



## Sunday, 21 June 2009

I am no Captain Sea-Legs. In fact, I usually get sea-sick in the bath! So, the idea of sailing around the Bay and into the Sea ... was ... well ... filled me with trepidation. The boat is called Stars and Stripes USA-11 ... one of the most famous racing ships in the world. It now takes paying guests on an authentic "race" ... The boat was a participant in the America's Cup and although slightly modified for passengers, it still holds excitement and that awe factor ...

I was looked after by the lovely Marnie Buddo who ensured that I got to try steering the boat with Captain Lynn Hanna ... grind the winches ... and eat pretzels. The whole trip lasted 3 hours ... and although I nearly fell asleep a dozen times, I THOROUGHLY enjoyed it! AND I didn't feel ill ONCE! Thanks Buddo!

The sail takes you through the Bay, into the Ocean ... at speeds reaching 11 knots. It's also a fabulous way to see the city.

