

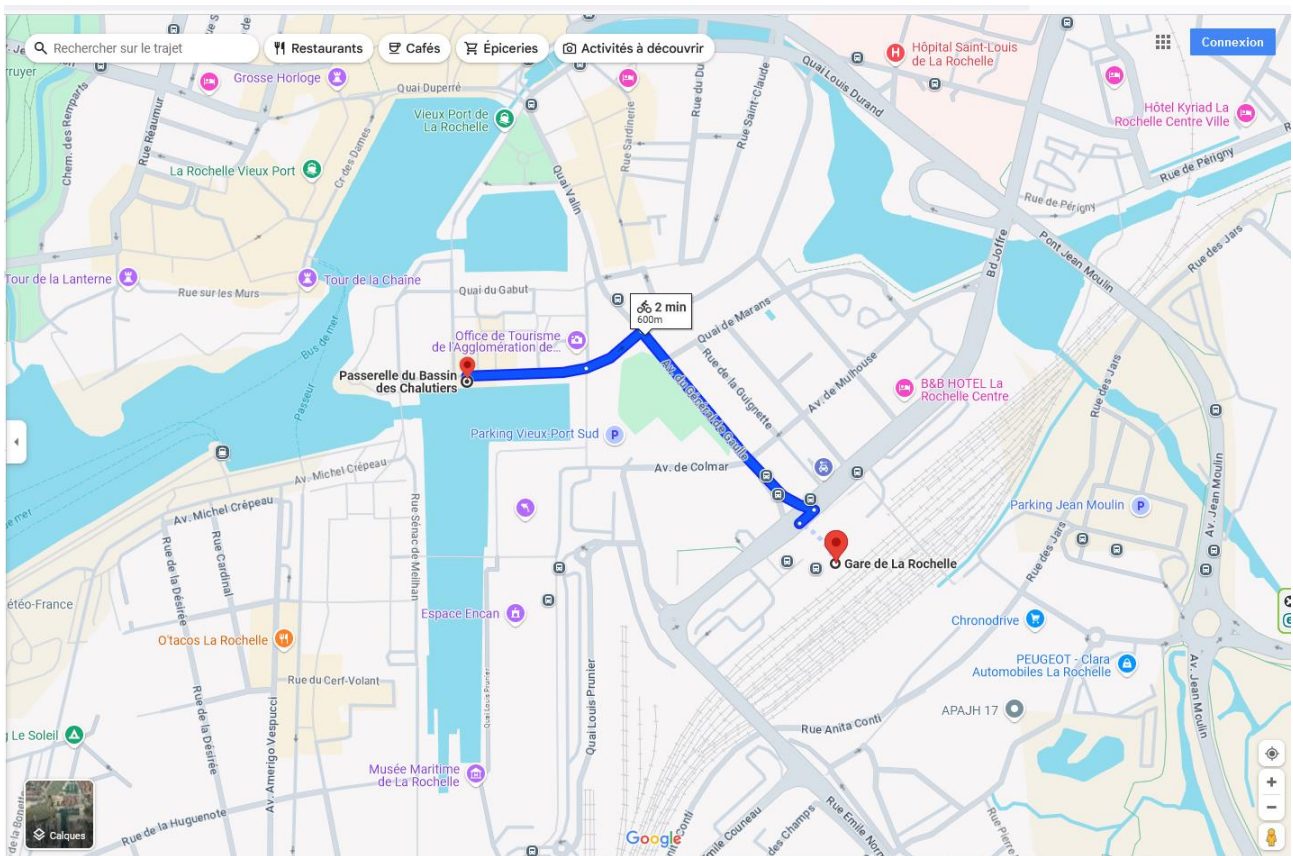


Sail-Master-Training Joining Instructions La Rochelle RTC

RYA sail cruising courses will start

- ✓ from Port de Vieux Port de La Rochelle 17000 Bassin des chalutiers

The nearest airport for all our courses is Nantes, you have the opportunity to transit from the airport to La Rochelle by train around 1 hr 45 transfer. you can pick up a taxi to join us in 5 min or by walking is around 10 min very easy to find us. The TGV station is about 2 hrs ½ from PARIS.



What to bring

- ✓ Bag without rigid armature & if possible without roller integrate
- ✓ Non-slip shoes (avoid black soles if possible)
- ✓ In hot weather it can get cold on boats with wind chill, so bring jumpers and long trousers as well as shorts and short sleeved tops.

- ✓ Warm jacket (walking type). Own sleeping bag in winter time is preferable same if we have everything (sheet & blanket) on board.
- ✓ Waterproof jacket and trousers if you have them, let us know if you do not.
- ✓ Swim wear essential. Fins, snorkels and masks are provided.
- ✓ Sun hat or warm hat or both.
- ✓ Lots of sun cream/block as you get twice the effects as the sun reflects of the sea.
- ✓ Prescription medication.
- ✓ Soft sided small holdall for your gear.
- ✓ Breakfast and lunch will be provided on board for the duration of the course, with evening meals when we are at anchor. Otherwise evening meals are sometime ashore at your own expense (15€/pers is given on board fees 1 time for participation)
- ✓ Please let us know if you have any special needs or requirements in advance so that we may do our best to accommodate them.

If you have any questions or you're not sure about something please ask us

If you are running late please let us know:

Nicolas Joubert: +33.610.525.701 The Boat is "Maitai"

The boat we will be using for sailing courses is an Universal 44, 13m30 x 4m25 with 3 comfortable cabin with 5 adult berth and we will be staying onboard for the duration of the course.

Be prepared to share (outside the COVID situation); whilst every effort will be made to give couples a private cabin, others may have to share. You will never have to share with a member of the opposite sex.



We are maximum 5 student +1 instructor on board.