

OCEANS OF HOPE UK

SCOTLAND 2019

A Sailing Sclerosis endorsed sailing week



SUNDAY 9 JUNE – SATURDAY 15 JUNE 2019

LADY of AVENEL

Cruise the Hebrides by Tall Ship – Isle of Mull and surroundings

1000 Sunday 9 June – 0900 Saturday 15 June 2018

The trip

Explore the Hebrides with its scenic beauty, wildlife and landmarks. Visit its special sites of natural and human interest including geological features, wildlife habitats (seals, seabirds.) and the sparsely populated islands with their traditional trades including fishing and & whisky making.

Sailing experience not required - just a spirit of adventure.

The ship

The Lady of Avenel is a traditionally rigged 102 ft Brigantine square rigger. Accommodation for 12 passengers and crew is in twin berth cabins with comfortable bunks. There are hot showers and flush toilets. The large comfortable saloon area affords great views for eating and relaxing. The boat has central heating as well as a wood burning stove in the saloon. All sails can be set and controlled from the deck. You will have the opportunity to climb the rigging but it's not necessary.

Itinerary

1000 Sunday 9 June start at Oban, Scotland – spend week exploring the Western Isles of Scotland. Finish 0900 Saturday 15 June Oban. Most people will arrive stay in a B&B in Oban Saturday night. We welcome you on board the Lady of Avenel 1000 -1100 Sunday morning. Then there is a safety and voyage brief for everyone with lots of opportunities to ask question. Then there is time to settle in to your cabin, meet your crew mates, and enjoy your first lunch aboard. In the early afternoon we set sail for our first remote night at anchor.

Our voyage will include exploring remote Islands, sailing open sea and navigating dramatic sea lochs around Skye and the small Isles. The specific route will depend on the weather and respond to the interests of the passengers.

Activities – some of the activities we have planned

- Learn to sail a Brigantine using human power to hoist, control and stow sails
- Climb the rigging
- Anchor in remote locations – go ashore and explore stunning landscapes

- Watch birds and sea life – this area is well known for Puffins, Gannets, Seals, Basking sharks and Whales
- Prepare and cook dinner in our well-equipped galley
- Learn to splice ropes and tie traditional sailing knots
- Visit a Scottish Castle and/or Whisky Distillery
- Learn to navigate using charts
- Experience the thrill of Wild swimming
- Rod fishing – mackerel and pollock are frequently caught in this area
- Painting and drawing
- Organise a party
- Shore excursion to Tobermory

A typical day on board

0800h-0900h Breakfast – buffet style including toast, cereal, porridge and traditional cooked breakfast

0930h Skipper's briefing and daily planning

1000h Weigh anchor/ daily activities (for example, we might sail from Tobermory to the Isle of Staffa then visit Fingals cave.)

1300h - 1400h lunch on board (or provided as a packed lunch when ashore)

1900h Dinner will be served aboard though in some places passengers may wish to eat in some of the fine restaurants and pubs ashore (at own expense).

COSTS

The cost for this sailing event is £820 GBP per person. There may be bursaries available – please enquire.

Whats included - All meals and snacks on board. Duvets, pillows and sheets. An event T – Shirt.

Whats not included -transport to and from Oban, alcoholic drinks

GETTING TO OBAN

There are direct trains from Glasgow to Oban and regular trains/flights to Glasgow.

WHAT TO DO NEXT

Bill Alexander bill@ladyofavenel.com +44 7941552729 and register an interest.

More information at www.ladyofavenel.com and facebook The Lady of Avenel Sailing

Oceans of Hope UK is a registered charity inspired by the Sailing Sclerosis Foundation, a Danish non-profit organization founded in 2013 to "To establish the framework providing people living with MS the opportunity to actively take part in and express and develop themselves by sailing and activities related to sailing, water and the sea" Please see www.oceansofhope.org.