

Why Sailing Adventure on the High Seas

Written By Daniel Hardie

Discover the World of Sailing

‘Life is an Adventure... So Get Outdoors & Start Living it!’

Written By Daniel Hardie

[Why Sailing.com](http://WhySailing.com) & [Nothing But Adventure.com](http://NothingButAdventure.com)

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Introduction:

Hi there and welcome to Why Sailing & Everything Boating. My name is Daniel Hardie author and creator of this eBook and its website www.whysailing.com.

There is certainly no doubt that sailing is a popular activity and is so for many different reasons, which we will discuss throughout this book.

If you are like me then you too have a passion for the outdoors and you love adventure, whatever that means to you personally. Sailing for me is an adventure activity that gets people outdoors, gets them interacting, working in a team and above all just having plain old fun.



Ask yourself... What does sailing mean for me?
Are you fascinated with marine life? Do you enjoy the sporting behind sailing?

Using your skills to sail and work in a team? Or do you like just sun baking on deck?

These are just a few points of why people choose sailing but the reasons out there seem to be infinite.

This eBook will give you the reasons of why sailing is such a sort after activity and will provide you with handy hints, tips & advice to ensure that your day (or even weeks or months) on the water will be a pleasurable one.

By the time you finish this eBook you will be motivated, inspired and ready to book yourself in to a sailing course or even a sailing tour.

The Jargon:

In this section I just want to quickly cover the basics so that throughout this book and on your sailing experience you won't be left behind with sailor jargon.

These are listed in alphabetical order for you...

AFT - The back of the boat

Astern – Behind the boat

Beam – This is the widest part of the boat, this is the bars that hold the 2 hulls apart.

Beat – When you are sailing into the wind.

Boom – This is the pole that goes from the mast and the bottom of the main sail. This is to help pull the sails in/out

Bow – Front of the boat

Bowsprit – A small pole at the front of the boat to hold up the gennaker

Cockpit – The hull in the boat for the crew

Daggerboard – These are the retractable fin for each hull. This is what keeps the boat straight

Downwind – To sail with the wind behind you

Furl – means to roll or fold up the sails

Gennaker – Is the biggest sail on the boat. This sail uses the downwind to its advantage

Gybe – Is to change direction from by turning the stern

Halyard – The rope used to pull up a sail

Helm – This is the person steering the boat

Hike – This is when you lean out of the boat to balance and flatten it out

Hoist – To raise the sails

JIB – The smallest sail, used for upwind

Knot – The speed measurement for boating

Mainsail – Obviously this is the main sail. It's attached from the mast to the back of the boat.

Mainsheet – The rope that is used to adjust the Mainsail

Mast – The pole leading up from the hull to hold the sails

Port – Left side of the boat (when facing the front)

Reach – Sailing across winds

Reef – To reduce the area of the sail

Rig – This refers to the mast and boom. Holds the sails up

Rudder – The fin at the back of the boat, used to steer

Sheet – The rope used to pull the sail in or out

Starboard – Right hand side of the boat (when facing the front of the ship)

Stern – back of the boat

Tack – To turn the boat through the wind

Trampoline – The mesh area (trampoline material) between the 2 hulls on a Catamaran

Trim – To adjust sails, depending on the wind angle

Upwind – To sail into the wind

Winch – A metal drum that takes the pressure when trimming the sails

Windward – The side of the boat closest to the wind

Now that you know your jargon you can keep up with the sailing jargon... and on that note let's begin.

Why Sailing?

Now we're getting into the nitty gritty so let's explore some of the reasons why sailing is so popular and is such a sort after activity and hobby all over the world.

First of all some people just love being out on the water, others want to learn the masterful skills of sailing and other just want to live the adventure and outdoors lifestyle. There are hundreds of reasons why sailing is so popular so in this eBook I have divided them into four main categories.

Learning the skills

The first reason why sailing is so popular is learning the skills of sailing and boating in general. Sailing requires team work, balance, hoisting and knowing how to sail with and against the wind.

These skills are very hands on and do take time to master however it is a skill and skills are learnable. Once you know the theory then you can practice with an instructor until you get it perfect. This eBook will give you the basic principles of learning the vital skills to become a sailor.

Sailing in Sports

Sailing is a sport that is recognised & respected all over the world. There are hundreds of events each year such as the America's Cup that draws in thousands of spectators.

Sailing in sports takes a lot of focus, communication and again team work which is therefore a make or break for any sailing team.

We will cover racing and information on the most popular world sailing events.

Sailing in Travel

This is personally my reason for choosing sailing and it is the same for countless others. By purchasing this book I can assume that you enjoy sailing, but who doesn't love travel as well?

Combining sailing and travel makes for great holidays and can be done all over the world. The most popular regions of the world include the Caribbean, Greece and the South Pacific.

But just because these are the top choices around the world, it doesn't mean that there aren't any other popular and equally as stunning places.

In the chapter for 'Top Sailing Destinations' we cover regions and islands all over the world such as Croatia, the Whitsundays in Australia and more.

History

History is a surprisingly big reason for why people choose sailing. For centuries now humans have been figuring out new ways to travel and get to distant lands but boating is believed to be one of the first.

Throughout the centuries many different cultures have utilised boats, rafts, canoes, sailboats and eventually large ships for various purposes. Some used this method of transport for exploring, fishing and eventually for merchandise and wars.

We will go through the history and timeline of boating and discover some of the cultures that revolutionised boating and modern ships today.

These are the four main reasons for sailing, but each main topic would have hundreds, if not thousands, of different reasons under these main headings.

Let's now take a look at learning to sail.

