



THE SALTIE JOURNAL

SUMMER 2026 • INAUGURAL ISSUE



There's Always a Place at the Table

Travel stories, hidden gems and inspiration for living life in a Saltie state of mind.

Saltie is a state of mind.

Welcome to the inaugural issue of *The Saltie Journal*—a place to share the stories, ideas and experiences behind *Saltie Dreams*. Whether you travel with us someday or simply enjoy following along, there is always a place for you at the table.

BEHIND THE HELM

Timing the East River

By Derrick Hines



Chill Out—our Hunter 336 and home on the water.

During our voyage from Nova Scotia to the Bahamas and back, we passed through New York City's East River twice. It was one of our personal sailing adventures, but the planning behind it reflects the same care we bring to every journey today.

The East River is not a passage you enter whenever you happen to arrive. Its powerful tidal currents determine when you should go.

I first had to identify the favourable current window at Hell Gate, the most critical point of the passage. Then I worked backwards: How long would it take our boat to travel from the Statue of Liberty to Hell Gate, and what time did we need to leave to arrive with the current flowing in our favour?

A bright passage by name. A navigator's challenge by nature.

The name. Hell Gate comes from the Dutch Hellegat, often interpreted as “bright strait” or “clear opening.” Its English form proved fitting for a narrow passage once notorious for whirlpools, swift tidal currents and rocky obstructions.

Why it was dangerous. Tidal flows from New York Harbor, the Harlem River and Long Island Sound meet here. Before the channel was improved, submerged rocks and conflicting currents made it one of the region's most difficult waterways to navigate.

Making it safer. In 1885, the U.S. Army Corps of Engineers used roughly 300,000 pounds of explosives to demolish Flood Rock in what was then the largest controlled blast of its time. The Hell Gate Bridge, completed in 1917, later took its name from the waterway below.

Timing was crucial. At full engine power, our boat could travel at approximately six knots. If we arrived with the current running against us, our progress would slow dramatically. By choosing the right departure time, we could instead travel comfortably with the current.

We timed it correctly. With the current carrying us through, our speed over the ground peaked at almost 12 knots—nearly twice the speed our boat could achieve on her own.

The current was only one part of the calculation. New York Harbor is busy with tankers, commercial vessels and ferries moving in multiple directions. We needed to know where we would be, when we would arrive and what the water would be doing when we got there.

On our second passage through New York City, we encountered a thunder-and-lightning storm near Rikers Island. The sky turned black and lightning flashed nearby. The conditions were dramatic, but we knew what to do because we had prepared for changing weather.

That preparation begins long before a boat reaches challenging water. We study the route, calculate the timing, monitor the weather and consider what we will do if conditions change.

Good seamanship isn't about being fearless. It's about understanding the conditions, preparing carefully and making calm decisions when circumstances change.

Historical sources: U.S. Army Corps of Engineers and New York City Landmarks Preservation Commission.

CURIOUS ABOUT SAILING?

Will it be rough?



The spacious cockpit aboard our 40 Lagoon catamaran—a comfortable place to gather around the table while exploring Croatia.

This is probably the question we're asked most often. The honest answer is that every boat moves on the water, but our Saltie journeys are designed around comfortable, relaxed sailing.

In Greece and Croatia, we travel between islands and coastal destinations, with relatively short sailing distances and access to protected bays and harbours. We choose our sailing seasons carefully and plan each day around the actual weather and sea conditions.

We sail aboard catamarans. Their two hulls and wide stance make them feel spacious and stable, and they do not heel—or lean to one side—the way a monohull sailboat does. There is some natural movement, but it is often a gentle, soothing rhythm that many guests find surprisingly relaxing.

Derrick monitors the weather and conditions throughout the journey. Our plans remain flexible, so we can change our route, timing or destination when necessary. We aren't trying to cover miles or stick rigidly to an itinerary. We're there to enjoy the journey—and that includes making thoughtful decisions about when and where we sail.

CURIOUS ABOUT SAILING?

What is it like to sleep on the boat?



An example of an aft guest cabin aboard the 40 Lagoon catamaran we'll sail in Croatia.

Sleeping aboard a catamaran feels a little different from sleeping in a hotel—but for many guests, that becomes part of the magic.

Each guest cabin is a compact, private space with a comfortable bed and storage for personal belongings. In the waters where we sail, the catamaran remains level and stable, without the side-to-side movement many people imagine. Instead, the boat settles into a gentle rhythm that rocks you to sleep. In fact, most people find they sleep even better on the boat than they do ashore.

Boats also have their own nighttime sounds: water softly against the hull, the occasional movement of a line or the quiet hum of onboard equipment. These sounds quickly become part of the peaceful rhythm of life aboard.

There is something very special about falling asleep in a quiet anchorage and waking up with the sea just outside your cabin.

SALTIE ASHORE

By Sea and Land

Life is amazing and beautiful, and there are so many places to see and experiences to share.

We love sailing. We love the freedom, the sea spray and the joy of waking up somewhere new. But we've also learned that not every great adventure happens at sea. Some of our most memorable moments have happened after stepping ashore—wandering through historic villages, discovering local traditions and sharing meals around tables far from home.

Who wants to experience the magic of Christmas markets in old-world Germany? Or live for a week in a centuries-old manor in Scotland, exploring the surrounding villages and countryside?

The possibilities are endless. That's why Saltie Dreams has decided to explore both by sea and by land—creating small-group journeys filled with beautiful places, meaningful experiences and plenty of time to simply enjoy where we are.

Whether we're gathering around a cockpit table or in the kitchen of an old European home, the heart of Saltie remains the same:

There's always a place at the table.



A Saltie table ashore in Croatia—good food, old stone streets and a wonderful crew.

FIRST LOOKS

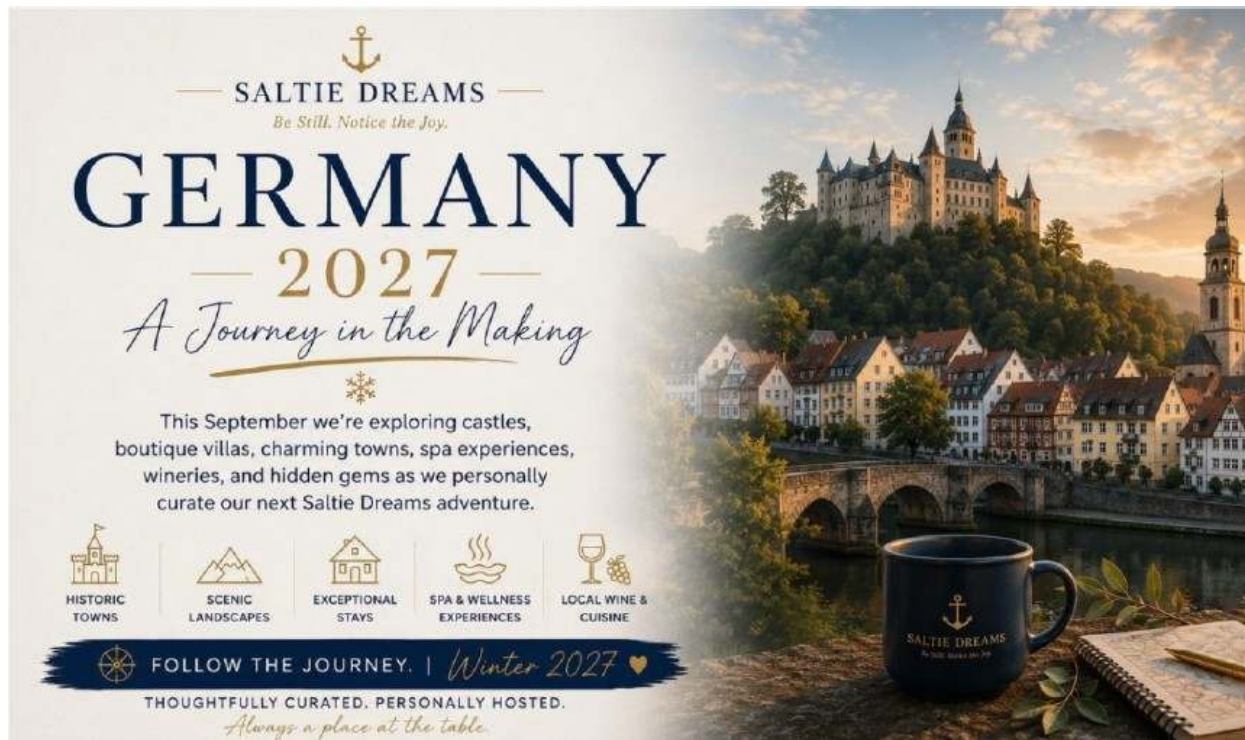
Germany 2027: A Journey in the Making

Some journeys begin long before departure. This September, we are heading to Germany on a research journey for a future Saltie land experience. We'll explore Dresden and the surrounding region, meet local hosts and seek out the distinctive places and personal experiences that could become part of a future journey.

Our vision is to return during the Christmas season, when historic squares glow with lights and some of Germany's oldest Christmas markets fill with music, handcrafted treasures and the aromas of warm spices and festive treats.

Beyond the markets, we are imagining local food and wine, beautiful countryside, time to unwind and evenings shared around one table.

We'll share what we discover in the Fall issue of The Saltie Journal.



FOLLOW THE JOURNEY

THE SALTIE TABLE

Fresh, Local and Made to Share

Food is an important part of every Saltie journey. We want the meals we serve to reflect where we are—not by making them complicated, but by starting with fresh ingredients and allowing local flavours to lead the way.

One of the joys of travelling is visiting local markets, discovering what is in season and bringing those ingredients back to the boat or our home base. Ripe tomatoes, fresh herbs, local cheeses, olives, figs, citrus, warm bread and produce grown nearby can turn a simple meal into something memorable.

Cooking aboard also teaches you to keep things uncomplicated. The best Saltie food is fresh, colourful and easy to share. It should invite everyone to gather around the table, try something new and linger a little longer.

Fresh ingredients. Local flavours. One table.

THE READER POLL & QUARTERLY DRAW

Where Should Saltie Go Next?

We have more ideas than we could ever fit into one travel calendar—and we'd love your help deciding which possibilities we should explore next.

Would you choose:

- ☐ **Sailing in Turkey**
- ☐ **Sailing in Montenegro**
- ☐ **A land journey in Scotland**

Cast your vote and you'll be entered into our quarterly draw for a \$250 Saltie Dreams travel credit toward an available 2027 or 2028 adventure, a travel gift featuring one of our favourite travel items, and a Saltie Dreams bag.

There are no wrong answers—only more beautiful places waiting to be explored.

CAST YOUR VOTE AT [SALTIEDREAMS.CA](https://saltiedreams.ca)



Tess will be consulted when we draw the winner—although her current recommendation is that everyone receive a treat.

Most group tours have an itinerary.

Saltie Dreams *has a rhythm.*

Small-group sailing adventures and thoughtfully hosted land journeys for travellers who want to experience a place—not simply pass through it.

Come for the adventure.
Leave with a crew.

Saltie is a State of Mind.



Check us out at saltiedreams.ca

Thank you for joining the Saltie Crew.

saltiedreams.ca