

- Location: New Zealand (specifically Auckland, Piha Beach)
- Sailing Condition: Sailing on Lion New Zealand, a Whitbread Cup boat skippered by Sir Peter Blake, in the Viaduct Marina and Cracker Bay Marina
- Anchorages: Piha Beach
- Marinas: Viaduct Marina, Cracker Bay Marina
- Rules: Safety measures emphasized, such as life vests for activities like the 600 ft free fall and sailing on Lion New Zealand
- Safety Measures: Safety measures highlighted throughout, such as ensuring safety during high-risk activities like the free fall, and having a safety briefing on Lion New Zealand
- Weather: Description of the microclimate on Waiheke Island, suitable for grape growing due to dryness and protection from salty air
- Tide: Discussion of the treacherous waves and rip currents at Piha Beach
- Currents: Mention of the reality TV show called "Piha Rescue" due to dangerous currents and rips
- Routes: Scooter app used for transportation in downtown Auckland, ferry ride to Waiheke Island
- Activities: Hangi meal experience, olive oil tasting, winery visits, beer tasting, lunch at Orbit restaurant in Sky Tower, 600 ft free fall, sunset booze cruise, sailing on Lion New Zealand, BBQ at the host's parents' house
- Problems: Mention of the dangers at Piha Beach, including treacherous waves and rip currents
- Fixes: Safety emphasized, such as avoiding certain activities like climbing Lion Rock due to injuries, taking safety measures during sailing and other activities
- Relevance to Sailing: Emphasizing sailing experiences, from traditional hangi meal to sailing on Lion New Zealand, and the community formed through sailing experiences.