

Sample 5-Day Group Trip Itinerary

Day One:

Trainees will board the *Pacific Swift* or *Pacific Grace* at about 1030 hours. The Captain's welcome address will include an introduction of the Watch Officers, assignment of Trainees to their watch group and explanation of the "watch and quarter bill" schedule. Sail training will then begin with safety orientation and introduction to the stations trainees will rotate through while on duty: Bow Watch, Stern Watch, Helm, Radio Watch and Night Watch. The ship will depart the harbour at about 1300 hours and anchor in a sheltered location for the night. Each evening will involve a rousing "Mug-up" involving games, music, singing, stories and delicious, home-made treats.

Day Two:

Lessons taught about launching and rowing the dories are followed by a trip to shore for games and exploring. After returning to the ship, sail training lessons about sailing terminology, knots and theory follow. During the trip, trainees are encouraged to use their time on watch to practice what they've learned in their sail training lessons. The ship will sail to another anchorage allowing trainees to apply their sailing terminology and skills. Anchorages may include Bedwell Harbour, De Courcy Island Group, Thetis Island, Montague Bay at Galiano Island, Sidney Spit, Saanich Inlet, and others suitable locations within the Gulf Islands.

Day Three:

Similar to day two, activities will focus on reinforcing the terminology and skills taught over the past two days. Trainees will often have another opportunity to launch dories, go ashore, weigh anchor, sail the ship and participate in more lessons. Lessons for the Junior Sailing Certificate will be completed by the evening of day three, and trainees may complete various oral exams at any time they feel adequately prepared. When not on watch, trainees are welcome to don a safety harness and climb the rigging or bowsprit to watch for whales and wildlife. The ship will anchor in a new location suitable to the marine forecast.

Day Four:

A hearty breakfast and clean-up will be followed by a review, before starting sailing training exams. Any Trainee who has sailed before may work toward achieving the next grade of SALTS Sail Training Standard. As examinations are wrapped up, the Ship's "Store" will be opened for orders of SALTS merchandise. The evening anchorage will be in closer proximity to Victoria, to allow for as much sailing time as possible on the last day of the voyage.

Day Five:

After raising anchor, games will be played as the ship sails in the Salish Sea, just off Victoria's waterfront. The ship will arrive in the Victoria's Inner Harbour at 1500 hours, or earlier if needed, to meet the group's transportation schedule. When the ship docks there will be time for a group photo and final farewells.



A SALTS voyage is *not* a scenic cruise - participants learn every aspect of sailing the ship: raising and lowering sails, navigation and steering, galley work, bosun's chores, marine radio watch, and anchor watch at night. In addition to the ongoing training, five formal sailing lessons are taught (terminology, knots, chartwork, points of sail and rules of the road). Participants can work towards completing six oral exams and achieving at least 80% on examination to earn their Junior Sail Training Standard. We do as much sailing as possible, as well as frequent shore excursions to marine parks and other interesting locations using the ship's classic wooden dories. Shore visits may include hiking, swimming, exploring sea caves, viewing marine life, and playing group games or sports on a sandy beach. Aboard ship, activities may include a rope swing, climbing the rigging or sitting in the rope netting (i.e. whiskers) at the bow of the ship (with climbing harnesses), watching whales or porpoises, and evening mug-up - a time of engaging games, singing, and classic tales of the sea.

PLEASE NOTE: The schedule and activities will vary depending on marine conditions and the group's needs.