

Coastal Kayaking Day

A full-day sea kayaking adventure along a scenic coastline with a beach lunch break. Covers safety briefing, paddle segments, sea conditions, and a relaxed afternoon. Suitable for beginners with moderate fitness.

Day 1 — Coastal Kayaking

Safety Briefing & Conditions Info

Description:	Mandatory safety briefing covering paddle technique, capsize recovery, group signals, and emergency procedures. Review the day's sea conditions — wind speed, wave height, tide times, and current direction. All participants fitted with PFDs and spray skirts.
Group Size:	4–8 paddlers, 2 guides
Fitness Requirement:	Moderate — 16 km paddling, no experience needed

Transfer to Launch Point Transport

Description:	Drive to the launch beach. Equipment trailer with kayaks, paddles, and safety gear follows separately. Arrive early enough for unhurried equipment fitting and warm-up stretches.
Duration:	30 min
Price:	20 €
Start Time:	08:00

Morning Paddle Along Coastline ●●●●● Moderate Activity

Description:	Paddle along the coast heading into the prevailing wind (so the return is easier). Pass sea cliffs, hidden coves, and rocky inlets. Watch for marine wildlife — seals, seabirds, and dolphins are common depending on season. Stay in formation and maintain visual contact with the group.
Distance:	8.0 km
Duration:	3h 0min
Start Time:	09:00

Sea Conditions & Backup Route Info

Description:	Key tide information: launch ideally within 1 hour of high tide for easy beach access. The headland at km 5 has a tidal race — time passage for slack water. If conditions deteriorate, the sheltered bay at km 4 serves as an emergency landing point and alternative lunch spot.
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Beach Lunch Meal

Description:	Land at a secluded beach for lunch. Pull kayaks above the high-tide line and secure them. Packed lunch from dry bags — sandwiches, fruit, snacks, and plenty of water. Rest in the shade and dry off before the afternoon paddle.
Duration:	1h 0min
Price:	12 €

Afternoon Return Paddle ●●●●● Moderate Activity

Description:	Return paddle over the same 8 km with the wind behind you — noticeably faster than the outbound leg. Option to explore a sea cave or snorkel at a sheltered reef if conditions allow. Keep a steady pace to reach the launch beach before the tide drops off the sand.
Distance:	8.0 km
Duration:	2h 30min

Beach Time Free Time

Description:	Relax at the launch beach after landing. Swim, sunbathe, or simply rest. Rinse salt water off equipment and stow kayaks on the trailer. Fresh water rinse facilities may be available at the beach.
Duration:	45 min

Return Transfer Transport

Description:	Transfer back to accommodation. Stretch in the vehicle — shoulders and core will be tired from paddling. Hydrate well and consider an anti-inflammatory if shoulders are sore.
Duration:	30 min
Price:	20 €

What's Included Info

Description:	Two qualified sea-kayak guides, return transfer to the launch beach, sea kayak with paddle, spray skirt and buoyancy aid, dry bags for the day, the packed beach lunch with water, and group safety equipment — tow line, flares, first-aid kit and VHF.
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What's Not Included Info

Description:	Wetsuit or paddling clothing, which can be hired for about 15 EUR if requested at booking; footwear that can get wet and stay on your feet in surf; travel insurance; anything bought at the beach; and gratuities. Bring a change of clothes for the drive back — you will be wet, and the vehicle is not.
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Insurance & Documents Info

Description:	Travel insurance covering sea kayaking is required. Many policies treat any activity on open water as an excluded watersport, and a coastal paddle 8 km from the launch beach is exactly the case they mean. You must be able to swim 50 m in the clothing you paddle in — this is asked at the briefing and taken at your word, so answer it honestly. No licence or certification is needed.
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