

Trip Notes

SARDINIA WILDERNESS KAYAKING 2010

The limestone coastline on the east coast of Sardinia, extending for 50 kms, has it all for a true Mediterranean sea kayaking adventure: rugged towering cliffs, small hidden sandy coves, big sea caves, wild birds within an expanse of transparent emerald blue sea.

During this week of sea kayaking, guided by our professional paddlers, you will head out into the wilderness with single kayaks to explore the many caves and little sandy coves that line this stretch of coast. Amongst the kayaking highlights, are the coves of Marioulu, the rocky pinnacle of Goloritze' and the beach of Cala Luna.

After paddling for 4-5 hours a day, there is plenty of time to relax on the beaches, enjoy some snorkelling, try out some rock climbing, explore the inner canyons, or simply sit back and relax with a cool drink watching the sun set over the Mediterranean.

There is nothing better than ending a day with a succulent meal prepared by our guides, savouring the delights of Sardinian fresh produce, whilst enjoying reminiscing on the day's events.

DEPARTURES

SKY10/01 23 May - 30 May 2010

SKY10/02 18 Sep - 25 Sep 2010

Kayak Hire: £120 Grade: 3

Single Room/tent Option: £140

Detailed Itinerary

Day One - Travel to St Paolo, Sardinia

Arrive at Olbia airport on the east coast of Sardinia where you will be met and transferred to St Paolo, on the coast overlooking Tavolara Island. After settling in to our accommodation this evening in a family run hotel, we enjoy dinner and the chance to meet our guides. After dinner we have a trip briefing. **(D)**.

Day Two - Trip Preparation and Exploration of the Island of Tavolara

In the morning we try out the kayaks and our guides discuss points of safety and the correct use of equipment. Mid morning we embark on our first paddle, exploring the little inlets of pink granite rock, paddling round the small islands of Piana and Rosso, before crossing over the southern tip of the beautiful limestone island of Tavolara, a natural sea marine reserve. 3-4 hour paddle. Overnight stay in family run hotel. **(B,L,D)**.

Day Three - Paddle south down the Orosei Coast to Cala Gonone

After a short transfer, we pack up our gear into the kayaks and venture out on our second day paddle. Depending on river and sea conditions, we drop our kayaks into the Cedrino river, a natural habitat for sea birds of various sorts, heading out of the estuary and heading south along the coast. The rocky coastline alternates between basalt rock, idyllic sandy coves and limestone cliffs and caves. We arrive in Cala Gonone in the late afternoon and check in to our Hotel. 5-6 hour paddle. **(B,L)**.

Day Four - Explore the inlets and caves on the way to Cala Sisine

True adventure begins as we leave civilization behind and follow the wildest coastline in Sardinia. Still heading south, we paddle below the stunning limestone cliffs, with many little inlets and caves to explore with our kayaks.

On our way to the stunning Cala Luna, we stop to visit the carsick Bue Marino Caves. Our first night's wild camping will be in Cala Sisine. Securing our kayaks away from the beach, we will set our camp and enjoy our first night under the stars. Wilderness camping. 5-6 hour paddle. **(B,L,D)**.

Day Five - Enjoy Cala Goloritze with its wonderful beach and rock climbing

Today there is more paddling beneath towering cliffs and pinnacles, stopping off on the remote Cala Goloritze beach. Here we can admire the magnificent 100 mt limestone climbing pinnacle and archway. After another short paddle we reach our next camp on Portu Quao beach. Wilderness camping. 5-6 hour paddle. **(B,L,D)**.

Day Six - Final kayaking day to St Maria Navarrese

Our final day of sea-kayaking completes the expedition. Highlights today include the Colombi cave and the landmark towering rock of Perda Longa. Reaching the small hamlet of St Maria Navarrese we have transfer and check in to our Agriturismo set in an idyllic location, overlooking the whole bay of Orosei. 4 course dinner.

Luxury! 6 hour paddle. **(B,L,D)**.

Day Seven - A day of relaxation

A day to rest your arms and do nothing other than enjoy the wonderful scenery, relax on the beach, snorkel, rock climb, stretch your legs on a walk or enjoy a swim in the sea. Agriturismo stay. **(B,L,D)**.

Day Eight - Return journey home

Breakfast and transfer back to Olbia in time for your flight home. (B).

(Meals included indicated as B-Breakfast, L-Lunch, D-Dinner)

Important: Please note that the exact nature of the itinerary is dependant upon a whole range of factors including weather and the ability and fitness of the group. Your guides will do everything they possibly can to follow the itinerary stated but you should be prepared for flexibility and possible changes in the itinerary.

GENERAL INFORMATION

WHAT THE PRICE INCLUDES

- A) Accommodation (shared twin rooms/tents).
- B) Meals as per itinerary (B=Breakfast, L=Lunch, D=Dinner).
- C) Transfers to and from the airport
- D) Support Boat
- E) Tent and sleeping mat
- F) Sleeping bag

WHAT THE PRICE DOES NOT INCLUDE

- A) Personal clothing and equipment.
- B) Meals and drinks whilst travelling to and from Sardinia.
- C) Travel insurance.
- D) Bar bills, telephone calls, souvenirs, etc.

TOUR GRADES

The following information provides an overview on our grading of our Sea Kayaking trips. If you are in any doubt at all regarding your suitability for a trip, please contact us and we will be glad to talk about the trip in detail and provide you with a recommendation.

Grade 1 – Easy Kayaking

Grade 2 We recommend that you have at least four days sea-kayaking experience prior to joining a trip graded moderate. You can expect to be paddling for up to six hours a day in a wide range of conditions but generally in sheltered water. Accommodation will be in organised campsites and Hotels

Grade 3 We recommend that you have at least one week's sea-kayaking experience prior to joining a trip graded challenging. You should be reasonably fit and can expect to be paddling for up to eight hours a day in a wide range of conditions including long stretches of open water. You should have experience of and be comfortable wild camping in remote environments.

Grade 4 Strenuous Kayaking

INSURANCE

It is a condition of our trip that you are covered by a medical and personal accident insurance policy that includes repatriation to your home country and cover for the biking activity.

PERSONAL SPENDING MONEY

Since the holiday includes all the accommodation and 50% of the food, we suggest that approximately £100 in Euros should prove more than sufficient for the meals that are not included and additional snacks / drinks etc. Any additional personal expenditure for such things as souvenirs depends very much on the individual. Switch & credit cards such as Visa and MasterCard and may also be used for buying goods, paying for food as well as for drawing cash in the larger centres.

TEMPERATURE AND WEATHER

In late Spring and Autumn temperatures in Sardinia can range from the low to high 20 degrees centigrade. Some short spells of rain could occur, but generally Sardinia remains dry from May to November.

KAYAKS & EQUIPMENT

We provide everything except a Kayak (although we are able to hire these, see booking form for details), personal equipment and clothing. Details of which spares you should take will be included in the Information Pack sent with your booking confirmation.

KAYAKING CONDITIONS

The east coast is protected from the Mistral, which is the prevailing wind. The coast is limestone cliffs with caves one can paddle in and out of, with little inlets, where it is possible to stop off for leg stretching and meals. The sea is crystal clear, emerald in color. Birds of prey and cormorants nest in the cliffs.

Wind conditions which would make it impossible to paddle are: tramontana (north east) and scirocco (south -west), not that common.

E111 FORM EUROPEAN HEALTH INSURANCE CARD (EHIC).

UK residents are able to obtain medical treatment, should it become necessary, either free or at a reduced cost when temporarily visiting an EU country by using a European Health Insurance Card (EHIC).

Due to recent changes to European law, on 31 December 2005, your existing E111 will cease to be valid, you will need a European Health Insurance Card (EHIC) to receive any healthcare that becomes necessary during

your visit to an EEA country or Switzerland and should be used in conjunction with an appropriate insurance policy.

The new card is now issued on an individual, as opposed to a family basis but you can order cards for your family members.

The application form for the new EHIC is available from the post office or can be downloaded via the following link:

<http://www.dh.gov.uk/PolicyAndGuidance/HealthAdviceForTravellers/fs/en>

PASSPORT REQUIREMENTS

A full ten-year passport is required for visiting Sardinia. If this is not currently held it is your responsibility to obtain this in good time, especially if you are applying during the busiest processing times of July and August.

JOINING ABROAD AND EXTENDING YOUR HOLIDAY

If travelling from outside the UK It is possible to join our tours in Sardinia. Please contact us for more details if this is of interest to you.

FLIGHT TIMES

For those flying from the UK the most convenient and cheapest airline is that of www.easyjet.com, who fly daily from London Luton to Olbia.

Here, you will be met on arrival and subsequently returned for your connection to the UK. Those using other airlines or who wish to have extra time in Sardinia must arrive at the airport no later than the scheduled arrival time and depart no earlier than the scheduled departure time.

Prices for the flights range from £75.00 - £150.00 depending on the timing / availability. And may be bought directly from website www.easyjet.com or by calling 0905 821 0905

PLEASE CONTACT US PRIOR TO BOOKING TICKETS TO CHECK AVAILABILITY ON THE TRIP

BAGGAGE DETAILS

Although there are no weight restrictions on individual baggage we recommend that you use one bag and a small daypack as hand luggage. This will allow for easier transportation with the daypack also useful on the 'rest day' and trekking. We recommend you bring dry bags which will be used to pack your belonging in your Kayak. Regarding weight allowance with Easyjet, this is 15 kilos for the hold and 7 kilos hand luggage.