



The ultimate guide to sailing holidays

Get ready to set sail.



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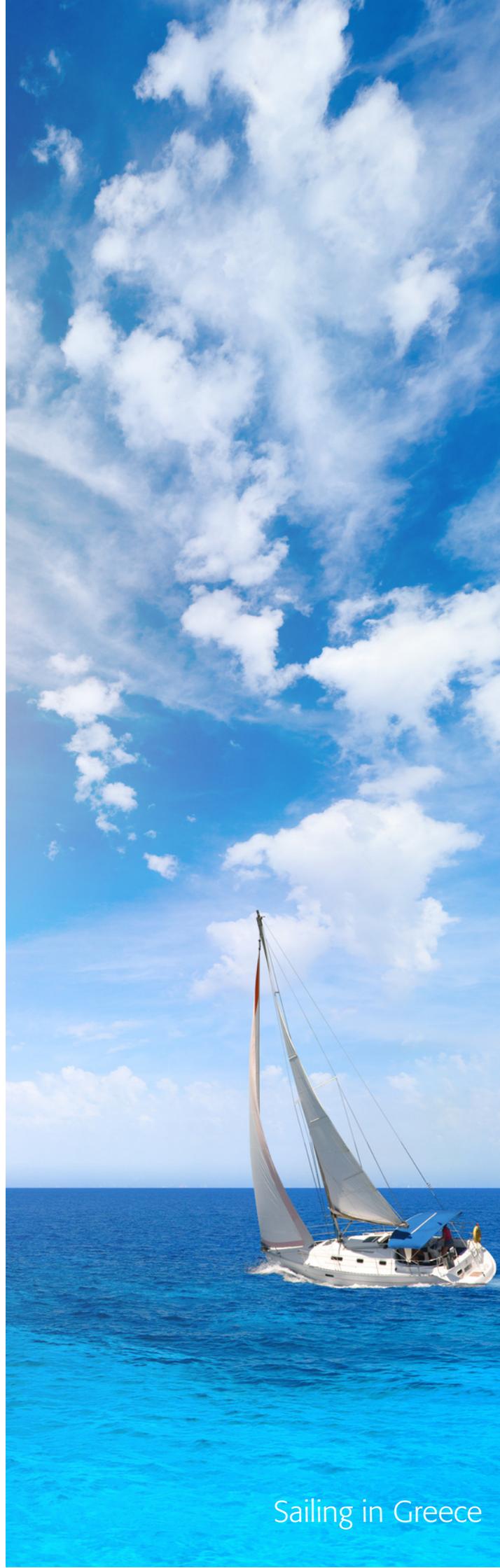
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One of the many secluded anchorages in Croatia

Introduction

Many people love the idea of sailing around beautiful islands like those in Greece or Croatia but they don't know how to sail. Water by Nature trips solve this problem by giving you an authentic sailing holiday experience without you needing any sailing skills. Our skipper and deckhand do the work while sharing their knowledge, getting you involved as much or as little as you like. Unlike a rushed and often crowded day sailing trip, our multi-day sailing holidays really get you into the rhythm of yachting life, letting you to see far more of the beautiful islands in the Adriatic and Aegean seas.

Let's set sail and discover what sailing vacations are all about.

Section 1

About Sailing Vacations

A Water by Nature sailing holiday typically includes six days on board a very comfortable monohull yacht (sailboat). Every day we move to a different location, sailing during the day, mooring at night. It combines relaxation on board, swimming in idyllic bays, learning to sail and time to explore local ports, towns and villages.

We take no more than nine guests on each trip. You leave with a tan, new friends, some sailing skills, a feeling of complete relaxation and brilliant memories from exploring new places.

We also add a few days before or after the sailing part of the trip and have optional add on excursions to make the most of your time in the area.

Spend the night in idyllic bays

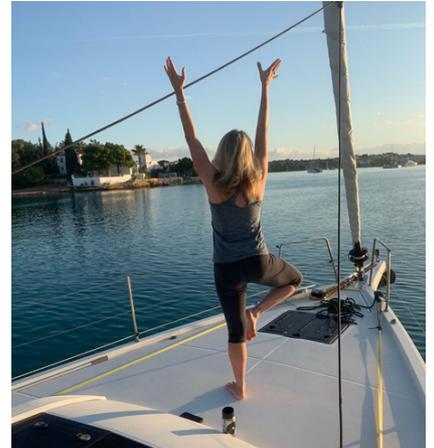


A Typical Day On The Yacht

Morning

You'll wake up to the smell of fresh coffee being brewed. Lie in as long as you like or get up to catch the sun rise or take a dip off the back of the yacht to wake yourself up. Enjoy a coffee or tea before tucking into fresh fruit and a hearty breakfast prepared by your crew.

After a relaxed start, we get underway, ready to hoist the sails for a day exploring. We have a route that we follow but adapt it to the wind conditions or preferences people may have.



Ever wanted to learn to sail? This is your opportunity. Under the expert guidance of our crew, you'll learn the basics and feel the exhilaration of skippering our boat. As the week progresses, you'll become more familiar with the various ropes and are welcome to get involved in trimming sails, using winches or taking the wheel. Of course, if you'd rather just read a book or sunbathe, that's fine too! A typical morning sees us sailing around 2-3 hours to a beautiful bay.

Lunchtime



Whilst you are having a swim in the warm water, paddling a SUP (stand up paddle board) or perhaps snorkelling, your crew will be whipping up a tasty boat picnic. Enjoy cold meats, salads, wraps and a glass of your favourite beverage. Feel free to have a short siesta before we head off for more sailing and our base for the night.

Afternoon

The afternoon breeze is often fantastic, so we'll take advantage of this to get in some great sailing. Our guests can get quite competitive seeing who can get the top boat speeds while helming. The huge smiles confirm the exhilaration felt as the boat heels over. Guests are welcome to sit along the high side of the boat with their legs over the edge as the boat cuts through the water, feeling like an America's Cup champion.



Evening

We try to get to our mooring by 3pm to ensure you have time to explore the local town if we're staying at a port. However, if the wind is good and we have an assured mooring buoy (not always possible, some are on a first come, first served basis), we might stay out later to enjoy more sailing time.

If we moor up in a quiet bay, you can swim, shower and relax, before pre-dinner drinks and snacks on board. Then we take the dinghy to shore where there may only be a single restaurant but always serving fabulous local food, usually with fresh fish. If we stay in a harbour, it's not always possible to swim due to boat traffic but you will have gorgeous local towns to explore. Again, we will have drinks and canapés on the boat. Then we all head off to one of the many restaurants for dinner. We pride ourselves on knowing the best local spots.

Afterwards, we head back to the boat where you can either go to bed or stay up on deck for a night cap and chat with your fellow travellers or simply take in the starry night sky. While you do have a comfortable cabin to sleep in, some guests occasionally choose to sleep up on deck to watch the stars as they drift off or wake up to the sunrise, a beautiful end and start to a day.



Section 2

Practicalities

The Yacht

The sailboats we use are monohull yachts around 55 feet long and have a beam (width at the widest point) of around 17 feet. They have two sails - a mainsail and smaller foresail. They are comfortably equipped while still being fun to sail, unlike catamarans which look roomier but don't provide anywhere near as good a sailing experience.

The yachts in general have two aft (back of the boat) double cabins and two forward double cabins. These cabins are for two people each. There is also a bunk room which has two beds in it but we generally only put one person in here.

On deck there is ample seating in the cockpit as well as a table for eating around. The cockpit area is shaded by a bimini. There's also plenty of room for lounging on the foredeck if you want to work on your tan.

Depending on the yacht used, some come equipped with an on board BBQ, which makes for a fun meal in remote bays.



Mooring in Solta, Croatia



Sleeping

Each cabin has a double bed with a small wardrobe and areas to store your clothing. The bunk room has two bunk beds and wardrobe. We provide pillows, bedding and bath towels.

Your room will have ventilation, as well as reading lights. By the time it comes to going to sleep, just relax in your cosy cabin and drift off to the sound of water gently lapping against the hull.

Toilets & Bathrooms

The toilet is called a 'head' on board a boat and is a combination of toilet/shower/wet room. There are normally three heads on our yachts. Although some are en suite to a cabin, not every cabin has its own head and we typically share.

Unlike our more 'rustic' toilets on rafting trips, these are normal sit down toilets and can be flushed by pumping a handle. We give you a tutorial on how to use them. Waste goes into a tank which is disposed of when we're out at sea and far from the coastline, in line with standard maritime regulations.

The bathrooms also have a small wash basin, an area where you can store your toiletries, and a shower with hot water. There is usually also a hot water shower on the back of the boat, great for rinsing off after a swim.

Kitchen/Galley

A compact area down below on the yacht, our galley contains a sink, oven and a gimballed stove. This allows the crew to cook on the go, even when the boat is heeled over. We have a fridge and freezer which run off battery power on board the boat, or shore power when we are connected.

Although the crew do the bulk of the cooking, we have had guests who want to experience cooking in a galley and you are more than welcome to help out.



Food & Drink

Your yacht crew prides themselves in preparing wonderful meals on board. We prepare breakfast, lunch and apres sailing drinks and canapes, with most dinners eaten at restaurants. Occasionally we have an onboard BBQ as an alternative.

Here is a sample of what you might get in the way of meals, location dependent. You won't be losing weight!



Breakfast

- Hot drinks including filter coffee, tea, herbal teas and fresh juice
- Fresh fruit platters with granola and yoghurt
- Hot breakfasts such as omelettes to order with crispy bacon, full English breakfast or pancakes
- Fresh pastries delivered to our yacht (in Croatia)

Lunch

- A variety of fresh salads like greek, cobb, caesar or caprese
- Cold cuts, wraps and artisan bread
- Fresh biscuits, pastries and fruit
- Soft drinks or beer / wine

Après-Sail

A fabulous time of the day as we wind down, chatting about our day.

- Canapes like cheese boards, popcorn or nachos
- Soft drinks, beer, wine or G&Ts. You might love a dark and stormy or rum and coke. Just let us know your preferred tippie in advance, and we will try to source it.

Dinner

Generally each evening we will eat out at a wonderful restaurant in the bay we are visiting. No matter whether we are sailing in Croatia or Greece, we explore the very best of cuisine for you, taking you to our favourite establishments. Meals are included. Drinks at restaurants are not.

We try to accommodate dietary requirements but ingredients can be limited in the small ports. Please let us know if you have any food allergies or intolerances.

Water

We carry a large amount of bottled drinking water in the fridges on board the boat. In addition, we carry more than 750 litres of water on board the boat for showering, toilets, washing dishes and cooking on board. When we get into ports, we can easily refill our tanks.

On an average trip, we would expect to refill our tanks every three days.

WiFi

We have wifi on board the boat which can be used with phones to update family and friends while on your travels. It is not quite as effective if you are trying to run some programs on your laptop.

Our advice? Leave work behind. You're here to relax after all.

Charging devices

Our yachts have charging points in each cabin which operate on USB ports or occasionally via plugs of the country which you are visiting. Our app will give you details on the plugs we recommend on your trip.

Don't bring appliances that require large power output such as hair straighteners or hair dryers if possible. The wind swept look is far more 'on trend' in ports, but if you really can't live without them, do what some of our previous guests have done and bring battery powered hair curlers.

Health & seasickness

At least one member of our crew will have a first aid qualification to tend to any medical emergencies. We also keep a first aid kit on board. We are never that far from a port should emergency assistance be needed and we have radio contact with ports at all times.

Typically people don't get sick - the fresh air and sunshine tend to kill off any lingering cold bugs you may arrive with. But we encourage everyone to wash their hands regularly on board. Keeping hands clean, particularly after using the heads, stops the spread of any possible illness.

Some people worry about seasickness. We advise that anyone prone to sea sickness brings tablets or behind the ear patches to prevent or relieve symptoms. However, most guests don't experience any sea sickness, particularly if they stay on deck while we're sailing. Once we're moored up, the wave motion is barely noticeable and is not an issue.



A beautiful bay in Croatia.

What to pack?

On board, you'll be most comfortable in a swim suit, shorts, t-shirt or sun protective clothing including a sun hat or cap. White soled shoes for the deck are a must, otherwise flip flops are useful. It is hot so you're unlikely to need warm clothes but we always suggest bringing at least one long sleeve/warmer jacket on the off chance it gets cool. A quick-dry towel is useful to have up on deck to dry off after a swim so that you keep your bath towel clean. A water bottle is also a must.

For going ashore, summer dresses, casual trousers and loose tops are perfect for ladies. Chinos, shorts and short-sleeved shirts are great for guys. Leave expensive jewellery at home.

Sunblock, toiletries, any personal medications, your camera/phone, charger, sunglasses and chums to keep them on, and a good book can be added to your bag. If you like snorkelling, feel free to throw in a mask and snorkel. If you can fit flippers in your luggage, we can store those for you in the back of the boat. Note: we don't provide snorkelling gear.

Speaking of bags, please use a soft bag like a duffel, rather than a suitcase as there is nowhere to store cases on the boat. If you are staying for longer than the sailing trip and need to bring a suitcase, you will be able to leave it along with any extra clothes at our hotel before we set sail.

Weather

Our trips typically run in June and July in Croatia, September and October in Greece. While you can never guarantee the weather, it is typically hot and sunny every day with a gentle breeze for sailing. We've had days where it is flat calm with no breeze and we have to motor - great for a swim right in the middle of the bay and for spotting dolphins. Some days the wind picks up and those are the days our guests always say are their favourite as we can really start to pick up speed.

In October it can start to get cool, particularly in the evenings and it can get more variable temperature-wise, with a better chance of good, consistent breeze. Very occasionally a storm late in the season may come through. We watch for those and would seek refuge at a suitable harbour until it passes, with more time for shopping and enjoying harbour life at local cafes.

Lunch on the back of the yacht in Greece



Section 3

Who, where, what, why, how

Who goes on sailing vacations?

In short, anyone! However, most of our guests come from the US and UK. They are typically age 40 plus but not exclusively so. Some are couples, others are friends, others are solo travellers. Some people are super fit, others aren't. You ideally need to be fit enough to climb into and out of a dinghy, but we can assist those who are less able bodied. By the end of the week, you'll all be firm friends and have had plenty of chance to chat to each other.

Sailing holidays can be brilliant for families, particularly for those with slightly older children or teens, but we'd encourage them to book a private trip.

Where we currently sail

Croatia & Greece

Currently we run sailing trips in Greece and Croatia, with an optional add on rafting and sightseeing trip to Montenegro.

Our Croatia trip leaves from the beautiful town of Trogir, close to Split. We take in the islands of Drevnik Veli, Solta, Hvar, Otok Scedro and Vis. We also visit Dubrovnik at the end of our trip, travelling by car to get there.

Our Greece trip leaves from Pireaus, near Athens. We take in the islands of Poros, Hydra, Porto Cheli and Epidavros. We also have time in Athens before we set off.





The historic town of Trogir, Croatia

On request - Sardinia & the BVIs

If customers are interested, we can arrange a sailing trip to Sardinia (just off the coast of Italy) or the British Virgin Islands in the beautiful Caribbean.

Speak to us about your ideal sailing destination and we can create a bespoke trip for you.



What is included

Our sailing trip itineraries, with details of what is covered on a trip, are found on our website and in the trip dossiers, but our trips typically include:

- Transfers from the airport
- Hotel accommodation at the start and end points
- On board accommodation
- All meals on board, or as itemised on the trip dossier
- Drinks on board
- Towels and bedding
- Skipper and deckhand
- Mooring fees





What a view to wake up to in Greece

What isn't included

- Flights
- Travel insurance
- Drinks at restaurants
- Tips for skipper and crew
- Visas
- Additional nights accommodation or extensions / add on activities
- Airport transfers if departing or arriving outside of the stated dates. We can arrange one for you at an additional cost

Why you should do a sailing holiday

Sailing vacations are a brilliant way to explore island life in some of the most beautiful places in the world. Unlike cruises, which are big, crowded and impersonal, these small group trips let you experience the joy of sailing with people who feel like friends.

It's relaxed, fun and a great way to learn some new skills and meet new people. You will be sun kissed, completely chilled out and reinvigorated by the end of it. You may also get the sailing bug and want to buy a boat. Don't say we didn't warn you!

How to book

Head to www.waterbynature.com and look at our sailing destinations. If you're unsure which location or date would best suit you, email, call or use our live chat function.

If you know which trip you want, book directly online. But we are more than happy to chat to you first and answer any questions we haven't yet answered.



Section 4

Nautical terminology



Trimming the sails in Greece

You don't have to know any of this but if you want to sound like a pro, here's a handy list of nautical terms and what they mean:

Port

The left side of the boat (indicated by a red light)

Starboard

The right side of the boat (indicated by a green light)

Bow

The front of the boat (you can also say forward - meaning toward the front of the boat)

Stern

The back of the boat (you can also say aft - meaning toward the back of the boat)

Rudder

The thing (technical term) underneath the hull that steers the boat. Operated by the steering wheel

Foredeck

The deck at the front of the boat

Hull

The actual body of the boat

Keel

The heavy, weighted part of the boat underwater that gives the yacht stability

Grind

When you wind the winch up. May involve sweating...

Winch

A mechanical winding device to loosen or tighten lines

Lines

Ropes that pull sails

Winch handle

A handle that fits in the winch. They live in a winch handle pocket so they don't get lost overboard

Mainsail

The big sail in the centre of the boat

Jib/Genoa/Foresail

The smaller sail at the front of the boat

Mast

The tall vertical pole in the middle of the boat holding the mainsail up

Boom

The horizontal pole that holds the mainsail out

Kicker or vang

A diagonal pole that pulls the boom downwards

Outhaul

A line that pulls the sail outwards and adjust the tension of the sail

Halyard

Lines to hoist sails up and down

Self-furling

Sails that roll in on themselves making them easy to hoist or put away

Cleats

A tie down point on the boat deck for rigging or docking

Jammer

A type of cleat that has a handle that you lift or push down to release or ease a line

Guard rail

A metal rail running around the outside of the boat to keep you onboard



A Greek anchorage



Fender

Big plastic buoys we tie onto the guard rail when we come in to moor to avoid banging other boats

Anchor

The heavy thing we drop to keep us moored up, operated by the windlass, a mechanical device to raise and lower the anchor

Engine

Used to motor when coming into port or when there is no wind

Bow thruster

Propellers facing sideways to help turn the boat in tight spaces

Painter

A small rope tied to the front of a dinghy

Dinghy

A small boat with outboard engine to take us from the yacht to shore

Mooring lights

Lights at the top of the mast to show that we are moored up

Steaming lights

A light half way up the mast to show other boats at night that we are there and moving (but we won't be sailing at night)

Cabin lights

Lights inside the cabin

Bimini

Sun shade over the cockpit area

Cockpit

The outside seating area



Dinnertime in Porto Kheli, Greece

Companionway

The stairs that lead from the deck down to the saloon

Saloon

The main living space below deck

Berth

Where you sleep

Heads

The toilet

Galley

The kitchen

Radio

Our VHF radio to speak to harbour masters or other boats

Hatch

A window that can be opened but must be closed before setting sail to avoid water getting inside the boat

Waste tanks

Where our waste water and sewage goes

Beat

Sailing into the wind which requires us to tack if we want to change direction. Here the sails will be close-hauled (pulled in tight)

Tack

To turn the boat so we change direction into the wind, going from port to starboard or vice versa

Run

Sailing with the wind behind us. Here our sails will be far out

Gybe

To turn the boat so we change direction with the wind behind us

Reach

Sailing with the wind hitting our boat from the side. Here our sails are midway out

Point up

Turn the boat slightly closer to the wind

Bear away

Turn the boat slightly away from the wind

Tell tales

Little bits of string on the foresail that shows you where the wind is coming from so you can trim your sails or adjust your direction

Wind indicator/vane

At the top of the mast, it points the direction the wind is coming from

Depth gauge

An instrument to show how deep the water is beneath us - important when we moor up and drop anchor

Charts

Nautical navigation maps

Boat speed

The speed our boat is going

Knots

Equivalent to one nautical mile per hour, how we measure our boat speed or wind strength. Not to be confused with rope knots. See below

Figure eight knot

A simple knot tied at the end of a line to prevent it running through a cleat. [Watch how here.](#)

A clove hitch knot

A knot you need to learn to tie fenders on. We will teach you or [watch here.](#)

A bowline

Another really useful knot on a boat, especially when mooring up. [Watch how here.](#)



Section 5

Contact Us

We hope that this guide has inspired you to plan a sailing holiday. We love nothing more than making amazing bucket list life experiences and memories for people.

You probably feel like a pro now. Get ready to step on board and have the time of your life.

[Explore Croatia](#)

[Explore Greece](#)

Want to chat to us?

Call UK: +44 1709 802 203 USA: +1 303 261 8896

Email: info@waterbynature.com

Let's get out there!

Yours,

Hamish & the WBN Team





Lets go sailing!