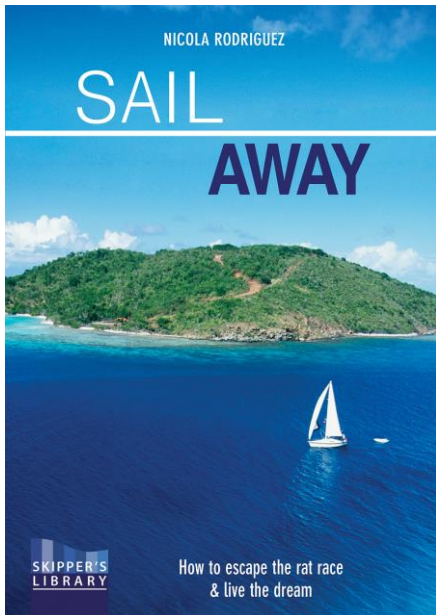




FERNHURST

BOOKS



*Sail Away*  
Second edition  
by Nicola Rodriguez

Published by Fernhurst Books; 8<sup>th</sup> January 2019; RRP: £18.99

## HOW TO ESCAPE THE RAT RACE & LIVE THE DREAM

You long to escape the daily grind, buy a boat and sail away. This book will inspire your dreams and show you how to turn them into a reality – be it an extended cruise or years away.

Written by a yachting journalist who has sailed away for 8 years, together with the contributions of 100 other blue-water cruisers, there are tales a plenty of what it is like to do it from around the world – west, east, north and south.

There is also practical advice on everything from choosing a boat to crossing oceans. You'll be guided through each step of the preparation before casting off on your adventure of a lifetime. There's information on everything the would-be blue-water sailor needs to consider, including safety, communications, children, ocean passages and budgeting.

Learn about routes and destinations around Europe, the Caribbean, the Pacific and beyond to help you cruise the Mediterranean or Baltic, cross the Atlantic or circumnavigate the world. Colour photographs and charts will inspire and inform in this essential guide for the 21<sup>st</sup> century blue-water sailor.

Fully updated for 2019 with new sections on visiting the Baltic and high and low latitudes. Contributors include John Ridgway, Jeanne Socrates, Tom Cunliffe, Ellen Massey Leonard, Behan Gifford, Nigel Wollen, Andrew Wilkes, Jane Russell and Jeremy Wyatt.

With the publication of this book, Fernhurst Books launches its new series of books designed for the cruising sailor: *Skipper's Library*. This series of how-to books is packed with wise advice and filled with photographs and illustrations to show you exactly how it's done and communicate complex on-the-water scenarios with clarity.

Published by Fernhurst Books as a paperback and eBook, *Sail Away* will be available to buy from all good chandleries, bookshops, websites and direct from [www.fernhurstbooks.com](http://www.fernhurstbooks.com).

The book is being launched at an evening at Stanfords – the world's biggest and best map and travel bookshop – in the heart of London with a talk by the author on Wednesday 13<sup>th</sup> February 2019, 7 Mercer Walk, Covent Garden, London, WC2H 9FA at 6.30pm. Further details on the launch are available from [gill.pearson@fernhurstbooks.com](mailto:gill.pearson@fernhurstbooks.com)



**FERNHURST**  
B O O K S

### **About the author**

Nicola Rodriguez dared to dream the impossible. She wanted to see the world with her family. She wanted to have her own adventure, a taste of paradise, and most importantly – freedom. Freedom from the demands of life, and time out to explore on every level. With careful planning (and the gift of yachting equipment), her dream came true, allowing her to travel, escape and explore the world by yacht for 8 years, 4 while raising her family. She is a yachting journalist and writes for magazines including *Practical Boat Owner*, *Blue Water Sailing* and *SAIL*.

- Ends -

### **About Fernhurst Books**

Fernhurst Books, founded in 1979, is an independent publisher of watersports books. After a period as Wiley Nautical, Fernhurst Books was re-established in 2013 and continues to publish books that instruct, inform and inspire those with a passion on, in or under the water. Its 140 titles range from how-to guides to coffee-table books and cover sailing, surfing, canoeing, kayaking, swimming, diving and fishing.

### **About Skipper's Library**

*Skipper's Library* is a new series of books for the cruising sailor. The other books in the series are:

[Short-Handed Sailing](#), by Alastair Buchan;

[Multihull Seamanship](#), by Gavin Le Sueur.