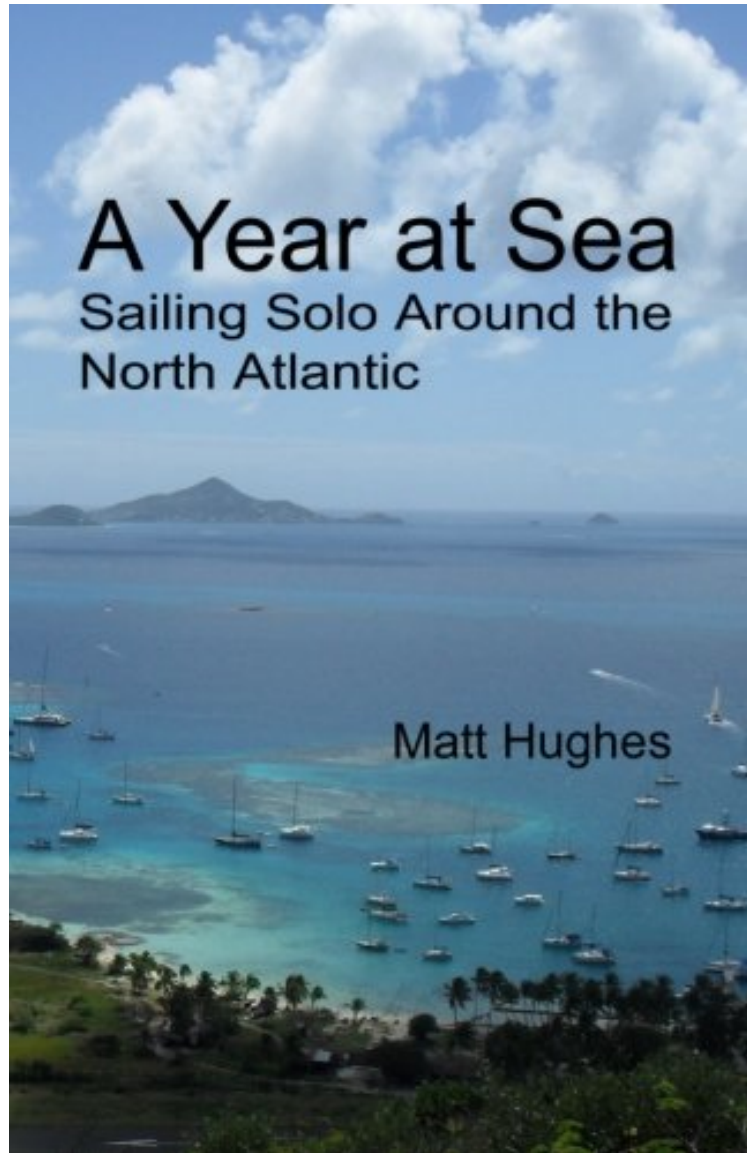


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A Year at Sea: Sailing Solo Around the North Atlantic

Mr Matt Hughes

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Mr Matt Hughes : A Year at Sea: Sailing Solo Around the North Atlantic before purchasing it in order to gage whether or not it would be worth my time, and all praised A Year at Sea: Sailing Solo Around the North Atlantic:

0 of 0 people found the following review helpful. Four StarsBy CustomerI ENJOYED THIS BOOK0 of 0 people found the following review helpful. Excellent read and accoun of what its like to sail solo Xcross the Atlantic and integrate into that yachting communityBy MurphyExcellent readI did happen to accompany Matt on the leg described in this book between Madeira and the Canaries and everything in that section including the tale about the "big tuna that

got away" are true - Matt I actually tied the lure onto the line which subsequently failed when trying to get that tuna out of the water. However I like the story better as it is....Further the book is a real insight into one persons North Atlantic circuit sailing trip and it is an attempt to explain what it is really like practically to sail this voyage and also from a personal perspective how you deal with the long sailing passages alone and then integrating back into society and also integrating into the floating society of sailors. Would really recommend!

Not wanting to take on the extremes of the Southern Ocean, and not having the time for a complete circumnavigation, Matt had only thought about cruising sailing. Until, browsing through a second hand bookshop, he found inspiration in the story of a failed round the world attempt. In a relatively short time he went from dreaming to owning a small yacht, and preparing for a North Atlantic circuit. This is the story of his single-handed journey from the centre of Bristol to the Caribbean following in the wake of Columbus. With the advice of Dee Caffari in is head he sets sail on a journey, not only across the ocean but also in to understanding himself. In an honest and down-to-earth way he comes to terms with the size of the ocean and his feelings about his travels. Part Driving Over Lemons, part Zen and the Art of Motorcycle Maintenance this is an entertaining and compelling account. Free from most sailing jargon A Year at Sea is an accessible read for those who enjoy travel writing, those who like sailing stories and for those who are preparing to take on a similar challenge.