

Kefalonia & Ithaca Island Expedition

Ionian Sea

Greece

Competent Intermediate

20 September - 27 September 2025

(Meet & Greet 20 - Start paddling 21- finish paddling 26 - Depart 27)

6 Paddling days

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 islands of Kefalonia & Ithaca, Greece.

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

We will be paddling in remote areas, and camping on pristine beaches and coves. Most of the coast is not inhabited, making you 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, a wonderful place to improve your confidence in a safe environment.

Distances are variable, depending on weather and availability of landing spots – 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!

The Kefalonia & Ithaca trip is 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!

Please note: 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 Competent Intermediate standard and be comfortable in conditions associated with force 4 winds & be able to paddle an average of 25 km per day. If you have any questions regarding the required ability please feel free to contact us on

shaun@seakayakingcornwall.com

info@seakayakingcornwall.com

What Is Included

Sea Kayaking Cornwall's experienced guide with area knowledge offering advice, assistance, planning and safety throughout the trip – 18+ years paddling these waters and coastline.

Kayak. We have a mixture of P&H Leo plastic single boats.

Paddles. Standard angle 45 degree - 1 piece in 205/210/215 lengths.

Spray decks - nylon because of the heat.

Buoyancy aids /PFD.

Not Included

Transport to and from Kefalonia.

Hotel accommodation (first/last nights)

Saturday 20th September / Friday 26th September.

<http://www.hoteltourist-kefalonia.gr/en/>

Airport transfers.

Camping gear.

Food and drinks.

Please ensure you have adequate travel insurance.

Location And Times

Reasonably priced flights arrive and depart regularly from the UK. Easy Jet, Ryan Air, Aegean and Scandinavian companies fly too and from Kefalonia, from Gatwick / Bristol / Manchester and other UK and European locations.

Once you have booked your flight please send us details, so we are aware what time you will be arriving to plan our briefing.

Once you have arrived catch a taxi directly to the 'Hotel Tourist'

We will have a briefing on Saturday afternoon, once everyone has arrived. We will discuss the route, weather, equipment, before we go to the boats and prepare our kit.

Meet at the entrance to the 'Hotel Tourist' in Argostoli, where we will stay the first and last night of the trip. Please book your accommodation for these nights directly with "Hotel Tourist".

The hotel 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 5 nights and 6 days out camping. It is possible to top up supplies along the way, so we suggest you buy 3 days supplies and buy additional food along the way.

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

We will then go out for dinner to experience ARGOSTOLI nightlife, the capital “city” of Kefalonia - Optional and at personal expense.

What To Bring - Recommended

- Travel insurance.
- Passport.
- Food. Packed lunches, dinners, snacks, hot drinks etc for 3 days.
- Water. We will carry 6 x 1.5 litres of water to start and have the opportunity to restock along the way.
- Camping kit: 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 Greece.
- Cooking and eating equipment: Stove suitable to fit standard threaded gas cylinders or Trangias that run on blue spirits (meth's).
- Personal clothing including waterproofs and at least one warm set, in case we have a sudden change in weather which can happen in Spring and Autumn.
- Dry bags – various sizes for lunch, valuables and dry clothes to change into at the end of the day.
- Paddling kit: Light cag or paddle jacket. Light paddle trousers if you prefer. Rash vests for sun protection, thermal rash vest as back up if weather changes. Please contact us if you are uncertain that you have the correct gear.

- Suitable footwear: wear sandals or booties for the beaches - some are pebbly and hard on the feet.
- Safety kit. We carry adequate safety kit. However, if you are a qualified first aider or understand how to use personal safety equipment such as towlines then please bring them along. A group can never have enough safety equipment on a trip!
- Sponge.
- Sun cream.
- Sunglasses
- Sun hat / warm hat
- Swimming costumes.
- Snorkelling kit if you wish - warm clear water!
- Insect repellent, tick removers and midge spray.
- Camera.
- Personal toiletries - but these can be bought on the island.
- Personal medication and first aid kit.
- Money, as there is cafes and restaurants to visit.

Argostoli has got supermarkets, fish markets and fresh fruit markets all within a one-minute walk from Hotel Tourist - so don't worry if you forget something!

If you have kit that you prefer (e.g. left hand paddle) or are familiar with and that 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 to store all your belongings and travel light - weather and water is warmer! Spare bags and extra kit can be stored at our "Kefalonia Base" for the week while we are on the water. Please keep it small, we only have limited space available to us.

We will stop each day at beach bars and traditional restaurants and villages to enjoy the sights and tastes of Kefalonia. Enjoyment of

delicious Greek specialties is optional and at 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. There are cash machines available in most of the towns we pass through but not always accessible.

Looking forward to sharing our "DEVOTION TO THE OCEAN" with you!

Sea Kayaking Cornwall Team