

## SARDINIA ADVENTURE TOURS

### KAYAKING ADVENTURE IN SARDINIA

Fancy going somewhere with great scenery, beautiful clear water and fantastic wine?

Sardinia is a gem of a destination for a sea-kayaking trip that will satisfy all your needs. (Quote from Olly Sanders Canoe and Kayak UK March 2005 entitled "A well kept secret").

The best paddling is along all of the east coast and we are based in the North-east.

#### Easy day trips.

Most of the coast between Baia Sardinia and Portorotondo has easy access and there are many small islands just off the coastline with quite a few ports and harbours which make convenient lunch stops. This is a good place to start where you can familiarize yourself with the coast line and manoeuvre in and out of granite rocks at your leisure. Capotesta is another easy day trip with easy access around the headland and back to your starting point with a lunch stop at the Vallediluna.

#### Multi day trip 1

If you are looking for solitude head out to the outer islands, Spargi, Santa Maria, Razzoli and Budelli. These islands are uninhabited, have good access and good areas for camping although camping is officially not allowed. The old light house on Razzoli is well worth a visit. For your lunch break La Maddalena is convenient with its busy town, shops and bars that are close to the harbour which is just across the water from Palau.

#### Multi day trip 2

A little more ambitious will be a trip to Corsica being another option from Palau passing the islands of Lavezzi and Cavallo on the way. For your lunch break make for Bonifaccio which is easy to find. Head for the white cliffs that look something like the white cliffs of Dover and can be spotted from afar. Although it is only 12kms make sure the weather is good and you leave very early as the wind tends to pick up after lunch at about 3.30/4.00. You need to be back to the group of small islands to avoid the wind (the famous Bocche di Bonifaccio).

#### Advanced trips

Capo Figaro offers an adventurous trip around a big headland. It can kick up quite rough with wind and is fairly committing, but it is short.

Access is straight forward from Golfo Aranci where you can also grab a lunch break on your way back. Isola Tavolara is the most adventurous trip in the area. Access is from the harbour or beach of Porto S. Paolo. On the way you can visit the wreckage of an old sunken Japanese freighter before paddling out towards the island. In the summer period there is a café and a restaurant open on the island to take a break. When you set off again please remember there are no easy landing places but your rewards are the great views of Capo Figaro, as you come around the Northern tip and of course the crystal clear water due to the fact that all the island is limestone as opposed to granite in the rest of this region. The island is 650m high and about 3kms long.

#### Best time to go

Early April - May is a good time or better still September - October while the sea is still very warm, it has maximum clarity and the Italian tourists have left.

May - September - October we run week-long small group trips with training, tour guiding and at least one overnight stop camping. With a BCU Level 5 Sea Coach for a minimum of 4 people.

The accommodation is in a quality self-catering apartment that sleeps a maximum of 6 people. This all inclusive package costs £ 599 including kayak rental, accommodation, coaching, guiding and transfers.

#### Getting There - Flights

Ryan Air to Alghero with a two and a half hour transfer

Easy Jet to Olbia with a 20 minute transfer

From May to September there are charter flights to Olbia that are more expensive but depart from a vast amount of airports around England.

#### Accommodation

Situated in a mountain village central to this region ten mins from the coast and ten mins from the kayak centre with shops, bars, restaurants and good walking itineraries.

In self catering 2 bed quality apartments that sleep five to six people.

We have two apartments close to each other with a wonderful view of the mountains.

Alternatively in a wonderful 3 star family run hotel with a pool and the best food experience you could wish for. This hotel has a 4 star restaurant open to the public and it is known to be one of the best in the area, that is if you wish to stay in HB, or you can choose BB. Cost in BB € 245., £ 170.- for seven nights from 1.4.07 - 15.6.07 and 15.9.07 - 20.10.07. € 105, £ 74.- supplement for 7 nights 16.6.07 - 4.8.07 and 1.9.07 - 14.9.07.

#### Getting around

A hire car is pretty essential and you cannot hire roof racks with any hire car company so we advise bringing an inflatable one with you. They are super strong and cost about £ 50. Alternatively we have one available for hire at £ 5 per day. We can also provide transfers.

#### Legal requirements

You will need to have your own insurance. EC Regulations require that in order to go kayaking with us you need to write a statement to us at the time of booking, signed by all those taking part in the kayaking, to state that you have insurance and giving details of your previous experience and training. Individuals or groups must have BCU certificates or the equivalent. Then you can use all our services.

#### Costs

The cost of hiring the sea-kayaks is £ 25 per day per person with a £ 40 returnable breakage deposit. Cost of hiring paddles is an extra £ 5 per day each. Price includes jackets, spray decks, 1 set of flares and waterproof maps. Boats have skegs and the makes are Capella, Easkey and an Orca. Booking fee per person: £ 10.

