

FF 2018/1 - BOOK REVIEWS

THE ADLARD COLES BOOK OF MEDITERRANEAN CRUISING – Rod Heikell, 4th edition. Published in soft covers by Adlard Coles Nautical [www.adlardcoles.com] at £20. 186 248mm x 171mm pages in full colour throughout. ISBN 978-1-4729-5123-6

The first edition of this book was published in 2004 under the title *THE RYA BOOK OF MEDITERRANEAN CRUISING*, the subsequent three editions being published by Adlard Coles, an imprint of Bloomsbury Publishing plc. All four have provided excellent introductions to the Mediterranean as a whole, and as such have proved invaluable guides for those considering or planning a cruise in the Med.

Concise, clear and entertainingly written, they convey the magic of Mediterranean cruising with first-hand practical advice on sailing in these unique and diverse waters. OCC member Rod Heikell is an acknowledged expert on sailing in the Mediterranean, and for 40 years has cruised its coasts and islands in his own yachts while also skippering charter and delivery boats. He is the author of 14 pilot books for different parts of the Med which have become essential navigational aids for many cruisers.

This relatively slim book provides sound advice on Mediterranean cruising options, equipment, practical issues, navigation, weather, berthing and anchoring. The last quarter of the book gives a country-by-country overview of routing, local weather, formalities and facilities ashore. The three appendices comprise an equipment checklist, related reading and websites, plus quick and easy-to-follow distance tables. It is well illustrated throughout with coloured charts, diagrams and photos.

An introductory book to the Mediterranean of this calibre obviously needs to be kept up-to-date, since facts change, as do readers' requirements and expectations. To claim that this edition has been 'extensively updated' is, however, something of an exaggeration. With the exception of a brief reference to Brexit and the sub-section on electronics, most of the narrative and photos appear, quite understandably, to have been brought forward from the third edition. The excellent cover is, however, refreshingly modern and clearly designed to 'sell' the new edition, and we have found this book is usually the first one our visitors pick up and read, possibly because it is not a weighty tome and is not bogged down with detail.

Anyone who is considering a visit to the Med and is not already familiar with the area should make this their first purchase. Owners of the previous edition, or those with reasonable practical experience of Mediterranean waters, may wish to think at least twice before purchasing this update – unless of course they have deep pockets or simply like to have the latest edition of a quality book in their ship's library.

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