



LA BELLE VIE SAILING

The art of living under sail

Marie-Pier Grenier and Adrien Bernier Nadeau

Everything you need to know about the latest trend:
life on board a sailboat!

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Sailboats are part of a lifestyle that is becoming increasingly popular. Whether it's embarking on a long voyage or taking short summer holidays as a family or as a couple, sailing the high seas, or hugging the shoreline: there are as many ways to sail as there are sailors. From the Gaspé Peninsula to the Magdalen Islands, along the eastern seaboard of Canada and the United States, and into the waters of the Caribbean, Adrien Bernier Nadeau and Marie-Pier Grenier, founders of La Belle Vie Sailing, and other freshwater and saltwater sailors share tales of their adventures, discuss the challenges of this unique lifestyle, and answer various questions that new enthusiasts might ask themselves. How do I know if sailing is for me? What steps do I have to take to make my plan a reality? What courses do I have to take? What sailboat should I choose to suit my needs?

The authors share their best-kept secrets, wonderful itineraries (places to anchor and take a dip, the most beautiful marinas to dock in, the not-to-be-missed spots for going ashore, etc.), navigational advice, tips for preparing for a long voyage, recipes to cook on board, thoughts on ocean conservation, and much more! Magnificently illustrated, *La Belle Vie Sailing* is a hymn to freedom and a book that will put wind in the sails of everyone dreaming of the Deep Blue Sea, turquoise waters, and majestic bays.

Strong points

- A learning tool written by a captain and experienced sailing instructor, trained at the famous Les Glénans sailing school in France, as well as by the Quebec Sailing Federation and Sail Canada.
- Written in simple and easy-to-understand language for both beginners and more seasoned sailors.
- A lavishly illustrated book that makes you want to set sail.

Subjects: travel, geography, tourism, sailing, lifestyle, art of living

La belle vie sailing is a Quebec business founded in 2018 by two enthusiastic young professionals: Adrien Bernier Nadeau (sailing instructor, captain, certified in astronomical navigation) and Marie-Pier Grenier (holder of a Master's in Business Administration – international management). Their mission: help people discover or rediscover the pleasures of sailing and make sailing available to everyone. Entrepreneurs at heart, but also a couple in real life, they make a dynamo team that keeps coming up with sailing trips and new projects, each more exciting than the last.

