



Kefalonia Expedition

Expedition Dates 2019

Spring trip - 13th April 2019 to 20th April 2019

Autumn trip 1 - 21st September 2019 to 28th September 2019

Autumn trip 2 – 28th September 2019 to 5th October 2019

Expedition outline

Crystal clear, warm, aqua blue waters which lie below lush green mountains and limestone cliffs, deserted beaches, hidden coves, hospitable locals with a rich culture and warm SUNSHINE! – This is what awaits you on the island of Kefalonia, Greece.

Sea kayaking is the *PERFECT* and *BEST* way to enjoy the beauty, diversity and sheer magnificence of the unspoilt island of Kefalonia.

Experience needed

To get the most out of the expedition you should be at or around the intermediate level and be comfortable in conditions associated with force 4 winds. If you have any questions regarding the required ability please feel free to contact us.

What is included:

The course fee includes experienced guides and with years of local knowledge. We supply boats - a mixture of Prijon Perception and Sea Bird plastic boats (single or double), paddles (standard angle Carlisle 1 piece in 205/210/215 lengths), spray decks (nylon because of the heat), PFD's, and you can also borrow face masks and snorkels. We will have five nights and six days out.



Not included:

Transport to and from Kefalonia.

Accommodation, airport transfers, camping gear, food and drinks.

Please ensure you have adequate travel insurance.

Cost

£750

(Covering guide(s), kayaks and paddling equipment)

Location and times

Reasonably priced flights arrive and depart regularly from the UK, Easy Jet, Ryan Air, and Aegean all fly to and from Kefalonia, from Gatwick and other UK and European locations. Scandinavian companies also fly direct to Kefalonia.

Once you have booked your flight please send us details in order for us to arrange meeting you at the airport, if possible.

The first and last night of the trip are in accommodation in Argostoli. Please book accommodation for your first and last nights with "Hotel Tourist" which is in the centre of Argostoli.

Visit <http://www.hoteltourist-kefalonia.gr/en/> to see the hotel and make a booking.

A single supplement is applicable should you require a private room. Should you be arriving earlier we will gladly offer information on things to do and places to visit or stay!

Everyone will have a chance to shop for food etc., on Saturday afternoon or Sunday morning before we leave. Food, gas cylinders and other essentials are available close to the hotel.

We will have a briefing on Saturday afternoon, once everyone has arrived. Meet at the entrance to the "Hotel Tourist" at 1700 h - we will discuss the route, weather, equipment etc., before we go to the boats and prepare our kit. We will then go out for dinner to experience a little bit of ARGOSTOLI night life (the capital "city" of Kefalonia) - this is optional and is at your personal expense.



What to bring

You will need to bring:

Tent

Sleeping mat

Sleeping bag - light we don't expect snow or cold, but maybe rain? The weather can change, even in Kefalonia ☺.

Cooking and eating equipment, a stove suitable to fit standard threaded gas cylinders or Trangias than run on blue spirits (meth's)

Personal clothing including rain gear and at least one warm set in case we have a sudden change in weather.

Personal toiletries - but these can be bought on the island

Cameras

Argostoli has got supermarkets, fish markets and fresh fruit markets all within a one-minute walk from Hotel Tourist - so DONT WORRY if you forget something!

Personal paddling gear, if you have it.

Light cag

Swimming costumes

Light paddle trousers if you prefer

Hat

Sunscreen

Foot wear sandals or booties for the beaches – these are pebbly and hard on the feet

Rash vests for sun protection

Snorkeling kit if you wish - warm clear water ☺!

Water - we will carry 6 x 1.5 liters of bottles to start and have opportunity to restock along the way.

All safety kit - we bring! - If you are a qualified first aider or understand how to use personal safety equipment such as tow lines then please bring them along - you can never have enough safety equipment on a trip!

If you have kit that you prefer (left hand paddle) or familiar with and fits you comfortably please bring it with you - We travel with our personal paddles, PFD and clothing.

Remember you will carry everything in your kayaks so have dry bags and travel light - weather and water are still warm!



What to bring (continued)

Spare bags / extra kit can be left with us and will be taken to our "Kefalonia Base" for the week while we are on the water.

We will stop each day at beach bars and traditional restaurants / villages to enjoy the sights and tastes of Kefalonia - (optional and a personal expense) - we will brief each day about food options so don't worry you won't live on baked beans for the week! Make sure you have Euro cash with you before we launch - card machines are few and far between!