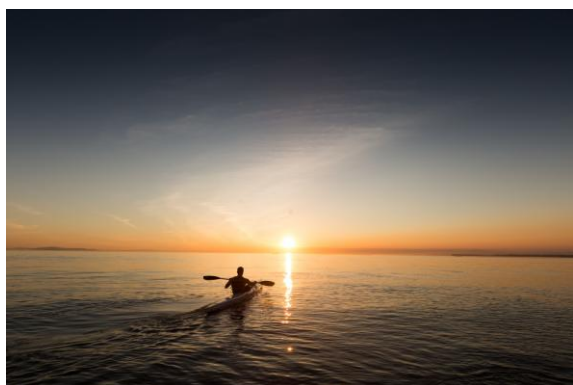




INTRODUCTION TO SEA KAYAKING Near Marseille



Duration : 3 days

Best Time : from May to September **Number of People (mini /max) :** 6 - 15

Sailing in the shade of overhanging cliffs, passing over the shallows, entering a sea cave, crossing to join an island, sea kayaking offers an unforgettable experience. Without noise and pollution this boat allows privileged observations.

The Marseille region offers sites perfectly adapted to sea kayaking. From one day to one week, the possibilities are numerous and varied.

This short stay to "enjoy the sea" as they say, allows you a gentle approach to sea kayaking and a superb itinerary to discover the Calanques site.

Strengths :

- A stay in star accommodation or in an inn.
- The creeks of course!
- Caves, faults and shoals in sea kayaking...
- The authentic fishing ports and the atmosphere of Marseille are guaranteed.



DESTINATION : MARSEILLE, CALANQUES AND FRENCH RIVIERA

This natural kayak trip focuses mainly on the Calanques and the rugged and beautiful coastlines around Marseille. This region has, on a rather moderate scale, a lot to offer.

For those who wish, it is possible to take advantage of this visit to stay a little longer and discover the Phocaeen city, for example. A multicultural crossroads of the Mediterranean, Marseille is moving and has evolved a lot in recent years. It really deserves some time, and Aix-en-Provence, Avignon, La Ciotat or the Camargue are not far away.

Do not hesitate to contact us so we can discuss all these possibilities together.

Day 1 : Initiation Session

Sub-reserve program of weather, wind, sea and group level.

We welcome you at 8am to start your stay. Around 8:30am, we leave by minibus for a day trip.

After an introductory session, you are immersed in the essential world of the Calanques Marseillaises. Sea kayaking is planned according to the group's abilities. The pleasure of effort must be measured, the pleasure of the eyes is there!

Picnics carried in waterproof bags in the kayaks. Return to the hostel for 5.30pm.

Meals around 8pm.



SEA KAYAKING

More than 2,000 years ago, sea kayaking was the preferred craft of Inuit (Eskimo) hunters. Today, this activity has a great success thanks to the enthusiasm for outdoor sports. Sea kayaking makes it easier to approach places that are not near the coast. Walking along the foot of a sea cliff, entering a cave, passing over shoals of fish, crossing to an island and landing in a site inaccessible on foot are the privileges of paddling.

This fabulous activity is comparable to hiking. The gentle and quiet sport allows nature to gently approach us.

Who is "kayaking" for?

This activity is accessible to everyone. Beginners are always surprised to quickly experience a sense of freedom. The purpose of this stay is to offer you a "discovery". The routes are adaptable according to each person's abilities so the activities are fun.

All healthy people who are regularly active will find an appropriate pace.

Day 2

:

Cassis

Dep
artur
e
from
the
host
el
arou
nd
8:30
am
to

Cassis from the Calanque of Port Miou.

The knowledge gained the day before allows you to take full advantage of this beautiful itinerary at the foot of the cliff. If the weather conditions are good, we take you beyond the Calanque d'En-Vau to discover the sea caves and picnic far from pedestrian access.

Picnic lunch.

Return at the end of the day for dinner and accommodation.

Day 3 : The Riou

Departure from the Inn around 8:30 am. After a quicker start due to your experience, we offer you a slightly harder hike. In principle we board at Callelongue (last access by road to the Calanques).

Our itinerary winds its way between the islands of the "Archipelago of Riou" which is a nature reserve off the Calanques. It's a nesting ground for many bird species, and during the



spring season the show is impressive. The archipelago consists of four islands with very different aspects where there are frequent times for observation.

The crossing in the open sea to reach Riou Island gives a real feeling of freedom and provokes new sensations of an Explorer, all the essence of sea kayaking! The tour of the Grande Île de Riou, far from everything and in the open sea, offers a view of all the calanques from Marseille to La Ciotat.

Picnic on Riou sandy beach! Return by the Calanques Marseillaises to Callelongue. Return to the Inn for 4:30 pm.

Dinner and overnight stay.

Day 4 : Départ

Breakfast. End of our services.

