

## YOUR 6 DAY / 7 NIGHT SAIL TRAINING WEEK WITH ATLANTIC SAILING

### WHAT IS INCLUDED

- You will get **your own cabin** – no sharing, unless you choose to
- **6 days of tuition; 7 nights accommodation** on board
- Freshly laundered **sheets and towels, down pillows and duvet**
- Light weight **waterproof gear** – in case you need them;
- **Lifejacket and harness;**
- **Charts, plotters, dividers** and other **navigation/pilotage** material
- **Food and drink** on board – we are very generous with the quantity and quality of the food we provide on board and we offer a beer or a glass of wine once we're back in the marina;
- An evening meal on board the yacht during night sails (evening meals ashore not included);
- All mooring fees, diesel, gas, water and electricity.

### WHAT IS **NOT** INCLUDED:

- Transportation from and to the airport, however, we will help you get a taxi or bus;
- Your meals and drinks ashore.

