

# TOUR DESCRIPTION

## SEA KAYAKING IN THE MADDALENA ARCHIPELAGO 2016

### MADDALENA ARCHIPELAGO 2016 CALENDAR

Sunday, June 12 to Friday, July 17  
Saturday, June 25 to Friday, July 01  
Saturday, July 02 to Friday, July 08  
Saturday, July 09 to Friday, July 15  
Saturday, July 23 to Friday, July 29  
Saturday, July 30 to Friday, August 05  
Saturday, August 06 to Friday, August 12  
Saturday, August 13 to Friday, August 19  
Saturday, August 20 to Friday, August 26  
Saturday, August 20 to Friday, September 02  
Saturday, September 03 to Friday, September 09  
Saturday, September 10 to Friday, September 16

### NAVIGATION PROGRAM

We chose to install our base camp near the village of Palau, on Baia Saraceno campground, because of its proximity to the water and to the Maddalena Archipelago.

From the campground, the liveliness of the village, the port and the small Sardinian restaurants are only a few minutes away by foot.

As all bivouacs are prohibited on the beaches of Maddalena National Park during the high season, we offer a 6 days of navigation to explore the archipelago's islands, such as Budelli, Santa Maria, Razzoli, Caprera or Spargi as well as the beautiful site of Capo Testa or another locations on the mainland of Sardinia, which are all magnificent locations to kayak and to take advantage of the emerald waters.

After paddling you'll be free to discover the charm and summer atmosphere of the small port and the village of Palau. In this way, you can take advantage of the end of your afternoons and your evenings freely, without the group.

This program can also be adapted to groups or families with one member who wishes to do some serious sea kayaking, all while sharing the vacation with family members who prefer less "active" moments, or who are interested in other activities available nearby (scuba-diving, kite surfing, surfing, paddle boarding, sight-seeing).

The navigation program may be modified by the guide in function of daily weather conditions and of the vast choice of itineraries along the hundreds of kilometres of accessible coastline (30 minutes to 1 hour by road from our Palau base camp). This allows us to choose different wind exposures (west side, east side) depending on the dominant winds, the sea conditions

and our spontaneous choices. We may also exceptionally propose a hike in order to allow you to discover the scenery from inland, in cases where the weather is exceptionally bad.

Two formats allow you to plan your tour at your convenience.

➤ **Our classic tour**

All you have to do is come and join us in the village of Palau to benefit from our navigation program (accommodation included).

- 6 sea kayaking day outings
- Camping for 6 nights double occupancy “Tukul” ( small bungalows with bed two persons)
- 6 breakfasts, 6 lunches,

Rates: June and September **580 €**, July **595 €**, August **615 €**

➤ **Our Freedom Tour**

- We reserve for your main accommodation through our partner (camping Baia Saraceno) with 10 % discount of the web site prices. You thus have the choice among several more comfortable accommodation options if you wish to come as a family.
- You're free to arrive and leave as you please.
- You only reserve as many as sea kayaking day outings you want paddle with us. Including lunch (65 Euros / per day / Pers). Additional days of sea kayaking are available and may be reserved on site (65 Euros), depending on availability.

Rates: **65 Euros** (departure from the beach of the camping). Additional fee between 10 to 15 € if we decide to use a vehicle or a ferry to join another departure point to kayak.

You can also combine your sea kayaking expeditions in the archipelago with other activities that are accessible nearby (SUP, scuba-diving, kite-surfing, sailing, visits and tourism throughout the region.)

This flexible format may please those who wish to share their holidays with loved ones who are not necessarily kayakers, and who are more interested in a few days spent by the lovely shores of the Maddalena archipelago.

**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 4.0 to 5.0 hours, even 6 (exceptionally), with moderate intensity, camping, access to toilets and showers every day.

This rate includes:

- The rental of navigation material (kayak, paddle, life jacket, etc.).
- All necessary vehicle transportation to kayaking activities minibus and/or ferry, for example, to reach the island of Maddalena (only with classic tour, additional fee on freedom tour when departure outside the campground Baia saraceno if we use vehicle or ferry).
- Accommodation, depending on the format chosen (see above).
- Meals, depending on the format chosen (see above).

This rate does not include:

- Air fees and/or costs for the ferry to reach Sardinia.
- Your transfers from the airport or the port to reach the Baia Saraceno campground in the village of Palau.
- 6 dinners.
- Additional drinks at the restaurant, other establishments and bars.
- 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)

## MEALS

Depends on the format chosen (see above). As usual, we always try to offer a good amount of local specialties and we buy all food products locally.

- Italian Breakfast : Baia Saraceno Campground Snack bar
- Lunch: salad with in-season vegetables, cold cuts and local cheeses, fruit, bread and/or other forms of carbohydrates.

## 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 (indicate the destination).

## 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

The meeting point is at 6:00 p.m. at the Baia Saraceno campground in the village of Palau.

**The following links show which routes offer direct flights to Sardinia.**

Olbia Airport : <http://www.geasar.it/eng/airport/flights-timetable>

Alghero airport : <http://www.aeroportodialghero.it/destinazioni.asp>

Air transfer to Olbia from Paris, Lyon or Nice, regular and direct flights during summer with Easy Jet, from 150 euro.

**Flights: Reserve as soon as possible in order to benefit from the best possible fares.**

Transportation by bus to Palau from the Olbia Airport, either directly from the airport, or from Olbia. Here are two links for local transportation companies.

This company ensures the trip from the Olbia Airport to Palau in less than 1 hour.

Please see the new 2016 schedule by clicking on the link below.

Direct Airport- Palau

<http://www.gruppoturmotravel.com/english-version/Linea-Olbia-STEResa-Estiva.php>

Airport-Palau via Olbia

<http://www.arstspa.info/601.pdf>