

Îles de Lérins to Sanremo

East along the Riviera past Cap d'Antibes, Cap Ferrat and Monaco, across the border into Italy, to Sanremo.

DATE	Wednesday 2 June 2027
DISTANCE	38.3 nm, 7 legs
TIME	6 h 50 min
DEPART	09:30 CEST from Îles de Lérins. Mid-morning, after the rest day at the Lérins.
ARRIVE	About 16:20 CEST at Sanremo. In the late afternoon, with about 4 hours 45 minutes of daylight in hand (sunset 21:04 CEST).
TIDES	Range about 0.2 m: no practical effect
WIND	Light; sea breezes in the afternoon. Easterlies on the nose
BOAT	35 to 38 ft sailing yacht, 1.9 m draught, 6 kn under sail, 5.5 kn under engine
CREW	Skipper and 3 crew, 2 watches of 2



Track and waypoints 1 to 6, with ports of refuge as squares.

Go or no-go

Decide at 08:30 CEST. Go only if all of these hold:

- ☐ No easterly above force 5.
- ☐ Sanremo berth confirmed.
- ☐ Visibility 2 nm or more.

If the weather is wrong, stay at the Lérins or in Cannes. Nice, Monaco and Menton are on the way.

Route and waypoints

Waypoints are planning positions in open water, checked against a 1:10m coastline to be at least 1 nm off land except at the harbour ends. Distances and courses are calculated from them. Plot every one on the current chart before use. Courses are true.

#	WAYPOINT	LATITUDE	LONGITUDE	COURSE	LEG NM	TOTAL NM	ETA	NOTES
0	Lérins buoy field (Anse Sainte-Anne)	43°31.6'N	007°03.0'E				09:30 CEST	Slip the buoy before 10:00
1	East of Sainte-Marguerite	43°31.0'N	007°05.5'E	108°T	1.9	1.9	09:59 CEST	Out of the no-anchor zone
2	South of Cap d'Antibes	43°31.8'N	007°09.5'E	075°T	3.0	4.9	10:29 CEST	1.2 nm off.
3	South of Cap Ferrat	43°39.3'N	007°20.0'E	045°T	10.7	15.6	12:16 CEST	1.2 nm off.
4	Off Monaco	43°43.0'N	007°27.5'E	056°T	6.6	22.2	13:21 CEST	1.2 nm off.
5	Off Bordighera	43°46.0'N	007°41.0'E	073°T	10.2	32.4	15:03 CEST	Italy. 1.5 nm off.
6	Sanremo approach	43°48.2'N	007°47.5'E	065°T	5.2	37.6	16:06 CEST	South of the harbour, 1.2 nm off. CHECK ON THE CHART
7	Portosole, Sanremo	43°48.9'N	007°47.6'E	006°T	0.7	38.3	16:20 CEST	Position approximate, 1.2 nm off. CHECK ON THE CHART

Tides and time

ÎLES DE LÉRINS · WED 2 JUN · CEST (UTC+2)

LW	01:17	0.2 m
HW	06:52	0.3 m
LW	13:46	0.1 m
HW	19:58	0.3 m

From the La Figueirette station.

SANREMO · WED 2 JUN · CEST (UTC+2)

LW	01:46	0.1 m
HW	07:25	0.2 m
LW	14:16	0.0 m

From the Imperia station.

Wednesday 2 June 2027. **Tides.** The range here is 0.1 to 0.3 m: tides make no practical difference. Wind and air pressure move the sea level more than the tide does.

Sanremo uses the Imperia station.

Tide times are predictions made for this plan from the TICON-4 harmonic constants (DGFI-TUM) with the Neaps tide predictor, because the official 2027 tables were not yet published when it was written. Tested against the official APDL table for Leixões on 23 July 2026, the predicted times were within 8 minutes and the heights 0.1 to 0.2 m lower. Heights are above lowest astronomical tide. Check every time against the official 2027 table before sailing.

Daylight. Sunrise at Îles de Lérins 05:54 CEST. Sunset at Sanremo 21:04 CEST.

Weather

- **The Riviera in June.** Mostly light winds, sea breezes from the south in the afternoon, and calm nights.
- **Easterlies** are the bad-weather wind here, with swell into the harbours.

FORECASTS TO CHECK

- Météo-France marine forecasts, meteofrance.com/meteo-marine: coastal zones Frontière espagnole to Port-Camargue, Port-Camargue to Saint-Raphaël, and Saint-Raphaël to Menton. Special bulletins (BMS côte) are issued for force 7 and above.
- Italian forecasts: Aeronautica Militare Meteomar and gale warnings (avviso di burrasca), meteoam.it. Forecast area Mar Ligure. Zone names and issue times: [CHECK THE PILOT BOOK](#)
- NAVTEX Roma: 518 kHz, station R, at 0250, 0650, 1050, 1450, 1850 and 2250 UTC. Cagliari: 518 kHz, station T. Check the times on the receiver.
- Italian coast radio VHF weather broadcasts: [CHECK THE PILOT BOOK](#)

Hazards

- **Busy water.** Large yachts, ferries and tenders off Antibes, Nice and Monaco. Keep a lookout and 1 nm off the capes.
- **France to Italy.** Both in Schengen and the EU: no passport control. Rules for foreign yachts arriving in Italy could not be checked. [CHECK THE PILOT BOOK](#)

- **Swimming zones.** Italian bathing-season ordinances keep boats a set distance from beaches. The distance at Sanremo could not be checked. [CHECK ON THE CHART](#)

Ports of refuge

PORT	FROM THE ROUTE	USE IT WHEN	NOTES
Cannes, Port Pierre Canto	Start	Within the first hour	VHF 9, 24 h.
Monaco	1 nm from waypoint 4	Weather turns	CHECK THE PILOT BOOK
Menton	2 nm from waypoint 4	Weather turns	CHECK THE PILOT BOOK

Pilotage

LEAVING THE LÉRINS

1. Slip the buoy and leave the no-anchoring zone to the east.
2. Head north-east round Cap d'Antibes.

ENTERING SANREMO

1. Approach from the south, by the Capo dell'Arma light (Fl(2) 15s) to the east.
2. Call Portosole for a berth. VHF, phone and depths: [CHECK THE PILOT BOOK](#)

LIGHTS ON THE WAY

La Garoupe (Antibes)	Fl(2) 10s, about 32 M
Cap Ferrat	Flash every 3 s
Capo dell'Arma	Fl(2) 15s, 50 m, 24 M
Sanremo south mole	LFIR 5s, 11 m, 8 M

Communications

Lérins buoy field office	VHF 9 · +33 4 93 94 37 71
CROSS weather, Pic de l'Ours	VHF 64
Emergency at sea (CROSS)	VHF 16, DSC 70 · telephone 196, free, 24 h
Emergency at sea, Italy (Guardia Costiera)	VHF 16, DSC 70 · 1530
Emergency on land	112

Contingencies

- **Easterly rises.** Stop at Monaco or Menton.
- **Person overboard.** Shout, point, throw the danger buoy, press MOB, DSC distress alert, Mayday on 16.

Before leaving

- ☐ Forecasts read and logged before the go or no-go time
- ☐ French notices to mariners (PING) and Italian notices to mariners (Avvisi ai naviganti) checked for the route
- ☐ Waypoints entered and checked against the chart
- ☐ Ship's log started in UTC
- ☐ Crew briefing: route, watches, safety gear, MOB, fog
- ☐ Sanremo berth booked
- ☐ Italian courtesy flag ready

- ☐ Fuel for 7 hours under engine, plus a reserve
- ☐ Water, food and hot drinks for 8 hours
- ☐ Lifejackets with crotch straps, jackstays rigged, harnesses
- ☐ Liferaft, grab bag, flares in date, handheld VHF
- ☐ Radar, AIS and navigation lights tested
- ☐ Passports, boat papers and insurance aboard

Sources

- Lérins: cannes.com.
- Lights in Italy: Wikipedia, List of lighthouses in Italy (characteristics, heights, ranges); check against the Italian Navy list of lights (Elenco dei fari).
- NAVTEX: NGA Pub 117, chapter 3.
- Pelagos Sanctuary: pelagos-sanctuary.org; islepark.it.
- Italian harbour ordinances (Capitanerie di porto) could not be read for this plan: guardiacostiera.gov.it was unreachable. [CHECK THE PILOT BOOK](#)

- Météo-France Guide Marine 2026 (CROSS VHF channels, 196, NAVTEX); meteofrance.com/meteo-marine (coastal zones).
- Tides: predictions from TICON-4 harmonic constants (Hart-Davis, Dettmering and Seitz, DGFI-TUM, 2025, doi 10.17882/109129) with Neaps (openwaters.io). Check against the Instituto Hidrográfico 2027 tables.
- Sunrise and sunset: calculated (NOAA method).
- Lights: The Lighthouse Directory (Rowlett), ibiblio.org/lighthouse, Portugal pages revised August 2024. Cross-check with the IH List of Lights, volume I.
- Pilot: RCC Pilotage Foundation, Atlantic Spain and Portugal, 9th edition (2025).

A planning exercise to RYA Yachtmaster standard. Not for navigation: use current official charts, the pilot book and the forecasts on the day.