and safety equipment, as well as the procedures for documenting its condition - preparing you for the real-world demands of a bareboat charter. Crucially, you'll accumulate **valuable sailing days to add to your logbook, including significant time as master of the vessel.** Accumulating these logged hours is a critical step towards meeting the experience requirements sought by charter companies. Your ability to bareboat charter independently is a combination of this practical experience and your sailing resume, particularly your time as master of a vessel. Depending on your previous experience combined with the intensive training and logged hours from this trip, you could absolutely be ready to bareboat charter! This program provides the perfect foundation, and many participants find it directly prepares them for formal certifications like the **NauticEd Bareboat Charter Master Course**, a program widely recognized by charter companies for demonstrating competence. Your adventure awaits! Imagine waking up in a secluded bay, confidently sailing crystal-clear waters, and exploring pristine islands often overlooked by larger charters. This program offers the perfect blend of intensive learning and unforgettable Caribbean exploration. You'll not only enhance your sailing abilities but also forge lasting connections with fellow female sailors in an incredibly supportive and empowering environment.

Ready to embark on this incredible journey? Spaces are extremely limited!

Tour Facts

Group Size:

4 (2 students per boat)

Duration:

8

Tour Type:

fixed

Tour Itinerary

Day 1 - January 16, 2026 : 4:00PM : Welcome to Grenada! Arrival & Embarkation



Your Grenada sailing adventure kicks off as soon as you clear customs at the airport and hop in a quick taxi to Port Louis Marina. This lively spot on the southwest coast will welcome you with warm island breezes and the gentle sway of all the boats. Our friendly crew will be waiting to help you find your comfy and capable yacht, which will be your home for the week, and give you a hand with your bags. Get settled in, grab a welcome drink, and soak up all the excitement for

the journey ahead in the "Spice Isle"!

NOTE: This itinerary is a flexible guide, designed to adapt to real-time conditions like weather, unforeseen maintenance, and local regulations. Each day's final plan will be decided during our daily Sail Plan meetings, ensuring the best and safest experience for everyone.

Day 1 Skill Highlights:

- **Boat Systems Review:** We'll dive into checking all the boat's systems for any technical hiccups that need fixing before we set sail tomorrow. This is a great chance to get familiar with how everything works!
- **Luggage Management & Stowing:** Learn how to efficiently stow your gear in a marine environment.
- **Galley Orientation:** Get acquainted with the boat's kitchen facilities.

Day 2 - January 17th : Sailing to Sandy Island



Day two kicks off bright and early! Our plan is to pull out of Port Louis Marina first thing in the morning for our approximately 35+ nautical mile passage north to Carriacou. Now, how early we actually leave depends on whether we need to take care of any boat maintenance from our checks yesterday – if we found something that needs fixing, it

might delay our departure. We can actually **check out of Grenada before we even leave the dock**, but remember, if we do that, we have just 24 hours to be out of the country! This is a great example of how our daily **Sail Plan meetings** will help us adapt to whatever comes our way.

This exciting leg of our journey will involve navigating around a **hidden underwater obstruction** just north of Grenada island.

Our destination for the night is the picturesque **Sandy Island**, where we'll drop anchor and spend a magical evening under a blanket of stars. Get ready for an unforgettable day of exhilarating sailing and a tranquil night in this Caribbean paradise.

Day 2 Skill Highlights:

- **Customs & Immigration Procedures (using SailClear):** We'll go through the practical steps of completing our **check-out from Grenada using the SailClear online system**, giving you a hands-on look at this modern process for departing a country by boat.
- **Navigation & Route Planning:** We'll be actively navigating our way around the underwater obstruction, giving us a real-world chance to practice route planning and staying on course.
- **Sail Trim:** Get ready to learn and practice **sail trim** as we cover those 35+ nautical miles. We'll be adjusting the sails to get the most out of the wind and make our journey smooth and efficient.

- **Creating a Meal Underway:** We'll whip up a delicious **lunch while sailing**, learning how to prepare food safely and efficiently in a moving galley.
- **Anchoring Techniques:** Learn the proper way to drop anchor and secure the boat for a peaceful night at Sandy Island.
- **Dinghy Beaching:** Learn the proper techniques for **beaching a dinghy**, ensuring safe and dry landings and departures from shore. This is essential for exploring those remote, beautiful beaches.
- **Cooking Aboard at Anchor:** Once we're settled at Sandy Island, we'll shift gears to preparing and cooking a **dinner aboard** in the calm of the anchorage.

Meals Included

Lunch, Snack Break (i.e. Charcuterie, Fruit), Dinner,

Day 3 - January 18th : Snorkeling Paradise & Welcoming St Vincent and the Grenadines



Wake up to the breathtaking beauty of Sandy Island! We'll spend the morning enjoying the vibrant reef just off the island – it's truly a spectacular snorkeling spot. After soaking in the tranquility and incredible marine life, we'll set sail for **Clifton Harbour on Union Island**, a major port of entry for St. Vincent and the Grenadines.

Here's where we get down to business: we'll head ashore to complete our **check-in formalities using SailClear** and swap out our courtesy flag. This stop also offers us a unique opportunity to observe firsthand the ongoing recovery efforts in Clifton Harbour following the direct hit from Hurricane Beryl in 2024. Once we're officially cleared in and our courtesy flag is proudly flying, we'll head back out to the water for a short sail to the idyllic island of **Mayreau**. In Mayreau, we'll pick up a mooring ball in **Salt Whistle Bay** and have the opportunity to visit with the friendly locals.

Day 3 Skill Highlights:

- **Checking into a New Country (using SailClear):** We'll navigate the process of officially checking into St. Vincent and the Grenadines, utilizing the **SailClear online system** for customs and immigration. This is a crucial skill for international cruising!
- **Navigating a Busy Harbor:** Get ready to hone your navigation skills as we make our way into and out of **Clifton Harbour**. We'll practice maneuvering in a new and often very busy anchorage, including finding a suitable mooring or anchoring spot.
- **Sail Plan for the Day:** During our morning meeting, we'll lay out the full **sail plan for the day**, discussing the route, potential challenges, and goals, giving you insight into daily trip planning.
- **Moorings & Anchoring:** We'll specifically practice **picking up a mooring ball** in Salt Whistle Bay, a slightly different skill than anchoring, requiring teamwork.
- **Dinghy Operations (Skipper & Safe Transfers):** This will be a hands-on session focusing on safe **dinghy operations**, including practicing taking your group into a dock safely as the **skipper**, using **headlamps** for low-light conditions, properly **securing the dinghy at the dock** for everyone's safety, and ensuring smooth and secure **embarking and disembarking** both at the dock and back at the boat.
- **Courtesy Flags & Yacht Etiquette:** Learn about the importance of courtesy flags and other

customs for respectful international cruising.

- **Snorkeling & Reef Identification:** Enjoy and identify various marine life while snorkeling on Sandy Island.

Meals Included

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

Day 4 - January 19th : Practice Makes Perfect & Tobago Cays Bliss!



Day four begins with some practical sailing skills practice right in the bay next door to Salt Whistle. This is a perfect opportunity to hone your abilities in a calm and beautiful setting. After our session, we'll set sail for what many call the most amazing spot on earth: the **Tobago Cays**.

Prepare to be mesmerized by this truly idyllic marine park. We'll drop anchor for the night in its crystal-clear waters, offering an incredible chance to swim with an abundance of turtles. You'll be surrounded by these graceful creatures in their natural habitat - it's an unforgettable experience! As evening approaches, you'll have the option to join a lively beach BBQ on one of the pristine islands, enjoying delicious food under a canopy of stars.

Day 4 Skill Highlights:

- **Sail Plan:** We'll kick off the day by going over the full **sail plan**, discussing our route, the conditions, and how we'll approach the unique entrance to the Tobago Cays.
- **Bow & Stern Anchor Practice:** This is a crucial one! We'll spend time practicing **deploying and retrieving both bow and stern anchors**. This skill is super valuable for securing the boat in specific situations (like strong currents or crowded anchorages) and will definitely come in handy later in the week.
- **Navigating a Reef-Heavy Entrance:** Get ready for some precision navigation as we guide the boat through the **tight, reef-heavy entrance into the Tobago Cays**. This will be a fantastic opportunity to practice reading charts, identifying shallow areas, and maneuvering the boat accurately.
- **Anchoring:** We'll put our anchoring skills to good use as we find the perfect spot to drop anchor for the night in the stunning Tobago Cays. This will involve choosing a safe location, understanding anchor scope, and ensuring the boat is securely set.
- **Marine Park Etiquette:** Learn about responsible interaction with marine life, especially in protected areas like the Tobago Cays, and how to respectfully observe sea turtles.

Meals Included

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

Day 5 - January 20th : Navigating Reefs, Optional Lunch Sail & Yacht Club Luxury!



Day five presents an exciting challenge as we carefully navigate out of the Tobago Cays, a passage requiring precision and teamwork. Once clear, we'll set our course for **South Glossy Bay on Canouan Island**. Depending on what time we decide to head out of the Tobago Cays, we may even be able to add in an **extended sail to a beautiful bay for lunch** before making our way to the Sandy Lane Yacht Club.

Here, we'll dock at the exquisite **Sandy Lane Yacht Club**, a true haven for sailors. This stop offers a fantastic opportunity to indulge in their excellent restaurants, take those much-anticipated "real" showers, and get some essential re-provisioning done. We'll also take advantage of the perfect conditions to practice our docking skills, refining our maneuvers in a supportive environment. Get ready for a blend of practical learning and well-deserved luxury!

Day 5 Skill Highlights:

- **Sail Plan:** We'll start the day by finalizing our **sail plan**, discussing the optimal route out of the Cays, the possibility of an extended lunch sail, and our approach to Canouan, taking into account weather and sea conditions.
- **Navigating Out of a Reef-Heavy Anchorage:** Just like coming in, navigating *out* of the **reef-heavy Tobago Cays** requires keen eyes and precise boat handling. This is another excellent opportunity to practice identifying safe passages and maintaining situational awareness in complex waters.
- **Docking (Maneuvering & Communication):** This is a big one! We'll get hands-on practice with **docking the boat** at the Sandy Lane Yacht Club. This involves understanding prop walk, windage, current, and most importantly, clear communication and teamwork among the crew.
- **Dinghy Operations (Skipper & Safe Transfers):** This will be a hands-on session focusing on safe **dinghy operations**, including practicing taking your group into a dock safely as the **skipper**, using **headlamps** for low-light conditions, properly **securing the dinghy at the dock** for everyone's safety, and ensuring smooth and secure **embarking and disembarking** both at the dock and back at the boat.
- **Provisioning Strategies:** Learn efficient ways to restock supplies when at a marina, considering space and necessity for life on board.

Meals Included

Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit),

Day 6 - January 21st : Sailing South & Mastering Anchoring!



Today we bid farewell to St. Vincent and the Grenadines (SVG) and begin our journey back towards Grenada. Before we even leave Canouan, we'll confirm that **neither of our boats needs fuel, water, or provisions** – this is an important part of our **re-provisioning practice** and ensuring we're fully ready for the journey ahead! Since **Sandy Lane Yacht Club is a Port of Entry**, we'll also be able to complete our **check-out formalities from SVG right there**, saving us a stop in Union Island and keeping our day moving efficiently.

Our first significant stop back in Grenadian waters will be on **Carriacou**, where we'll complete our **check-in formalities for Grenada**.

Once cleared, we'll head to the beautiful **Anse la Roche**, a stunning bay perfect for some valuable skills practice. We'll also take the opportunity to practice beaching a dinghy, a useful skill for accessing those idyllic shorelines. As the sun begins to set, prepare for the best **beach BBQ** you will ever experience at Tim's Sunset Beach Bar & Restaurant – a true highlight of Grenadian hospitality and flavor! This will be a memorable night under the stars, savoring delicious food on a pristine beach.

Day 6 Skill Highlights:

- **Sail Planning:** We'll finalize our **sail plan** for the day, navigating the passage back south and factoring in our stops for customs and anchoring.
- **Re-provisioning Practice:** Before leaving SLYC, we'll actively **assess our boat's needs for fuel, water, and provisions**, making decisions about what's required for the passage back, giving you hands-on experience in managing resources for a multi-day trip.
- **Clearing Out of SVG (at SLYC):** We'll put our knowledge of the SailClear system to use as we **check out of St. Vincent and the Grenadines directly from Sandy Lane Yacht Club**, streamlining our departure.
- **Checking Back Into Grenada:** Get hands-on experience with the process of **checking back into a new country** (Grenada) on Carriacou. This reinforces the full international cruising cycle.
- **Bow & Stern Anchoring in Practice:** This is where our practice from Day 4 pays off! We'll put our **bow and stern anchoring skills** into full practice at Anse la Roche, expertly positioning the boat for optimal security and comfort.
- **Dinghy Beaching:** Learn the proper techniques for **beaching a dinghy**, ensuring safe and dry landings and departures from shore. This is essential for exploring those remote, beautiful beaches.
- **Cooking & Grilling on Shore (BBQ):** While not directly "onboard" cooking, participating in a beach BBQ offers valuable insights into preparing meals in a different environment, often with minimal equipment, which is a key cruising skill.
- **Local Culture & Hospitality:** Engage with the local Grenadian culture and hospitality at Tim's Sunset Beach Bar & Restaurant.

Meals Included

Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit),

Day 7 - January 22nd : The Final Leg and Sail Trim Practice (or is it?)

Our penultimate day sees us embarking on the final long leg of our journey back towards Port Louis Marina. We'll be making some **important decisions about where we'll spend the night** during our morning **Sail Plan meeting** today – directly to the marina, or one last night at anchor?

To make the most of our day and enjoy some unique sailing conditions, we'll be **getting up before dawn to get underway before daybreak!** This is the closest we can get to **night sailing on a charter**, offering a cool, calm start to our substantial passage. We'll expertly handle **getting off both our bow and stern anchors** from our overnight spot in Anse la Roche in the dim morning light.

Then, we'll set off for another significant passage of 35+ nautical miles, offering ample opportunity for extensive **sail trim practice**. This is your chance to really hone your understanding of sail shape and efficiency, making the most of the Grenadian winds.

As we near base, we'll have a flexible option: either head directly into Port Louis Marina, or, if the group prefers, we can seek out a fabulous nearby bay for one last night at anchor. This allows for a relaxed evening and a very short, easy sail back to the marina first thing on Day 8, providing a gentle close to our incredible week.

Day 7 Skill Highlights:

- **Making Decisions on Overnight Anchorage/Marina:** Participate in the **sail plan meeting** where we decide as a group whether to head directly to the marina or opt for a final night at anchor, weighing the pros and cons of each.
- **Optional Stops & Research for Sail Planning:** The crew will have the opportunity to **research potential optional stops** as part of our true sail planning process. These might include **Isle du Rhone** or **Molinere Bay for the Underwater Sculpture Park**, requiring us to understand their location, conditions, and what's needed for a safe stop. This hands-on research helps the team contribute to dynamic trip planning.
- **Pre-Dawn Underway & "Night" Sailing:** Experience the unique challenge and beauty of **getting underway before daybreak**, the closest we can get to **night sailing** on a charter. This involves using navigation lights, radar (if equipped), and enhanced vigilance.
- **Getting Off Bow & Stern Anchors:** Put our advanced anchoring skills to the test as we safely and efficiently **retrieve both the bow and stern anchors** in the early morning.
- **Navigating a Long Passage:** We'll be **navigating our way back down to Grenada Island** over 35+ nautical miles, reinforcing long-distance navigation techniques, watchkeeping, and course management.
- **Extended Sail Trim Practice:** With a long leg ahead, this day offers maximum opportunity to refine **sail trim** for various points of sail, ensuring optimal boat speed and comfort.
- **Passage Planning (Revisited):** This long passage provides a great context for reviewing and practicing **passage planning** for longer journeys.

Meals Included

Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit),

Day 8 - January 23rd : Disembarkation Day



Our incredible Grenada sailing adventure concludes today. We will **disembark no later than 11:00 AM.**

If we opted to spend our last night at an anchorage just north of Port Louis Marina, we'll ensure we leave ample time this morning for a smooth return. This will include heading back into the marina to **refuel the boat** and get everything thoroughly **cleaned up and packed**. Whether we arrive directly from a final anchorage or the marina, we'll ensure the boat is returned in excellent condition, ready for its next adventure. We'll assist with luggage and ensure everyone is ready for their onward journeys, carrying memories of an unforgettable week of sailing in the Spice Isle.