



# TRIP DETAILS: 10 DAYS SAILING TRIP

PLEASE READ IT CAREFULLY. WE WISH TO SEE YOU ABOARD SAILZEN!

## DURATION

10 DAYS

## START & FINISHING POINT

PONTA DELGADA or HORTA

## GROUP SIZE

UP TO 6 PEOPLE

## CREW

CAPTAIN & COOK/STEW

## CONTACT

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A yacht adventure is the ideal way to experience what many consider to be the world's most beautiful islands: the Azores. Sail aboard our 14m (46 ft) yacht and embrace nature! Let the wind blow your sails and ENJOY THE RIDE!

## THE 10-DAY TRIPS HAVE 3 DIFFERENT ITINERARIES:

◆ Sailing from **São Miguel** Island to **Faial** Island

◆ Sailing from **Faial** Island to **Faial** Island

◆ Sailing from **Faial** Island to **São Miguel** Island

## OUR MEETING POINTS FOR EMBARKATION ARE:

◆ Peter Café Sport bar in Horta Marina, when our trip is departing from Faial Island.

◆ Baía dos Anjos bar in Portas do Mar marina, when our trip is departing from Ponta Delgada, São Miguel Island.

◆ Please **be there at 11:00am** the first day of our trip.

## Sail aboard a sailing boat in the middle of the north Atlantic Ocean

- ◆ Enjoy National Geographic winner's landscapes or visit UNESCO World Heritage sites.
- ◆ See free wildlife in its natural habitat.
- ◆ Feel the freedom of following the wind as being part of a real sailing adventure.
- ◆ Go hiking the crater of a volcano and relax later in a natural hot water spring.

# WHAT IS INCLUDED?

## YOU CAN DECIDE IF YOU WANT A PRIVATE OR SHARED CABIN

- ◆ 9 nights accommodation aboard, bed linen and bathing towel
- ◆ 2 professional crew: captain & cook / stewardess
- ◆ Crew guidance when ashore
- ◆ Half board ( 2 meals per day + snacks and non-alcoholic drinks )
- ◆ All toys on the boat ( kayak, stand-up paddle board, hammocks , fishing & snorkelling gear, dinghy and music instruments)
- ◆ Port authority, marina and any other logistic fees
- ◆ Diesel, water, electricity and gaz for the boat + dinghy engine gasoline
- ◆ WIFI 3G/4G when nearby the coast

# WHAT IS NOT INCLUDED?

- ◆ Expenses when going to and from the boat such as transfers, flights, visas and airport fees, hotels, etc.
- ◆ Personal travel insurance and booking insurance (we highly recommend it).
- ◆ Optional activities and any expenses like rental vehicles, or food & beverages consumed ashore.
- ◆ Crew expenses when guiding or joining along land tours or restaurants with guests.
- ◆ Alcoholic drinks aboard.
- ◆ Personal laundry. ( Some ports have facilities to do laundry )



# ABOUT SAILING BOATS

## YOU CAN FIND COMFORT ON A SAILING YACHT

Today's yachts are built under the rules of hydrodynamics, defining the best shape for the hull, the needs for stability and comfort. You'll find almost everything you need on a yacht: electricity (though it's only 12V offshore and only sometimes 220V when we're moored), refrigerators, showers, hot water, music and much more.

But never forget: a yacht always is 'on the budget'...budgeting room and weight for mobility and stocks for ongoing comfort. A yacht comes with the safety gear and instrumentation required by law to assure you a safe and successful trip.

# LIVE ABOARD WITH SAILZEN

## WE WILL TAKE YOU INTO A SAFE JOURNEY FULL OF FLAVOURS

This is truly an ocean sailing experience. The distances can be long in between the islands and the boat must leave port or stay berthed according to the weather forecasts. The decision lies strictly with the captain, who will also monitor extra activities which he will fit in the schedule, or not, regarding the weather forecast.

## CREW

The crew will be with you throughout the journey to provide you the best trip possible. We are fully licensed and with many years of experience on our duties around the world. You can expect from us a deep knowledge of the Islands, so count on us for the best tips!

We will be more than happy to share our vast sailing knowledge during the journey.

- ◆ The Captain takes the hassle out of your travels as well as the complete responsibility of the sailing, your safety on board and the safety of the vessel.
- ◆ The Cook / Stewardess is responsible to spoil you in every meal, breakfast, lunch or dinner as well as make sure our home (the boat) is clean and beautiful everyday.

Even if we have 2 full time crew, this is still a shared sailing trip and everyone is welcome to help the crew with tasks and manoeuvres. This way, we can all enjoy some "zen time" aboard an organised, clean and pleasant yacht to live on.



## BOAT & ACCOMMODATION

Our 46 feet (14m) sailing boat is equipped with state of the art technology offering all travellers aboard a safe and enjoyable experience. Inside of the boat you will find 2 Twin Cabins (convertible to double), 1 Double Cabins, 2 Bathrooms, 1 Shower Room, a spacious Living Room where two bunks can be added and a Kitchen.

Please be aware that this is a real sailboat and not a cruise vessel. The sleeping cabins on sailboats are generally kept to a minimum size in order to maximize common areas and performance.

It may be possible to listen and smell the engine and/or diesel fumes inside the cabins, due to their proximity to the engine room. However, most of the sailing is done during the day, so it is unlikely you will be in the cabin when the engine is running.

Some people are not comfortable with the type of cabin arrangements typically found on sailboats. However, if a real sailing experience on a real sailboat is what you are after, then this experience should more than make up for cramped cabins! It's important to note that the beds in the cabins are not the usual length of a standard bed. The chance to sleep in open air on the main deck is often available.

If you wish for a private cabin, you will have to book it in advance, subject to availability, and accept the extra fees. If you wish for a shared cabin please notice the rooming is assigned upon arrival and you will share a cabin with a passenger of the same gender. The crew may also be sharing the cabins and the facilities with you.

There is no laundry washing machine aboard. Laundry facilities can be found in some harbours, so please ask your crew for the best places.

## ELECTRICITY & WATER

Fresh water is limited on board, and as such we ask for your understanding while we are sailing is limited to one quick shower per person a day when at anchor. As we spend most of the nights in the port, there are no difficulties with water as there are proper facilities ashore for showers.

Electrical outlets on board are continental European style with 2 pins (240V), and are only operational while in harbour. It is recommended to bring an external battery pack for charging personal electronics.

## MEALS & ACTIVITIES

The Cook/Stewardess will be preparing your meals everyday, based on *World Cuisine*. If you have a food allergy, something that you really don't like to eat or any preference please let us know before the trip, so we can plan the menu and the respective provision. All food aboard is included, breakfast, lunch, dinner as well as non alcoholic drinks.

You will be having up to 7 meals ashore in order to taste the Azores local gastronomy in the islands. Food, drinks and extra activities ashore are not included.

Extra activities are optional and the crew will offer you to guide around the islands, manage rental car / van (depending on the size of the group). This might happen up to 3 times during the 10 days. Please notice, the crew should not be charged for food, transport and any expenses when free guiding extra activities or when joining passengers at a restaurant. If you wish to join a local activity or event by yourself, attendance fees will be charged directly by third party, operators or companies. ex. diving, canyoning, bird watching, horse riding, etc.

## BUDGET & KITTY

A minimum budget of 250€ per person for the 10 days trip is recommended for food ashore, rental cars and alcoholic drinks.

Your crew will suggest to make a kitty. This means everyone puts some money together to facilitate the purchase of items that are not included on your trip, such as for transportation ashore, diesel for rental cars. The average amount suggested for the kitty is around 75EUR per person, this amount is already consider in the minimum budget above.

## WHAT SHOULD YOU BRING?

The space is limited on the boat and especially in your cabin. You can only take soft sided luggage on board, such as a mid-sized backpack or soft duffel bag (up to 23kgs). Suitcases and hard bags are not appropriate for our sailing trips as they are not pliable enough to fit into the niches available for luggage.

### DOCUMENTATION CHECK LIST:

- ◆ Passport / ID (required, with photocopies)
- ◆ Required visas & Flight info (Printouts of e-tickets may be required at the border)
- ◆ Insurance info (recommended with photocopies)

### ESSENTIALS CHECKLIST:

- ◆ Cash, credit or debit cards
- ◆ Reusable water bottle
- ◆ Wind & waterproof jacket
- ◆ Tennis footwear / hiking shoes and sandals / flip flops and boat shoes
- ◆ Sweaters & long pants (while sailing, the weather can be chilly)
- ◆ Swim wear, shorts, skirts, t-shirts and shirts
- ◆ Dry bag (will help keep cameras and essentials dry when going on the dinghy ashore)
- ◆ Day pack (used for daily excursions)



- ◆ Flashlight/torch (headlamps are ideal)
- ◆ Beach towel (boat towels are to be used only aboard)
- ◆ Toiletries (Preferably biodegradable)
- ◆ Outlet adapter (in case your chargers are not European) and PowerBank
- ◆ First-aid kit (we recommend contain lip balm with sunscreen, sunscreen, aspirin, Ibuprofen, bandaids/plasters, tape, antihistamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrheas, rehydration powder, insect repellent, motion sickness tablets or any other anti sickness method, extra prescription drugs you may be taking). There is a pharmacy near the starting point in case you need extras.

## MEDICAL FORM & HEALTH

Our small group brings together people of all ages. Please be aware that an average level of fitness and mobility is required to join our program. Travellers must be able to walk without the aid of another person, climb between the boat and the dock, step on and from small boats, and carry their own luggage at a minimum. While our crew work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Also, because this is an oceanic sailing trip, you must be able to endure the feeling of not seeing land for a few hours

There are no health issues in Azores that require prior vaccination. Just keep in mind that in the Azores the weather can be totally different in the morning than it is in the evening. Be prepared to keep yourself comfortable. People who are sensitive to seasickness should come prepared with tablets.

If you are over 75 years old, you should consult your doctor for up-to-date medical health exam and hold a written letter from your doctor approving your fitness. Any serious medical condition should be discussed openly with the Captain before booking.

## TRAVEL INSURANCE

It should be noted that adventure travel involves risk. We do provide the minimum insurance requested by the Portuguese law in order to run our trips. Whilst we make every effort to safeguard clients, we cannot be responsible for personal injury or loss due to actions of our clients, which are beyond our control. We recommend that all clients have travel insurance covering illness, injury, loss or damage to personal belongings or not being able to travel on the confirmed date of departure. When selecting a travel insurance policy we recommend that you are covered for medical expenses including emergency evacuation and repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.



## RULES

Illegal drugs will not be tolerated on the trip. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Our skipper has the right to expel any member of the group if drugs are found in their possession or if they abuse in alcohol intake or are offensive towards other passengers.

## TERMS & CONDITIONS

Please read Terms & Conditions on our website on the itinerary section.

# PLAN YOUR TRIP TO THE AZORES

## HOW TO ARRIVE TO MEET US PERSONALLY?



The island of São Miguel is served by João Paulo II Airport, the airport with the most connections of the archipelago, which regularly offers connections to the other islands of the archipelago, Continental Portugal, Europe, America and Africa.

The following airlines fly to the Azores (click to go directly to the website): [Azores Airlines](#) ; [TAP](#) ; [TUI](#) ; [RYANAIR](#) ; [DELTA](#)

Useful Airport Codes:

PDL - Ponta Delgada in São Miguel Island., HOR - Horta in Faial Island, LIS - Lisbon in Portugal, OPO - Porto in Portugal.

## HOW TO ARRIVE TO THE BOAT?

### When our trip starts in Ponta Delgada, São Miguel Island:

The boat will be berthed at Marina Portas do Mar in Ponta Delgada. Our meeting point is in the Marina at a bar called Baía do Anjos. When you arrive by plane, take a taxi directly to Marina Portas do Mar (about 10 minutes and it costs around 10€). Alternatively, take a bus to the city center of Ponta Delgada and then walk to Portas do Mar.

### When our trip starts in Horta, Faial Island:

The boat will be berthed at Marina da Horta. Our meeting point is in the famous bar Peter Café Sport just right in front of the Marina too. When you arrive by plane, take a taxi directly to “bar do Peter” (about 15 minutes and it costs around 15€). Alternatively, walk your way out of the airport and take a bus towards Horta and then walk to Peter.

## WEATHER

The Azores gave their name to the famous anticyclone (high pressure area) that brings fine weather to Western Europe and the Mediterranean (Azores High). Nevertheless, in these islands the weather is not always sunny. In fact, in autumn and winter, rains are frequent, even abundant sometimes. Due to the abundance of rainfall, the landscape is always green and blooming.

Ponta Delgada	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Prec. (mm)	120	100	105	65	60	40	25	30	80	105	120	100	<b>950</b>
Prec.(in)	4.7	3.9	4.1	2.6	2.4	1.6	1	1.2	3.1	4.1	4.7	3.9	<b>37.4</b>
Days	14	13	13	10	9	7	5	6	9	12	13	14	<b>125</b>

Table 1 : Average Precipitation in Ponta Delgada, Azores

Ponta Delgada	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Min (°C)	12	11	12	12	13	15	17	18	18	16	14	13
<b>Max (°C)</b>	<b>17</b>	<b>17</b>	<b>17</b>	<b>18</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>	<b>25</b>	<b>22</b>	<b>20</b>	<b>18</b>
Min (°F)	54	52	54	54	55	59	63	64	64	61	57	55
<b>Max (°F)</b>	<b>63</b>	<b>63</b>	<b>63</b>	<b>64</b>	<b>68</b>	<b>72</b>	<b>75</b>	<b>79</b>	<b>77</b>	<b>72</b>	<b>68</b>	<b>64</b>

Table 2 : Average temperature in Ponta Delgada, Azores



## MONEY

Every traveller is different and therefore money requirements will vary.

### MONEY EXCHANGE

The only currency accepted in Azores is the EURO. You can exchange your foreign currency and /or traveler checks in banks and money exchange "kiosks" upon arrival at the airport.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

### EMERGENCY FUND

Please also make sure you have access to at least an additional 200.00€ as a 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

### TIPPING

It is customary in Europe to leave a symbolic tip for service providers, if you are pleased with the service (5% or 10%). Tipping is expected - though not compulsory - component of your tour program and an expression of satisfaction with those who have assisted/served you.

Also, If you think your SailZen crew has done a great job, they will appreciate a tip as well.

## VISAS

The Azores belongs to Portugal that is part of the European Union. Contact your local embassy or consulate for the most up-to-date visa requirements, or check with your travel agent. It is your responsibility to have the correct travel documentation.

## SAFETY

The Azores is paradise regarding safety, though you should always have a smart attitude. You can leave your valuable jewelry at home - you won't need it while travelling. When sailing with us, please note that your crew has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns.

Although the places visited on tour are 99% safe, there can be risks to wandering throughout some place. Use common sense and do not hesitate to ask your crew about specific areas to avoid. It is also recommended to carry with you only the money and documentation you need for the day.

Water based activities have an element of danger and excitement built into them. We recommend you to only participate in water based activities when accompanied by your crew. We make every reasonable effort to ensure the fun and adventurous element of any water based activity to have a balanced approach to safety.



During the all trip, water based activities such as swimming, snorkelling and the use of kayak or paddle board is always at your own risk.

# START LEARNING ABOUT SAILING

## TECHNICAL TERMS TO HELP YOU ON YOUR TRIP

### INSIDE A BOAT

**Hull:** The 'body' of the boat

**Keel:** stabilising part of the hull under the waterline to prevent capsizing

**Cockpit:** area in the back where we are operating the boat

**Deck:** upper level of the boat

**Bow:** Forward area of the boat

**Stern:** Backward area of the boat

**Helm:** steering facility

**Helmsman:** Person at the helm, not necessarily the skipper

**Starboard:** right side of the boat looking forward from aft

**Port (side):** left side of the boat looking forward from aft

**Rig:** all fixed equipment standing up above the deck

**Boom:** horizontal massive pole going backward from the mast

**Mast:** vertical massive pole to fix the sails

**Mainsail:** sail at the rear of the mast

**Genoa:** sail overlapping the main sail

**Headsail:** sail in front of the mast

**Fender:** sort of 'bumper' to avoid damage of the hull when moored

**Winch:** sort of drum to operate loaded lines or anchor chain

**Furling lines:** to set and take away the sails

**Sheets:** are used to adjust the sails during sailing

**Mooring lines:** connecting the yacht to the pier

### OPERATIONS

**Maneuver:** changing the course of the boat or doing several operations

**Tacking:** turning the bow through the wind

**Gibing:** turning the stern through the wind

**Round up:** turning the boat exactly into the wind to stop moving

**Pull sth.:** pulling tight a line

**Ease sth.:** detaching a line

### KNOTS

**Figure-eight knot:** belongs to the end of certain lines to avoid going by the run

**Clove hitch:** famous knot to fix various lines like mooring-, fender- etc.

**Bowline:** creating a strong and everlasting loop to a line

