

There ain't no party like a superyacht cocktail party

It doesn't matter what time of year it is, cocktail season is always upon us in the superyacht world and there are a few simple things that need to be thought of when hosting an onboard cocktail party to ensure a recipe for success.

Ingredients.



Using the finest ingredients is key. There is nothing worse than letting a classic mojito down with limp mint leaves, having bad coffee for espresso martinis or below average juice mixers for the tequila sunrise. Without a fully stocked bar, you have lost in the cocktail making game before you've even started, as well as all the spirits be sure to have a variety of brands available.

Ice, ice baby – don't run out. Ice is a top ingredient that can sometimes be overlooked in the cocktail party planning world from blocks, cubes, shaved, crushed, cracked or even ice balls, if you are on top of your ice game, you will be cool (❄️) and the rest should flow because no one should get a lukewarm drink. Before you use your ingredients, check your bar tools, think shakers, strainers, measurers, juicers etc and don't run out of anything!

Ambience.



Party onboard SOLANDGE | Image credit: charterworld.com

So you may already have the multi-million dollar luxury

location on which to host but that shouldn't be taken for granted, there is more that adds up to create the perfect ambience. Before planning, gauge the occasion and the situation to what sort of party your guests will be expecting. It's a nice touch to tie the boat's location in with a theme, but if you choose a theme, ensure it is consistent and everything is in keeping with it. Or just keep it simple and coordinate the decor and colours.

Location may be key, but lighting will make or break the party so test it out before the guests arrive and adjust accordingly throughout. Once your guests are in the perfect environment, don't give them a plastic tumbler for their cocktail, have a large assortment of cocktail glasses on hand for all types. And don't forget the music, your party could crash and burn if you don't get it right so remember to cater to your audience.

Snacks.



Is it really a cocktail party if there isn't some fancy food to snack on? You're going to need to set yourself up with killer canapes so test some recipes out beforehand and make sure your nosh compliments the drinks. Think dainty, anything that requires two hands is going to make things complicated. The drinking hand must always be free.

Guests.



Superyacht KATINA | Image credit: yachtcharterfleet.com

Keep to a guest list and check with the host depending on numbers, it's important to not overcrowd especially when it comes to floating parties. The quality of the cocktails, canapés and the company should be enough to keep the guests

entertained but sometimes an extra form of entertainment doesn't go amiss. From live music, performers, magicians, comedians, photographers to photo slideshow displays the list is endless depending on the boat, guest and party type.

Guest facilities are also important, onboard these will be up to superyacht standard anyway but for bigger parties, you may need to think about additional cloakroom and storage.

Head north to Norway for the ultimate cruising experience

Looking for a new and exciting cruising destination for 2018? Then look away from the crowds, off the beaten track and into the allure of Norway's horizons. In recent years, Norway has opened up as a superyacht destination offering a cruising alternative to the well-trodden seas of the Mediterranean and Caribbean hotspots, particularly aimed at those with an insatiable appetite for adventure. Here are just some of the reasons why you should go.

1. The scenery



Lofoten Islands

From its famous Western fjords, world-class mountainscapes to its colourful coastline cities and everywhere in between, Norway boasts more breathtaking natural wonders than you can count. With over 25,000km of rugged and stunning coastline, it would be rude not to cruise here. As well as mainland Norway, there is also the pristine arctic north up in the Lofoten

Islands, with picture perfect fishing villages and dramatic mountain peaks, they shouldn't be missed.

2. The activities



Kayaking on Styggvatnet glacier lake

If the scenery alone isn't enough to cruise Norway, then the activities should sway the decision. Norway is a country with a perfect landscape and unsurprisingly, where adventure is encouraged. There are so many hike and cycle routes to enjoy, and you'll often have them all to yourself. Or if you'd rather be out on the water hop in a kayak, allowing you to get close to nature whilst staying dry. If you fancy getting in, pack a dry suit and go diving. Rich in biodiversity with plenty of interesting shipwrecks, you'll be blown away by what Norway has to offer under the water. If adventure makes you hungry, try your hand at fly-fishing for the famous Norwegian salmon.

Away from the water, enjoy the lively cultural scene as well as gorging on the freshest seafood in the country's cities. The small town feel of the UNESCO city of Bergen, makes for a great day out. Get above the landscape and take a helicopter sightseeing tour, allowing you to peer down on the ice-capped mountains, towering waterfalls and small fishing villages.

3. The wildlife



Norway is one of Europe's most varied wildlife watching destinations, nature lovers and photographers will be in their element here. From orcas casually swimming through a fjord, humpbacks breaching and dolphins jumping on the coastline, to the Svalbard archipelago where polar bears easily outnumber the human population. Off the boat, there are herds of

reindeer roaming, moose and eagles to be spotted too.

4. The itineraries



Conveniently Norway's geographical makeup allows for plenty of varied cruising options, all dependent on timescales, passing through a number of latitudes and diverse landscapes. A popular destination for yachts is the west coast, home to those majestic fjords and waterfalls. A good starting point is the gateway to the fjords, Bergen, located between the two most famous fjords, Hardangerfjord and Sognefjord. With most yachts preferring the west coast, head further north into the Arctic circle to the less explored lands of the striking Lofoten Islands. For the more adventurous, head into the ice fields of the Arctic wilderness, up to Svalbard.

5. The Northern Lights and the Midnight Sun



Home to these fascinating phenomena, the long summer days are even longer in Norway due to the midnight sun. During summer you can witness these endless days up in northern Norway, particularly in June and July. With the sun never setting, activities and adventures aren't paused for sunset, you can spot wildlife roaming free into the night and you have light to extend your cruising day if you wish.

For the Northern Lights, you'll also need to head north but you can expect to see them from October to March. Not one for your summer cruise but definitely worth a visit if you'd consider planning a trip later in the year.

If you still need convincing... Norway was voted the happiest

country in the world in 2017, so go and join them this summer.

How We Can Improve The Oceans One Department At A Time

Unless you have been living in a parallel universe, you will know that our world is fragile and our oceans are under threat. It's hard to ignore the heartbreaking images of polar bears searching for food, horrifying plastic statistics and the slow death of coral, we all scroll through the social media posts but are we doing our bit to help combat these problems?

Being "green" in yachting should no longer be the newbie label or embarrassing initiations, "green" is now about being environmentally aware and responsible. There are a few easy changes we can make, for everyone to get on board (no pun intended...) with to give our marine world the help it needs, so who can do what?



Captain

Advances in green technology in the marine industry mean new designs for the future of yachting, Captains involved in build processes can ensure the owner is aware of what is out there to reduce the environmental impact of the yacht itself and the toys that will no doubt be available in abundance. Once on board, as a Captain you are the one to influence change, raise awareness and ensure your crew are taking proactive steps in being green. Help with local beach clean up's, become involved in data collection for conservation, monitor environmentally responsibility within all departments and provide support.

Chef

Being resourceful for any chef is key, especially to reduce the amount of waste on board. Try growing herbs in the galley, be proactive with sustainable fishing practices, introduce meat-free days on board and stock the freezer with leftovers.

Outside the galley, make sure you are reducing plastic consumption to zero, use reusable shopping and food bags. Team up with the stewardesses to ensure that everyone on board is recycling everything properly. It can be hard to reduce food miles, having to meet demanding guest requests and changing opinions is hard but if they are open to eating local and seasonal produce then shop at local markets, get involved with local producers without having to fly in provisions from elsewhere.

Stewardess

Maintaining the interior of a yacht can now be easily done with the ocean-friendly products on the market, both eco-friendly and natural. Do your research, from cleaning and laundry to toiletries -there are a lot of products out there. Also, make sure that you are using natural cleaning products whenever possible.

Reducing plastic usage of both guests and crew on board can be a great role for the stewardess to battle. Start with water bottles, purchase reusable drinking bottles for guests and crew, not only will it mean not having to fit in 100's of Fiji water bottles into the smallest locker it will also mean you are doing your bit to reduce the contribution to the plastic

soup. This may prove tricky with some guests but at least the crew should be keen to make changes where they can. Keeping the crew in line with recycling is something you can also help the chef out with.

Deckhand

Eco-friendly cleaning products aren't just available for the interior, there are plenty of these for you deck crew, which can help eliminate pollution into the ocean. Making sure you have eco-friendly hull paint can also help make a difference. Helping protect our oceans doesn't just come down to sustainable cleaning it is also about responsibility when dropping the anchor, be aware of wildlife habitats and coral around the anchorage that you are in.

Engineer

As an engineer, it is hard to think about being green with the amount of fuel that both engines and generators consume on a daily basis but there are some steps that you can take towards better consumption. Correct maintenance regimes to keep on top of jobs can help towards a more efficient engine and disposing oil responsibly as well as having an oil spill kit on board is very important for the health of the oceans. Another step an engineer can take to reduce energy consumption is making sure that there are energy efficient light bulbs on board.

As both departments and individuals we have the power to improve our oceans, make sure as yachties we are working together to stay green!

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Thinking of chartering this year? This will convince you.

If you are thinking about chartering or even buying a superyacht read on because this list will be enough to convince you to do it in time for summer.

1. You will see incredible wildlife shows

<https://www.instagram.com/p/BfstxVhufU/>

Being on the ocean presents endless chances of amazing wildlife viewing, where you can truly get up close and personal. You'll see pods of jumping dolphins just an arm's

length away at the bow, playful sea lions lying on beaches and whales breaching in the wilderness and that's only above the water! Imagine what you can see when you dive down to swim with turtles and tropical fish whilst manta rays float above you.

2. You can have those once in a lifetime adventures

<https://www.instagram.com/p/Ben11cKB5K6/>

Along with the luxury and privacy, superyachts enable once in a lifetime adventures that are not easily achieved for most of us. Being in destinations where the world's elite hangout, you can find yourself enjoying unique experiences such as dining on the aft deck trackside at the Monaco Grand Prix or having sundowners on the top deck looking over St Mark's Square in Venice.

Excursions off the yachts can also be far from the norm, helicoptering to a vineyard and then onto a Michelin star mountain restaurant, or perhaps a hot air balloon ride over ancient ruins. To end those incredible days what better way than to watch the sunset onboard from your spa pool with a glass of champagne in hand. Bliss.

3. You can get well and truly off the beaten track

<https://www.instagram.com/p/Bfq0fNwBez-/>

Whilst there is a lot to be said about the traditional superyacht hubs of the Mediterranean and the Caribbean, why cruise in a place where everyone else is? Traveling by yacht gives you the ability to experience some of the world's more remote areas still in complete comfort and luxury. Superyachts

have the capability to get you well and truly off the beaten track. Think remote and empty anchorages off a tropical South Pacific island to cruising through the extreme but magical landscapes (and climates) of Antarctica.

4. You can do everything, everywhere

<https://www.instagram.com/p/BQcpIeEBu1F/>

There really are no boundaries when it comes to superyachts. Most yachts have a big 'toy' selection on board for guests whether they want to go kitesurfing, wakeboarding, water skiing, jet skiing etc. You could also have a scuba diving, yoga and fitness instructor on hand depending on what training the crew have. Also, with a top quality chef, there is a menu of your choice and cocktail masterminds behind the bar that will leave you wanting sundowners at sunrise. On top of that, you can have your whole experience captured and documented if you so wish by the onboard drone and videographer. Off the boat, there are tours, excursions, more activities, beach BBQs, cocktail soirees and chance to soak up the country's culture with no organisation needed from yourself. Everything runs seamlessly and you will wonder why you haven't been on a superyacht before.

5. You can completely switch off

<https://www.instagram.com/p/BRd4wQJBTKK/>

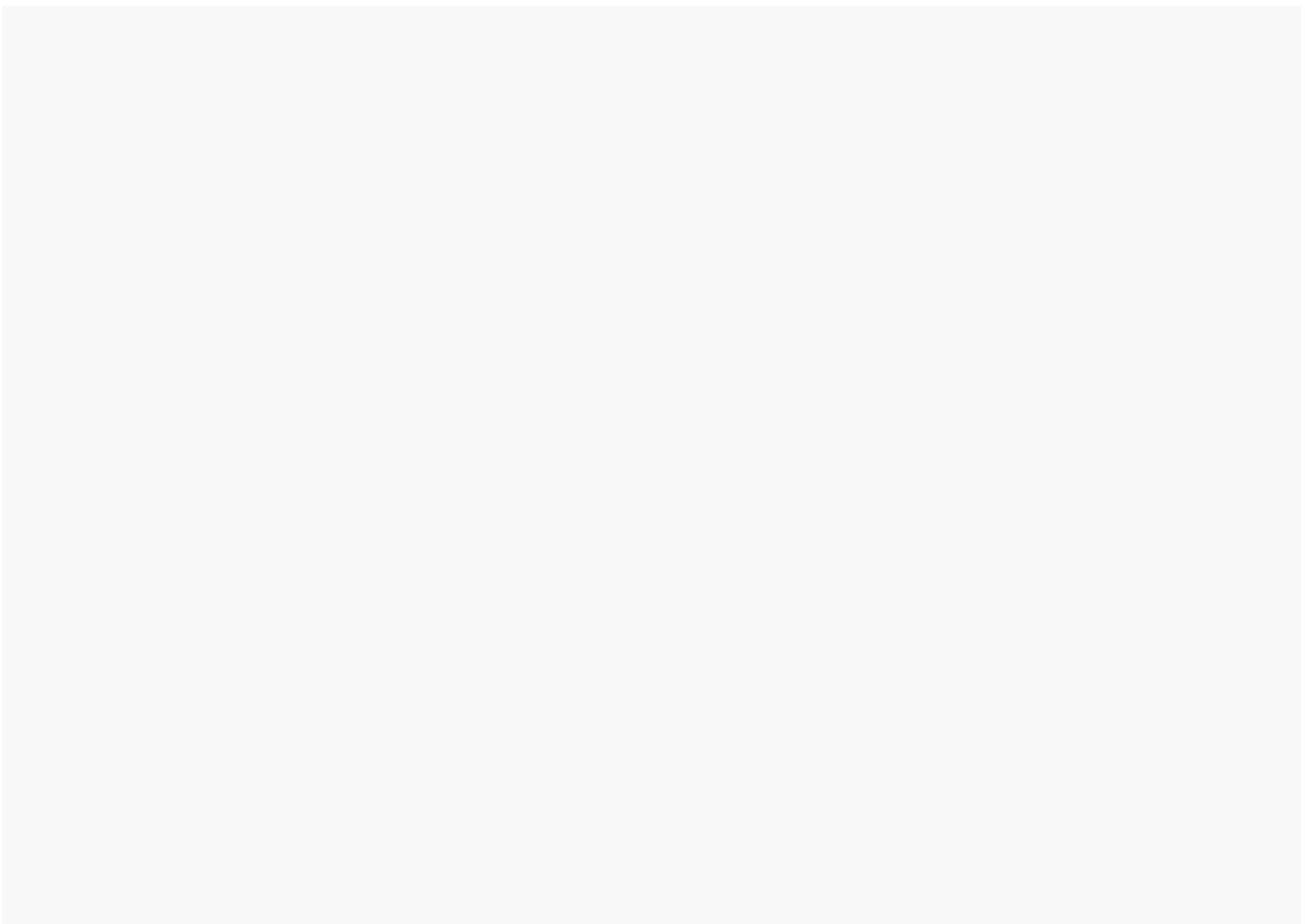
If you want to... From sunbathing on the deck and not having to get your own book, suncream or towel, to not having to think about what to have for dinner or do your own laundry. On a superyacht, you can sit back, relax and let the crew take over. Whilst superyachts have the necessary technology on board to access internet in the most remote of places it is also a great time to switch off, have some downtime and get in

touch with the ocean through a digital detox.

Only accessible by boat, this secluded hidey hole is all kinds of perfect

So you happen to be docked in Bocas Del Toro, you have just finished a busy charter and you have a free day, put down the chamois and look no further than the Blue Coconut.

A hidden paradise



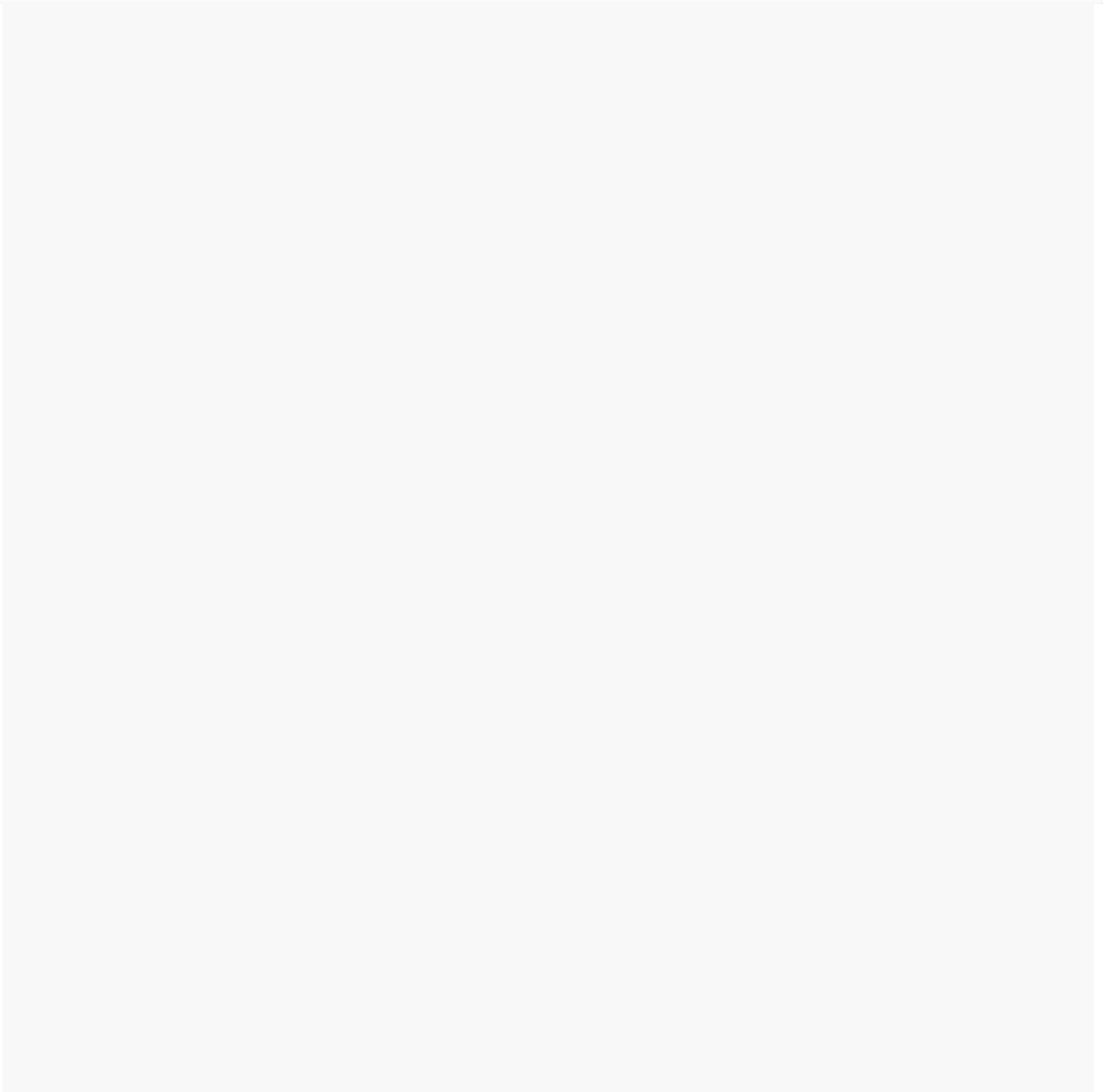


A post shared by EmmyLoo (@emmasescapades) on Dec 19, 2017 at 6:47pm PST

This secluded bar and restaurant is located on Isla Solarte and like most places in Bocas can only be reached by boat. It's just a short water taxi ride from Bocas Town or Isla Bastimentos, depending on which marina you are in. With a roof made of bamboo and thatched with palm leaves, the simple wooden buildings perched over the water on stilts make for the perfect setting to relax in. Open from midday to 6pm you can be sure to spend all afternoon there.

Go for the food, stay for the happy hour

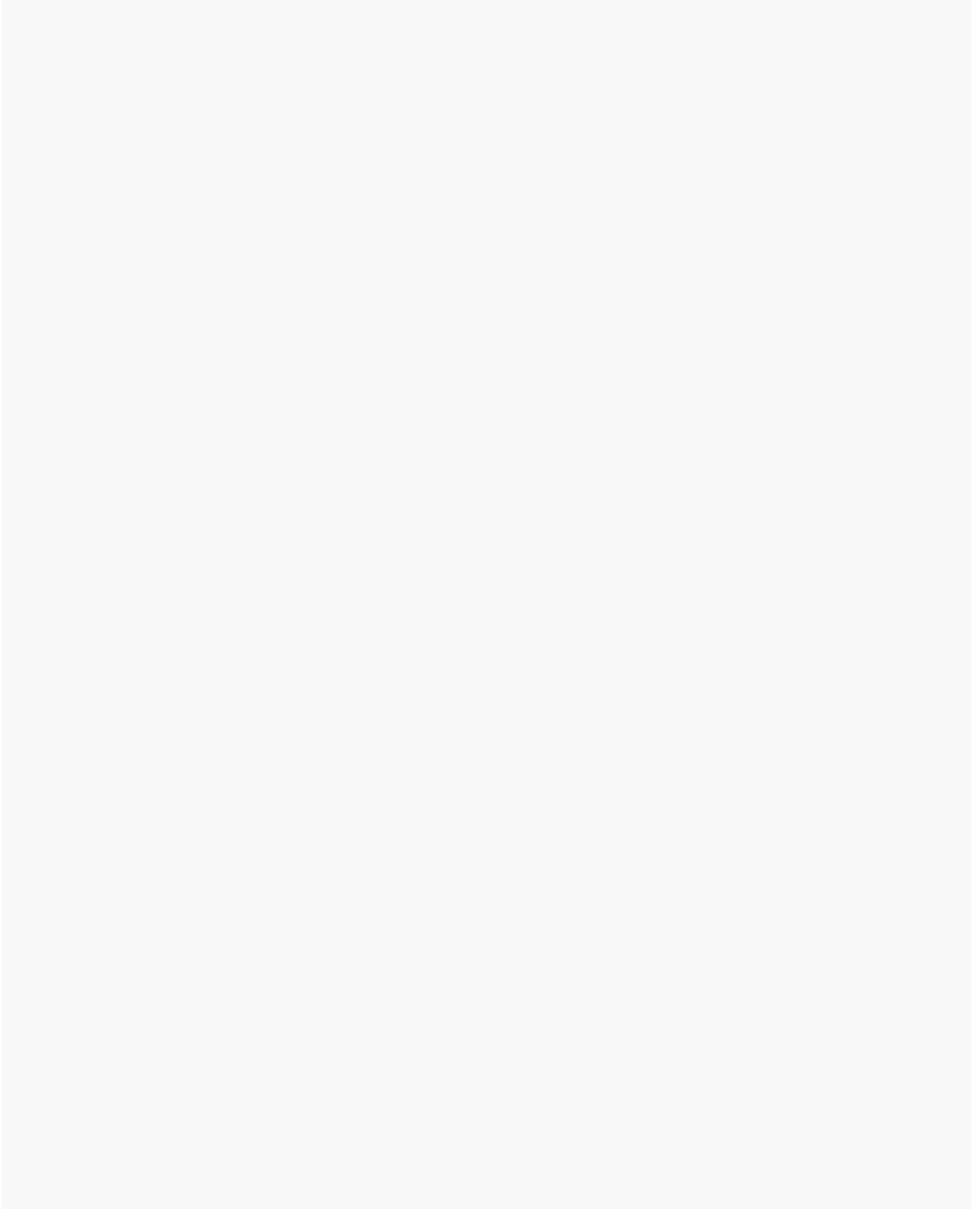




A post shared by Mattia Civatti (@rc.matze) on Nov 17, 2017 at 10:52am PST

It isn't just good for its setting, the food is worth the trip. With true relaxed Caribbean service, kick back and try out the lobster tacos, if you still have room, the plantain fries are a winner. Whilst enjoying the food, take advantage of the generous happy hours. The bar staff are cocktail masterminds, try the signature blue coconut and if cocktails aren't for you, the beer is always cold and easily flowing. And it isn't just a restaurant...

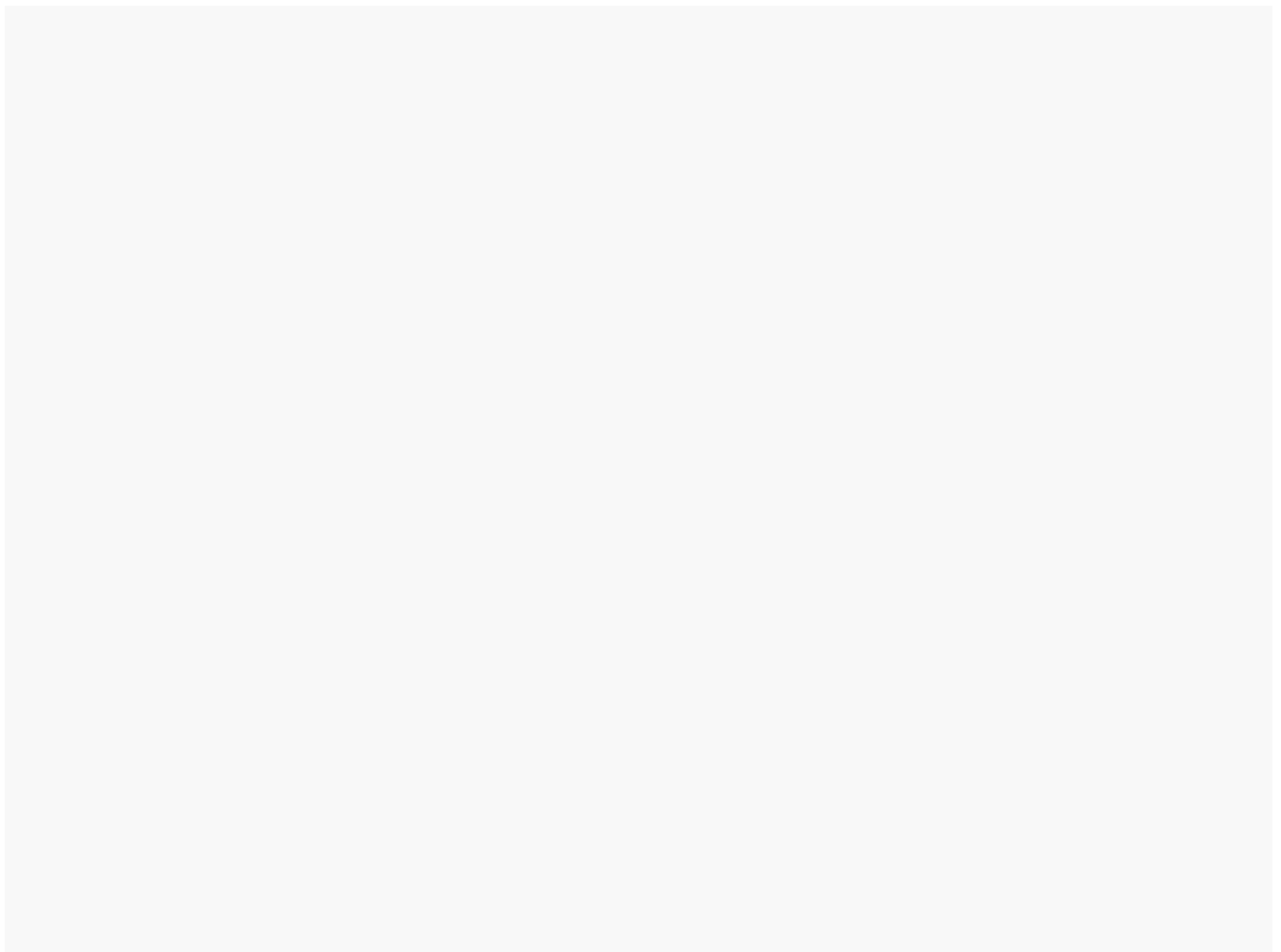
**Don't forget to go snorkelling and
watch the sunset**



A post shared by Rachel Phillips (@rachel.phillip) on Jun 4, 2017 at 7:36pm PDT

Boasting cold drinks in warm water, the perfect combination for a day off. The crystal clear waters and reef surrounding this floating restaurant is a great spot for snorkelling, there is gear available or pack your own. If you want to explore and looking to build up an appetite, they also have a few SUP's on hand. If time runs away with you, luckily there is a reason to stay – admire the dramatic sunsets, best done in a hammock with a passionfruit margarita in hand.

And relax...



A post shared by Monica Popa (@monicalavinia) on May 7, 2017 at 11:44am PDT

One of the top spots in Bocas to relax, scout out the lounge chairs and over the water hammocks for some ultimate relaxation. If you haven't already spent the day on them, be sure to find your way there to wind down. If you visit on a weekend you could be in for some live music too.

Committing yourself to something will keep you sane onboard

Time; An indefinite continuous existence where events are in the past, present and future.

Time in yachting; An existence filled with never-ending tasks in a changeable location, interlaced with a range of hobbies if and when there is free time.

It is a well-known fact that time to yourself in yachting is situation dependent and not always guaranteed. It is important to keep committed to things that interest you in order to achieve a work-life balance and ensure you stay sane onboard, so remember these things when committing to a hobby.

Inspire



A post shared by Ayla? (@_aylalee_) on Jun 14, 2017 at 11:37am PDT

Yachting attracts a wide range of crew from across the globe, meaning there are plenty of people with similar mindsets who can inspire you to try something different or even teach you a new skill. Having people around you who can motivate you to keep at that hard yoga pose, get to the next level of Spanish or to finish your most recent blog post can help spur on commitment.

Prioritise



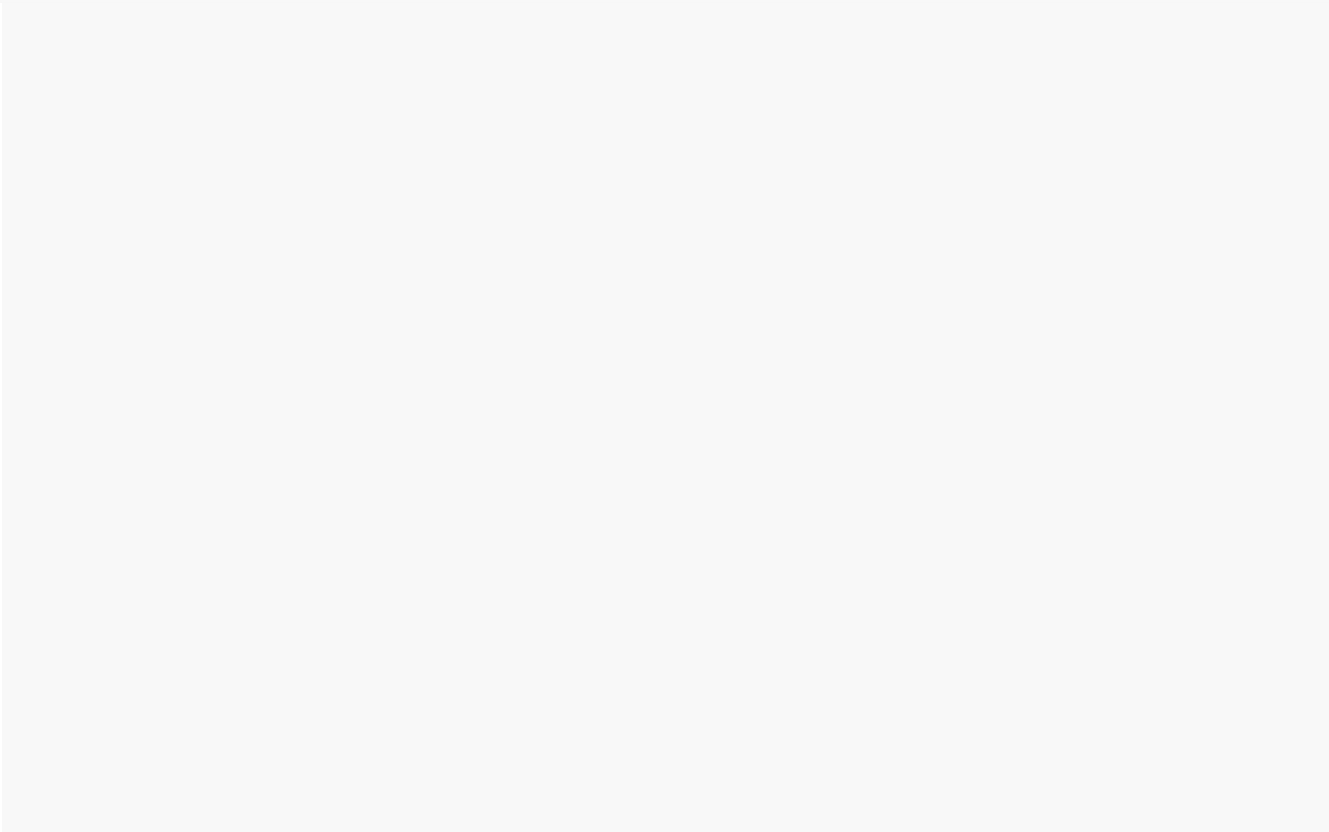
A post shared by Little Miss. London (@londonlabrador) on Jul 19, 2016 at 10:09am PDT

You may have a number of different interests and hobbies, so it can be hard to juggle them all. Try to maintain at least one regular hobby and dedicate a good chunk of your free time to it, this doesn't mean to say you should rule out others, just try to be realistic. This will change whether you are on

charter, in a shipyard or on delivery. Think about your itinerary for a month at a time to see what you may be able to achieve in that time and place, logic will prevail – you won't be able to master the art of fine drawing whilst heeled over at sea.

Learn





A post shared by Elias Verniers [????](#) (@eliasverniers) on Jun 29, 2017 at 5:33am PDT

Being surrounded by people with various skill sets can prove to be useful because crew members with their own speciality can teach you their expertise. There is always something new to learn and whilst you're couped up on a crossing, you may find yourself in the perfect environment to pick up a new skill. If your cabin mate is fluent in French get them to teach you, if the new deckhand is a photography pro then get him to show you and if the engineer happens to be a real gym bunny, why not start working on some circuits that you can do together on the boat?

Balance





A post shared by Super Yacht Crew (@syachtcrew) on Jun 26, 2017 at 6:48am PDT

Become committed, set yourself challenges but don't let them take over. It is important to have well-rounded interests and be sure to combine new found hobbies with relaxing and socialising. It can also be tough to switch off out of work mode especially when you live and work in the same place, having a hobby will allow your mind to wander elsewhere.

Progress



A post shared by mares (@maresjustaddwater) on Nov 10, 2017 at 1:23am PST

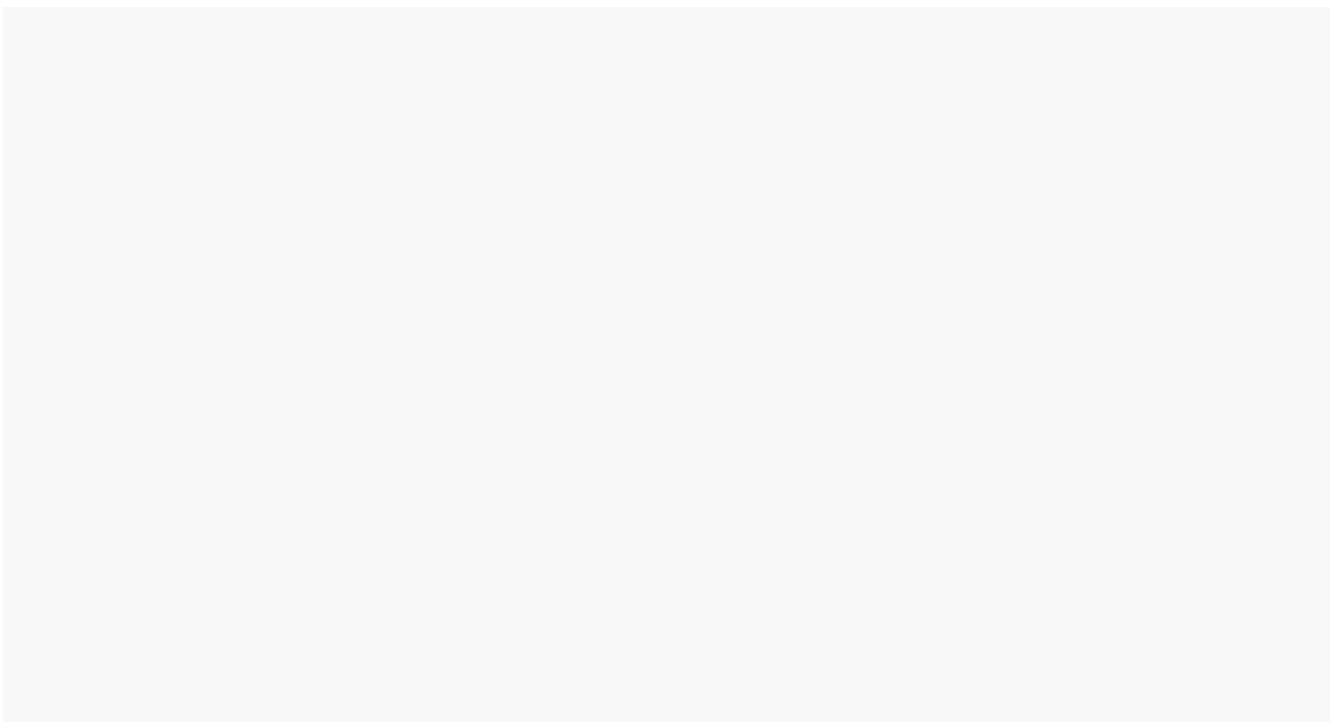
Traveling the world for work opens up a lot of doors to various hobbies. For example, there are plenty of photographic opportunities both at sea and on land, especially with the onset of aerial photography or perhaps documenting your travel experiences through writing and blogging. Getting creative is easy too, whether it be learning something different from a crew member or getting the chef to teach you some cooking tips. In terms of sporting hobbies, you may have access to plenty of different equipment and or instructors, which, location dependent, could see you developing a love for

something you would never have normally considered!

Off the beaten track: Exploring the Golfo Dulce

Rich in biodiversity, eco-friendly activities, and friendly faces, Costa Rica has long been a popular travel destination. A gateway into the Pacific and away from the well-trodden circuits, it has been rising in popularity for superyacht cruising. On the southern tip of opposite the Osa Peninsula and across the Golfo Dulce sits Golfito and the recently opened [Golfito Marina Village](#) is facilitating this still mostly untouched and underdeveloped southern area for yacht exploration.

Adventure dosed with adrenaline





A post shared by Tavo (@tavokayaking) on Sep 21, 2016 at 10:22am PDT

From swinging across treetops, kayaking through mangroves, horse riding and hiking through the rainforests to exploring the multitude of cascading waterfalls and surfing at some of the world's longest breaks, there is no shortage of adventure to be had here. Getting off the beaten track is easy with plenty of rainforest walks and waterfalls just a stone's throw away from the marina itself. Playas del Coco is home to the Zamia wildlife refuge that also has some of the greatest trails with panoramic views across the whole bay. For organised hikes, head across the bay to Jimenez – the entrance to the Corcovado National Park. To hit the surf, the marina can organise rental cars to Playa Pavones.

A biodiverse haven



A post shared by Michael Anderson (@maaackel) on Jun 3, 2017 at 12:02pm PDT

Identified by National Geographic as one of the most biologically diverse places in the world, Golfito has an abundance of wildlife and nature. Costa Rica is renowned for its stringent protection of its natural environment; backing onto Golfito is its National Refuge, spanning out into the Piedras Blancas National Park to the north, whilst opposite the bay is the Corcovado National Park. Taking a walk through the rainforest you will be exposed to wide array of flora and fauna as well as various monkeys and sloths and beautiful birds.

A Real Catch



A post shared by Sport Fishing Costa Rica (@fish_costarica) on Apr 27, 2016 at 2:06pm PDT

Some of the best sports fishing in Costa Rica can be found in the Golfo Dulce. As a prime marlin and sailfish hotspot, Golfito and surrounding areas have a selection of sports fishing lodges, such as The Zancudo Lodge who will customise any range of sports fishing adventure to suit. There are also plenty of boats ready for chartering which can easily be arranged through Banana Bay Marina's [sports fishing tour agency](#).

Pura Vida; The Good Life



A post shared by Hotel Capitán Suizo (@capitansuizo) on Jun 13, 2017 at 5:38pm PDT

This is a Costa Rican mantra that is true to the country, and their way of life is to live in the moment. The lush environment of Golfito allows both adventure and serenity and

there are various eco-lodges in the surrounding rainforest if you want to get away from the marina.

To stay in a luxurious paradise scout out [Lapa Rios Ecolodge](#), recognised as a National Geographic Unique Lodge it is set amid the lush rainforest of the Osa Peninsula, whilst overlooking the Pacific Ocean. Enjoy wake up calls to howler monkeys, luxurious and sustainable accommodation along with never-ending activities and delicious locally sourced food.

To the Dock





A post shared by Golfito Marina Village (@golfitomarina) on Sep 9, 2015 at 5:55am PDT

There aren't many locations that superyachts can't reach in this region, however, there are always logistical considerations in less developed and more remote destinations. Golfito Marina's facilities have started to open up this cruising destination to the industry as superyachts start to consider the area as a good stopover location on the way to the Pacific. Although areas of the marina are still under construction, the friendly marina staff will do their best to cater to your yacht's every need. There is eager anticipation for the upcoming yacht club to be completed along with new restaurants, bars as well as a range of luxury accommodation facilities onsite.

Analysing a South Pacific

Crossing by numbers

When the blue horizon stays blue, you can only walk as far as the length of the boat you are on, you have the same crew for entertainment and your body clock works in sync with your watch rota, you know you are on a long crossing. It won't come as a shock to us yachties that long passages at sea can become slightly mundane, so as we were about to leave for one of our longest journeys yet, crossing (part of) the world's biggest ocean, I decided to challenge myself to some counting... logging some of our daily activities.

Our South Pacific journey started from Central America to the Galapagos Islands, into French Polynesia and finished in New Zealand.

The following numbers were taken from our time just at sea, not including our time spent sailing around the islands

The Route



A post shared by Gemma ? (@gemmaharris3) on Nov 3, 2016 at 6:46am PDT

Complete route: Costa Rica – Galapagos Island – French Polynesia – New Zealand

Total number of days: 30 days

Shortest section: Costa Rica to the Galapagos (4 days)

Longest section: Galapagos Islands to French Polynesia (14 days)

The Boat

Type: Sailing yacht, ALLOY SLOOP

Length: 31m

Engine: 1

Generators: 2

Sails: 3

The Crew



A post shared by Gemma ? (@gemmaharris3) on Jun 12, 2017 at 3:21pm PDT

Crew members: 6
Cumulative age of crew: 198
Youngest age: 19
Oldest age: 45
Nationalities: British: 5 American: 1

The Engine

Engine hours: 528
Fuel burned: 15,920 lt (engine) & 4296 lt (generator)
Hours with engine off: 192
Hours spent on generator: 687

The Sails



A post shared by Gemma ? (@gemmaharris3) on Jul 11, 2017 at 8:33am PDT

Time spent sailing with engine off: 192 hours

Motor sailing: 204 hours

Winches used: 7

The Passage

Nautical miles covered: 7463

Number of pages in log book used: 72

Number of pens used: 5

Lines crossed: 2 (equator & dateline)

Other boats seen at sea: 11

Litres of water used: 30273

Litres of water made: 29738

Suncream used: 7 bottles

The Entertainment



A post shared by Gemma ? (@gemmaharris3) on May 30, 2017 at 10:07am PDT

Parties had: 3

Photo challenge: 1

Collective dodgy tan lines: 7 & 1/2

Films watched: 90

Books read: 82

Good books read: 48

Exercise done: 162 hours
Games played: 24 (including 10 rounds of UNO)
Fishing rods out: 2
Fish caught: 4
Birthday's celebrated: 1

The Wildlife

Dolphins seen: 30
Flying fish seen: far too quick to count...
Dead flying fish found on deck: 43
Dead flying squid found on deck: 26
Whales spotted: 2

The Galley



A post shared by Gemma ? (@gemmaharris3) on Jul 11, 2017 at 8:41am PDT

Meals consumed: 540

Cakes baked: 8

Bags of coffee beans consumed: 12

Cups of tea drunk: 430 (*British crew alert*)

Step away from the snack cupboard: Crossing fitness 101

So your motivation is at its peak, you are sticking to a regime and are definitely beach body ready... and then you have to leave the marina and go to sea. Time spent on watch snacking on sugary treats and time off watch lazing around catching up on Game of Thrones, with no time for any fitness you say? Crossings don't have to see your weights collect dust deep in a bilge, your yoga mat lonely or your trainers unlaced, they are a great way to reinvigorate fitness. Whether it's continuing with a regime or starting afresh there are

plenty of ways to keep fit whilst at sea, without all the excuses.

But I don't have enough space?



A post shared by Daisy Jane Yoga (@daisyjaneyoga) on Aug 23, 2017 at 4:23am PDT

We all know that working on yachts comes with space restrictions although this shouldn't be an excuse for not working out. There are plenty of workouts that cater towards a

lack of space and equipment. If you work on a yacht with [superyacht crew gym](#) facilities, then lucky you... but if not there are still plenty of options. Cabins may be tight but if there is space to lie down, there is space to crunch! Taking workouts outside on deck is also a great option whilst enjoying the fresh air and ocean view.

When will I have time?





A post shared by Gym Marine Yachts & Interiors (@gym_marine.co) on Nov 28, 2016 at 9:47am PST

Along with space, this is another element which sometimes lacks, whether its guests demanding your attention or a never-ending job list to be completed. On a crossing time should not be an excuse, working around your on and off watch time you will be able to find time to workout, although be aware that on a crossing you will need to be flexible, the ocean isn't always favourable towards keeping fit. If the morning sea conditions look as though they will flatten your downward dog or the afternoon swells have the potential for weights to be dropped on toes then alter your timings.

How can I workout without a gym?





A post shared by Quay Crew (@quaycrew) on Aug 12, 2017 at 6:58am PDT

Easy! All you really need to keep fit is yourself, there are plenty of circuit training and body weight exercises out there. Find creative ways to keep fit and use your surroundings; fenders as an exercise ball, dive weights for weight training, raised areas for stepping, stainless bars for pull-ups (sorry deckies)! The yacht is your fitness oyster, just be mindful, broken yachts are much more expensive than a gym membership! Although a fully equipped gym may be off the cards there are lots of small and easy to stow pieces of equipment that can be kept in your cabin; a yoga mat, skipping

rope and small weights are great for this. With extra time on your hands on a crossing it can be fun to set group challenges which can spur on your motivation as well, pull-ups at every mile? Sit-ups every hour? Press ups each watch change?

Who is out there to help?



A post shared by Gym Marine Yachts & Interiors (@gym_marine.co) on Mar 27, 2017 at 12:38am PDT

If you are lacking motivation, advice or general inspiration then look to our online yachting community. There are loads of yachties now on social media in particular that have a fitness focus that they incorporate into their yacht life. If you have the opportunity to include fitness equipment on board then check out [Gym Marine](#), specialises in fitness facilities onboard yachts for both guests and crew. For fitness regimes, set yourself a goal and do your research, there are lots of fitness apps out there that will help you along. You may be lucky enough to work with a PT on board, if so ask them for help in drawing up a specific crossing workout schedule.

But I like the snack basket too much...





A post shared by M E L A N I E (@pippywoo) on Oct 2, 2017 at 3:37am PDT

A crossing can throw your body out of sync completely which is why it is even more important to maintain a balanced diet. Keeping well hydrated is important on a crossing, especially when working out. Stay away from the sugary treats and caffeine to keep you awake. Providing your body with enough rest and energy will help your fitness regime flourish.

8 things you miss when you work on a superyacht

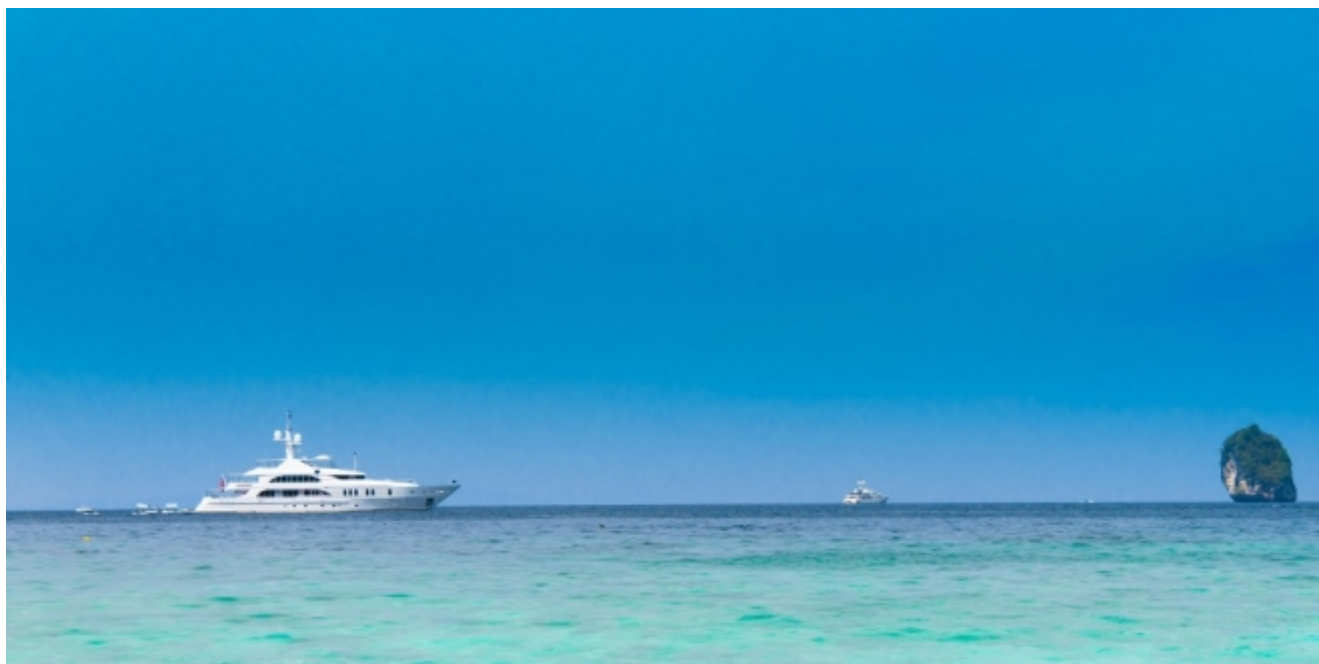
If you work on a superyacht you have to admit we have it pretty good... but after long periods at sea, particularly at this time of year (I'm in the middle of crossing the Pacific), it's the simple things in life that have me wanting to get back to land.

1. Picking up the phone



Going out to sea to work on a superyacht means automatically being labelled “anti-social” to all those friends and family you left back home. Either it’s the wrong time zone to chat, you have problems with credit, you don’t have a local SIM card, or mostly because you are out of range. Don’t even mention the fact that you opted for the cheaper ‘waterproof’ phone case, which was clearly untrue.

2. Looking at something other than the horizon



The deep blue yonder, the vast endless ocean, the expanse of sea – no matter how you look at it, it's still a straight horizontal line. Give me a few mountains or even a hill or two any day.

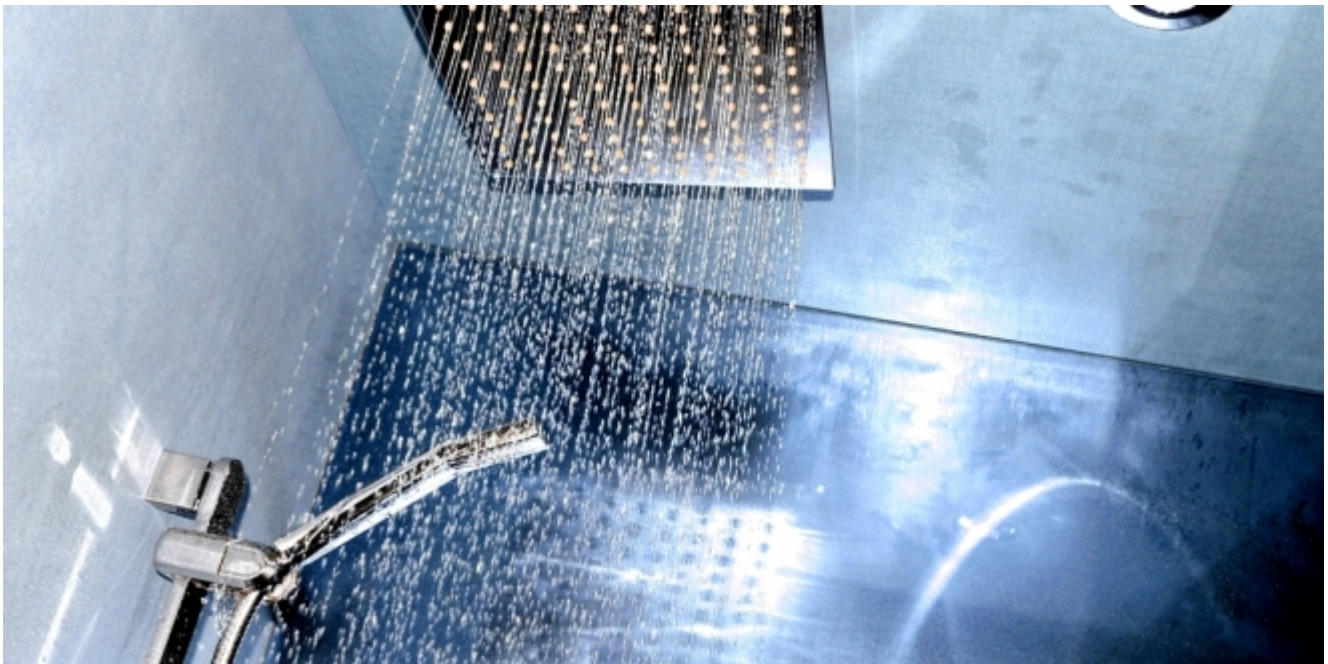
3. Ordering a number 5, number 7, and number 10 from Ying's



Or maybe even a 12 if it's the weekend. No matter how many top

restaurants your chef has worked in, how many celebrities they have cooked for, or how talented they are in turning chai seed puddings into your new favourite snack, the first thing I am going to do when I get home is to call my local takeaway.

4. Taking a proper shower



Know that refreshing feeling you get sitting in your bathrobe contemplating life after having a nice long relaxing shower? Unless you're one of the lucky ones (I am not) you've got a 10-minute chamois wipe down waiting for you the minute you step out... as if you haven't already done enough for one day...

5. Picking out matching accessories that aren't a radio



Back in the 80s, you could have MAYBE passed this look off (google the first mobile phones if you're too young to remember). In today's world, walking around with a radio clipped on isn't exactly easy to work into a look.

6. Streaming Spotify (or anything for that matter)



Annoyingly Spotify doesn't have an 'I'm a yachtie and I live

everywhere' residency on the account settings. Don't even get me started on Netflix.

7. Buying your own...erm well, everything



Ok ok, I know I shouldn't complain. When you work on a superyacht you get basically everything paid for. But it's human nature to whinge so just want to see if anyone else misses running into Boots to browse in the shampoo aisle or running into Publix for a box of Frosted Shreddies?

8. Walking without bashing into things



Rolly anchorages, rough crossings, marinas with constant swell – all play havoc on our balance. Land never makes you second-guess where to put your feet, or even your cup of tea when you sit down.