

5-Day Kayaking & Island Hopping

A multi-day sea kayaking expedition between islands with beach camping, snorkeling, and cave exploration. Covers 80 km of paddling over five days with progressive difficulty. Includes detailed safety protocols, sea condition guidance, and camp logistics.

Day 1 — Briefing & First Paddle

Expedition Overview Info	
Description:	Five-day sea kayaking expedition covering approximately 80 km between islands. Camp on beaches each night. Paddling distances range from 5-22 km per day, with one rest day. All food, water, and camping gear carried in the kayaks. Participants need basic kayaking experience and reasonable fitness — upper body endurance is as important as cardiovascular fitness.
Group Size:	6-10 paddlers, 2 guides
Fitness Requirement:	Good — 97 km over 5 days, wild camping
Boat Transfer to Launch Island Transport	
Description:	Motor boat transfer from the mainland to the launch island. Kayaks and equipment loaded on a support barge. The crossing takes about 1 hour. Brief the group on sea conditions during the boat ride — it's the best time to observe wind and swell patterns.
Duration:	1h 0min
Price:	75 €
Start Time:	08:00
Address:	Main Harbor, Pier 4, Mainland Port
Kayak Skills Refresher & Loading ●●●●● Moderate Activity	
Description:	On-beach skills session: wet exits, self-rescue, assisted rescue, and paddle strokes. Then pack the kayaks — heavy items low and centered, frequently needed items accessible. A well-packed kayak handles dramatically better than a poorly packed one. Practice launching through small surf.
Duration:	2h 0min
First Paddle to Nearby Island ●●●●● Moderate Activity	
Description:	First paddle as a group — a moderate crossing to a nearby island. The guide assesses the group's pace, paddling form, and comfort level. Stay in formation: guide at front, sweep at rear, group in between. Communicate with paddle signals. Landing on a sheltered beach on the lee side of the island.
Distance:	15.0 km
Duration:	3h 0min
Start Time:	13:00

Beach Camp — First Island Accommodation

Description: Camp on a sandy beach. Set up tents above the high-tide line (check seaweed marks). Kayaks pulled up and tied. Camp kitchen area established downwind of tents. Drinking water from jerry cans in the kayaks — ration carefully.

Price: 20 €

Camp Dinner Meal

Description: First camp dinner — cooked on portable stoves. Fresh ingredients tonight (heavier items used first). The group cooks together under the guide's direction. Wash up with biodegradable soap, well away from the waterline. Pack all food waste out.

Start Time: 19:00

Day 2 — Open Water Crossing

Morning Open Water Crossing ●●●●● Challenging Activity

Description: The most exposed crossing of the trip — 20 km of open water between island groups. Start early when the sea is calmest. Maintain tight formation — in open water, a separated paddler is a serious safety concern. The guide monitors conditions throughout and can call an abort if the sea state worsens.

Distance: 20.0 km

Duration: 4h 0min

Start Time: 06:00

Elevation Gain: 0 m

Open Water Safety Protocol Info

Description: Formation: guide leads, sweep paddler at rear, group in arrowhead. Communication via whistle blasts: 1 = attention, 2 = regroup, 3 = emergency. If separated from group, stay where you are and deploy the rescue flare from your PFD pocket. Rest stops: raft up (hold kayaks together) every 45 minutes. If wind exceeds 25 knots during crossing, the guide will divert to the nearest sheltered landing.

Beach Lunch on Second Island Meal

Description: Land on the second island and have lunch on the beach. Arms and shoulders need rest after the crossing. Eat well, hydrate, stretch upper body. The afternoon is free to recover.

Duration: 1h 0min

Snorkeling at Coral Bay ●●●●● Easy Activity

Description: Snorkel in the sheltered coral bay on the island's south side. Warm, clear water with abundant marine life — tropical fish, sea urchins, starfish, and possibly sea turtles. Fins and masks carried in the kayaks. Stay within the bay — the current outside is strong.

Duration: 2h 0min

Beach Rest & Exploration Free Time

Description: Free afternoon on the island. Swim, walk the headland trail, beachcomb, or simply rest. The crossing was the hardest paddle of the trip — you've earned the downtime. Help set up camp when energy returns.

Duration: 2h 0min

Beach Camp — Second Island Accommodation

Description: Second beach camp. The same setup routine applies — tents above high tide, kayaks secured, kitchen area downwind. Check tent pegs in sandy soil — use rocks as backup anchors in windy conditions.

Price: 20 €

Camp Dinner Meal

Description: Dinner cooked on camp stoves. Lighter ingredients as fresh provisions deplete. Rice, pasta, canned fish, and dried foods form the base. The guide supplements with foraged herbs if appropriate.

Day 3 — Cave Coast Exploration

Paddle Along Cave Coastline ●●●●● Challenging Activity

Description: Navigate along a dramatic coast of limestone cliffs with sea caves, arches, and blowholes. The paddling requires good boat handling — reflected waves from cliff faces, surge near cave entrances, and narrow passages. Stay close to the group and follow the guide's line exactly.

Distance: 18.0 km

Duration: 3h 30min

Start Time: 07:00

Sea Cave Exploration by Kayak ●●●●● Moderate Activity

Description: Enter the largest sea caves by kayak — cathedral-sized chambers with bioluminescent plankton in some. Headlamps on, single file, slow paddle strokes. The guide checks tide clearance before entry — some caves are only accessible within 2 hours of low tide.

Duration: 1h 30min

Cave Entry Protocol Info

Description: Cave rules: headlamp always on, single-file entry, guide enters first and gives the all-clear. Check ceiling clearance — some caves require lying flat in the kayak. If swell increases while inside, wait for a lull between sets to exit. Never enter a cave if waves are breaking across the entrance. The guide carries a spare headlamp and a waterproof whistle.

Lunch in Sheltered Cove Meal

Description: Lunch on a small beach inside a sheltered cove. Protected from wind and swell. Dry off, rest arms, and eat. Check boats and equipment during the break — any loose fittings, leaks, or missing hatch covers.

Duration: 1h 0min

Short Paddle to Overnight Beach ●●●●● Moderate Activity

Description:	Final paddle of the day — a short hop to tonight's camping beach. The afternoon sea is usually rougher than the morning, so this is kept short. Land through small surf — the guide demonstrates the technique first.
Distance:	7.0 km
Duration:	1h 30min

Beach Camp — Third Island Accommodation

Description:	Third beach camp on a wide sandy beach with driftwood for shelter building. The sunset from this beach is the best of the trip. Set up camp and check weather forecast for tomorrow's crossing.
Price:	20 €

Camp Dinner Meal

Description:	Dinner on the beach. If fishing was successful, fresh fish grilled over driftwood coals. Otherwise, the usual camp stove fare. Share stories from the cave exploration.
--------------	---

Weather Check for Day 4 Info

Description:	Guide checks weather and sea state forecast for tomorrow. If conditions are marginal, tomorrow becomes a rest day on this island with Day 4's rest moved to Day 5 instead. Flexibility with the schedule is essential on a sea kayaking expedition.
--------------	---

Day 4 — Rest & Island Explore

Morning Snorkel or Short Paddle ●●●●● Easy Activity

Description:	Easy morning activity — snorkel around the island's reef or take a short paddle to explore nearby rock formations. No pressure, no distance targets. This is the rest day — do as much or as little as you want.
Distance:	5.0 km
Duration:	2h 0min

Island Rest Day Free Time

Description:	Full rest day on the island. Swim, beachcomb, explore the headland, nap in the shade, journal, or practice paddle skills in the sheltered bay. Let arms and shoulders recover — tomorrow is the longest return paddle.
Duration:	4h 0min

Island Lunch Meal

Description:	Lunch from remaining provisions. Creative cooking from limited ingredients — camp food is best when approached with humor and a good appetite. Fresh coconuts from the trees if available.
--------------	--

Afternoon Coastal Paddle ●●●●● Moderate Activity

Description:	Gentle afternoon paddle exploring the island's coastline. No pressure for distance — focus on enjoying the scenery, rock pools, and any wildlife spotted. Practice paddling techniques: brace strokes, low turns, and reverse paddling.
Distance:	10.0 km
Duration:	2h 0min

Beach Camp — Final Night Accommodation

Description:	Last night camping. The same beach or a short paddle to a new spot — guide's choice based on conditions. Make the most of the final beach evening. Double-check kayak loading for tomorrow's long return paddle.
Price:	20 €

Farewell Beach Dinner Meal

Description:	Final camp dinner on the beach. Use up the last of the provisions. Share highlights, memorable moments, and near-misses from the expedition. The stars over the island are the final gift of the trip.
Start Time:	19:00

Day 5 — Final Paddle & Return

Morning Paddle Back to Main Island ●●●●● Challenging Activity

Description:	The longest paddle of the trip — 22 km back to the main island and the pickup point. Start early to use the calm morning conditions. The route passes familiar landmarks from the outward journey. Maintain a steady 5 km/h pace with breaks every 60 minutes. The last 3 km follows the main island's coastline to the harbor.
Distance:	22.0 km
Duration:	4h 0min
Start Time:	06:00

Lunch at Harbor Meal

Description:	Celebratory lunch at a harbor-side restaurant on the main island. The first proper restaurant meal in 5 days. Hot food, cold drinks, and the satisfaction of completing the expedition. Shower facilities may be available at the harbor.
Price:	20 €

Boat Transfer Back to Mainland Transport

Description:	Motor boat transfer back to the mainland. Kayaks loaded onto the support barge for return to the base. A chance to rest, process the experience, and watch the islands recede into the distance.
Duration:	1h 0min
Price:	75 €
Address:	Main Harbor, Pier 4, Mainland Port
Notes:	https://island-kayak-expeditions.com/book

Expedition Summary & Gear Return Info

Description: Expedition complete — approximately 80 km paddled over 5 days, 4 islands visited. Return all rental equipment: kayak, paddle, PFD, spray skirt, dry bags. Rinse personal gear in fresh water. Check for any lost or damaged items. The guide compiles a trip log with distances, conditions, and wildlife sightings.

Departure Free Time

Description: Participants depart on individual schedules. The expedition is over but the salt on your skin and the rhythm of the paddle will stay with you. See you on the water.

What's Included Info

Description: Two qualified sea-kayak guides for five days, return boat transfers to the island chain, sea kayak with paddle, spray skirt and buoyancy aid, all dry bags, camping equipment including tent and sleeping mat, all meals cooked at camp, snorkelling mask and fins, and group safety equipment — VHF, flares, tow lines, first-aid kit and a satellite communicator.

What's Not Included Info

Description: Sleeping bag, wetsuit or paddling clothing, and footwear that stays on in surf — all hireable if requested at booking. Also excluded: travel insurance, drinks beyond the camp water, the day-five harbour lunch, and gratuities. There is no resupply on the island chain: what the kayaks carry on day one is what the group has for five days, including all fresh water.

Insurance & Documents Info

Description: Travel insurance covering sea kayaking and remote-area evacuation is mandatory. This is not a coastal day trip: from the second island onward the group is a boat ride rather than a drive from help, and most policies class open-water paddling as an excluded watersport unless it is named. You must be able to swim 200 m in paddling clothing and re-enter a kayak in deep water, which is tested in the day-one skills session rather than taken on trust. Bring photo ID and your insurer's emergency number on paper — phones do not survive five days of salt water reliably.