

Fore to aft		2
	What Cartier missed out on	5
	The secrets of the St Lawrence	7
The wind in your sails	Hard a-port!	10
	Solar energy	14
	Under the stars	15
The wind and the waves	The windway	18
	Wave wars	19
	Conflicting seas	21
The St Lawrence, from 1 to...	Calling all sailors	83
	Vive la différence!	83
	Hot spots	8*
Sailors take warning	White-outs	71
	Keeping a weather eye	74
	The unexpected	76
The four seasons	Wind aplenty	79
	Vessel icing	80
	Ice cycle	81
Extra	Beaufort	83
	Handy references	85

Fore to aft

Air	13, 14, 75, 88	Ice	81	Personal contribution	87
Air masses	75, 88	Introduction	7	Rain	73, 74
Anvil-shaped cumulonimbus	72	July, August	18, 79	Rising tide	19
Bad weather	75	June, September	79	Sailing directions	25, 86
Barometric pressure	76, 85, 88	Katastrophic	15	Sea	89
Beaufort scale	83	Lee effects	21	- breaking	20
Beethoven	28	Local listings	23 to 69	- calm	19
Bibliography	86	index	26	- choppy	21
Boiling water	19	introduction	25	- confused	21
Canadian Coast Guard	86	rules of the game	24, 25	- cross	18
Canadian Hydrographic Service	24, 25	Cap Whittle to Blanc-Sablon	52 to 57	- dangerous	19
Chaos	19	Gaspésie and Baie des Chaleurs	58 to 65	- fetch	18, 21
Clear skies	15	Îles de la Madeleine	66 to 69	- swell	18
Compass points	24	Pointe-des-Monts to Cap Whittle	38 to 51	- violent	18
Contents	5	Québec to Pointe-des-Monts	28 to 37	- wind waves	18
Contributors	87	Local listings index	26, 27	Seastate scale	85
Currents	19	Loch Ness Monster	19	Shelter	13
Dangerous	19, 21, 88	Low	72, 73, 75, 79, 88	Speed	6
Depth	6, 20	Marine charts	24, 86	Squalls	72, 73, 89
Distance	6	Marine warnings	80	Standardization	6, 24, 25
Environment Canada	79	Meteorology courses	86	Storms	79
Evening	15	Millibars	6, 76, 85, 88	Sudden storm	76
Fetch	18, 21	Morning	14	Suggested publications	86
Fisheries and Oceans Canada	86, 87	Mouth of the Saguenay	12	Sun	14, 15
Fog	71, 73, 74, 88	Nights	15	Swell	18
Foreword	4	Northwest gyre	88	Symbols	22
Freezing spray	80	Obstacles			
Fronts	73, 74, 88	vertical cliff	21		
Glossary	88	wharf	21		
Handy references	85	Ocean	18		
Hazardous conditions	12	Offshore	13, 14, 21, 24		
High	75, 88				

Thanks	87	steep	18, 19, 24	gust	12
Thunderstorm	72, 73, 74	water breaking over rocks	19	high above the Earth	10
Tide and current tables	25, 85	Weather		katabatic	15
Topography	12			land breeze	15
banks	20	forecast areas	91	lee effects	21
cape	21	forecasts	85	local deviation	12
cliffs/underwater cliffs	13, 20, 21			local	18
islands	10, 12, 20	Weatheradio - transmitters	91	on the St Lawrence	79
mountain chain	12			opposing current	19
peninsula	13	weather reporting stations	90	over land	10
point/underwater point	10, 21	Weatheradio	89	over water	10, 17
river mouths	12, 14, 20	frequencies	91	perpendicular	14
rivers	11, 12, 14, 19, 20	transmitters	91	resistance	10, 11
shoals	10, 20	Wind	9	sea breeze	14
shores	10, 11, 12, 20	acceleration	11, 12, 13	seasons	79
underwater mountain	21	anabatic	14	shifting to the left	10
valleys	14, 15	band	11	shuddering	15
Training	86	barrier effects	13	slower to the right	10
Traps	20	Beaufort scale	83	slowing down	10, 11
Vessel icing	80	behaviour	10	speed	18, 85
Vessels - length	25	bouncing	13	scale	83
Waves	18	cannon	12	standard for local listings	25
approaching from an angle	21	channelling	12	striking at an angle	13
breaking	19, 20	cliff	13	strong gusts	15
chop	19, 24	convergence	11	strong winds	89
confused	19	corner	10	summer	79
cross-current	19	deviation	10	turbulence	13
crests	21	direction	24	wind shift	18
fetch	18	divergence	11	Wind direction	24
line of surf	20	drainage wind	11	Wind speed	25
reflection effect	21	fetch	18	Working together	87
refraction effect	21	forced into a narrow passage	12		
rip	19, 24	funnelling	12		
significant wave height	85, 89				