

TOUR DESCRIPTION

MEMORCA SEA KAYAKING TOUR, 2016

May we suggest that you take advantage of your kayaking trip and combine it with a few days of tourism in Menorca or other Balearic islands, such as Mallorca, or with a stopover in the city of Barcelona. You will be delighted with your holiday because Spain offers a unique atmosphere with varied activities and food prices that are much more reasonable than in other European countries.

MENORCA 2015 CALENDAR

Sunday, May 29 to Friday, June 03

Sunday, June 05 to Friday, June 10

Sunday, June 12 to Friday, June 17

RATE: 580 euro.

This rate includes:

- The rental of navigation material (kayak, paddle, life jacket, etc.).
- Meals from Sunday 12:00 a.m. to the following Friday at 12:00 a.m., including 2 meals at the restaurant.
- All transfers to and from your hotel in Mahon to reach and leave Es Grau.
- All necessary vehicle transportation to kayaking activities.

This rate does not include:

- Air fees and/or costs for the ferry to reach Menorca.
- Additional drinks at the restaurant, other establishments and bars.
- A small specialty from your region that you could bring to share in a friendly environment.
- Personal travel insurance, liability insurance, cancellation insurance, repatriation insurance, to be determined when you register.
- We offer contracts with our partner "Europe Assistance" at a rate of 3.84% of the total cost of the stay, if you don't already have insurance (cancellation, repatriation).

ACCOMODATION

In Menorca, the law prohibits the use of camping tents, so as not to promote camping and other potentially harmful activities on protected areas. We sleep under the stars and only a tarp can be set up in case of rain (rare in summer in Menorca). We are generally not bothered

by mosquitoes, but buying a small mosquito net can still be an effective alternative for more sensitive people who wish to have optimum comfort (insects being the only source of discomfort) for their nights under the stars.

TRANSPORTATION

We strongly recommend that you to arrive a day before the date of the tour and leave the day after it ends. In this way, you'll have some leeway and you won't be stressed by unexpected events, such as possible delayed flights. Of course, this involves extra accommodation, in Mahon for example. The hotels we recommend are accessible, friendly and well-positioned to enjoy the port and the city centre, which is very pretty. Rates average around 30 euro per person/night (see Useful Information section below). In this case, our shuttle will pick you up at your hotel at around noon on the day of departure and will accompany you back at 4:00 p.m. at the end of the stay. For people who wish to arrive and/or depart on the same day as the start or end of your tour, we recommend you choose direct taxi trips (at your expense) or that you enjoy our free shuttle in case you arrive at the times established for the whole group.

The cost of a taxi between the airport and the village of Es Grau (at the departure point for itinerant kayak tour) is approximately 25 euro (can be shared).

SUPPORT

A guide who is a specialist of the region, with a French State Certification in canoeing-kayaking, sailing, and hiking. Speaks French, English and Spanish.

DIFFICULTY LEVEL:

3 on a scale of 5

3: Tour made for customers in good physical shape. Without technical difficulties, but with activities lasting from 4.5 to 5.5 hours, even 6 (exceptionally), with moderate intensity.

Rustic accommodation (sleep under the stars, tarp) without access to washrooms, other than those provided by nature, which means showers in the sea and attending to our needs as the animals do.

MEALS

As usual, we always try to offer a good amount of local specialties and we buy all food products locally.

- Breakfast: tea, milk, coffee, chocolate, biscuits, jam, honey, bread, fruit juice.
- Lunch: salad with in-season vegetables, cold cuts and local cheeses, fruit, bread and/or other forms of carbohydrates.
- Supper: a hot meal of pasta, rice, potatoes or quinoa, adapted to local products and specialties, yogurt or milk-based desserts, cake, etc.

FORMALITIES

For Europeans, your passport or a valid ID card is required and you should ideally get a card or European certificate from your health insurance company so you can be covered in case you need a medical consultation or medical care during your trip in Spain.

PHYSICAL PREPARATION

By being physically prepared, you'll be able to take full advantage of your tour in a peaceful state of mind. The body is a "machine" that conditions or un-conditions itself quite rapidly to the tasks it must fulfill. Being physically active two to three weeks before your trip will put you in much better physical shape. Obviously, the more your physical activity resembles the one you will be doing, the more efficient it will be. However, if you do not have the possibility of paddling, opt for swimming or other sports that solicit your upper body. No matter what, running will always be a good option, as it increases your cardiovascular performance and general endurance.

PSYCHOLOGICAL PREPARATION

The magic of outdoor life is sometimes tempered by the whims of the sky, wind or rain. These events are a part of our reunion with nature and usually offer strong emotions, beautiful landscapes and extraordinary colours. We may be forced to suspend time at sea, explore the landscapes inland and experience the view of a stormy sea. The program can be thus modified without notice.

On another note, group life offers enriching exchanges and dynamics that we as individuals can influence. I like to say that it is the "Auberge Espagnole" and that the pleasure we take from every moment is the fruit of good humour, tolerance and listening to one another.

VARIOUS USEFUL INFORMATION

- For those who will arrive early or stay on for a few extra days, we can recommend two little affordable hotels in downtown Mahon where we often stay (around 30 euro per night): Hostal Jume or La Isla. You can reserve through this site: www.booking.com
- www.booking.com / Espagne 16169 hôtels / Minorque 169 hôtels / Mahón 10 hôtels
- Or call this number directly:
- Hôtel : Hostal Jume 0034 971 36 32 66, Hôtel ou Hostal la Isla 0034 971 36 64 92
- For your information: Air transfer to Mahon from Paris via Barcelona, Lyon regular with Vueling from 260 €.
- Flights: Reserve as soon as possible in order to benefit from the best possible fares.
- Transportation by ferry from Barcelona or Valence with : Balearia.com (arrival in Ciutadella, 45 Km from Mahon) or Trasmediterranea.es (Arrival Mahon).