## CONTENTS

SETTING A COURSE FOR FREEDOM	4	STEERING A COURSE BETWEEN RAYS AND REMOTE WORKING	
HAVING THE NORTHWESTERN MEDITERRANEAN COAST AS YOUR FRONT YARD		North Atlantic Ocean, Caribbean Sea & Mediterranean Sea   Tayana 37	70
Mediterranean Sea   Feeling 1090	10	ZIGZAGGING THEIR WAY FROM THE U.K. TO GUADELOUPE	
CHARTING A COURSE FOR CREATIVITY		North Atlantic Ocean, Caribbean Sea	
Mediterranean Sea   Dufour 42	18	& Mediterranean Sea   Contest 48CS	78
ONE COUPLE'S QUEST FOR CULTURE AND KITESURFING		DIVING INTO AN ISLAND PARADISE	88
Mediterranean Sea   Beneteau 49	26	SAILING THE ROUTE LESS TRAVELED  North Atlantic Ocean	
MANY ROUTES LEAD INTO		Buchanan Brabant 30,5	92
THE GREAT BLUE YONDER	38		
		SAILING THE SCOTTISH HEBRIDES	
FROM VAN-LIFE TO BOAT-LIFE		IN A CUTTER	
Mediterranean Sea & North Atlantic Ocean		North Atlantic Ocean & Irish Sea	
Pearson 35	42	Gaffel Cutter, 56 ft	.102
TAKING THE SLOW ROUTE		A LIFE AT SEA IN PERPETUITY	
TO HAWAII BY CATAMARAN  Mediterranean Sea & North Atlantic Ocean		North Atlantic Ocean   Concordia Yawl 41	108
Lagoon 380 S2	50	CALIFORNIA DREAMING ABOARD	
Eug001130032	50	A SELF-BUILT WOODEN CUTTER	
BETWEEN BUTTERFLIES AND SOUL		Santa Barbara Channel	
FOOD IN THE TURKISH AEGEAN		Self-made, inspired by James Cook 27	116
Mediterranean Sea   Dufour 470	56	, , , , , , , , , , , , , , , , , , ,	
		FOLLOWING THE	
FROM SWEDEN TO THE CARIBBEAN		"BAREFOOT ROUTE" FROM	
AND BACK AS A MATURE GAP YEAR		NORWAY TO NEW ZEALAND	
North Atlantic Ocean & Caribbean Sea		South Pacific Ocean & North Atlantic Ocean	
Hanse 411	64	Beneteau Oceanis 40	.124

OF THE HUMPBACK WHALE		ADVENTURE THE ARCTIC
South Pacific Ocean   Tayana Vancouver 42	132	crossing t in a conve
LEARNING TO LIVE WITH LESS AT SEA	144	Norwegian Se
SAILING AMONG CORAL REEFS		CONQUERIN TO GET TO "
AND CROCODILES  Coral Sea   Concept 40	148	Southern Oce Three-masted
FROM SOLO SAILOR		VOYAGING <sup>*</sup>
TO ENVIRONMENTAL ACTIVIST South Pacific Ocean   Cal 40	156	TO THE CAR Arctic Ocean Bavaria 42
FROM BRITISH COLUMBIA TO THE SHORES OF MEXICO		GHOST TOV
Salish Sea & Pacific Ocean   Tartan 42	162	Norwegian Se
A FAMILY AND THEIR GREENLAND WILDERNESS		MICRO-ADV
ADVENTURE PLAYGROUND Arctic Ocean & Norwegian Sea		A TINY SAILE Baltic Sea   Sp
Garcia 68	172	FROM SPEED
MIDWINTER TO MIDSUMMER TO THE NORTH CAPE		SELF-SUFFIC Havel River   S
Norwegian Sea   Beneteau First 345	180	INDEX
OF THE ORCAS, NORTHERN LIGHTS, AND SNOWY PEAKS		IMPRINT
Norwegian Sea   Grand Soleil 46	188	

THE ARCTIC CIRCLE	198
CROSSING THE ARCTIC CIRCLE IN A CONVERTED LIFEBOAT Norwegian Sea   Lifeboat, 38 ft	202
CONQUERING WILD WAVES TO GET TO "THE BIG ICE" Southern Ocean & South Atlantic Ocean   Three-masted bark, 184ft	208
VOYAGING THROUGH THE ICE TO THE CARIBBEAN Arctic Ocean & North Atlantic Ocean   Bavaria 42	220
GHOST TOWNS AND GLACIERS Norwegian Sea & Arctic Ocean   Pearson 36	230
MICRO-ADVENTURE IN A TINY SAILBOAT Baltic Sea   Spaekhugger 24	240
FROM SPEEDBOAT TO SELF-SUFFICIENT "SPACESHIP" Havel River   Speedboat, 46 ft	248
INDEX	254
IMPRINT	256