



Sea Kayaking Cornwall

www.seakayakingcornwall.com

Kefalonia Island Expedition Ionian Sea – Greece

Two very different seasonal trips on one beautiful island!

“The island is awakening”

Spring trip: Arrive April 4 - Depart April 11 2020

“The island is slowing down”

Autumn trip: Arrive September 26 - Depart October 3 2020

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.

We will be paddling in remote areas, and camping on pristine beaches and coves. Most of the coast is not inhabited, so you will feel you are in the wilderness. There are caves to explore and tiny coves to pull out onto for lunch. The paddling will take you around rocky headlands and across big bays, so it is a wonderful place to improve your confidence in a safe environment. Distances are variable, depending on weather and availability of landing spots – so this is real expedition paddling! But there are no marathon days – unless the group all agree to push their limits. You will feel you have achieved a week of real paddling, living out of a boat and leaving only footprints, even if you have enjoyed meals in friendly cafes and tavernas most days!

Kefalonia is a unique blend of wilderness paddling combined with civilisation, when you want it. Many of the towns are idyllic. Arriving into any port via a kayak is always a great experience – these towns are here because of seafarers, not car-driving tourists!

It is not safe to light fires on the shore as the island is forested and extremely vulnerable to forest fires.

Experience needed

To get the most out of the expedition you should be at or around the intro-mediate/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.

Kayaks - 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.

Not included

Transport to and from Kefalonia.

Hotel accommodation (first/last nights), airport transfers, camping gear, food and drinks.

Please ensure you have adequate travel insurance.

Cost

£800

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, so we are aware what time you will be arriving to plan our briefing.

The first and last night of the trip are in a hotel in Argostoli. Please book accommodation for your first and last nights directly with “Hotel Tourist” which is based in a very convenient and beautiful part of the Argostoli waterfront.

Visit <http://www.hoteltourist-kefalonia.gr/en/> to see details of 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!

We will have five nights and six days out camping. It is possible to top up supplies along the way, so we suggest you buy four days supplies and buy additional food along the way.

Everyone will have a chance to shop for supplies on Saturday afternoon/evening 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”, 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 nightlife (the capital “city” of Kefalonia) this is optional and is at your personal expense.

What to bring

- Travel insurance.
- Passport.
- Tent .
- Sleeping mat.
- Sleeping bag – light (maybe bring a liner) as a back up we don't expect snow or cold, but maybe rain? The weather can change, even in Kefalonia.
- Cooking and eating equipment .
- Stove suitable to fit standard threaded gas cylinders or Trangias than run on blue spirits (meth's).
- Personal clothing including water proofs and at least one warm set in case we have a sudden change in weather which can happen in Spring and Autumn.
- Personal toiletries - but these can be bought on the island.

- Cameras..
- Personal paddling gear, if you have it.
- Light cag or paddle jacket.
- Swimming costumes.
- Light paddle trousers if you prefer.
- Sun hat/warm hat.
- Sunscreen.
- Foot - wear sandals or booties for the beaches – these are pebbly and hard on the feet.
- Rash vests for sun protection/thermal rash vest as back up if weather changes.
- Snorkeling kit if you wish - warm clear water!
- 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!
- 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 warmer! 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, please keep it small, we have limited space available to us.

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, however cash machines are available in most of the towns we pass through!

We look forward to sharing our "DEVOTION TO THE OCEAN WITH YOU"

Sea Kayaking Cornwall Team.