

sea&i

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YACHTING SINCE 1782

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Discover the Greek Isles

GAME FOR ADVENTURE

Cruise New Zealand & catch
the Rugby World Cup

SAILING YACHTS

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under sail

ON BOARD...

Calliope
Parsifal III
Panthalassa
Sai Ram

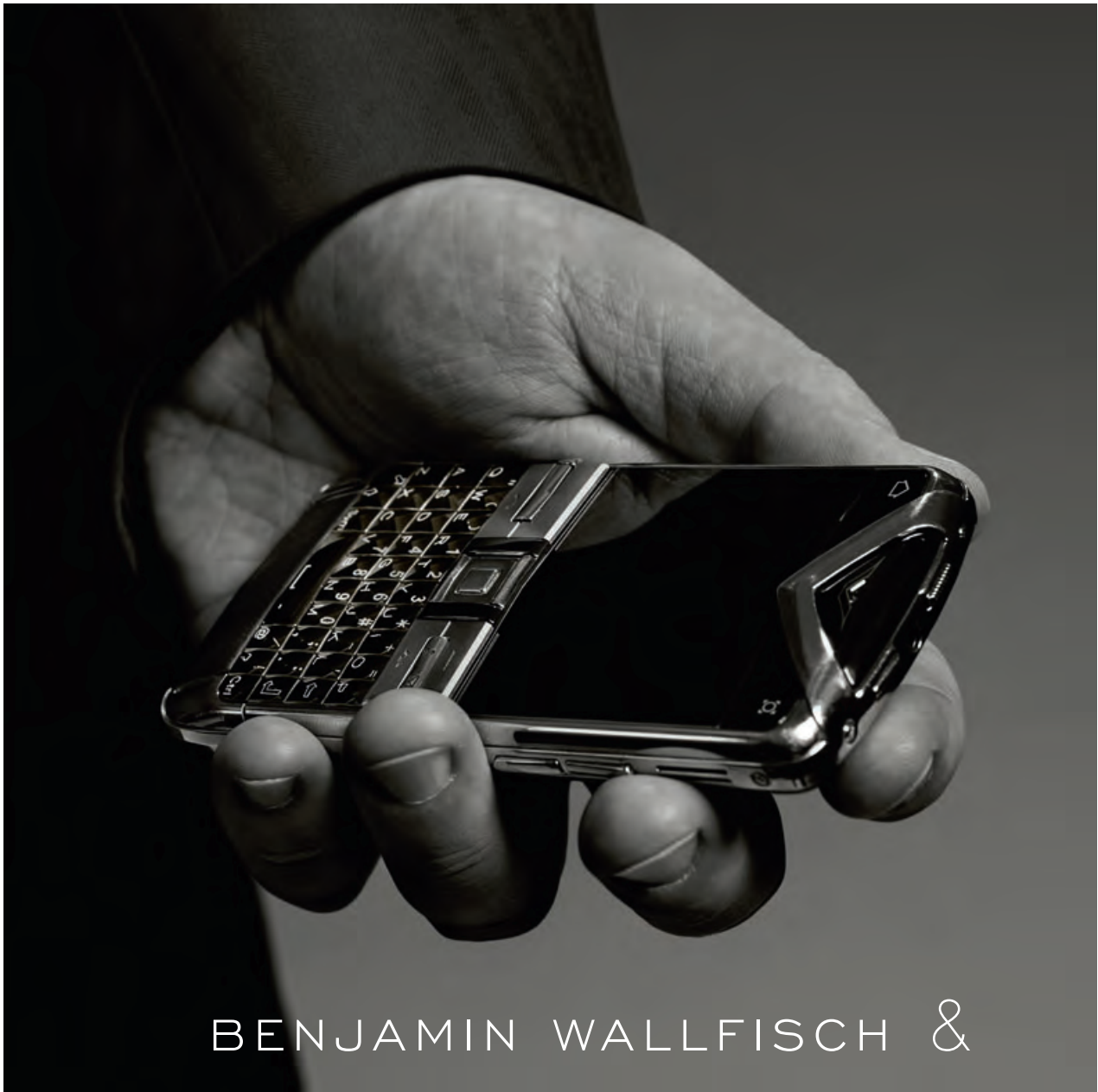
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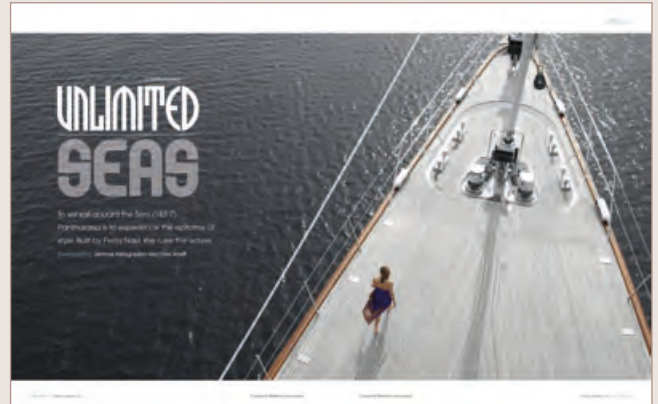
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Spring is a season of renewal, so what better time to book a wellbeing charter and vow to improve your health while travelling the world? This issue, *sea&i* has scoured the globe to discover a yoga retreat in the depths of India, experimented with detox diets in the English countryside, sourced advice from fitness guru to the stars James Duigan, and even hopped on four of the finest yachts in the CNI fleet to test the massage oils and healing hands of the on-board therapists.

Continuing the fitness theme, consider a charter that incorporates a few of the Rugby World Cup games in New Zealand later this year, or take a summer cruise through Greece's stunning Ionian islands, which always inspire a love of all things beautiful. Speaking of beauty, we also profile a selection of must-have products to take on board, and have an in-depth focus on the future of sailing yachts — for many, the most beautiful vessels afloat.

With inspiration aplenty, enjoy planning your next cruise and making the very most of expanding your health and travel horizons. ■

A TIME FOR CHANGE



Photography on board Hava: Maurizio Paradisi

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sea&i

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No News No Shoes

Robinson Crusoe never had it so good. Soneva by Six Senses is the essence of barefoot luxury. No news, no shoes. Because when your shoes are taken away – in the nicest possible way, of course – you feel everything. You feel more alive. More you. Islands of spectacular, unspoilt beauty. Total privacy. Impeccable service with Fridays to look after every need. Once-in-a-lifetime experiences.

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(sea&i scenes)

News from around
the world of
luxury yachting

SHOW NEWS

MIAMI SHOW

The Miami International Boat Show, held between the 17 and 21 February at the Miami Beach Convention Center, is renowned for showcasing the world's largest fleet of superyachts for sale and charter. This year was no exception, with CNI displaying a spectacular range of new listings, including the 47m (154'2) Lionwind from Feadship, the

42.6m (141') Emerald Star from CRN, the 40.2m (132') Life's Finest II from Northcoast, the 39.65m (130'1) Misunderstood from Overmarine Mangusta, the 38.1m (125') Milk & Honey from Palmer Johnson, the 34m (112') Hide Out from Westport, the 26m (86') Zicanaia from Ferretti, and the 20.43m (66'9) Sandy from Bertram.





Helios

ST BARTHS BUCKET

A fleet of 40 yachts gathered in the Caribbean between the 24 and 27 March for the 16th edition of the St Barths Bucket — the much-loved annual regatta for large sailing yachts. This regatta is one of a kind, gathering sailing superyacht owners and their yachts in St Barths' Gustavia Harbor for a week of fun and racing. As the sleepy French island came to life, the quay, which is usually filled with motoryachts, was a sea of sailing vessels. As a sponsor of the event, CNI's brokers and clients were there to cheer on the 54m (178') Parsifal III, the 45.3m (148'6) Helios, the 35m (115') Sojana and the 30m (100') Virago, which were all racing.

CNI is delighted to announce that the overall winner, after three days of racing, was the 30m (100') Virago, chartered by CNI clients

specifically for the St Barths Bucket. Congratulations go to both Virago and Helios, which won the Les Grandes Dames class.



Photography: Howard Wietz



Photography: Howard Wietz

CNI & St Barths Yacht Club

The third annual CNI Mini-Bucket took place the same weekend as the St Barths Bucket (24 – 27 March). Amid the much larger Bucket fleet, the 11 two-man teams tacked and reached with the wind, sometimes over-reaching just a little too much to spill into the sea.

The winners of the inter-island CNI Mini-Bucket were from one of the St Maarten teams: Rhone Findlay, age 14, is experienced with Optimists, Lasers and 420s, but this was his first time on Vanguards; and Bart Van Vliet, age 12. A second team from St Maarten came second and the St Barths team of Kevin Greaux and Julien Aubin came third.

Great fun was had by all and CNI looks forward to hosting the event again next year.

26th Palm Beach International Boat Show

CNI displayed the spectacular 40.23m (132') Life's Finest II at this year's Palm Beach International Boat Show. Held from the 24 – 27 March, the globally renowned show is a leading event on the yachting calendar.

Life's Finest II was a welcome addition to Palm Beach's impressive exhibition of premier yachts. Built in 1995 by the Northcoast Yachts yard, she is one of the most impressive five-stateroom tri-decks on the market and has an asking price of US\$6,600,000.

THE WORLD SUPERYACHT AWARDS 2011

The World Superyacht Awards 2011 announced its finalists earlier this month. A number of CNI yachts made it through to the final round, including the 56m (183'73) Panthalassa in the Best Sailing Yacht 45m+ category, the 55.05m (180'7) Kahalani in Best Displacement Motoryacht of 500GT to 1,299GT, the 45.60m (150'11) Illusion in Best Displacement Motoryacht of below 500GT, the 42.28m (138'8) Calliope in

Best Three-deck Semi-displacement or Planing Motoryacht, the 41.1m (135'83) Mirabella III and the 41.1m (134'84) Odyssey in Best Refitted or Rebuilt Yacht. The awards will take place on 7 May 2011 at London's spectacular Guildhall. The celebrated gala dinner will be attended by the most influential players in the superyacht industry, as well as a select group of yacht owners.



Calliope



Odyssey



Illusion

Sea&i app

CNI is delighted to announce the launch of the Sea&i app. The new app enables the free download of Camper & Nicholson's luxury lifestyle magazine sea&i to iPad, iPhone and iPod

Touch, helping users stay up to date with the latest news and trends in travel and yachting.

The Sea&i app has been built by coding experts in conjunction with publishing experts, ensuring an engaging, easy-to-use product. The iPhone version has been developed with a smaller screen, allowing users to easily read features and browse image galleries. The larger iPad app lends itself to a richer viewing experience, with users being able to zoom into pages, as well as browsing galleries and viewing text-only pages.

Users simply download the free app to their device from the iTunes Store and automatically have access to all available issues of sea&i as they are published, as well as a back catalogue of editions.

To download the Sea&i app please visit the iTunes store at <http://itunes.apple.com> and search for sea&i magazine.



CNI CONTINUES TO EXPAND ITS BROKERAGE DIVISION

To support the continued growth of its company, CNI is delighted to welcome David Seal as a corresponding broker to the Sales Brokerage Division in Monaco. Having previously worked for the Ferretti Group, CRN and more recently Top Yachts, Seal has more than 15 years' experience in the yachting industry and brings his wealth of knowledge to CNI.

Across the Atlantic, CNI's Fort Lauderdale sales team welcomes Michael Hartman to its Sales Brokerage Division. Hartman previously worked in insurance before moving to the superyacht industry to work with Merritt Yacht Brokers in Fort Lauderdale. Jillian Montgomery, CEO of Camper & Nicholson's International comments, "We are delighted that David and Michael have chosen to join the expanding brokerage team at CNI. They will both benefit from a wider range of services that CNI can offer its clients, allowing them to profit from the marketing

power and knowledge base that CNI offers." Seal and Hartman join a team of 27 sales brokers in CNI's Sales Brokerage Division.



David Seal



Michael Hartman

BROKERAGE

The superyacht industry remained highly competitive in 2010, with several price reductions and just over 300 new central agency listings on the market. Sales picked up in the spring and slowed in the summer, but from September through to the end of the year the market was steady, particularly in Europe, in terms of the quantity of sales.

CNI's Jillian Montgomery comments, "There are enough yachts currently under offer to give real confidence for the year ahead. Predictions are that the market will return to the levels of 2004 to 2005, rather than the boom period of 2006 to 2008."

FYBA reports that the US market has seen a significant level of deals closing in the last four months; with such an optimistic start to the year the remainder of 2011 looks promising. CNI broker Michael Rafferty remarks about the US market, "We are seeing increased interest from buyers but it is still a battle to convert this into firm sales. People are still nervous about the economy. That said, good-quality, low-priced yachts are selling but buyers are certainly looking around for deals."

CNI broker Simon Goldsworthy believes, "There are still many buyers expecting unrealistic opportunities, and many are not willing to make an offer." Goldsworthy's advice for sellers would be to price their yacht realistically. "Yachts that are priced more than 5 to 10% above the competition do not receive interest from brokers and buyers ready to pounce on realistically priced yachts that they consider to be a good deal."

Thankfully, confidence has been regained in the new-construction market, which picked up towards the end of last year following the autumn boat show season. When considering the new build market, Goldsworthy believes that, "Those that did venture into the new-build market in 2009 and 2010 achieved prices far below pre-crisis level and these buyers, in particular, should be sitting pretty by the time their yachts are delivered in 2014-15." Delivery dates



for popular models like the new 37m (121') Benetti Classic now extend to summer 2014, and although far from pre-crisis delivery times, this does in itself demonstrate a recovery of sorts. For larger custom yachts there are still a number of shipyards very keen to sign deals at low prices, although this is more true of the emerging shipyards and newer brands than the very established yards. There are also a few shipyards that have started building on spec again, and these builds will present great opportunities as they approach their cut-off dates for interior choices.

Peter McCarthy heads up CNI's Yacht Management Division in Europe. "From a yacht management perspective, the market is healthy," he confirms. "More and more owners, especially of larger yachts, recognise the benefits of good operational and administrative support provided by a stable and respected company such as CNI.

"Aside from the all-important matters of looking after guests and owners, managing their crew and maintaining the yacht, captains have to deal with a quagmire of complex regulations. These legalities continue to increase and I believe many captains welcome, and need, the support of a good management company to assist them."

RECENT SALES WITH CNI...



Flying Eagle 48m (157'5) Bloemsmma & Van Breemen 2005
Asking price at time of sale €26,000,000



Alouette 42m (137'9) Benetti 1972
Asking price at time of sale €3,500,000



Asha 27.4m (89'1) Maiora 2006
Asking price at time of sale €2,200,000



Fidel 33.3m (109'3) Royal Denship 2002
Asking price at time of sale €2,900,000



Savannah 30.94m (101'5) Alloy Yachts 1998/2006
Asking price at time of sale €4,800,000



Emotion 25m (82') Holland Jachtbouw 2002
Asking price at time of sale €3,150,000

BROKERAGE NEW LISTINGS...



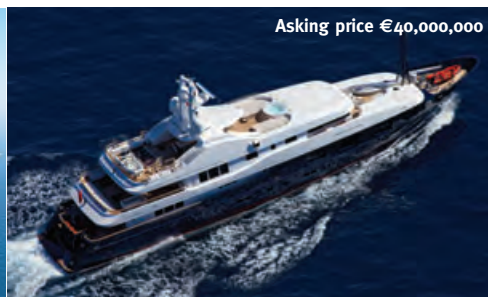
Asking price €21,500,000

65.25m (214') Yaakun, Nicolini 1987
Yaakun is a magnificent yacht with six cabins and a cruising speed of 17 knots.



Asking price €48,000,000

65m (213'2) Tankoa C11 2012 & C12 2013
Two stunning builds currently under construction at Tankoa Yachts, Italy. Option to fully customise interior.



Asking price €40,000,000

58m (190') Baraka, Proteksan Turquoise 2010
A fantastic opportunity to purchase a new yacht. Accommodating 12 guests. Cruising speed 15 knots.



Asking price €46,950,000

55.5m (182') Drizzle, Feadship 2005
Drizzle combines a classic De-Vries Feadship construction with a modern De Voogt design.



Asking price US\$28,500,000

50m (164') TJ Esperanza, Amels 1999
Maintained to the highest standards. Managed by CNI; MCA and ISM since new.



Asking price US\$8,900,000

47m (154'2) Lionwind, Feadship 1983
Lionwind offers excellent value and pedigree, complete with a Bannenberg interior.



Asking price €17,500,000

43.6m (145') Libra Star, Benetti 2008
Built for a multi-repeat client, she has extensive upgrades throughout. One owner since new.



Asking price US\$8,900,000

38.1m (125') Milk & Honey, Palmer Johnson
Built in 2003, Milk & Honey is a fantastic cruising yacht.



Asking price €8,950,000

37.1m (121') Marflow, Dutch Yacht Builders
Built in 1982 and refitted in 2006, Marflow is a classically styled aluminium sailing yacht.



Asking price €10,500,000

36.6m (120') Andiamo, Benetti 2006
Andiamo is a beautiful example of the 120 Benetti Classic line.



Asking price US\$7,500,000

35m (115') Grand Coroto, Benetti 2001
Hull number eight in the Benetti Classic series. Well maintained and continuously updated.



Asking price €5,300,000

34m (111'6) Helena, Ferretti 2004
Built in 2004 by the AYT Ferretti Group, Helena has been meticulously maintained since new.

Dates & destinations

APRIL

- 7 — 10 Antibes Yacht Show
- 12 — 17 Croatia Boat Show
- 14 — 17 China International Boat Show, Shanghai
- 24 — 29 Antigua Sailing Week
- 30 — 8 MAY Palma Int'l Yacht Show

MAY

- 2 — 6 Genoa Charter Show
- 11 — 22 Cannes Film Festival
- 12 — 15 Boat Asia, Singapore
- 29 Monaco F1 Grand Prix

JUNE

- 1 — 5 Les Voiles d'Antibes
- 7 — 11 Loro Piana Superyacht Regatta, Sardinia
- 22 — 25 Superyacht Cup, Palma

JULY

- DATE TBC Rodriguez Rendez-vous
- 28 — 1 AUG Sydney International Boat Show

AUGUST

- 6 — 13 Cowes Week, Isle of Wight
- 25 — 28 Newport Bucket

SEPTEMBER

- 7 — 12 Cannes Festival de la Plaisance
- 15 — 18 Newport International Boat Show
- 17 — 24 Cannes Régates Royales
- 21 — 24 Monaco Yacht Show



Asking price US\$10,500,000

34.15m (112') Catalonian Spirit, Inace 2008*
Catalonian Spirit is a yacht that has been finished to the highest standards.



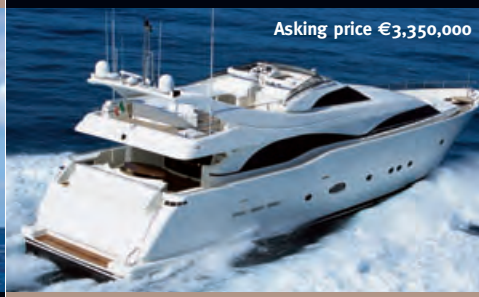
Asking price €7,900,000

33m (108'3) Deva, Ferretti 2010
The recently delivered Deva has been finished to an excellent standard.



Asking price €3,500,000

30.7m (100'8) Gaia, Spirit Yachts 2007
Gaia combines classical design with state-of-the-art technology and systems.



Asking price €3,350,000

29.25m (95'11) Christine of London, Ferretti
Since being built in 2003, Christine of London has been kept in impeccable condition.



Asking price €3,950,000

28.3m (92') Maca, Benetti Sail Division 2008
One of the few quality displacement yachts in the 100' range, with steel hull and modern lines.



Price on application

25.5m (83'7) Atlantic Lady, Geta Corp 1990
Built in 1990 and refitted in 2002, Atlantic Lady is a superb little ship.



Asking price €1,995,000

26.3m (86'3) Seven, Cerri 2006
Seven is a fast sportster capable of speeds of up to 44 knots.



Asking price €2,300,000

24.42m (80'1) Elettra Perini, 1987
Built in 1987 by the iconic Perini yard, Elettra has recently benefited from a total refit.

*Not for sale or charter to US residents while in US waters

(on charter)

Whether to reward, entertain, motivate, or inspire, a charter during world-famous events is a dynamic way to entertain guests. CNI are pleased to announce that we have a number of spectacular yachts still available for charter during this spring's big events in Cannes and Monaco.

CANNES FILM FESTIVAL, 11TH - 22ND MAY

Once a year Cannes finds itself at the centre of the entertainment world as Hollywood stars congregate on the Croisette to award the best films of the past year. But its not all about the awards – most of the week is spent partying and every year the parties get bigger and better, the most impressive of which are held aboard superyachts. Whether to entertain or simply experience the best accommodation on the Riviera, a superyacht charter is a must.

MONACO GRAND PRIX, 26TH - 29TH MAY

The principality of Monaco becomes a racetrack during the most famous Formula One event of the year. The most exclusive harbour in the world plays host as the drivers take to the track around the winding streets, lined with crowds. The only place to be is onboard a yacht with a trackside position and access to everything that makes Monaco the glitening city that it is.



** Due to a record number of charters during the above events, we advise clients wanting to book a yacht charter to do so as far in advance as possible in order to have the best choice of charter yachts and to guarantee getting a berth in the desired location.*



(alternative destinations)

As several CNI central agency yachts head to the Mediterranean for the summer charter season, other yachts are planning to venture further afield. The following are just a handful of yachts available to charter in remote locations.

EAST COAST USA

Symphony II will be located in the desirable cruising grounds of New England this summer. Available for charter out of Newport, Rhode Island, Symphony II is perfect for cruising this yachting haven of the US. The epitome of elegance and comfort with four spacious staterooms, Symphony II offers a wide variety of amenities, usually found only on larger yachts.

- Length 34.1m (112')
- Guests 8
- Cruising area Summer: New England
- Prices from US\$49,500 per week

INDIAN OCEAN

The 30.91m (101'8) motoryacht Sultans Way 007 is available in the Maldives. Explore the wealth of beauty and culture the Maldives has to offer aboard the 30.91m (101') motoryacht Sultans Way 007. Catering for eight guests, Sultans Way 007 delivers exceptional charters in the Indian Ocean.

- Length 30.91m (101'8)
- Guests 8
- Cruising area Summer: Maldives
- Prices from €84,000 per week

SCANDINAVIA

For those looking for an alternative cruising experience, the 41m (134'5) Silver Cloud will be heading to northern Norway this summer and will be available from mid-July for charters through Oslo, Copenhagen, Stockholm and Helsinki.

- Length 41m (134'5)
- Guests 12
- Cruising area Summer: Scandinavia
- Prices from €160,000 per week

The 26m (84'4) Anne Viking will also be cruising the Baltic Sea this summer. She is perfect for chartering the fjords and many islands of the Norwegian archipelagos. Her captain has an in-depth knowledge of the areas peaceful anchorages. Anne Viking is available from €35,000 per week for up to eight guests.

- Length 26m (84'4)
- Guests 8
- Cruising area Summer & Winter: Scandinavia
- Prices from €35,000 per week

Charterers can also explore Stockholm's Archipelago aboard the 27.22m (89'3) Stella Nova. Built for the prince of Sweden in the 70's, Stella Nova spent many summers cruising in the Swedish archipelagos. Her 2006 rebuild leaves her fresh but her original charm is intact. Stella Nova is available to charter throughout 2011 and her rate starts from €34,000.

- Length 27.22m (89'3)
- Guests 8/10
- Cruising area Summer & Winter: Scandinavia
- Prices from €34,000 per week

(on charter)

CNI welcomes a selection of yachts to its charter fleet.



Eclipse

ECLIPSE

Eclipse is a classically elegant motoryacht. Her Terence Disdale interior is smart and comfortable, decorated with neutral tones throughout. Her ample exterior spaces are ideal for guests wishing to enjoy a spot of alfresco dining on the shaded aft deck, or simply soak up the sun on her upper deck.

- Length 43m (141')
- Guests 10
- Cruising area Summer & Winter:
West/East Mediterranean
- Prices from €130,000 per week

DARLINGS DANAMA

The 60m (196'87) Darlings Danama will be debuting on the charter market in July. Built by CRN, Darlings Danama features a light and contemporary interior and accommodates 12 guests. Available from 20th July 2011 in the West and East Mediterranean, Darlings Danama offers a special introductory weekly charter rate starting from €365,000 per week.

- Length 60m (196'87)
- Guests 12
- Cruising area Summer: West/East Mediterranean; Winter: Caribbean
- Prices from €365,000 per week



Marflow

CHOSEN ONE

The 36.6m (120') Chosen One from Intermarine will be available in the Caribbean this summer. Chosen One is the perfect cruising yacht accommodating 8 – 10 guests in four doubles, two of which have a retractable bunk. She has a weekly charter rate starting from \$65,000 per week.

- Length 36.6m (120')
- Guests 8/10
- Cruising area Summer & Winter: Caribbean
- Prices from US\$65,000 per week



Chosen One

MARFLOW

The 37.14m (121'85) Marflow is today a stunning classic restoration. Built in 1982 and she underwent a complete refit in 2006. She has been transformed to become a single mast sloop design with new keel configuration. Accommodating eight guests with a cruising speed of 10 knots, Marflow offers an excellent charter experience.

- Length 37.14m (121'1)
- Guests 8
- Cruising area Summer & Winter: West/East Mediterranean
- Prices from €50,000 per week



Sealion

SEALION

Cruising in the Mediterranean is the 31.5m (103'35) Sealion from the Hakwoort yard. Built in 1992 and benefiting from a recent refit, Sealion is the ultimate gentleman's yacht.

- Length 31.5m (103'35)
- Guests 8
- Cruising area Summer & Winter: West Med
- Prices from €55,000 per week

MARGAUX

The charter fleet also welcomes the 35.7m (117'1) Margaux. Built in 1993 by AOS, Margaux sleeps six guests and is based in the stunning cruising grounds of Bora Bora in the South Pacific this summer. This motoryacht is available at a special introductory rate of \$59,000 per week.

- Length 35.7m (117'1)
- Guests 6
- Cruising area Summer & Winter: South Pacific
- Prices from US\$59,000 per week

D.O.A

Following a major refit, the 33.9m (121') D.O.A (ex Java) is back on the charter market and available for charters in the Mediterranean this summer. Accommodating ten guests in five cabins, D.O.A. is available from US\$80,000 per week.

- Length 33.9m (121')
- Guests 10
- Cruising area Summer: West Mediterranean
- Prices from US\$80,000 per week



Margaux



D.O.A

GEORGIANA

Available in the Bahamas, Georgiana was built by Poole Chaffee. Following a recent refit, she is in pristine condition.

- Length 30.48m (100')
- Guests 11
- Cruising area Summer: New England; Winter: Bahamas
- Prices from \$32,000 per week



Georgiana



Lola B



Farfallina

FARFALLINA

The 26m (85'8) Farfallina from Benetti is perfect for cruising the coastlines of the Western Mediterranean. Built in 2008, she accommodates eight guests in four cabins, including a master, VIP and two twins. She has a full-width upper deck with bar area, sunpads, and comfortable dining for eight guests. Equipped with zero speed stabilizers, she sits calmly while anchored off-shore.

- Length 26m (85'8)
- Guests 8
- Cruising area Summer & Winter: West Mediterranean
- Prices from €55,000 per week

LOLA B

Lola B is a 2008 Hatteras is available for charter in the Bahamas. Six guests can be comfortably accommodated in three state-rooms including a master cabin with king-sized bed and two VIP Queens. Lola B also has a 31' Contender to access the shallowest waters.

- Length 22m (72')
- Guests 6
- Cruising area Summer & Winter: Bahamas
- Prices from US\$23,000 per week

spotlight on Calliope

Built by Holland Jachtbouw with Langan Design Associates, Calliope is an inspired combination of engineering and design excellence



SPECIFICATIONS

LENGTH	42.2m (138'8)
BEAM	8.4m (27'6)
DRAFT	2.63m (8'7)
BUILDER	Holland Jachtbouw
INTERIOR ARCHITECT/DECORATOR	Langan Design Associates
YEAR	2010
GUESTS	10
CREW	9
PRICES FROM	US\$60,000 per week

launched last summer, Calliope is an all-aluminium gentleman's yacht. Her owner, an experienced cruiser, already owned the 32m (105') flybridge cruiser Cassiopeia but his love of life at sea led him to desire a larger yacht with a more extensive range, greater exterior living space and two further staterooms. The resulting yacht is the striking Calliope, built by Holland Jachtbouw.

No expense has been spared on this 42.2m (138'8) yacht that has been tailor made to her owner's every wish, and thanks to his years of cruising experience his influence is evident in every detail.

A high specification and extreme comfort were prime objectives, and noise and vibration issues were afforded particular attention. As a consequence, the interior is subject to minimum movement only — a considerable achievement for an aluminium yacht — and noise levels are well below even the most stringent specified requirements.

Her naval architecture and exterior styling are the work of Langan Design Associates, and the Rhode Island based experts created clean, masculine lines with a traditional feel. Atop her distinctive blue hull, her three decks feature an integrated bridge that contributes to her sleek profile.

Calliope's interior reflects the architecture of a classic French chateau with its elegant curves, flowing lines, serene background and stylish loose furniture. The wood in the cabins is weathered limed oak featuring a beautiful warm patina, and large slabs of slate and oiled sleepers add a homely touch to the saloon. However, the most striking feature of the yacht is a pair of reverse spiral staircases connecting all three decks. At their base are four guest staterooms stretching off a circular lobby, while up on the main deck is the lower saloon and dining area, which can be divided with a *shoji* screen. A large sun deck with Jacuzzi and comfortable, casual seating adds to her appeal.

Having spent the first few weeks of her career cruising the fjords of Norway, this appealing yacht is now available for charters in the Mediterranean this summer and will be heading to the Caribbean for the winter season. ■

For more information, contact your CNI charter broker, see page 6

Photography: Nicolas Claris





on board Glenn Shephard
Parsifal III

Canadian-born Glenn Shephard has spent his adult life at sea and currently helms the 54m (177'1) Perini Navi Parsifal III on her charters in the Mediterranean and Caribbean



SHEPHARD ON... HIS BACKGROUND

My career at sea was inspired by an advert on a youth-hostel notice board in Rome back in the 1980s. I was backpacking around Europe at the time and I read that they needed crew on a classic 15.8m (52') Bristol Channel Pilot motorsailer. I was on board from Easter to Christmas and it was the best summer of my life — I was hooked on life at sea.

My first live-aboard position was on a 40m (131') motoryacht, but after one crossing and a Mediterranean season I quickly returned to sailboats. I worked on the motoryacht Emerald Isle and the sailing yachts Atmosphere, Mirabella V, and Mirabella III prior to my current position on Parsifal III.

SHEPHARD ON... TRAVEL

Aside from my love of sailing, the opportunity to travel makes this job, in my opinion, one of the best in the world. There are countless destinations that I have come to love over the years. As far as cruising is concerned, my favourite grounds include the Bahamas, the BVIs, The Chesapeake, New England, Greece, Corsica and Sardinia.

When I head ashore for holidays, two of my favourite places are Switzerland, and Oahu in Hawaii. Two regions I haven't yet visited and that top my wish list are the South Pacific and New Zealand. If I had to pick one region in which to live for the rest of my life, it would be the Greek islands — I'd spend my days happily cruising around them in a small sailboat.

SHEPHARD ON... BEING A CAPTAIN

The yachting industry is changing all the time, but some things always stay the same — to succeed you need persistence, a thick skin and a positive attitude. It's also vital to listen to your crew, don't be afraid of a good idea just because

you didn't think of it first. And be prepared for two of your greatest challenges: never having enough time to do everything that needs doing — and the unexpected. I faced one occasion where, 30 minutes before the end of a Caribbean charter in St Maarten, the guests decided to extend their cruise by ten days and head to Miami, more than 1,600km (1,000 miles) away. We pulled out all the stops and had a wonderful time, including a detour to the Silver Bank to watch humpback whales just off the swim platform, it was incredible.

SHEPHARD ON... PARSIFAL III

I am loving my time aboard Parsifal III. The crew are really amazing, and she has a fantastic open-plan interior with a lot of deck space. She also has some great water toys — current favourites are the 255hp Sea-Doo and the Seabobs. Parsifal III is probably pretty much my ultimate yacht on which to work; although ideally I'd create a larger captain's cabin. For my own cruising use, I'd opt for a Sun Odyssey 42 Deck Saloon. ■

SPECIFICATIONS

LENGTH	54m (177'1)
BEAM	10.7m (35')
DRAFT	4.5m (14'7)
BUILDER	Perini Navi
YEAR	2005
GUESTS	12
CREW	9
CRUISING AREA	West Mediterranean (summer); Caribbean (winter)
PRICES FROM	€200,000 per week



Taste notes with...

Gino Razzano

charter cuisine

Drawing on his Italian heritage, the chef aboard the 51.8m (169'9) Sai Ram serves up Mediterranean treats to compliment the yacht's cruising itineraries

AUBERGINE AND CRAB TOWER

SERVES 4

3 medium aubergines

250g crab meat

100g cherry tomatoes

200g rocket

Olive oil

Fresh lemon juice

A pinch of salt and pepper

Celery or parsley to garnish

PREPARATION

Slice the aubergine and brown under the grill. Chop the cherry tomatoes and rocket and mix with the crab meat to form the salad mixture. Add the olive oil, lemon juice, salt and pepper to flavour according to your taste.

BUILDING THE TOWER

Begin with a few slices of grilled aubergine followed by one spoonful of the crab salad mixture and continue this process four times to complete the aubergine and crab tower. Garnish with a piece of celery or parsley and a drizzle of olive oil around the tower.



Thanks to 27 years' experience as a chef, not to mention his Italian heritage, Gino Razzano can offer guests something of a gourmet treat when chartering the 51.8m (169'9) Sai Ram. "I started studying to be a chef in high school, after which I worked in hotels and restaurants before moving on to cruise ships," he explains. "It all proved to be an excellent training ground, ultimately enabling me to take on any culinary challenge. Eight years ago I was looking for a new and unusual direction in which to steer my career, so when I was offered the opportunity to work on board a superyacht, it gave me a chance to put my skills into practice. The first superyacht I worked on was the 47m (154') Shanty, and one year later I joined Sai Ram."

ITALIAN FLAIR

Razzano hails from Naples in Italy so it is perhaps not surprising that his speciality is Mediterranean cuisine, which perfectly compliments Sai Ram's cruising grounds. However, his creative pride inspires him to experiment with all different styles and methods of cooking from around the world. "I am a creative person, so I like to combine different traditions; however my ultimate aim is always to honour the quality of all the products I use, so I avoid redundant flavouring, instead allowing the natural flavours of the foods to shine through."

Meeting guests requirements is a varied and welcome challenge. Pre-charter forms allow Razzano to get a fair insight into his guests' preferences before they arrive, but he sees the process of satisfying their every demand as a constant evolution, and likes to involve guests in day-to-day meal planning — proposing recipes and dishes to compliment the specific region in which they are cruising. Highly organised, he stocks up on all essential and staple foods pre-charter, then makes regular stops ashore during the cruise to find the freshest local treats to highlight each dish.

Having worked with countless chefs over nearly three decades, Razzano has plenty of inspiration from which to draw, and combines this hands-on experience with innovations he admires from Italian chef Gualtiero Marchesi and French legend Alain Ducasse. However, he admits: "My all-time favourite chef is my mother."

Razzano confesses a passion for dining in Michelin-starred restaurants. "It gives me the perfect opportunity to discover and study new techniques and flavours. I then take these ideas and experiment with them in my own kitchen," he explains. The result of blending all these key influences is a signature style unique to Razzano. Some of the speciality dishes that he serves on board Sai Ram include an octopus salad with celery and potato, and an aubergine and crab tower as starters, followed by a main of pappardelle with seabass and fennel seeds. To finish, a favourite dessert is his limoncello baba. ■

top yachts

DECKED OUT FOR WELLBEING

Some superyachts are more 'super' than others, featuring on-board spas alongside their many other attractions



CHRISTINA O

Yacht of legends, Christina O has plenty of space along her 99.06m (325') length to accommodate a spa, and her owner opted to have no less than a Six Senses retreat on board. A haven of floating wellbeing, she has a double and single treatment room and a hair salon, although if you fancy a change of scene you can have your treatment gazing out to sea on deck, or in the decadent Onassis Suite. The treatment menu is akin to that of a land-based spa, including many treats the likes of holistic relaxation massages, hot-stone therapies, facials, and nail and hair treatments. All are delivered by internationally trained Six Senses Spa therapists using high-performance, natural products. *Christina O is available for charters in the West Mediterranean. Prices from €455,000 per week for up to 34 guests*



ST EKATERINA

The dedicated expertise of on-board beautician and masseuse Ebony Hanson makes a charter on the 60m (196'8) Benetti St Ekaterina a divine experience. Holding the highest beauty qualification in Australia, Hanson offers manicures, pedicures, massages (Hawaiian Lomi Lomi, Swedish, hot-stone, Reiki, pregnancy, and the Australian Kodo technique), along with salt scrubs, facials and waxing treatments. Mini half-hour treatments (such as scalp massages and 'floating feet') are an extra treat.

St Ekaterina is available for charters in the West Mediterranean. Prices from €240,000 per week for up to 12 guests



SHERAKHAN

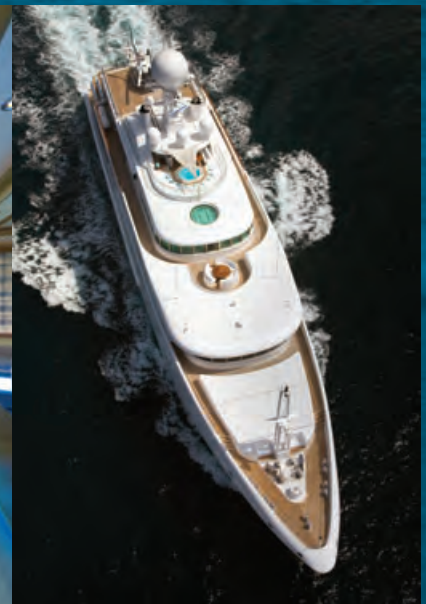
Wellbeing abounds on board the 69.6m (228'5) Sherakhan. Her Jacuzzi accommodates an impressive 18 guests, and she also has a gym, sauna/steam room, sun bed and treatment room. Simply decide, pre-charter, what your needs might be, and your CNI charter broker will arrange whatever beauticians, therapists and yoga or Pilates instructors you require. These experts can often join you on board for the duration of your cruise if you require daily treatments or fitness instruction, or they can come on board at select ports of call during your charter.

Sherakhan is available for charters in the West and East Mediterranean. Prices from €395,000 per week for up to 26 guests

PRINCESS MARIANA

The 78.6m (257'8) Princess Mariana has six decks (equating to a deck for every couple she accommodates) and among many attributes she has an on-board beach club and a 12m (40') swimming pool. It should come as no surprise to learn she also has an excellent spa service. The on-board therapist hails from Cape Town, South Africa, and has a raft of diplomas covering expertise in a wide range of wellbeing therapies, including aromatherapy, reflexology, epilation, skincare, aesthetics, Thai massage, Indian head massage and face mapping. The spa menu is suitably extensive to reflect this, and invites guests to choose from massages, hand and foot treatments, facials and waxing. Hair and make-up services are also available so you can remain top-to-toe beautiful while on board.

Princess Mariana is available for charters in the West Mediterranean. Prices from €650,000 per week for up to 12 guests





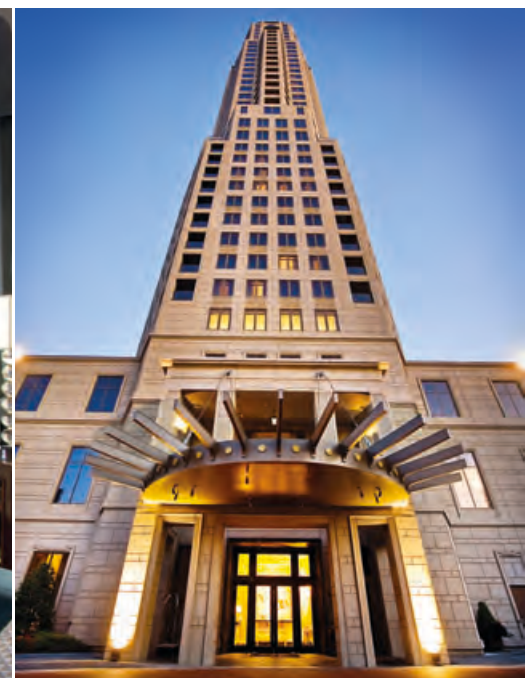
where in the
world...

sea&i brings you the latest
luxury travel news

THE RETURN OF AN OLD FAVOURITE

Adding a buzz to the heart of Vancouver's downtown district from May is the new Rosewood Hotel Georgia. The hotel began life in the 1920s when it welcomed British royalty and Hollywood stars, and exactly 84 years to the day that it first opened its doors this celebrated city landmark is relaunching with all its former glory, albeit it with a modern twist. Past guests include Elvis Presley, Ginger Rogers, Frank Sinatra and The Rolling Stones, but today's guests will enjoy even greater luxury than these legends. A new fitness centre, 16m (54') indoor saltwater lap pool and a spa serve the 155 rooms and suites, which are all decorated in shades of pale blue, ivory and chocolate. Two penthouse suites each have a private rooftop terrace with city views, an outdoor hot tub and fireplace. The hotel's Hawksworth Restaurant is operated by top Canadian chef David Hawksworth, and there is also a vaulted underground cocktail lounge.

www.rosewoodhotelgeorgia.com



MY LAKE OPENS IN AUSTRIA

Set on lake Wörthersee, at the foot of the Southern Alps, the new My Lake hotel promises some of the world's most remarkable views. The hotel, which opened this March, has a clean, contemporary design, allowing guests to fully appreciate the extraordinary landscapes in simple luxury. Seventy beautiful studios, suites and

penthouses overlook the turquoise waters of this magical lake. The inspiring scenery can also be enjoyed from the hotel's private beach club, which delivers traditional Austrian bar culture and music ranging from soul and funk to Brazilian bossa nova.

www.mylakehotel.com



Île de Ré's ultimate villa

Ile de Ré near La Rochelle in France is making way for a new property in May. Alongside the five-star Hôtel de Toiras, the beautiful Villa Clarisse will soon be welcoming guests. The villa occupies one of the town's most beautiful 17th century houses in a Unesco World Heritage Site in the port of Saint Martin de Ré. With décor inspired by Pierre Yves Rochon, this ten-room property is exquisitely executed, with light, airy rooms complete with original fireplaces, views over Saint Martin and tranquil gardens with a heated outdoor pool. Guests can enjoy a calming brew in the villa's tea hall and take advantage of neighbouring Hôtel de Toiras' restaurant and boutique spa. During their stay, guests can also explore the many beaches, vineyards, pine forests and cycle paths of this much loved island. www.villaclarisse.com



Langham inspiration

The Langham introduced a new spa experience in London this spring. Offering signature treatments that have been adapted from traditional Chinese medicine and a salt-sauna, its Chuan Spa is the first of its kind in London. www.london.langhamhotels.co.uk

Beverly Hills bungalows

The Dorchester Collection is debuting two spectacular bungalows at The Beverly Hills Hotel. Nestled around the infamous 'pink palace', these bungalows are extraordinarily vast — particularly the presidential suites. www.beverlyhillshotel.com

Towering triumph

Plans have been announced for a new luxury hotel to be built by the UK's legendary Tower of London following the £100 million purchase of the property at 10 Trinity Square. The opening of the hotel is planned to coincide with the capital city's hosting of the 2012 Olympic Games. www.10trinity.com

Parisian project

France's Versailles Palace in Paris is planning to transform one of its satellite buildings into a prestigious 23-bedroom hotel. The palace, built in the 1680s and now a Unesco World Heritage site, is a celebration of 18-century French art and one of Europe's most visited tourist attractions. The hotel opening is pencilled in for late 2011, and future guests can look forward to gazing out over the orangerie or the Swiss ornamental lake.

Wolfgang Puck in Europe

Wolfgang Puck brings his culinary skills to a wider audience with the opening of his first European restaurant, CUT at 45 Park Lane. This summer, those in London's metropolis will be able to sample delights from an exquisite menu that showcases signature dishes the likes of succulent pan-roasted lobster and sautéed whole fresh fish.

www.45parklane.com/cut-at-45-park-lane



A royal celebration

If you're planning to toast the upcoming nuptials of the UK's Prince William and Catherine Middleton in style, The Hyatt Regency London – The Churchill has just the thing. Its exclusive Royal Opulence package invites you to the UK from 28 April to 2 May 2011. Six guests of the same party will stay in the hotel's Royal Suite (one of the largest in London) and enjoy its three double bedrooms, en suite marble bathrooms and a range of sightseeing treats.

www.london.churchill.hyatt.com

Cambodian charm

Alila Hotels and Resorts is to manage the luxury boutique resort The Sothea in Siem Reap, Cambodia. Opened in 2009, the resort lies in the region famed for the Angkor temples (a Unesco World Heritage Site) and is the perfect tranquil hideaway with charming interiors and exquisite landscapes. Plump for the king suites, as each has a private garden or balcony, private library and an in-suite spa area.

www.thesothea.com

A NEW RESIDENCE FOR ZANZIBAR

The idyllic African island of Zanzibar welcomed a new hotel this February. Isolated on the southwest coast of the island, The Residence is an impressive property offering 65 one- and two-bedroom villas, all with their own pool and 24-hour butler service. The villas perfectly balance contemporary décor alongside architectural and interior influences from Zanzibar's rich cultural history. Six spa pavilions are scattered around the grounds.

www.theresidence.com



Mkulumadzi opens in Malawi

Robin Pope Safaris opens its second lodge in Malawi this July. Located in the heart of the Majete Wildlife Reserve, the Mkulumadzi Lodge offers a stylish and contemporary retreat for wildlife enthusiasts. Set amid rugged and untouched surroundings and relying entirely on solar power, the lodge's eight en-suite chalets

allow guests to immerse themselves in nature within a secure and luxurious environment. What better way to relax and cool off after a long hot day on safari than by sipping a refreshing sundowner by the pool, listening to the magical sounds of the bush?

www.mkulumadzi.com





A NEW ADDITION TO JUMEIRAH'S PORTFOLIO

The Jumeirah Group announced the addition of another hotel to its impressive portfolio this January. It's latest opening, the Jumeirah Zabeel Saray, is located on the west crescent of Dubai's Palm Jumeirah. Keeping in line with the group's lavish and imperial style, the new hotel features hand-painted frescos, Turkish artworks and lavish murals. The 5-star hotel has a theatre, lagoon pool, a selection of authentic restaurants, a tennis court and a fitness centre. Yet what's most impressive about this hotel is what lies at its heart — a Talise Ottoman Spa, boasting 42 individual spa rooms and suites, an indoor swimming pool and three Turkish hamams. www.jumeirah.com

The finest China

If you're planning a summer visit to Shanghai, make sure your reservations are at none other than the new Andaz Shanghai, which opens in just a few months. The 24-storey property, owned by Hyatt Hotels Corporation, is the first Andaz hotel in Asia and has more than 300 rooms, including 45 suites, a restaurant, brasserie, bar, lounge, spa and pool.

www.hyatt.com

A new Per Aquum Resort

Rumour has it Per Aquum has plans for another edgy resort in the Maldives. This hotel group delivers groundbreaking and imaginative resorts, and by the sounds of things its newest venture, Niyama, promises to be the coolest yet. It is due to open at the end of the year.

www.peraquum.com

The perfect Thai retreat

Award-winning five-star hotel group COMO Hotels and Resorts is developing a new property on the Yamu peninsula of Phuket in Thailand. Scheduled to open in September 2012, the new 129-room property on the northeast coast of the island will have panoramic views of the cape and Andaman Sea and will be just 20 minutes from Phuket International Airport.

www.como.bz

Opulence in Oman

The Sultanate of Oman is preparing for the imminent opening of the luxurious new Al Madina A'Zarqa Resort & Spa. This Anantara property is located just 40 minutes from Muscat International Airport. The resort luxuriates along a natural peninsula jutting into the Gulf of Oman and offers Italian and Thai restaurants, a fitness centre, boutiques, swimming pool and Anantara Spa.

www.anantara.com



THE OBEROI GURGAON

The March opening of The Oberoi's new hotel in Gurgaon, India, has brought a serious dose of luxury to Delhi. Located in the centre of the city's business hub, The Oberoi's minimalist glass structure offers 202 generously scaled guest rooms, 15 suites and a huge presidential suite. The latter occupies the top floor and cannot fail to impress with its spacious living room, dining room, study area, sumptuous master bedroom, second bedroom and private heated pool complete with a sun-lounge deck. Those who manage to tear themselves away from the beautifully designed rooms will discover this hotel has plenty more to offer, including an Olympic-sized swimming pool, superb Indian and Japanese restaurants, atmospheric cocktail bars and a 24 hour spa.

www.oberoihotels.com

A first for Raffles

Raffles has ventured into new waters with the opening of its first resort in the Indian Ocean: the Raffles Praslin Seychelles. The all-villa resort, which opened in February, is set on the island of Praslin, a picture-perfect setting famous for its white beaches and turquoise waters. Guests will not only be able to enjoy private plunge pools and around-the-clock butler service, but will also have access to a private beach and the Raffles Spa — the first signature Spa for the Raffles brand.

www.seychellesraffles.com



Spas

A SPA WITH A VIEW

Adding another bow to its string, the Four Seasons Hotel Park Lane recently opened the doors to its new spa. Located on the rooftop of the London hotel, the spa was designed by Eric Parry and offers extraordinary views of the city. Carefully designed to reflect the surrounding landscapes of Hyde Park, the spa features

dark and light stone with running water sculptures to mirror the park's natural elements. Even the most stressed of guests cannot fail to forget their troubles and unwind while sitting in a sauna overlooking the historic cityscape.

www.fourseasons.com/london/spa



Palacial pampering

The Es Saadi Gardens and Resort in Marrakech recently extended its hospitality to guests by welcoming them to its new Es Saadi Palace Spa. The largest in Morocco's Red City, it offers hydrotherapy, oriental and traditional Moroccan hamams, a Dior Institut that specialises in anti-ageing treatments, and a private spa suite. The design of the spa takes its cue from oriental palaces and is built over three floors around a centenary eucalyptus tree. Guests of the 24 treatment rooms can gaze out over the Atlas

mountains and city walls as they indulge in the facilities, treatments or Oriental Thermae, which offers a detoxifying programme involving rejuvenating heat and cold therapies with sweet natural herbs infusing the air. There is also a terrace with magnificent views that is ideal for outdoor massages, yoga and Pilates, or simply soak in the Jacuzzi or have a smoothie at the bar. When hunger hits, the spa's organic restaurant, Bio du Bled, satisfies with a range of nutritious dishes.

www.essaadi.com

The magnificent seven

Anantara Hotels, Resorts & Spas is defying the economic slump by planning the debut of seven new resorts in China, the Maldives, Bali, Oman and the UAE by the end of 2011. The growth reflects a 60 per cent expansion of the group's portfolio.

www.anantara.com

A new Taj

The Rehendí presidential suite at the Taj Exotica Resort & Spa in the Maldives has just emerged from an extensive refurbishment. Thanks to a US\$400,000 budget, the lavish renovation included new interiors designed by James Park Associates, along with a sprawling sand-deck area.

www.tajexoticamaldives.co.uk



Award winning spa

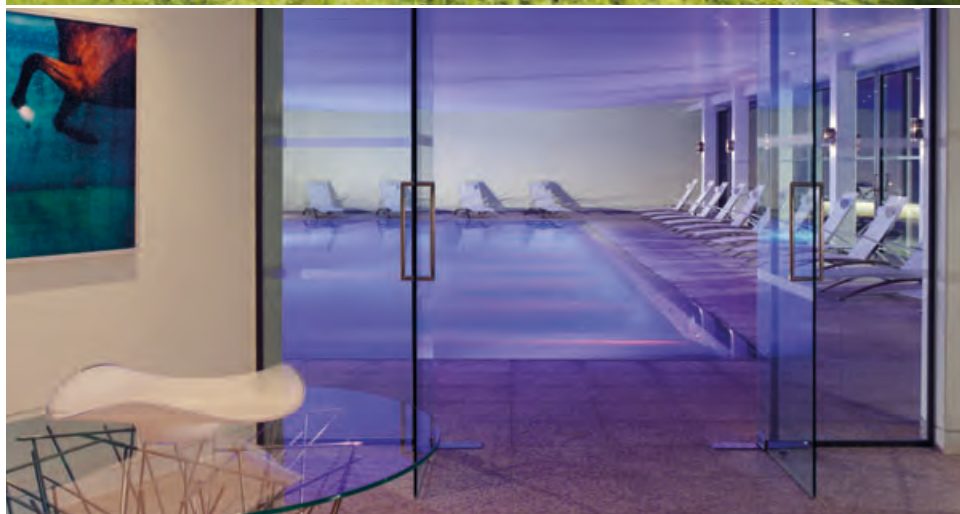
It was no surprise that Morocco's La Mamounia's Spa (above) in Marrakech topped *Condé Nast Traveller's Readers' Spa Awards* this year. Emerging victorious at the top of a list of 25 leading spas, La Mamounia features two traditional hamams and one private hamam, eight treatment rooms, a spa suite, six outdoor massage cabanas, a state-of-the-art fitness studio, an indoor ozone swimming pool and Jacuzzi, a relaxation room with catering service and a boutique.

www.mamounia.com

COWORTH PARK HOTEL AND SPA

Dorchester Collection recently opened the ultimate country retreat, Coworth Park. The 70-room country house hotel and spa grandly stands among 240 acres of rolling parkland near Ascot, Berkshire, in the UK. Although it is equipped with polo fields, a Michelin-starred chef and an equestrian centre, the best feature of the property is without a doubt the eco-luxury spa. Offering a range of organic, healing and enriching treatments, the Spa at Coworth Park has been built out of timber structures and is partially submerged into the landscape. Furthering its eco credentials, the walls are lime hemp and the roof is adorned with a garden of fragrant herbs that are used in many of the treatments. The natural theme continues throughout the interior with the use of large windows bringing the outside in. The menu includes a range of organic treatments by Dr Alkaitis, along with Carol Joy London, Kerstin Florian and Aromatherapy Associates.

www.coworthpark.com





AMAN GETS REGAL IN LONDON

The Connaught hotel in London's Mayfair has opened a luxury day spa in London. The Aman Spa is a wellbeing work of art. Each experience begins with a herbal infusion and gentle music to initiate your relaxation, and ends with a private shower and steam room session. All the treatments draw on global expertise. For example, you could indulge in Chinese tranquillity with a green tea aromatic foot bath and massage; focus on Thai holistic health with an Oriental oil massage and herbal compress; regain balance with an Indian chakra treatment using essential oils and crystals, or experiment with a Samadara facial technique; or opt for the natural healing benefits of a North American red clay body wrap with Navajo herbs or a river-rock stone massage. The Connaught, which opened in 1897, is one of London's most historic hotels, set in a legendary location and with a royal pedigree, having been built and named after Queen Victoria's husband Prince Albert of Saxe-Coburg. www.the-connaught.co.uk

A new Aman spa in the Philippines

Amanpulo, Amanresort's luxury island resort in the Philippines, has launched a new spa. Fusing traditional Cuyonin, Asian and Western therapies, Amanpulo's spa offers a wide range of treatments guaranteed to leave you feeling relaxed and refreshed. Set on the beautiful island of Pamalican, equipped with white sandy beaches and coral reefs, Amanpulo is a welcome haven for complete rejuvenation.

www.amanresorts.com/amanpulo/home.aspx





PROPERTY FOCUS

If you are looking to rent a holiday property worldwide, tune your radar to the finest residences in the Caribbean and Europe



PARADISE CALLING

Viceroy Resort & Residences is offering a rare opportunity to invest in your very own slice of paradise. Located on the charming island of Anguilla in the West Indies, the recently completed Barnes Bay has a wide range of villas and apartments available to purchase. Each residence has been finished to the highest standard and boasts simple yet interesting interiors with modernist and minimalist twists. Standing adjacent to one of the island's finest beaches, the future residents of these properties will not only have access to a private strip of beach, where outstanding diving is guaranteed, but will also be able to use the wide range of luxury facilities on offer, including pools and tennis courts.

www.thevillaatbarnesbay.com





A CHÂTEAU IN ST TROPEZ

SJ Villas has a distinctive selection of villas available to rent, and is delighted to add a new one to its books. Le Grand Château St Tropez is situated in the heart of St Tropez within secluded and manicured gardens. The main château has four large suites but there is an additional house in the grounds that sleeps another eight. The chic boutiques, restaurants and bars are just a walk away, and entry to them can be arranged through the château's exclusive concierge.

www.sjvillas.co.uk



A SICILIAN FARMHOUSE ESTATE

Ever dreamt of enjoying long summer days on an estate set among orange groves? SJ Villas brought this romantic vision to reality when it recently added a large Sicilian farmhouse to its portfolio. The charming house, which sleeps 16, sits amid exotic landscaped gardens and offers breathtaking views across surrounding orange groves to Mount Etna. Along with a swimming pool and tennis court, the house also comes with an experienced cook who prepares traditional Sicilian dishes with fresh, local ingredients.

www.sjvillas.co.uk

Pretty beauty outstanding

Take on board the ultimate combination of products to enhance your best features and protect you from the elements

SMOOTH OPERATOR

You could grab a handful of Caribbean sand to scrub your skin silky smooth, but we recommend these luxurious products for an expert touch.

Products listed from left

- Payot Gommage Douceur
- L'Occitane Ultra Rich Body Scrub
- ESPA Refining Skin Polish

LIP SLICK

Lips only look their best if they're smooth, so protect them from the sun, wind and elements.

- Philosophy Kiss Me Tonight

HAIR AWARE

Keep hair sleek and gorgeous by spritzing with a grooming lotion that prevents flyaway tendencies, adds sheen and moisture and offers UV protection.

- Moroccan Oil Glimmer Shine Spray

RAY OF HOPE

When at sea, you not only have direct sun to worry about, but also the glare that reflects off the waves

and the yacht itself. To counteract damage, regularly slather on a high-SPF sun cream.

- Jurlique SPF 30+
- Chantecailles Firming Sun Cream SPF 30 PA+++
- Caudalie Soleil Divin Anti-Ageing Suncare SPF 30



SEEK THE SHADES

Tinted moisturisers and bronzers give you a head start in the colour stakes. Choose one with SPF for skin protection and perfection.

- Laura Mercier Matt Bronzing Powder
- Philosophy Supernatural Superbeautiful Tinted Moisturiser

Once you have a base tan, seek a little extra help to keep your colour for longer.

- Shiffa Sweetness Body Lotion
- Lierac After Sun Face and Lierac After Sun Body

CARE AND REPAIR

Counteract solar damage with an armoury of after-sun treatments for your face, body and hair. Smooth-on handfuls of soothing, nourishing lotions, and use a leave-in hair conditioner for added benefit.

- Decléor Aroma Sun Expert — High Repair After Sun Balm
- Aveda Suncare After Sun Hair Masque
- Carita Ultra Nourishing Dry Oil for Face and Body
- Origins Antioxidant Moisturizer with White Tea
- Dr Hauschka After Sun Lotion
- Bobbi Brown — Extra Moisturising Balm

- NUDE Advanced Cellular Renewal Serum
- Jurlique Herbal Recovery Gel
- Gielly Green Repair Mask
- Dr Hauschka Neem Hair Oil
- Ole Henriksen African Red Tea Express The Truth Crème



exercise equipment Fitness afloat

Being on board doesn't mean your usual fitness routine has to take a back seat, simply equip your yacht with the latest exercise essentials and you'll stay fit and toned wherever you travel

1. KINESIS PERSONAL

Built into the wall, this space-saving, dynamic piece of equipment facilitates over 200 resistance-based exercises focusing on strength, flexibility and balance. It is available in four finishes: black oak, mirror, leather and 24ct gold leaf. www.technogym.com



2. MATRIX KRANK CYCLE

This innovative machine allows forward and retro rotations from a seated or standing position, as well as squats and lunges. Ideal for increasing speed and endurance. www.matrixfitness.com

3. MATRIX S SERIES LS

This indoor cycling computer has a four-way micro-adjustable handlebar that adjusts to seven positions. www.matrixfitness.com

4. EXPRESSO UPRIGHT 3SU NOVO

This takes static cycling to a higher level with steering and shifting controls like a real bike, while

virtual terrains are captured on the screen before you. Over 30 virtual tours and games will keep you occupied as you spin your way to fitness. www.expresso.com

5. THE POWER PLATE MY5

The ultimate in home-fitness, this has a cutting-edge design and offers a full-body workout. It also has a remote control, a timer display and an incremental vibration setting. www.powerplate.com

6. MATRIX T7XE

Runners can get their fitness fix on board with this deck system that absorbs impact and has an LCD touch-screen for intuitive performance. It is also iPod-compatible and offers full video and audio support. www.matrixfitness.com

7. WELLNESS RACK

Modern design and impressive function combine in this transparent weight rack with silver and clear disks — a must for every style-focused fitness fan. www.technogym.com





Wellness trends

top spa trends

sea&i reports on five of the top wellbeing trends for 2011, with recommendations on where to relax, detox and improve your health

By Miriam Cain

THERMAL SPAS

Thermal waters have been associated with health, wellbeing and vitality for centuries and they continue to be one of the most popular therapies available today. Thermal waters are rich in minerals that can be absorbed by the skin and help to stimulate the body's defences, eliminate toxins, reactivate a sluggish metabolism, help with rheumatic problems, and relax muscles. Thermal baths are usually situated near natural mineral springs and many spas and wellness centres have been developed in these regions. There are a number of celebrated thermal spas, predominantly in Europe, providing treatments that focus specifically on the health benefits of water.

Sea&i recommends the Grand Resort Bad Ragaz, Switzerland. Located at the base of the Pizol mountain in Switzerland, the resort is renowned for its 36.5°C healing thermal waters and incorporates them in various pampering treatments. Physiotherapists, chiropractors and osteopaths are also on hand to offer expertise in all areas of physical therapy and rehabilitation.

For information, visit www.resortragaz.ch

Other established resorts where treatments focus on the therapeutic benefits of water therapy include the Kempinski Hotel Soma Bay in the Red Sea, Egypt, www.kempinski.com/tr/somabay, and the Terme di Saturnia Spa & Golf Resort, Italy, www.termedisaturnia.it



Grand Resort Bad Ragaz

NATURAL FITNESS

Many hotels and resorts host health and fitness programmes that incorporate the unique natural challenges of their surrounding terrains. Think hiking and cycling in mountains, swimming in oceans, lakes and rivers, outdoor gyms and fitness trails that wind through jungle or desert terrain, and yoga in remote and peaceful surroundings. Most offer a variety of programmes to best suit your level of fitness. High-intensity workouts that incorporate cardiovascular, strength and endurance exercises have become a popular choice for those who really want to challenge themselves, while others focus on more relaxing activities, such as meditation walks along scenic beaches and alfresco Pilates and yoga lessons. To compliment the wellbeing focus of your holiday, a holistic approach often also incorporates diet, beauty therapies, meditation and general health check-ups.

Sea&i recommends La Réserve Ramatuelle. Located near St Tropez in France, this hotel and spa occupies a stunning region between the sea and the mountains. Throughout the year it runs a five-day Boot Camp, which involves a medical check up, yoga lessons, Nordic walking, and a programme of tailored spa treatments, complimented by a diet of gourmet spa food. *For information, visit www.lareserve-ramatuelle.com*

For yoga fans, both in:spa and Destination Yoga offer excellent destination-based retreats: www.inspa.co.uk; www.destinationyoga.co.uk



La Réserve Ramatuelle



La Réserve Ramatuelle



The Six Senses Sanctuary Retreat



Espace Henri Chenot at Palace Merano

BODY CLEANSING

A detox is the perfect way to get your body in shape for summer. Although the body is able to detox naturally through the skin, liver and kidneys, toxins can accumulate and lead to excess weight, stressed skin, digestive disorders and exhaustion. Stepping out of your routine and signing up for a dedicated detox retreat can help with weight loss, stress reduction, skin conditions and flagging energy levels. For more details on the benefits on detoxing, see page 72.

Sea&i recommends the Six Senses Sanctuary Retreat, Thailand. The Body Refuge retreat at the Six Senses Sanctuary Phuket is a seven-day results-oriented retreat designed to improve the body's ability to burn fat effectively and increase energy levels. Combining a variety of detoxifying treatments, such as Chi Nei Tsang, colonic hydrotherapy, juice-fasting and raw and seafood cuisine, along with cooking classes and daily yoga and meditation sessions, the programme aims to revive body and mind and help guests make sustainable changes towards a healthier lifestyle.

For information, visit www.sixsenses.com

Other well-known detox retreats include Espace Henri Chenot at Palace Merano in Austria, www.henrichenot.com; the Dr Mosaraf Ali Wellness program at the Castel Monastero Spa in Italy, www.castelmonastero.com; and the infamous Chiva Som in Thailand, www.chivasom.com



The Four Seasons
Hotel Terre Blanche

NON-SURGICAL FACE LIFTS

The trend for cosmetic surgery seems to know no bounds and is ever increasingly sought to reverse the ravages of time. However, for those not keen to encounter the cost, pain and inconvenience of a surgical face lift, there are other safer and healthier options offered by top spas.

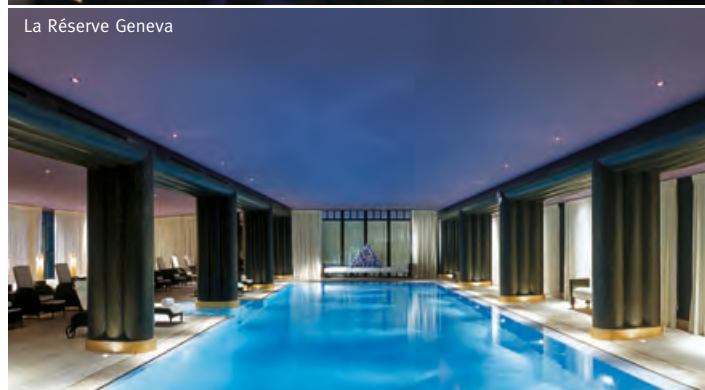
Sea&i recommends Vaishaly at Four Seasons Hotel Terre Blanche, France. The Vaishaly Signature Facial is a non-invasive anti-ageing treatment that transforms the complexion. It targets each muscle group to release tension and stress from the face and neck. The healing properties of organic essential oils and ingredients, along with a unique massage technique, helps to improve elasticity and tone, boost circulation, eliminate puffiness, define facial contours and diminish fine lines and wrinkles to reveal an even, radiant and youthful complexion.

For information, visit www.fourseasons.com/provence

Other non-invasive facelift treatments include the new Natural Facelift at The Spa at La Réserve Geneva. This treatment combines a manual lifting massage with an electric suction device to speed the production of collagen and elastin. The treatment is part of a new Better Ageing Programme at La Réserve Geneva, www.lareserve.ch



The Four Seasons
Hotel Terre Blanche



La Réserve Geneva



Relais San Maurizio

SALT ROOMS

The healing properties of salt have been known for centuries and are still honoured at some of today's most modern spas. Many are now recreating the microclimate that is found in a natural salt cave and introducing their own spa caves and grottoes that infuse salt and negative ions into the air. Salt rooms can be either steam or dry, and have been clinically proven to help those with respiratory illnesses and certain skin conditions.

Sea&i recommends La Via del Sale Medical & Beauty Spa, Relais San Maurizio, Italy. This spa is named after the salt route upon which the hotel is located and, unsurprisingly, the treatments are based on the therapeutic properties of salt. Set in a 19th century monastery, the Grotta del Sale is a natural gorge dug deep into the rock, where one can bathe in salt baths that help eliminate toxins. The spa has a number of anti-ageing and skin renewal salt mineral treatments.

For information, visit www.relaisanmaurizio.it

Also recommended is the spa at the Aria Resort & Casino in Las Vegas, which has a Shio Salt Room featuring a wall of salt bricks. www.arialasvegas.com

italy

SNAPSHOT SARDINIA

The Mediterranean island of Sardinia is closer to Africa than to its motherland, Italy, and so exudes both tropical and European charm. Forested mountains, citrus groves, emerald seas and medieval villages combine with five-star resorts — perfect for a charter itinerary



**FOR FURTHER
INFORMATION
ON CHARTERING
AROUND SARDINIA
AND THE WEST
MEDITERRANEAN,
CONTACT YOUR
NEAREST CHARTER
BROKER, SEE PAGE 6**



LA MADDALENA

PORTO CERVO

OLBIA

SASSARI

ALGHERO

Neptune's Grotto is a series of caves to the west of Alghero. Take a scenic boat trip from the marina along the coastline, then descend more than 600 steps for a 45-minute tour of these fascinating caves.

Designed by Robert Trent Jones Snr, the Pevero Golf Club has an 18-hole, par 72 course that is regarded as being among the best maintained in Europe.

The famous Piazzetta in Porto Cervo offers the island's most compelling nightlife options. Or party the day and night away at Nikki Beach at the Grand Hotel Porto Cervo.

The necropolis of Anghelu Rujù in Sassari is one of Sardinia's most important archaeological sites. This vast labyrinth of artificial caves dates from 3000 to 1500 BC and was used as a tomb by ancient civilisations.

The 34 mile (55 kilometre) stretch of Costa Smeralda coastline is one of the most desirable in the world, with its emerald waters, white sands and sympathetically designed buildings having been inspired by the Aga Khan in the 1960s. If you fancy dinner or lunch ashore, weave to gilded hotels the likes of the Hotel Cala di Volpe, Hotel Pitrizza, Hotel Romazzino and Cervo Hotel.

NUORO

The Su Gorropu Gorge is the deepest canyon in Europe and was carved out by the force of the Flumineddu river. You can hire a guide to take you to its depths where vast smooth rocks, small emerald lakes and ponds, and rare species of birds abound.

TORTOLI

ORISTANO

MEDITERRANEAN SEA

Sardinia offers some of the best diving in Italy, and it's a year-round sport. Large fish are few and far between, but you can spot plenty of caves, wrecks and corals.

A trip on one of the old Trenino Verde steam trains provides a spectacular view of coastal and inland highlights. Travelling through nature (and back in time, as the tracks were laid in 1888), you can rattle along viewing lush forests, craggy mountains, scenic lakes and the picturesque coastline, stopping en route for a Sardinian lunch.

IGLESIAS

CAGLIARI

The ancient Roman Amphitheatre at Cagliari occupies a spectacular setting and is, today, still used for jazz concerts, international music events and theatrical shows. Forte Village Resort, just a few kilometres from Cagliari is a five-star beach-front resort with a tropical park and Tharmae del Forte Spa and wellness centre with one-of-a-kind thalassotherapy treatments. Adding to its attractions are 21 gourmet restaurants, more than ten pools, a waterfront lounge bar and shopping to parallel a European plaza.



vancouver

CANADIAN HIGHLIGHT

Vancouver is a city where skyscrapers soar heavenwards in an attempt to outreach the mountains behind them. In between, at the end of long streets edged with pavement cafés, designer boutiques and eclectic stores, strips of Pacific Ocean flash temptingly.

Named after the English sailor Captain George Vancouver, who landed here in 1792, Canada's third largest city currently ranks fourth in the world for highest quality of life — and after a few days here it's abundantly clear how it earned its place. This is where Greenpeace was established in the 1970s, and thanks to its natural beauty and celebration of the great outdoors the city offers excellent opportunities for hiking, biking, sailing and skiing — the latter of which won it the honour of hosting the 2010 Winter Olympics. But this is also a city for shopping, nightlife, culture and fine cuisine.

Vancouver is an ideal destination for a relaxed and inspired city visit on a Pacific Northwest cruise, or if you're heading up

to Alaska, but the region also lends itself to longer visits, which can embrace the nearby legendary ski resort of Whistler, or the spectacular Canadian Rockies.

PILLOW TALK

The **Pan Pacific** has one of Vancouver's finest views as it sits atop a pier overlooking the harbour, Coastal Mountain Range, Stanley Park and the city skyline. But scenic settings come aplenty in this city. The **Shangri-La** occupies the first 15 floors of the tallest building in Vancouver, and many of the rooms have private balconies and boast the largest bathrooms in the city, complete with televisions. The waterfront penthouse at the **Granville Island Hotel** is also loved for its wraparound balcony, Jacuzzi tub, fireplace and sky-lit glass and marble shower. Or wind your way through the waterfalls and gardens of Robson Square to the landmark, family-run **Wedgewood Hotel & Spa**. This award-winning boutique property has 83 rooms and suites



Ocean, mountains and forests make Vancouver one of the most scenic cities in the world. Throw in designer shops, acclaimed restaurants and a compelling vibe and you have a true urban idyll

By Kate Rigby



that are filled with flowers, antiques and works of art. There are two floors of penthouse suites with garden patios and spa-inspired marble bathrooms. As always, the **Four Seasons Hotel** is perfectly located — just a block from famous Robson Street and minutes from Gastown and Stanley Park. Among many of its attractions is its split-level prime minister suite with living and dining area, two bathrooms and one- or two-bedroom configurations. The **Fairmont Hotel** is another five-star choice with a state-of-the-art health club, spa, designer boutiques and award-winning restaurants. For an old classic with new charm, the **Rosewood Hotel Georgia**, opening in May, blends the glamour of the 1920s with modern excellence (see page 28).

EAT, DRINK, DANCE

EAT... Vancouver is spoilt for choice when it comes to dining, including the two restaurants of Michelin-starred chef Daniel Boulud. Having earned three Michelin stars for Daniel, his New

York restaurant, Boulud brings his winning formula to Vancouver at **DB Bistro Moderne** and **Lumière**. Another three-Michelin starred internationally acclaimed New York chef making his Canadian debut is Jean-Georges Vongerichten, who brings his talents to the **Market by Jean-Georges** at the Shangri-La Hotel. Also flying the flag for hotel restaurants is **Griffins** at the Fairmont, which garners awards on an annual basis and serves breakfast, lunch and dinner. For seafood, try **Coast**, in the heart of downtown, and for a classic old-fashioned seafood and chop house, book into the legendary **Joe Fortes** — an award-winning restaurant for 25 years and reputedly Vancouver's best oyster bar. You'll find it just off Robson Street. Alternatively, Yaletown has more than 60 restaurants to tempt every taste.

DRINK... **Subeez** is great for breakfast, lunch, dinner, brunch, cocktails and beers, while the **900 West Lounge** at the Fairmont Hotel is known for its perfect dry vodka martini, jazz →

Clockwise from main picture: striking views from downtown; the Pan Pacific pool; the prime minister suite at the Four Seasons; overlooking Granville Island Market



AT A GLANCE...

Best travel time June to September have the highest temperatures (up to 23°C/74°F), but spring and autumn can be beautifully scenic, and winter is ideal for skiing

Currency the Canadian dollar

Language English

Vibe laid-back, cosmopolitan and innovative, Vancouver is famed for its scenic splendour, welcoming atmosphere, outdoor activities and cultural attractions



Clockwise from above: the Fairmont Hotel; views from Granville Island Market; the Capilano Suspension Bridge; Stanley Park; totem poles at Brockton Point; Coast restaurant; the Vancouver Aquarium

entertainment and tapas menu. **Bacchus Restaurant & Piano Lounge** at the Wedgewood Hotel is another award-winning venue and is considered one of Vancouver's best lounges, combining old-school elegance and sophisticated décor with live entertainment. **Cascades Lounge** at the Pan Pacific Hotel has great cocktails and views overlooking Stanley Park, the Lions Gate Bridge and the mountains. **Afterglow** is also a simmeringly stylish lounge. **Brix Restaurant & Wine Bar** occupies a 1912 heritage building and has one of the city's largest by-the-glass menus, while footsteps away is the **George Ultralounge**, one of Canada's top cocktail lounges.

DANCE... nightlife in Vancouver offers something for every taste. Granville Street is the main downtown entertainment district and, as such, is a popular spot to socialise. For live rock, head to the **Commodore Ballroom**, and for house, techno and reggae try **Republic**. For live blues, the place to go is **The Yale Hotel**, set in an 1880's building.

SEE, SHOP

SEE... a pod of orca whales. On a good day, up to 100 of these magical mammals can be seen in the waters around Vancouver. Humpback and grey whales may also be spotted. For more marine wonders, the **Vancouver Aquarium** (the largest in Canada) is a feast of fun, discovery and fascination, and is devoted to the conservation and research of marine life. For a peaceful and scenic stroll, visit the **Dr Sun Yat-Sen Classical Chinese Garden**.

SHOP... designer boutiques, independent stores and shop-until-you-drop malls abound. For quirky unique, eclectic shops and coffee houses, head to **Commercial Drive** — also known as Little Italy or The Drive. It even has an old church converted into a theatre, and a cinema, so you can combine culture with your retail therapy. Downtown is a fantastic place to wander and soak up the city vibe, and the nearby **Sinclair Centre**, **Royal Centre** and **Pacific Centre** offer all you need in the way



of shops. For galleries, antique shops, native art stores and souvenirs, **Gastown** is ideal, and is rich with history and culture to boot. And don't miss **Granville Island Market** — it is a feast of shops, stalls and galleries and you can spend happy hours filling your bags with fresh produce, fish and confectionary as well as pottery, glassware, books, beads and accessories. For clothes and home wares, the converted industrial brick warehouses of **Yaletown** are now a hip, fashionable place to head, but for all-round shopping — and people-watching — the world-famous **Robson Street** is the place to flex your credit card.

DO, DISCOVER

DO... walk across the **Capilano Suspension Bridge**, which breaches the Capilano River canyon in a fern-carpeted forest. A harbour cruise is a great way to see the city, or visit the acclaimed **Vancouver Art Gallery** for scenes of a different

variety. If you hanker after relaxation, the five-star hotels (the likes of the Four Seasons, the Fairmont and the Shangri-La) all have great spas.

DISCOVER... explore the wonderful **Stanley Park** on foot, rollerblades or bike. The park is one of the most popular in the world and as well as having lush forests, acres of soft grass and gardens, and the sea coursing alongside, it also has playgrounds, a swimming pool, beaches, a miniature train, tea rooms and dining venues. While you're there, check out the views at Prospect Point, the 1920s totem poles at Brockton Point, and the Lost Lagoon. The views from the top of **Grouse Mountain** are also a must. While you're there, restore your energies at one of the cafés, bistros or barbecue restaurants. Nearby **Vancouver Island** is also a must to visit — hop on a float plane for the 35-minute journey. Spend your days exploring the rainforests, pristine coastlines, mountains, farmlands and vineyards while enjoying the mildest climate in Canada. ■



TAKE IT FROM

Wherever in the world you plan to travel, the CNI charter brokers are on hand to provide expert knowledge of the yachts and cruising destinations available. Here, three members of the charter team offer their advice

PIERRE HUREL, CNI MONACO

VIRGIN ISLANDS, CARIBBEAN

“Spring and summer may not be the classic time to head to the Caribbean, but during May and June competitive prices and quiet destinations are just two of the benefits of an out-of-season charter. The British Virgin Islands (BVIs) are my preferred Caribbean cruising ground. You can enjoy miles of sparkling sandy beaches, unparalleled dive sites, safe, clear quiet waters, a constant breeze and a choice of anchorages. Sail around secluded bays and hidden coves by day, and at night visit the glamorous bars, restaurants and boutiques for which the islands are famed.

“I recommend White Bay on Jost Van Dyke for families as the waters are calm and perfect for swimming. The Baths on Virgin Gorda are also ideal for snorkelling and swimming. Divers among your charter party should explore the Royal Mail Steamer Rhone, one of the most celebrated dive sites in the Caribbean, as well as Alice in Wonderland — the brilliant coral wall near Ginger Island.

“And, of course, no visit to the islands would be complete without sinking a Painkiller cocktail at Jost Van Dyke’s wonderfully named Soggy Dollar Bar.”



favouriteplaces

cruising destinations

THE EXPERTS

TINA MONTZKA, CNI ANTIBES

AMALFI COAST, ITALY

“For me, the beauty and tranquillity of the Amalfi Coast makes it the ideal cruising destination. The combination of old-world charm and Italy’s appreciation of the finer things in life mean you can experience a little bit of everything: culture, fantastic cuisine and stunning landscapes. I recommend spending a few days cruising to the islands of Ischia and Capri. Visit the boutiques and restaurants around the small fishing village of San Angelo on Ischia, or unwind in the thermal spas of this volcanic region. The fashionable island of Capri is just a short cruise from Ischia. Take the small train to the beautiful hilltop village of Anacapri, crowded with chic boutiques, restaurants and bars. Back on the mainland, the famous coastal towns of Positano, Sorrento and Ravello offer their fair share of attractions. Anchor off Positano, a charming hilly town with a great harbour for watersports. Further south, step ashore at the colourful town of Amalfi and explore the Amalfi Cathedral, or venture further inland to the ruins of Pompeii.

“From the Amalfi Coast, take an overnight cruise to the Aeolian Islands and Sicily for an extended itinerary.”

AGNES HOWARD, CNI FORT LAUDERDALE

CÔTE D’AZUR, FRANCE

“As far as I’m concerned, the style and glamour of the French Riviera is what yachting is all about. There is simply no better way to enjoy this alluring coastline than from the decks of a superyacht. The stretch of coastline from St Tropez to Monaco has it all. Anchor off Pampelonne Beach and take the tender ashore for a long, lazy lunch at Club 55, stroll along the designer boutiques that line the stylish Croisette in Cannes, and enjoy yourself at the casinos and bars of Monaco. For the ultimate gastronomic experience, I always recommend that clients head to Alain Ducasse’s three-Michelin-starred Louis XV restaurant at the Hôtel de Paris in Monaco.

“Aside from its glitz, the Côte d’Azur is the perfect place to wander around markets, mountain-bike across hills, and linger in quaint cafés. If time allows, include Portofino, Italy, on your itinerary. The approach to this protected port is magical. Step ashore in the late afternoon and relax on the balcony of the Hotel Splendido. As the sun sets, take in the sights of this idyllic port, which will include your yacht — it is just about the best view imaginable.”



FIT FOR THE GODS

ionian islands

Each of the Ionian islands is a tiny unique world suffused with its own rhythm and charm. As such this Mediterranean island chain is a charterer's paradise, providing endless compelling cruising itineraries

By Miriam Cain

Artistic heritage, mythical wonder and enchanting culture have become irrevocably entwined with the archipelagos of Greece. All are suffused with intrigue, adorned with whitewashed houses and beautiful beaches, and lapped by the constant wash of the sea. But as the archipelagos are so vast, you ideally need to single out just one group to explore during each visit.

One of the most popular is the Ionian island chain, located off the northwest coast of mainland Greece. Once home to legendary Greek king — and pioneering island-hopper — Odysseus, these islands deliver mythic grandeur in spades, with plenty of secluded beaches and hidden coves for you to create a remarkable journey of your own.

The seven Ionian islands run from the basin of the Adriatic to the Peloponnese. The archipelago encapsulates the beauty of the Greek countryside and, thanks to its proximity to Italy, combines this with a distinct Venetian flavour. These are the most verdant islands in the region — Cyprus trees, firs and olives are kept green by the winter rainfall, while the summer's blue skies and stiff afternoon breezes enhance some of the best sailing waters in the Mediterranean. From the bustling fishing harbours of Corfu and Zakynthos to the tranquil fishing villages of Ithaca and Levkas, island hop and discover secluded beaches, welcoming locals and some fascinating architectural and archaeological sites.

The ideal place to begin your Ionian cruise is Corfu. The most northern island in this archipelago, it has a history rich with →



ADRIATIC SEA

SUGGESTED ITINERARY

- Day 1** Corfu to Paxos (30 nautical miles)
- Day 2** Paxos to Anti Paxos to Levkas (35 nautical miles)
- Day 3** Levkas to Meganissi to Levkas (8 nautical miles)
- Day 4** Levkas to Ithaca (28 nautical miles)
- Day 5** Ithaca to Cephalonia (17 nautical miles)
- Days 6 & 7** Cephalonia to Zakynthos (46 nautical miles)

In order to preserve the underwater archaeology, independent diving is forbidden off the coasts of all the islands. If you wish to explore Greece's underwater world, your CNI charter broker can recommend a number of reliable diving schools.



Previous page and above: the Ionian offers countless deserted bays and intriguing coves to discover by yacht or kayak

artists, composers and poets. Corfu town is relatively cosmopolitan and a great place to sit at a taverna and observe the passing scenes, while the island's coastline has stunning coves to lure travellers wishing to escape the crowded resort beaches. But it is the interior of the island that reveals Corfu's true character. Lush vegetation, rural villages and farms and countless olive and fruit trees abound. South of Corfu town, sample fantastic mezze at Taverna Nikolas on Agni Beach, or join the yachting crowd at the favourite waterfront haunt of Mitsos Taverna in Nissaki.

Later, set sail for the buzzing beaches and quiet coves of Paxos, taking in the imposing Emiritis Cliffs that drop dramatically to the sea along the northwest coast of Paxos. The island, which spans just seven by two miles, combines picturesque simplicity with an easy pace of life. Olive and cypress-clad hills gently slope into a crystal-clear sea, and dotted along these shores are small coves and bays and the three main harbours — Gaios, Loggos and Lakka. Lying just off the island's south coast is a tiny islet called Anti Paxos. Endowed with a multitude of green vegetation, it has two

beautiful beaches — Vrika and Voutoumi — at its north end. The islet is a haven for watersports enthusiasts. Spend the afternoon anchored in one of the many secluded coves before cruising on to Levkas.

Here you can wander through wooded hills and along high cliffs and spot an abundance of wildlife. The island is a paradise for windsurfers, sailors and beach lovers. Reliable winds in the south of the island at Vassiliki provide some of the best windsurfing conditions in Europe, while the deep coves and turquoise-coloured bays of Meganissi, the largest islet in the southern part of the island, are ideal for watersports. To the east of Levkas, an archipelago of islets provides idyllic anchorages. During the evening, step ashore to Levkas Town where the streets have a hip atmosphere, particularly during the International Arts Festival in August.

From Levkas, it is an easy cruise to Homer's Ithaca. For centuries this quintessential Greek island has been synonymous with a hero of epic proportions: Odysseus. Virgin green hillsides tumble to a string of deserted coves with white, pebbly beaches, some of which can only be reached by sea and which provide an ideal secluded anchorage. Explore the Cave of the Nymphs, where Odysseus is said to have hidden gifts, the fountain of Arethusa, and Odysseus' palace. Serious nightlife on Ithaca is non-existent, but the bijoux ports are a showcase of charming Greek cafés and tavernas.

For the St Tropez of the Ionian, hop over to Cephalonia's northernmost port, Fiskardo. Spared by the earthquake that almost destroyed the whole island in 1953, this intimate →

MORE TO SEE...

For an extended itinerary, begin (or end) your charter in Athens, home to some of the most spectacular historical sites in Greece. From there you can cruise through the Corinth Canal, past mainland Greece's beautiful Mediterranean landscapes of citrus and olive groves, and on to the Ionian Sea.



PANTHALASSA 56m (184')
12 guests from €200,000 per week

The award-winning Panthalassa is a fusion of contemporary living and the finest nautical heritage. From her naval architecture and engineering to interior space planning, she combines 21st century innovation and intelligent design.

SHERAKHAN 69.95m (229'3") 26 guests from €395,000 per week
Sherakhan boasts a contemporary interior with outstanding features, including a huge open main saloon that is bathed with natural light filtered through the glass-bottomed Jacuzzi on her large sun deck. Sherakhan is the ideal yacht for fun-filled charters in the Ionian.



MAGNA GRECIA 58.5m (192')
12 guests from €200,000 per week
Magna Grecia has the space to give her guests everything a charter yacht should. Her interior is a wonderful combination of luxury and understated elegance. She has comfortable staterooms and a variety of secluded and public areas for entertaining, socialising and fun.

YACHTS CHARTERING IN THE EAST MEDITERRANEAN THIS SUMMER

SAI RAM 51.9m (169'1") 12 guests from €210,000 per week
Built by the renowned Benetti yard, Sai Ram is an exemplary charter vessel packed with innovative and exhilarating features. She has a spacious, stylish interior, and her deck areas include a large sun deck with sun beds, Jacuzzi, sofas, a bar and a dining area.



ELISABETH F 53m (173'1") 12 guests from €200,000 per week
Combining open and covered deck space with great internal volume, Elisabeth F is dedicated to relaxation and socialising. Both her sun deck, with large dining and lounging areas, and her vast main aft deck ensure outdoor living at its best.

HANA 43m (141') 10 guests
from €135,000 per week
Hana is the perfect charter yacht on which to relax and have fun. Her large windows pour natural daylight into the modern interior, her master cabin has a private balcony, and she has a gym, oversized swim platform and an excellent range of water toys. Hana sleeps 10 guests in four double cabins and one twin cabin with Pullman berth.



MAGNIFICA 43m (141') 10 guests from €140,000 per week

Magnifica has vast deck spaces for all manner of social activities. Among her excellent facilities she counts a spacious sun deck with large sun pads and Jacuzzi, a Radar arch for shade, a bar area and an impressive cinema screen.



ECLIPSE 43m (141') 10 guests from €130,000 per week

Built by the renowned Feadship yard, Eclipse is a classically styled yacht both inside and out. Her decks, including a sun deck with Jacuzzi and lounging areas, are ideal for relaxation. She carries an array of watersports equipment, all of which can be easily accessed from her aft swim platform.



MIRABELLA III 41.1m (135'9) 10 guests from €87,500 per week

Mirabella III has just emerged from an extensive refit that secures her place in a new category of environmentally friendly sailing yachts. All her accommodation and decks, including the new swim deck, have been refitted to offer excellent living areas.



YACHTS CHARTERING IN THE EAST MEDITERRANEAN THIS SUMMER



PARVATI 39.7m (130') 10 guests from €75,000 per week

Parvati is a successful charter yacht. Following her extensive refit she has an open and classic feel with a comfortable and welcoming interior. Her decks are intimate yet spacious, providing excellent dining and lounging areas. Parvati accommodates 10 guests in three double cabins, one with an adjoining twin cabin that can be converted into a VIP cabin, and a further twin cabin with Pullman berth.

CLEAR EYES 43.13m (141'6) 10 guests from €65,000 per week

Launched in 2010, the cruising ketch Clear Eyes combines classic design lines with state-of-the-art rigging and technology, and offers remarkably spacious volume for family charters. The yacht accommodates 10 guests in three double cabins and two twin cabins.



SEABLUE'Z 36.6m (120') 10 guests from €105,000 per week

Well-appointed accommodation combines space for relaxing and entertaining with a classic yet sophisticated décor. Her ample deck spaces and an array of watersports equipment ensure a fun outdoor lifestyle.



Myrtos beach on Cephalonia is just one of the secluded coves that dot the Ionian landscape



Seafront towns offer a host of tavernas and seafood restaurants



Divide your time between exploring ashore and setting sail across open seas

harbour is a magnet for superyachts, yet even in high season it never feels crowded. You'll find plenty of restaurants here, including the quintessentially Greek Nicholas Taverna, and Tassia, which serves traditional Ionian dishes including spicy beef or veal sofrito, spicy fish bourdetto and, closer to home, a Cephalonian meat pie.

Next cruise south to Myrtos beach, with its white and azure waters and sheer cliffs making it one of the most photographed beaches in the world — particularly as it is one of the island's beaches that appeared in the film *Captain Corelli's Mandolin*. Geologists among your party will be keen to visit the Drogarati and Melissani caves. The latter date back more than 30,000 years and some of the existing stalactites have been classed as being around 20,000 years old. Watch the subterranean lake transform into a stunning myriad of colours as the sun strikes through the small opening in the cave's roof.

Finally, sail to the furthest island in the Ionian chain, Zakynthos. Rich with vineyards, orchards, olive groves, beaches and azure waters, the island is known as the 'Flower of the Levant' by the Venetians, who ruled here for almost 350 years. Relax in the therapeutic sulphur springs around Keri before strolling along the shorefront of Zakynthos Town at sunset. ■

BEYOND THE IONIAN...

If you've already cruised the Ionian, rest assured there are countless other islands to explore. The most popular group is the Cyclades, made up of 39 islands that form a circle around the sacred island of Delos. Abounding with an astonishing wealth of historical sites and legacies, gleaming white villages and blue church domes stacked above the sea, the chain lends Greece its most potent charm.

The lesser-known Saronic islands, meanwhile, are the closest group to Athens and are, in the main, a laid-back affair, while the Sporades, to the northeast, are mostly uninhabited and are blessed with numerous deserted beaches. The rocky Dodecanese islands are closer to the coastline of Turkey, and therefore best combined with a Turkish itinerary.





TRANSFORM YOUR CHARTER INTO THE ULTIMATE WELLBEING EXPERIENCE

If you are looking to add a dose of healthy living to your charter, there are several ways to maximise wellbeing while on board a superyacht. Whether you are looking for occasional pampering spa treatments or a complete change of lifestyle, experts are on hand to deliver everything from the ultimate spa experience to fitness training and nutritional advice. You can either bring on board your own personal dietitians, fitness trainers and therapists for all, or part, of your charter, or you can step ashore to experience treatments at destination spas in your charter area.

FITNESS FACILITIES

A superyacht can be a private arena for all manner of fitness activities. The ocean is an endless source of activity, be it swimming, diving, snorkelling or water sports, and even the motion of a yacht can tone muscles and improve core balance the entire time you are on board. Then there are the spacious, view-blessed decks that lend themselves to a session of yoga or Pilates. Depending on your location, yoga and a range of outdoor activities can also be arranged on the beach.

Furthermore, many yachts are now equipped with gyms that feature as many types of equipment as might be found in your gym at home, including fixed resistance machines. Several of the larger yachts have qualified personal trainers among their crew, or you could bring your own personal trainer. Bear in mind, however, that this option is only realistic on board one of the larger superyachts where spacious accommodation enables a team to accompany you.

James Duigan (see page 96) is a world-renowned personal trainer who works with the likes of international model and businesswoman Elle Macpherson, and Victoria Secret's model and actress Rosie Huntington-Whiteley. Duigan calls his personal training philosophy 'Bodyism', and the results speak for themselves. Duigan regularly accompanies his clients on board their yachts to maintain their training regime. "For many people, a holiday is a unique window of opportunity to kick start a healthy lifestyle away from the demands and pressures of their working life," James explains. "Every client is unique and my programmes are tailored to individual needs. Of course, on a superyacht daily fitness activities will depend on location and

itinerary but may include running on the beach, hiking in the mountains, circuit training on board or on the beach, and swimming in the sea, interspersed with yoga or Pilates sessions."

NUTRITIONAL SUPPORT

Your chef can discuss nutritional requirements with you or your trainer and can tailor your meals to complement a healthy lifestyle. You can still enjoy gourmet treats, and it's always up to you to decide what, and how much, you want. If you decide to take your health to another level, your chef can support a detox diet (which, despite eliminating cream, sugar, butter and salt, still tastes delicious) and can demonstrate how to prepare appetising meals and provide alternative suggestions for your diet once you return home.

WELLBEING TREATMENTS

The ocean is one of nature's most restful environments, easily inspiring relaxation and reflection. To optimise this, several superyachts in the CNI fleet have their own dedicated spa areas (see page 26). Other yachts have cabins that can be transformed into relaxing venues for daily massages and beauty treatments.

For ultimate on-board pampering, many clients opt for regular massage therapies during their charter. Massage has a deeper effect than simply relaxing the muscles — scientists have shown it also reduces the stress hormone cortisol and increases the anti-pain hormone serotonin. A handful of superyachts have crew members that are trained as massage and beauty therapists, but your CNI charter broker can also arrange for specialists to come on board during your cruise. Heather Hawthorne is one such example, travelling the world as a spa therapist-in-residence. "A yachting holiday is the perfect time to relax and focus on your health and wellbeing," confirms Heather. "Spa treatments tend to enhance relaxation and personal enjoyment more than any other activity on board."

Hawthorne tailors holistic and therapeutic treatments around your charter itinerary. As a guideline, she suggests incorporating daily massages — either in your stateroom, on deck or on the beach — with wraps and facials. ■

For more information on chartering in the Ionian islands, or wellbeing charters, please contact your nearest CNI charter broker, see page 6

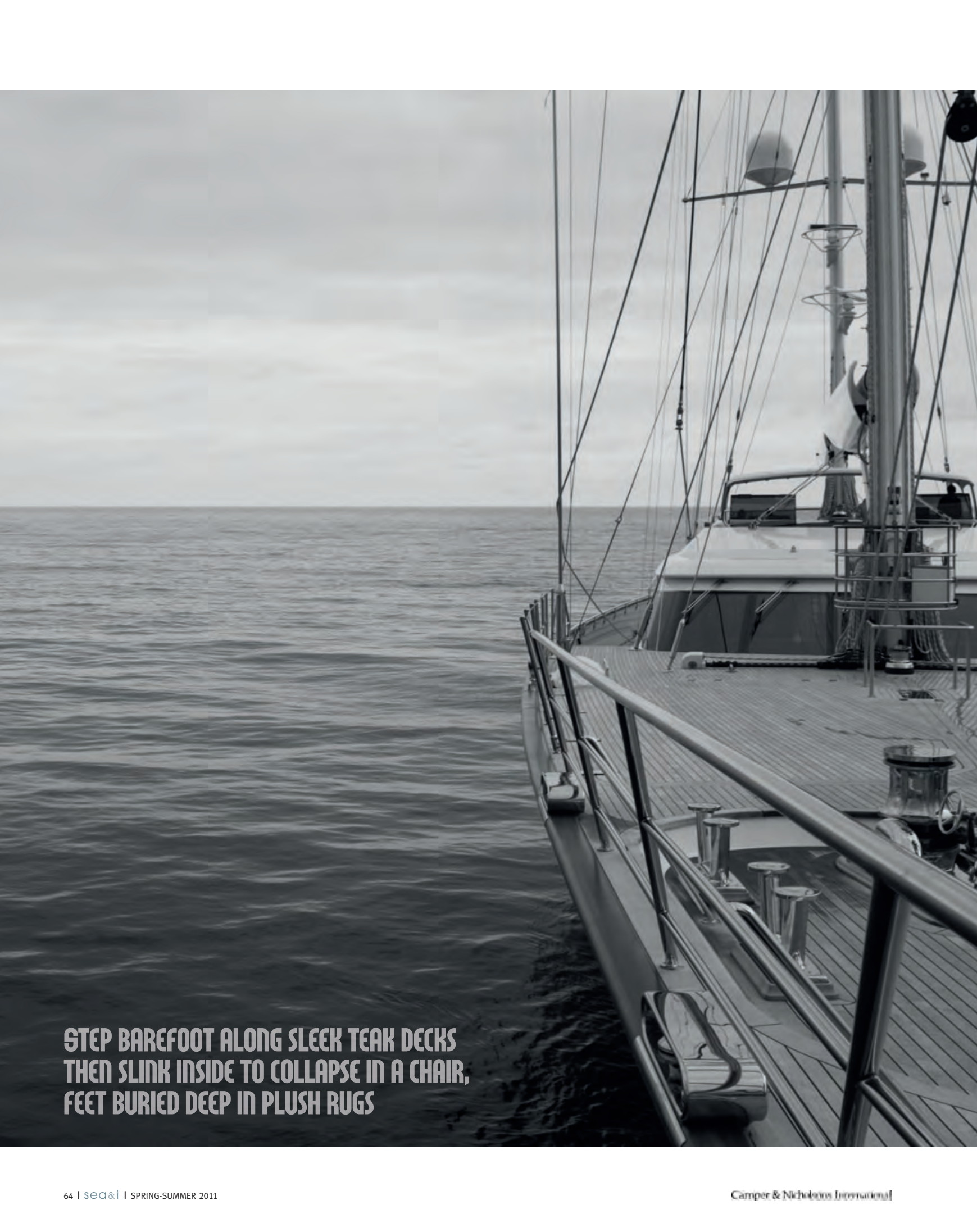
panthalassa

UNLIMITED SEAS

To set sail aboard the 56m (183'7)
Panthalassa is to experience the epitome of
style. Built by Perini Navi, she rules the waves

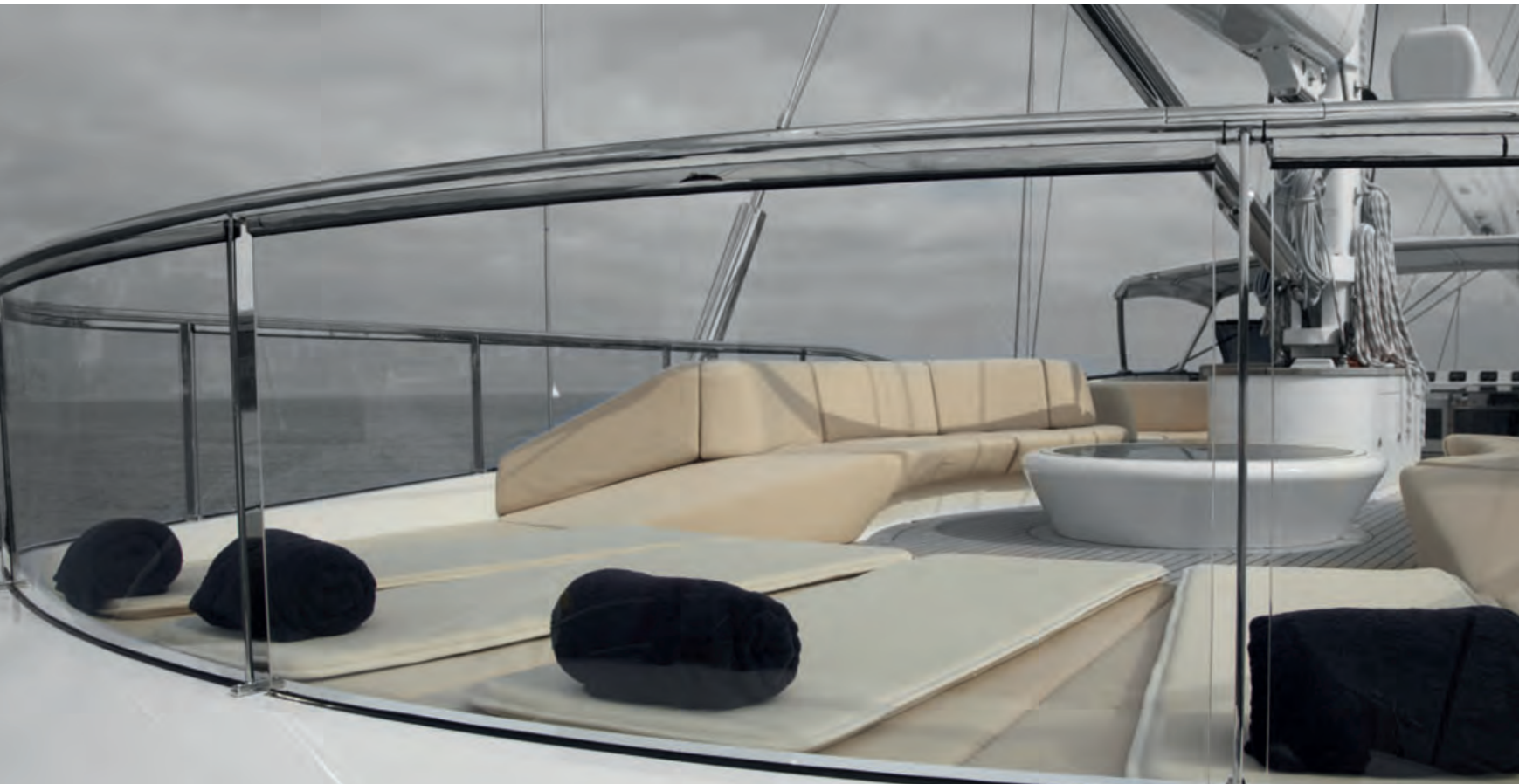
Photography Jérôme Kélagopian and Dan Annett





**STEP BAREFOOT ALONG SLEEK TEAK DECKS
THEN SLINK INSIDE TO COLLAPSE IN A CHAIR,
FEET BURIED DEEP IN PLUSH RUGS**







**COOL CURVES... SEAMLESS
STYLE... FUTURISTIC FEATURES...
IMPECCABLE TASTE**





**AT ANCHOR OR AT
SAIL PANTHALASSA DEFINES
ELEGANCE AFLOAT – SUCCUMB
TO THE TEMPTATION**

■ LENGTH 56m (183'8) ■ BEAM 11.51m (37'9) ■ DRAFT 3.95m (12'11) ■ BUILDER Perini Navi ■ YEAR 2010 ■ GUESTS 12 ■ CREW 10
■ CRUISING AREA West Mediterranean (summer) – Caribbean (winter) ■ PRICES FROM €200,000 per week

holiday wellbeing & BODY MIND SOUL

Most holidays leave us refreshed and relaxed but some breaks go a step further in terms of health, taking diet, fitness and wellbeing to new extremes

By Kate Rigby

Indulgence and quality time are rarely natural bedfellows with excellent wellbeing but the partnership is increasingly being perfected thanks to a growing number of luxury resorts marrying diet, detox and fitness with first-class accommodation. Here, **sea&i** profiles three leading, and completely diverse, health-focused holiday experiences.

INDIA'S SPIRITUAL SHREYAS YOGA RETREAT

An hour's drive from India's Bangalore International Airport, more than 25 acres of beautiful green lawns, palm trees and soothing pools strung with neon pink and orange petals make way for what is undoubtedly one of the world's most respected yoga retreats. Whether you're a beginner or highly experienced in yoga, you can immerse yourself in every aspect of this ancient practice in a setting conducive to complete serenity.

Accommodated in a cottage or an elegantly designed tent in the grounds, you can fill your days with Hatha and Ashtanga Vinyasa yoga, as well as exploring many other yogic disciplines, including pranayama (breathing) sacred chants, mouna (silence) and pratyahara (a form of preparatory meditation).

Yoga is renowned for inspiring a host of health benefits, including more toned muscles, improved fitness, enhanced balance, weight loss, stress reduction and deep relaxation. It has even been reported to help relieve certain health conditions, the likes of insomnia, depression and anxiety. As well as these physical and therapeutic benefits, the Shreyas retreat also gives you the chance to reflect and enjoy a slower pace of life, meaning you'll return home with a reinforced sense of emotional and spiritual clarity. The retreat is the perfect place to escape the outside world and has been designed specifically with this in mind, with the architecture of the buildings honouring the natural environment. Added to this, rainwater

Top right: the Shreyas pool at night
Right: daily yoga instruction takes place in the most scenic of settings



harvesting, solar heating, ayurvedic and medicinal herb plantations, organic waste disposal and organic farming guarantee an all-round eco focus. The latter also ensures the healthiest of diets, with all meals being prepared with organically grown ingredients hand-picked from the surrounding fields.

The retreat also caters for other aspects of wellbeing, with a swimming pool, Jacuzzi, steam room, gym and spa. Although simple, the latter is regarded as being among the finest in India, and offers a range of massages including Thai, Indonesian, Swedish, Ayurvedic, aromatherapy and deep tissue. You can also indulge in body scrubs, facials, manicures and pedicures to rejuvenate body, mind and soul.

Shreyas also runs 14- and 21-night weight-management programmes that aim for healthy long-term weight loss. Experts guide you in the knowledge that a healthier life combines both physical and mental disciplines — from the foods you chose to the activities you undertake, and even the esteem with which you regard yourself. Yoga is combined with healthy cuisine, slimming Ayurvedic therapies, brisk walks, gym workouts and swimming to ensure you achieve your goals. Counselling is also provided to help you set realistic targets and to advise you which activities and spa treatments would best support your programme.

Despite the beautiful surroundings, charming accommodation and opportunity to relax, this is less a holiday and more a valuable opportunity to take time to reassess your life and work towards a healthier mind and body.

For more information, visit www.shreyasretreat.com



HOLIDAY HEALTH HIGHLIGHTS

- ▶ *Improved competence in yoga*
- ▶ *A more toned, strengthened body*
- ▶ *A healthier diet*
- ▶ *Weight loss*
- ▶ *Improved mental clarity and relaxation*





A DETOX IN THE ENGLISH COUNTRYSIDE

Detox diets may have been around since ancient Egyptian and Greek eras but they still have their fair share of detractors. To its credit, the Lemon Detox Diet is proving its worth. It originates from a programme developed 30 years ago by legendary naturopath Stanley Burroughs. Later refined by a team of doctors, homeopaths and naturopaths, Madal Bal Natural Tree Syrup gained popularity with home use and has since become a celebrity-endorsed detox of world renown.

One of its key selling points is that it genuinely keeps hunger at bay; secondly, it tastes good — admittedly if helps if you like lemons and maple syrup. Benefits are multifold: after five to seven days it can help cleanse the body of toxins, aid weight loss, improve energy, and benefit hair, nails, skin and digestion. For this plethora of wellbeing, all you need do is stir together Madal Bal syrup, fresh lemon juice, a pinch of cayenne pepper or fresh ginger and water — and drink. For days!

Even better, you can now get a five star hotel and spa to mix it up for you. The von Essen group is currently hosting this detox programme at five of its UK hotels, one of which is Cliveden House in Berkshire, where an outstanding historical pedigree, stately English accommodation and the support of an expert spa team ease the detox challenge. Once the home of the Duke of Buckingham, and later the Astors, Cliveden was a regular haunt of Charlie Chaplin, Winston Churchill, Queen Victoria, George Bernard Shaw and President Roosevelt. While you will not be dining, like them, to excess (or, in fact, at all), they did not have the benefit of today's spa complete with indoor and outdoor pools, saunas and pampering treatments, and these can make all the difference to the success of your programme.

Detoxes tend to come with side effects. As your body rids itself of toxins it may provoke skin conditions and headaches, which is why the use of an on-site spa can be invaluable, with specific treatments aiding the detox process. For example, reflexology can kick-start a potentially sluggish digestive system, and exfoliating facials and honey-and-mango wraps can rid the body of the toxins it will be emitting.

An added benefit is that the hotel delivers all the ingredients of your detox direct to your suite — or, for complete solitude, hire out the Spring Cottage concealed in the estate's grounds on the banks of the River Thames. Whenever hunger pangs threaten, simply drink the mix — up to ten times a day. And you can ring the changes with cold or hot water, still or sparkling, and either cayenne pepper or fresh ginger. The lemons provide vitamin C and potassium and help dissolve waste, the cayenne stimulates circulation and speeds the cleansing and elimination process, and ginger is known for its gastrointestinal benefits. The syrup itself is the highest quality organic palm syrup and is abundant in minerals, particularly potassium, and is perfectly balanced with sodium so your body (in the absence of food) still gets the nutrients it needs. If you'd rather not go to such extreme measures, opt for the 'relaxed' version where you're allowed to tuck into a healthy lunchtime meal.

For details of the Lemon Detox Diet visit www.lemondetox.com

To find out more about doing the detox at von Essen hotels visit spabyvonessen.co.uk



HOLIDAY HEALTH HIGHLIGHTS

- ▶ *Toxin release*
- ▶ *Weight loss*
- ▶ *Improved energy*
- ▶ *Healthier hair, nails and skin*

Opposite page: an aerial view of Cliveden
 Top: the garden entrance of the Cliveden spa
 Above: the Spring Cottage in the grounds of the estate



HOLIDAY HEALTH HIGHLIGHTS

- ▶ *Toxins cleansed from body*
- ▶ *Improved skin condition*
- ▶ *Stimulated circulation*
- ▶ *Anti-ageing benefits*

JORDAN'S DEAD SEA EXPERIENCE

If you're looking for a complete wellbeing experience that doubles as a relaxing and luxurious holiday, few places compare with Jordan. The Jordan Valley is one of the world's most unique natural spas, complete with a specific type of sun radiation, an enriched oxygen atmosphere, mineral-rich sea salt and mud, and thermo-mineral springs.

Base yourself at the Jordan Valley Marriott Resort & Spa and you can create your own programme of ultimate health. Begin each day by winding past the resort's four pools to the private beach where one of the world's most remarkable natural healing wonders laps a muddy shore. The Dead Sea is the saltiest body of water in the world, and these salts contain a bounty of healthy minerals, including magnesium, calcium, bromide, sodium and potassium. Since time immemorial, people have bathed in its waters, first daubing themselves in Dead Sea mud. Handy tubs of this grey-black sludge sit on the rocky shore so you can cover yourself from head to toe. Like the water, the mud is rich in salts and minerals, which are absorbed into the skin and dry to a cake-like body mask. You can then wade in the footsteps of the likes of King Herod the Great and Queen Cleopatra as you take to the water. Within seconds your feet pop up from under you as the high salinity of the water makes it impossible to remain upright. As you float, the minerals of the mud and sea begin to cleanse and rid the body of toxins, and stimulate circulation. They also boast anti-ageing properties, and can help ease arthritis and skin disorders such as acne, psoriasis and eczema. As an added bonus, you'll emerge from the waters with softer skin.

Adding to the region's health merits is clean dry air with high levels of oxygen, unique sun rays that can have a positive impact on certain diseases, and very low UV rays, meaning the sun causes less skin damage here than in other parts of the world.

To enhance your daily dip in the Dead Sea, the traditional cuisine of Jordan is also



extremely healthy, meaning you can cleanse yourself inside and out. Crunchy fresh vegetables and salads combine with plump pulses, tangy herbs and tasty spices to create delicious meze and dishes. You can pile your plate high with low-fat, low-cholesterol and mineral- and vitamin-rich foods at every meal, with the added significant advantage that they taste fantastic, bursting with tangy flavour, diverse textures and exuberant colours.

Spend days exercising in the Marriott's infinity pool and making use of its spa. It has an indoor Dead Sea Water pool, as well as a buffet of treatments drawing on the healing properties of Dead Sea salts and mud. Try the Arabic Loofah Experience or a Black Arabic Coffee Energizing and Firming Wrap.

If you fancy a change of scene, a short drive delivers you to O Beach — a five-star day spa and nightlife venue that opened last year. Cabanas can be hired complete with Jacuzzis, outdoor cooling systems, private butlers, a changing room, lounge and dining areas and 42-inch televisions. Beyond these private havens are eight bars and restaurants, infinity pools and the Olea Spa, with seven shaded sea-view treatment rooms. Also a short drive away is Feynan Ecolodge in the heart of the Dana Biosphere Reserve. This 26-room solar-powered haven amid the mountains is all about health and nature. Spend long days in the fresh mountain air — trekking, biking and canyoning — or time your visit with one of its yoga retreats. In the evening, dine on delicious organic vegetarian food, all the while in the knowledge that you are supporting the most honourable of eco credentials.

Should your visit to the Jordan Valley have a more dedicated health or medical focus, the region's world-famous Dead Sea Medical Centre offers expertise, facilities and treatments for extreme skin conditions and health ailments. ■

For more information visit www.marriott.co.uk, www.obeach.net, www.feynan.com, www.jordandeadsea.com

Opposite page: one of the pools of the Jordan Valley Marriott Resort & Spa, overlooking the Dead Sea
This page, above left: the reception and courtyard of Feynan Ecolodge
Top: Dead Sea salt formations
Above: the O Beach day spa and nightlife venue

*Always seek professional medical advice before undertaking a detox programme, diet or new health regime
 Photography, Jordan Tourism Board; Feynan Ecolodge; Brian Scammell



new zealand

DOUBLE IMPACT

The twin-island nation of New Zealand is made for active adventure, and with the Rugby World Cup being hosted there later this year, it is the perfect place to head for a fun-fuelled charter

By Miriam Cain

The Rugby World Cup will certainly put New Zealand in the spotlight this year, but there is so much more to this twin-island country. If you're planning to catch the action on the touch-line, tie it in with a charter around this spectacular part of the world. Whether drifting across a secluded bay or inlet, exploring the many uninhabited islands, or sailing into its many harbours, New Zealand has endless cruising possibilities. If you set aside enough time, a charter can take in both North and South islands, with stops in the Bay of Islands, the Marlborough Sounds, Tauranga and, of course, the Rugby World Cup venues themselves: Auckland and Wellington. Sadly, the devastating earthquake that hit Christchurch in February caused such critical damage that Rugby New Zealand 2011 has decided to reschedule the city's matches at Eden Park, Auckland. However, Christchurch, often referred to as the Garden City of New Zealand, remains a key region to visit on a charter of South Island.

Although the less populated of the two, South Island's scenery alone makes it worthy of a visit. It offers a varied landscape of snowy peaks that sit above sun-drenched plains, waterfalls, fjords and lakes and vineyards, the most famous of which are in Marlborough Wine Country. Although the first vineyards here only gained a reputation in the early 70s, the region is now

regarded as being one of the world's finest producers of Sauvignon Blanc. Another must-visit city is Queenstown. New Zealand's adrenaline capital, this year-round Alpine resort on the shores of a vast lake offers every opportunity for a healthy, active holiday.

North Island is altogether different. Its stunning landscape comprises pristine lakes and is home to some of the southern hemisphere's most cosmopolitan cities, including Auckland, aka the 'City of Sails'. The largest Polynesian city in the world, it offers a wide range of shops and restaurants, busy →

Opposite page:
Abel Tasman National
Park on South Island

RUGBY WORLD CUP 2011 FIXTURES

QUARTERFINALS

8 October

Wellington

8 October

Auckland

9 October

Wellington

9 October

Auckland

SEMIFINALS

15 October

Auckland

16 October

Auckland

3RD PLACE PLAY-OFF

21 October

Auckland

FINAL

23 October

Auckland

ACTIVE CHARTERS

Both New Zealand's North and South islands offer a wealth of opportunities, ranging from remote trekking to whale-watching. Here are just a few activities to keep you moving during a charter through the southern hemisphere...

SCUBA DIVE AROUND THE POOR KNIGHTS

Lying off the northeast coast of North Island, the Poor Knights nature and marine reserve is home to one of the best diving spots in the world. Tropical currents sweep through attracting a variety of tropical species that cannot be found anywhere else in New Zealand.

SWIM WITH SHARKS

Come face to face with Mako and Blue sharks (albeit from behind the bars of a protective metal cage) in the waters just north of Gisborne, North Island.

WALK THE SKY TOWER

Make your way around the thin perimeter ring of one of the Southern Hemisphere's tallest freestanding structures. At 192m (630') above ground, the famous Sky Tower promises spectacular views of Auckland and your yacht berthed below. The fact that you have no handrails and nothing but sky on either side of you makes for a nail-biting experience. Although you'll be fitted with a full body harness and overhead safety lines, this is not recommended for the faint of heart.

SEA KAYAK IN ABEL TASMAN NATIONAL PARK

Lying at the northern tip of New Zealand's South Island, the Abel Tasman coast is renowned for clear azure waters, white-sand beaches, hidden coves and spectacular headlands. Here you can paddle your way among seal pups and dolphins, Little Blue Penguins, and many other sea birds that make a home along this beautifully preserved coastline. Sea kayaking is also popular in the Bay of Islands, Hauraki Gulf and Milford Sound.

GO WILD IN QUEENSTOWN

In Queenstown you will find plenty of daredevil opportunities for even the most adventurous among you. From skydiving and bungee jumping to skiing, hand-gliding and quad biking, the city provides every adrenalin-pumping activity imaginable.

WHITE-WATER RAFTING AND JET BOATING

North Island is home to the Wairoa, Mohaka and Kaituna rivers, all of which provide challenging rapids for white-water rafting, while South Island has action on the Shotover, Kawarau and Rangitata rivers. For an extra adrenalin rush, jet boating is available along most of the major rivers on South Island.

WHALE-WATCHING IN KAIKOURA

North of Christchurch, Kaikoura has a deep underwater canyon with unusual sea currents that attract an abundance of marine life — the most famous being the sperm whales, which are drawn by the region's rich plankton. The waters here also abound with dolphins.





SAMPLE ITINERARY

CHRISTCHURCH TO WELLINGTON (160 NAUTICAL MILES)

From Christchurch, cruise up the coastline of South Island to Wellington. Pass a landscape of spectacular views along the snow-capped Kaikoura Mountain Range and look out for schools of dolphins and the giant sperm whales that migrate to feed in the waters off the coast of Kaikoura.

WELLINGTON, NORTH ISLAND

Cruise through the narrow passage by Barrett Reef into Wellington Harbour and step ashore to the city that has reinvented itself as a mecca for gourmands. Here you will find more bars, restaurants and cafés per head than in New York.

WELLINGTON TO NAPIER (196 NAUTICAL MILES)

Depart late afternoon and watch the sun set behind the snow-capped Mount Tapuae-O-Uenuku at the top of South Island. Cruise up the Wairarapa Coast to Napier.

NAPIER TO TAURANGA (220 NAUTICAL MILES)

Cruise up the Hawke's Bay coastline and pass the Mahia Peninsula and Poverty Bay, before rounding the East Cape and White Island. Cruise on until you can step ashore in Tauranga and walk to Mount Maunganui and the town boasting a famous café culture and white-sand beaches. Alternatively, the thermal wonderland of Rotorua, a centre for Maori culture, is just an hour's drive away.

TAURANGA TO AUCKLAND (130 NAUTICAL MILES)

Set between two harbours, Auckland is the ideal gateway to the nearby Hauraki Gulf and Bay of Plenty. The sheltered waters are ideal for yachting and recreational fishing and the area has long been a great venue for yachting regattas, such as the America's Cup. Cruise slowly past the Whangaparaoa Peninsula, Kawau Island, Little Barrier Island, Great Barrier Island, and the Poor Knights Islands — famous for diving and fishing.

harbours and beautiful beaches. From here, it is just a short cruise to the Bay of Plenty with its long stretches of beach and secluded bays. To the north of the island, the aptly named Northland reflects a strong Maori heritage and is home to numerous sites of historical interest.

For information on chartering in New Zealand, contact your nearest CNI charter broker, see page 6. For information on the Rugby World Cup 2011, visit www.rugbyworldcup.com

Opposite page:
from diving to kayaking to hiking, New Zealand is nature's ultimate adventure playground

Sail

sailing yacht focus

away

There may be fewer sailing superyachts than motoryachts, but their appeal is undeniable. Thanks to their greener credentials and racing potential, they will remain a popular choice for a long time to come

By Ellie Brade

Sailing yachts have many attributes to recommend them, but for true fans the real clincher is that, unlike motoryachts, they can race. Cutting-edge technology and today's impressive building and design expertise mean that the new generation of sailing yachts are increasingly efficient and fast, a sure draw for the competitive owner. What is more, there are ever-more opportunities to push them to the limit. Superyacht sailing regattas are constantly gaining popularity, throwing participants right in the heart of the action. The St Barth's Bucket, now in its 25th year, attracted a record 38 entries for its 2011 regatta, with the number of entrants applying climbing year

on year. Other events on the racing calendar include the Superyacht Cup and the Loro Piano Superyacht Regatta, both celebrating the camaraderie and spirit for which the sailing yacht community is famous. But before you launch into the world of regattas, you need to find the ultimate sailing yacht.

Design — classic versus modern

Motoryacht design concepts tend to monopolise the market, but there are more than enough impressive sailing yacht concepts available to those who do their research. The pendulum of current designs swings between classic and modern.



To own a J-Class is to be a part of an historic and elite group. As such these yachts, first constructed in the 1930s, have seen a particularly healthy resurgence in popularity. In 2010, Dutch yard Claassen Jachtbouw delivered the 43.4m (142') H1 Lionheart bringing the total number of J-Class originals and replicas in existence to six. Holland Jachtbouw also has two further designs under construction, the 40m (131') JH2 Rainbow and the 39m (128') JH3 Yankee, both of which are due in 2012, while Claassen Jachtbouw is working on the 42.6m (140') J7 Atlantis. Plans have also been approved to rebuild a further two designs, the 41.5m (136') S1 Svea and the 36.8m (121') J1 Enterprise.

A special 2012 J-Class Regatta series will coincide with the Olympics, allowing the Js to stretch their legs in English waters, in Falmouth and around the Isle of Wight.

Drawing on the legacy of the Js, Humphrey's Yacht Design recently revealed the Tempus Class 150 ketch design. Commissioned by the owner of Turkish yard Arkin Pruva Yachts, the Tempus 150 is inspired by the hulls of the classic J-Class yachts, but with its design developed to enable it to function as a modern charter and cruising yacht. Designer Rob Humphreys describes the resulting concept as "closely resembling its forebears but developed in a number of →

Top: Igor Lobanov's
Phoenicia
Above: the Tempus 150



Clockwise from above:
the 39m (128') Countess;
Phoenicia; the 141m
(463') Dream Symphony
(side and aerial view);
the 73m (240') Ankida
(aerial views)

ways to make it more applicable to modern lifestyle.” In a similar style, the Countess design from Studio Delta is a 39m (128’) concept, based on the traditional hull of the 69m (226’) schooner Atlantic. Like the Tempus Class 150, Countess’ rigging, interior and exterior have been designed to reflect a traditional 1930s yacht, but will incorporate modern systems to ensure high levels of comfort on board. For example, climate control is specified throughout all guest and crew spaces. If she is built, Countess will function as a fully certified charter yacht.

As well as the more classic styles being brought to the table, increasing modernity, and even an element of the space age, is being seen in some of today’s designs. Recent concepts presented to the market include Phoenicia by Igor Lobanov and Ankida by Lila-Lou.

Igor Lobanov presented Phoenicia to the market this year and describes the project as being explorative. The unusual shape of the bow was inspired by ancient royal ships, and a key feature of it is the all-around deck with a pattern incorporated into its structure. The model is based on a 100m-plus (328’) sailing yacht, with particular emphasis placed on a spacious aft deck, which houses a heli-pad.

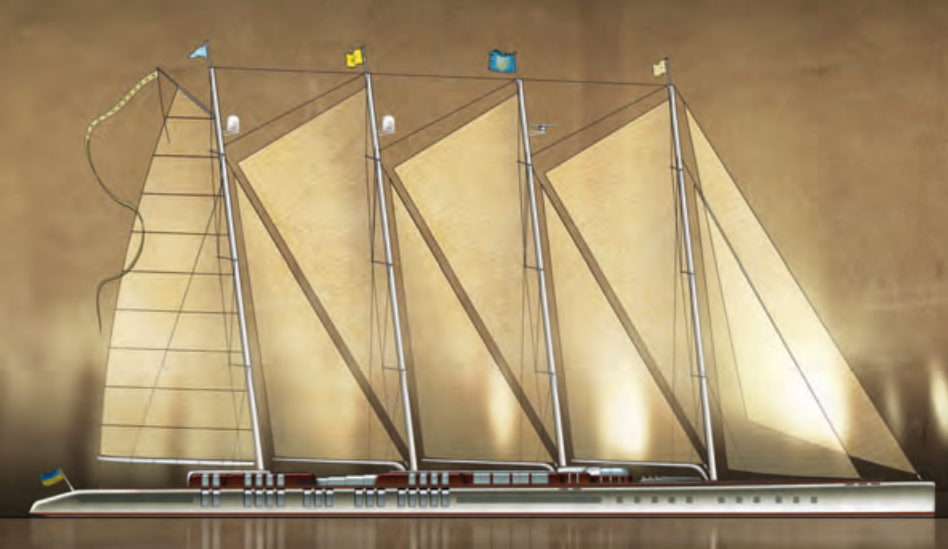
In developing the 73m (240’) Ankida concept, London-based studio Lila-Lou integrated the mast, sail and keel configuration with the hull and superstructure. Her sail has been designed

to allow the greatest surface area coverage and optimal positioning in relation to the wind. Each mast has a boom running parallel to one another so they have the ability to slide forward and aft, a feat achieved by designing each boom in two sections. The sails can then be offset from one another when on a beat or reach, maximising the sail area for the conditions. She also features a magnetically levitated wind turbine that supplies power for the yacht’s operation and general services.

In build

The aforementioned concepts all hint at the sort of designs we can look forward to in the future, but it is the models that are already under construction at yards that are keeping sailing yacht enthusiasts champing at the bit.

There are many names synonymous with sailing yacht builds across the world: Royal Huisman, Dubois, Perini Navi, Alloy Yachts and Vitters, to list just a handful. Sailing yachts are created by experts who live and breathe their design and construction, sharing the great passion possessed by the owners of these vessels, and always endeavouring to break new ground with their designs. A sailing superyacht is a very different breed of vessel to a motoryacht as it is required to function under both power and sail and, in many cases, perform in racing conditions while still providing a comfortable and luxurious home for guests.



Responses to changing trends, technologies and demands from owners have seen increasingly innovative and beautiful yachts being built. One notable trend over the last decade is the popularity of large sailing yachts. Launches in 2010 included six sailing yachts greater than 50m (164') in length, while the average length of sailing yachts launched the same year was 39.7m (130').

The longest sailing superyacht in the world is currently the 92.9m (305') Eos, built by Lürssen in 2006, closely followed by the 90m (295') Athena, built by Royal Huisman in 2004, and the 88m (288') Maltese Falcon, built by Perini Navi in 2006. All three will be significantly trumped in length, however, by the 141m (463') all-wood schooner, Dream Symphony, which was recently given the green light for construction by Turkish yard Dream Ship Victory. Work on the yacht begins this year and she is due to be delivered in 2016.

Dream Symphony's naval architecture is by Dykstra & Partners and her exterior by Ken Freivokh Design. Considering the vast quantities of wood that will be required for her construction, it is fortunate that Dykstra & Partners have pledged to use a unique technology using tropical wood sourced from renewable forests.

Another 'biggest-ever' will be delivered in the form of the voluminous 44.2m (145') catamaran Hemisphere, which is being completed at British yard Pendennis. Upon her launch

in 2011, she will take the title of largest cruising catamaran in the world.

Continuing the theme of sailing yachts with large LOAs, in March this year Alloy Yachts launched the 67.2m (220') Vertigo, designed by Philippe Briand with an 'urban at sea' interior by Cristian Liagre. She is not just the largest yacht built by the yard, but also the biggest luxury sailing yacht to be constructed in the Southern Hemisphere.

Two other sailing yachts over 60m (197') making an appearance this year are the 66m (217') Dubois-designed sloop (unnamed at time of going to press) from Vitters, which launched in March, and the 66m ketch Panamax from Baltic Yachts.

The yachts being delivered now are, of course, those that were ordered before and on the brink of the recession. As some owners are now opting for more modest investments in today's market, some decrease in the size of yachts is to be expected in the future. However, despite the recent economic downturn, which had a profound effect on the superyacht market, sailing yachts are continuing to hold their own on the order books. Maintaining its enduring appeal, the sailing yacht market seems set to continue sailing forth into exciting new territories. ■

For further information on sailing yachts and the CNI sales fleet see page 80, or contact your nearest CNI sales broker, see page 6.

super sailing yachts

PLAIN SAILING

CNI has been involved with more than a third of completed sailing yacht sales since the beginning of 2011. With the following listings on the books, this successful run looks set to continue throughout the year

By Miriam Cain

The superyacht brokerage market currently has 127 sailing yachts over 30m (98') available for sale. At the time of going to press, the distribution between motoryachts and sailing yachts was an 80/20 split — to be precise, 81% motoryachts and 19% sailing yachts. The last few years have reflected no significant difference in this balance, despite relatively better business performance from new sailing yachts, possibly as a result of growing environmental concerns spreading throughout the world and the industry.

Ten per cent of the sailing yachts over 30m (98') on the market were built in 2010; 54% were built between 2000 and 2009; and the remainder in 1999 or before. Twenty four are priced in dollars, while 103 are priced in euros or sterling, showing that the sailing-yacht market remains predominantly European.

Over the past few years, sailing yachts have, on average, accounted for just over 10% volume of all brokerage deals. Compared with the business generated by sales of motoryachts, sailing yachts account for just over 10% of the value of all deals and this has remained consistent for the last few years. In 2010, 22 sailing yachts were sold, with CNI being involved in a number of these sales. ■

For further information on any of the sailing yachts in the CNI sales fleet, or any other sailing yacht enquiries, contact your nearest CNI sales broker, see page 6.



MIRABELLA V 75.22m (246' 8) VT Shipbuilding 2004
Asking price €29,900,000, for sale and charter



WELLENREITER 46.1m (151' 2) Jongert 2003
Asking price €14,900,000



SELENE 56m (183' 8) Perini Navi 2007
Asking price €29,995,000, for sale and charter



ENTERPRISE 43.3m (142') Perini Navi 1989
Asking price €7,900,000



CLEAR EYES 43m (127' 1) Pax Navi 2010
Asking price €10,950,000, for sale and charter



PERLA DEL MARE 42.2m (138' 5) Saba 2010
Asking price €6,500,000



SAPPHIRE 38.5m (126' 3) Custom 1996
Asking price €1,800,000



SEAN PAQUITO IV 38m (124' 8) Custom 2009
Asking price €950,000



BUSHIDO 37.5m (123') Cek Lift 2004
Asking price €3,250,000



MARFLOW 37.14m (121') Dutch Yacht Builders 1982
Asking price €8,750,000



BLUE CLIPPER 37m (121' 4) FEAB Sweden 1990
Asking price €2,200,000



BLUE EYES 34m (111' 6) Pax Navi 2007
Asking price €4,900,000, for sale and charter



SOUTHERN CROSS 33.4m (109' 6) Yarrow & Co 1962
Asking price €2,675,000



DANCE SMARTLY 32.5m (106' 7) Palmer Johnson 1992
Asking price US\$3,600,000



ONLY NOW 31.72m (104') CNB 2002
Asking price €4,750,000



LADY THURAYA 31m (101' 8) Lubbe Voss 1982
Asking price €2,900,000, for sale and charter



GAIA 30.6m (100' 8) Spirit Yachts 2007
Asking price €3,500,000



ALAS LIBRES 30m (98' 5) Tackwray 1984
Asking price €1,750,000

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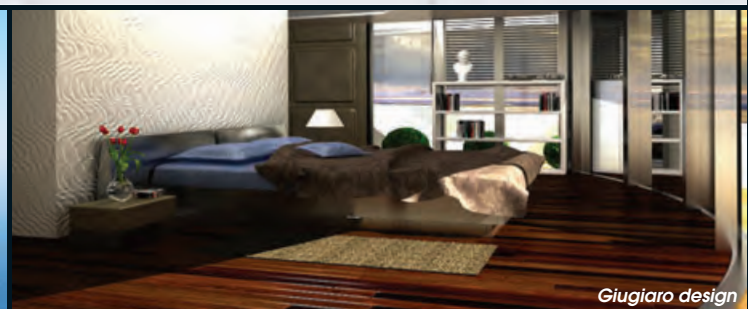
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DELIVERY JUNE 2012



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Italian shipyard Tankoa Yachts has two new 65 metre yachts under construction and available for purchase. Built to the highest quality assurance standards and supervised by external surveyors, the yachts are scheduled for delivery respectively in 2012 and 2013. The new owners will be able to fully customise the interior layout and decoration to suit their individual taste, either through their own designer or through one of the award-winning interior designers: Francesco Paszkowski, Giugiaro Architettura, David Chipperfield. Complete with helipads, these remarkable yachts are competitively priced. Please enquire for full details.



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HANA 43m/139'9, CRN, 2008
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BARAKA 58m/190'3, ProteksanTurquoise, 2010
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Price on Application

DRIZZLE 55.5m/182', Feadship, 2005
JONATHAN SYRETT ☎ +34 971 40 33 11 ✉ jsyrett@cnipalma.com



Asking price €10,900,000

QM OF LONDON 49.9m/163'8, Benetti, 1998
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LADY DAHLIA 47.5m/155'1, ISA, 2005
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Asking price €16,950,000

SOFICO 43m/141', CRN, 2009
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Asking price US\$7,500,000

GRAND COROTO 35.1m/115', Benetti, 2001*
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LIONWIND 47m/154'2, Feadship, 1983*
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MILK & HONEY 38.11m/125, Palmer Johnson, 2003
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ANDIAMO 36.6m/120', Benetti, 2006*
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OSPREY 34.80m/180', Hugh McLean & Sons, 1953/2010
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Asking price US\$10,500,000

CATALONIAN SPIRIT 34.15m/112', Inace, 2008*
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Asking price €5,500,000

CASSIOPEIA 32m/104'9, Holland Jachtbouw, 2004
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NOVELA 29.7m/97'5, CBI Navi, 2000
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Asking price €3,350,000

CHRISTINE OF LONDON 29.2m/95'1, Ferretti, 2003
DAVID SEAL ☎ +377 97 97 77 00 ✉ ds@mon.cnyachts.com

NEW CENTRAL AGENCY



Asking price €3,950,000

MACA 28.3m/92'1, Benetti Sail Division, 2008
S. CHRISTENSEN ☎ +34 971 40 33 11 ✉ schristensen@cnipalma.com
M. PAYNE ☎ +377 97 97 77 00 ✉ mp@mon.cnyachts.com

NEW CENTRAL AGENCY



Asking price €5,900,000

AQUILA 27.6m/90'6, Sanlorenzo, 2008/2009
MICHAEL PAYNE ☎ +377 97 97 77 00 ✉ mp@mon.cnyachts.com



Asking price €4,900,000

MM 28m/90', Pershing, 2008
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HORIZON 19.8m/64'1, Princess V65', 2002
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before you go

James Duigan, founder
of Bodyism and personal trainer
to the stars, talks travel

What essential items do you take when you travel...

In your hand luggage en route? Nuts to snack on. I panic without food and the meals on planes don't exactly fill me with joy. I also take a bottle of water and my wife's moisturiser. And an iPad with all the books and shows that I am following at that time.

In your suitcase for when you arrive? A pair of Orlebar Brown shorts. You can swim in them and they dry within minutes so you can go straight to lunch. Also, a packet of Bodyism Body Serenity supplement to help me sleep.

What essential items would you advise a client to use to stay fit on board a superyacht?

A Bodyism exercise band to keep their muscles toned and their back healthy. I also think all yachts with a gym should have a Jacobs Ladder. It's a great exercise climbing system, and ten minutes a day on this is enough to keep anyone fit.

What's the first thing you do when you arrive at a new destination?

If I'm by the ocean, I dive in and snort the sea water — Elle Macpherson taught me this; it completely clears your head. Otherwise, I take a long shower and then stretch for ten minutes to rebalance my body.

What favourite destinations would you recommend for:

A luxury one-night/weekend stay? From London you can't beat Verdura in Sicily. You can be there in a few hours and it's absolutely stunning — a beautiful and relaxing island resort.

A week's charter? The Maldives.

A fitness holiday? All the One&Only resorts have incredible gyms and fantastic cuisine. I can't think of anywhere better or more beautiful to transform your health and body.

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What inspires you to travel?

Food is one of my greatest motivators to travel; I love discovering new flavours. Sampling the local cuisine is always a great way to experience new cultures and places. And I love to meet people — it is amazing to connect with them and see what makes them tick.



What's your one piece of foolproof advice when it comes to keeping fit and healthy while travelling?

Take a Bodyism trainer with you. If you can't do that, start exercising on your first day. That will get you into a routine right from the start, otherwise it's an uphill battle. Always remember your body loves to move, even on holiday.

What dream destination have you yet to visit?

I would love to go on safari at Ol Seki Mara Camp in Kenya. I have heard from so many people that it is one of the most amazing experiences they have ever had.

What is your favourite destination?

Australia, because my family are there, otherwise the Maldives or Thailand for their breathtaking beauty, wonderful people and incredible food.

Do you relax on holiday or try to jam in as much as possible?

I relax, otherwise what's the point of a holiday?

Travel light or pack the kitchen sink?

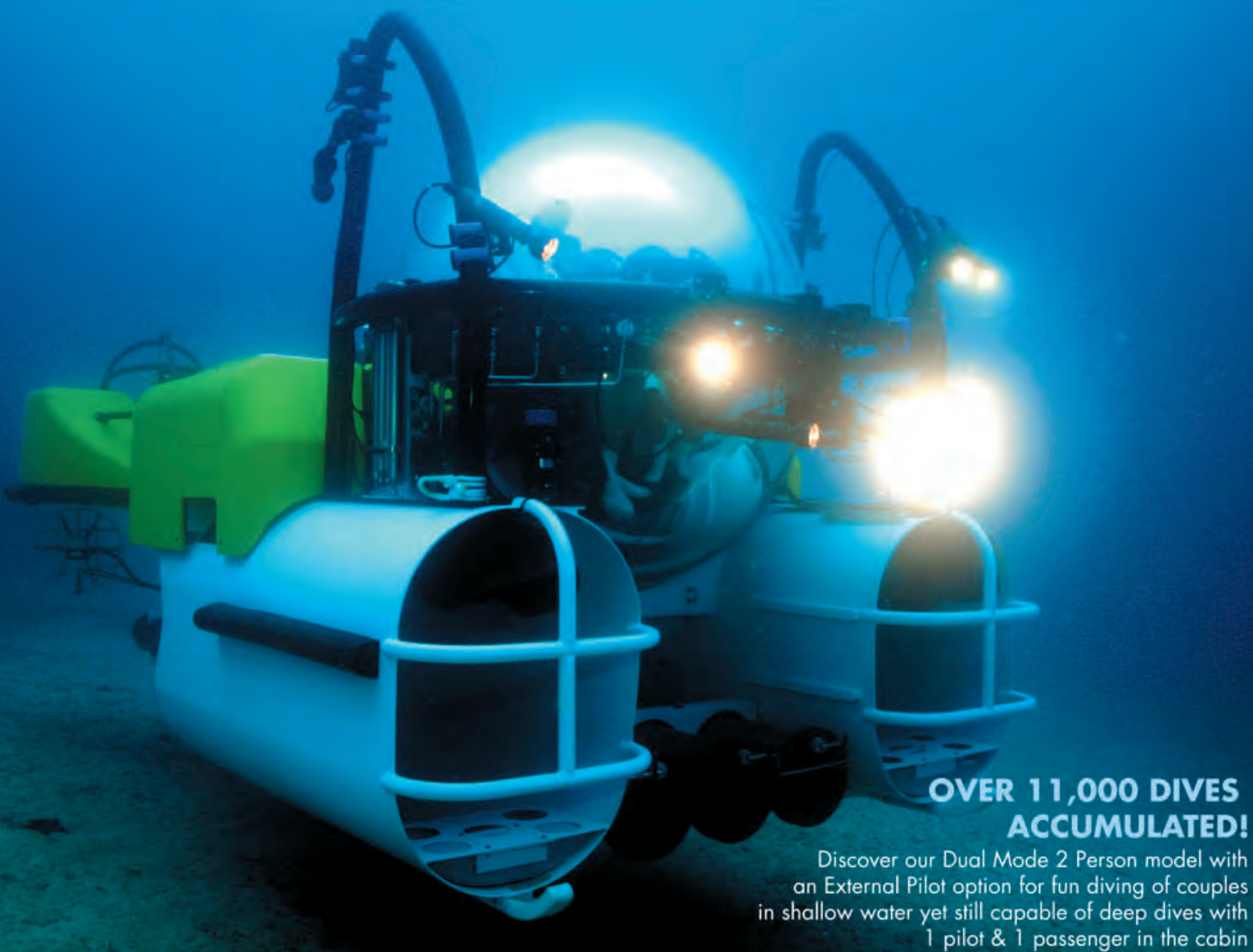
I always travel light, no matter where I'm travelling. I take a couple of T-shirts, a few pairs of shorts, one pair of jeans, a smart jacket (which I wear on the plane), one pair of casual shoes and a pair of trainers. I haven't checked in baggage for more than ten years and I travel at least twice a month all year, every year. It makes travelling so much easier and more enjoyable if you learn to pack light. ■

For information on Bodyism, visit www.bodyism.com

SEAMAGINE

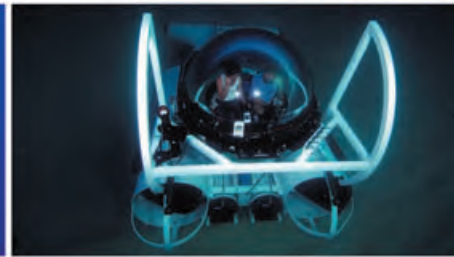
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Mediterranean Sea, 1940s. "Gamma" men in training.
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