Content

Foreword		7
Author's intro	ductionduction	13
Chapter 1	In which we lose a centimetre but gain a mile	14
	Starting a conversation	21
Chapter 2	In which we pack up our old lives	22
	Choosing and preparing your boat	24
Chapter 3	In which we finally get underway	26
	Cruising skills	28
Chapter 4	In which a guide helps us find our way	30
	Handling under power	36
Chapter 5	In which we leave the land behind	37
	Planning a short passage	40
Chapter 6	In which we hunt a Scottish monster but settle	
	for Scottish marmalade	42
	Tenders	47
Chapter 7	In which we swap a chipped mug for some clean washing	48
	Sailing in fog	
Chapter 8	In which we go back to Viking times	55
	Anchoring	
Chapter 9	In which we discover the delights of the 'black stuff'	61
	Spares and tools	
Chapter 10	In which we take the blue-water baton	•
	Biscay tactics	
Chapter 11	In which we make landfall at the end of our most	, ,
	challenging passage yet	75
	Visitors	
Chapter 12	In which the children start school with 'James Bones'	82
	Children's schooling	
Chapter 13	In which we try our absolute hardest to put you off cruising .	
	Insurance	_

Chapter 14	In which we take a decisive right turn	g6
	Seasickness	101
Chapter 15	In which the children lead us to the top of the clouds	103
	Communications	112
Chapter 16	In which we lose a battle but become more confident	
	of our overall strategy	114
	The Atlantic Rally for Cruisers (ARC)	
Chapter 17	In which we make our final preparations	122
	Atlantic provisioning	131
Chapter 18	In which we sail across an ocean	132
Chapter 19	In which we discover Bequia and look back at the crossing	152
	Sails for the Trades	156
Chapter 20	In which we get very close to paradise	158
·	Diesel and gas	163
Chapter 21	In which we try not to think 'what next?'	
	Garbage	_
Chapter 22	In which we visit a little bit of France and get a feel for	
	old England	173
	Cooking	179
Chapter 23	In which we go beyond the standard Caribbean sailing circu	it 180
, ,	Security	186
Chapter 24	In which we mix some happy times and sad	187
	Caribbean Exits	191
Chapter 25	In which we take a first, big step towards home	192
	Electrical Power	197
Chapter 26	In which a daunting passage turns out to be the perfect sail	199
	Bureaucracy and immigration	205
Chapter 27	In which we leave the Azores, but promise to return	206
	Weather	209
Chapter 28	In which we go the harder way around	210
	Crew	217
Chapter29	In which we reflect and return	218
Chapter 30	In which we open a new chapter in our lives	223
Technical App	endix	228