

## GOLD TRAINING PACKAGE

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Approximately six days training covering the following:

### **Silver Training Package PLUS:**

#### **Intermediate Yachting skills**

- Picking up buoys
- Anchoring skills
- Dinghy skills
- Harbour entries
- Night sailing
- Close quarter handling

#### **Intermediate Navigation**

- Use of 'transits' and other navigation aids
- Coastal Navigation
- Navigation by night
- Tidal gates

#### **Intermediate Meteorology PLUS:**

**Tips for minimising sea sickness**

**Provisioning the yacht**

**Basic cooking at sea**

Call James Myles on: 01227 450777 or 07951 018050 for more information or email [james@yachtingmentor.co.uk](mailto:james@yachtingmentor.co.uk)

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