



SPORTSPARADISE

fun to be free

SUMMER ACTIVITIES SARDINIA COMO LAKE



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SPORTSPARADISE

Watersport and fun school

SWITZERLAND

7504 Pontresina
Via da Bernina 21
SWITZERLAND

SARDINIA

08042 Bari Sardo (NU)
Loc. Planargia
Camping Village Ultima Spiaggia
ITALY

LAKE COMO

23824 Dervio (LC)
Via alla Darsena 20
ITALY

WINDSURF SCHOOL

Windsurfing is an **easy to learn** sport. Our spot is ideal to practice this sport: it is perfect for kids who will have fun as soon as they pick up the sail and start riding and for adults that want to experience the **feeling of freedom** that spring from doing sport in touch with nature: gliding over the surface of the water will make you feel completely free.

Il windsurf è uno sport adatto a tutti, e con le condizioni mattutine di vento leggero e acqua piatta è facile iniziare e fare le prime manovre percependo un senso di libertà in contatto con la natura.

TRIAL LESSON

2 hours / € 60

Complete gear included

BEGINNER COURSE

4 hours / € 110

6 hours / € 160

8 hours / € 210

Complete gear included

RENTAL stand up paddling and canoe

An awesome and easy way to improve your balance and discover the wonderful nature of Sardinian coastline.

Sup 1 hour / € 10

Canoe 1 hour / € 15

RENTAL windsurf

1 hour / € 20

2 hours / € 30

1 day / € 60



KITESURF SCHOOL

Kitesurfing doesn't require a particular physical predisposition: it is a traction sport and the wind is your engine. **This makes it an ideal sport for all ages.** Kitesurfing is a lot of fun from the very first moment: you will learn how to effortlessly control the kite and how to use its traction to ride on the water.

Enjoy the **freedom** and the **adrenaline** that will come from practicing this exciting sport. Kitesurfing is not any more an extreme and inaccessible sport thanks to the new safety systems and the competency of our instructors that will guide you with walky talky. The long beach of Bari Sardo is ideal for complete beginners to practice on land and to acquire perfect kite control.

Il kitesurf non necessita di una particolare preparazione fisica: è uno sport adatto a tutte le età. Imparerai a manovrare l'aquilone e a usarlo per farti tirare in acqua con la tavola.



COURSE PRIVATE

1 hour / € 70 4 hours / € 260

RENTAL *upwind riding ability required*

Full equipment

1 hour / € 35

1 day / € 80

2 days / € 130

Board only

1 hour / € 15

1 day / € 40

2 days / € 60

Kite only

1 hour / € 20

1 day / € 50

2 days / € 80

WING FOIL SURFING

We are always up to date with new watersports! Wing foil is a sport born a few years ago, easy to learn! All you need to start is a Wing, any board, even a windsurf board, and fun is guaranteed! As soon as you can wing surf with a windsurf board you will experience the foil board! You will never forget this feeling!

We will follow you with the boat for the best support during the lesson.

Siamo sempre aggiornati con i nuovi sport d'acqua! Il wing foil è un nuovo sport: una via di mezzo tra il windsurf e il kitesurf. Inizierai a gestire il wing su una tavola windsurf per poi passare alla tavola con hydrofoil. Le lezioni si svolgeranno con il supporto del gommone.

BEGINNER COURSE (PRIVATE)

1 hour / € 70

RENTAL

1 day / € 80

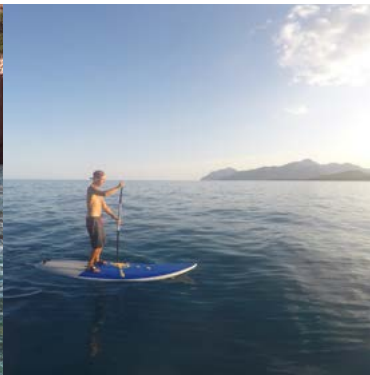


STAND UP PADDLING - CANOE - PEDALÒ

With Stand Up Paddling you can paddle a smooth downwinder along the coast, or experience nature and explore the wonderful landscape: a SUP sightseeing tour can provide you with an entirely new perspective. And why not simply use the board for the early morning or sundowner workout?

Canoe rental is also possible, and if you just would like to feel the peaceful sea with your friends or family and have fun together just chilling in the middle of the sea you can rent a pedalò!

Il SUP al mattino con l'acqua piatta consente di fare esercizio fisico in contatto con la natura. Facilissimo da imparare richiede solo un po' di equilibrio. È possibile anche affittare canoe e il pedalò per una uscita in famiglia o con gli amici.



SUP TOUR AND COURSE

1 hour / € 20

SUP RENTAL

1 hour / € 10

CANOE RENTAL

1 hour / € 15

PEDALÒ RENTAL

1 hour / € 30

WAKEBOARD

The beginner course lasts 40 minutes. First we do theory and exercises on the beach so that you can get on the board and start riding in the water as quickly as possible.

Il corso base dura 40 min e iniziamo con teoria ed esercizi a terra per fare in modo che tu possa alzarti e navigare il più velocemente possibile in acqua trainato dal gommone.

BEGINNER COURSE

1 lesson / € 80

If you have already attended a beginner's course and if you can already ride, then you can book a 15-minute freeride session and just have fun wakeboarding!

Se hai già fatto un corso base e sai come uscire dall'acqua puoi prenotare una uscita di 15 min e divertirti a surfare trainato dal gommone.

FREERIDE SESSION

1 session / € 60

2 session / € 100



SAILING COURSES

The sailing courses are aimed at anyone who wants to start their first steps on board of a sailing boat. Contents of the course: nomenclature, basics of manoeuvres, driving courses, tacking, jibing, sail reduction and safety manoeuvres. Suitable for everyone and all ages.

The sailing courses take place at our spot in ARBATAX, which offers ideal conditions for this sport. We use Trident dinghies, Beneteau 21 cabin boats. It is also possible to organize courses and excursions in 12 meter cabin boats.

Il corso base di vela è adatto a tutti e tutte le età. Imparerai la nomenclatura base, teoria del vento e andature, manovre base. Per iniziare consigliamo almeno 3-5 lezioni da 2 ore

Il nostro punto di partenza è il porto di Arbatax che presenta condizioni ideali per iniziare a praticare questo sport. Abbiamo a disposizione dinghie Trident e cabinati Beneteau 21. È possibile anche organizzare escursioni con barche cabinate da 12 metri.



PRICE per person

2 hour / € 100 (1-2 persons)

2 hour / € 80 (3-4 persons)

E-BIKE TOURS

Sardinia (and in particular Ogliastra, where we are based) is a wonderful land, rich in environment and with lots of paths that will let you discover the beauties of the surrounding. A E-Bike trip will be a great way to explore a bit of what's around and be in close contact to nature and with the traditional food that you will enjoy during the trip with the guides.

La Sardegna, ed in particolare l'Ogliastra, è una regione meravigliosa ricca di percorsi adatti all'e-bike, che ti consentiranno di scoprire una natura unica.

PRICE per person

LAGO ALTO FLUMENDOSA-PREDA LIANA

From € 65

GURTHADDALA O S'ARENA

From € 60

FAMILY EXCURTION AGRITURISMO MURTABBA

From € 45 / adults

From € 30 / kid

SUPRAMONTE DI URZULEI

From € 65

For many other e-bike tours ask at the Info Point



TREKKING

Ogliastra offers a lot of spectacular views on fantastic beaches with hidden caves, admire incredible mirrors of water come to life from the cliff coasts that fall sheer to a sea of blue, emerald, green and turquoise colors. Ogliastra also has very typical mountains and the deepest and biggest Canyon in Europe called Gorropu.

I trekking proposti ti consentono di visitare l'interno dell'Ogliastra e la sua particolare natura e di giungere via terra alle meravigliose cale del Golfo di Orosei con viste mozzafiato. Oppure puoi visitare il canyon più profondo d'Europa, il Gorropu



CALA BIRIALA* CALA MARIOULU*

CANYON GORROPU

8 or 10 km different paths possible

*ask details at the office

PRICES FOR ALL TREKKING:

From € 50 / per person (up to 3 persons)

From € 40 / per person (more than 4 persons)

From € 30 / per kid

*It is possible to go back by boat

HORSE RIDING

Unconditional love for horses is the strength of the *Chiai riding school*. Strengthened by thirty years of experience and a passion handed down from father to daughters, the *Chiai riding school* offers riding lessons for adults and children, to all those who want to get closer to the world of horses and forge an indissoluble friendship with these beautiful animals. Excursions are organized in the surrounding countryside to discover unspoiled and alternative places to the classic tourist routes.

L'amore incondizionato per i cavalli è il punto di forza del maneggio Chiai. Forti di una esperienza trentennale e di una passione tramandata di padre in figlie, il maneggio Chiai offre lezioni di equitazione per adulti e bambini. Vengono effettuate escursioni nella campagna circostante alla scoperta di luoghi incontaminati alternativi ai classici percorsi turistici.

BEGINNER COURSE (1 hour)

€ 22

TOUR (1 hour)

€ 22

For advanced horse riders
also longer tours are possible on request



CLIMBING - CAVES

The island of Sardinia has a heart of stone, the Supramonte, a limestone-dolomitic sediment deposited at the bottom of the sea over millions of years.

Today this heart contains a thousand and one thousand voids, the caves, where the water has patiently created a fairytale world. Stalactites, stalagmites, eccentrics, calcite and aragonite crystals, interesting endemic fauna, mysterious rivers and deep lakes are just a part of what you can discover with us.

La Sardegna e in particolare l'Ogliastra presenta delle grotte con spettacolari stalattiti e stalagmiti che potrai visitare con i nostri speleologi. Proponiamo anche corsi di arrampicata e scalate per esperti. L'Ogliastra è famosa nel mondo per le spettacolari pareti da scalare.



CLIMBING BASIC COURSE (6 hours)

From € 50

CLIMBING WITH GUIDE (half day)

From € 65

CAVE TOUR

"SA RUTTA NIEDDA" (1 day)

From € 45 (kids € 35)

CANYONING - COASTERING - ACQUA TREK

The canyons are usually quite steep, with spectacular rock faces and a waterfalls along the way. Some water jumps form natural toboggans from which to descend with minimal effort and great fun. In many cases, canyoning is the only way to explore the special environment of Ogliastra mountains.

With coastering you add that little bit of adrenaline to your day at the beach that makes it unforgettable.

Il canyoning è una attività sempre più praticata e la zona del Bau Mela con le sue cascate e colori spettacolari è ideale per questo sport. Prova anche il coastering per provare una forte adrenalina e passare una divertente giornata al mare

CANYONING AND COASTERING

From € 60 / per person

From € 40 / per kid (8-10 years)

ACQUA TREK (1 day)

From € 45 (kids € 35)



QUAD TOURS

You will drive a Quad in the middle of the nature of the Ogliastra having fun, feeling free. A unique experience discovering a part of Ogliastra with his unique mountains called Tacchi.

Scopri la natura dell'entroterra ogliastrino nella zona di Ulassai: i tacchi d'Ogliastra, alte cascate, gli antichi nuraghi e le capanne dei pastori.



TOUR (3 hours)
€ 110 / per quad

It is possible to go in 2 persons on one quad

JEEP TOURS

You will discover the inland of Ogliastra, the incredible nature and caves in Ulassai and the wild Supramonte nature, all accompanied by the typical tastes of the Sardinian food.

un modo comodo e rilassante per visitare l'Ogliastra, la natura incontaminata del Supramonte e scorci spettacolari sul mare.

TOUR BARBAGIA

(1 day)

From € 120 / per person

TOUR BAUNEI and ULASSAI

(half day or full day)

From € 50 / per person



DIVING

Whether you are an expert diver or you want to try diving for the first time, the Ogliastro coast is ideal and wonderful for its biodiversity and the countless aquatic species that you can see.

Sia che tu sia un esperto subacqueo sia che tu voglia provare per la prima volta a fare una immersione, la costa ogliastrina è ideale e meravigliosa per la sua biodiversità e le innumerevoli specie acquatiche che potrai vedere.



PRICES (2 dives a day)

From € 80 / per person

FISHING TOURS

To experience this wonderful coast, fishing from the boat and learning the fishing techniques with an expert fisher and skipper. You will never forget this experience!
Ideal for families with kids. The fisher guide will take you to the best fishing spots that only locals know. Ask all prices and details at the info point

Un modo divertente per bambini e adulti per visitare le famose cale del Golfo di Orosei con una guida esperta che ti insegnerà anche a pescare dal gommone. Chiedi tutte le informazioni al nostro chiosco informazioni

TOUR WITH SKIPPER

From € 40 / per person

depending on season and on number of participants.

FISHING FROM THE BOAT

From € 20 / per person



BOAT AND SAILING TOURS

You can admire the fantastic beaches with hidden caves, admire incredible mirrors of water come to life from the cliff coasts that fall sheer to a sea of blue, emerald, green and turquoise colors; observe the Peregrine Falcon nesting along the coast, meet dolphins and whales that stop during the spring. Ask details at the Info Point

Imperdibile la gita alle cale del Golfo di Orosei, le più belle al mondo che ti lasceranno a bocca aperta per i colori dell'acqua. Potrai fare la gita in motonave, affittando un gommone oppure in barca a vela. Chiedi tutte le info al nostro chiosco informazioni



SAILING TOUR (1 day)

€ 130 / per person

typical Sardinian lunch included

BOAT TOUR (1 day)

from € 40 / per person

RENT A BOAT (1 day)

from € 60

depending on season and on number of participants.

GO - KART

For a funny evening you can book a go-kart ride in Cardedu (few km from the Camping) that you can also reach by bike from the camping. You can also rent a car with two places for kids.

Per una serata divertente in compagnia partecipa a dei giri in go-kart sulla suggestiva pista nella vicina Cardedu. Puoi anche partecipare con bambini che possono sedere nella macchina kart a due posti.

PRICES

From € 17 / 1 ride



The Lake Como has a **stable thermic wind** of about 15 knots (from April to October). **Boat aided learning** is the most effective way to improve your kitesurfing skills, as you will have an instructor following you for the whole time you stay in the water and guiding you through a radio.

Il Lago di Como è famoso per il suo costante vento termico la Brega che si sviluppa tutti i pomeriggi dalle 12.00. Svolgiamo le lezioni da gommone e radiocasco, per ottenere i migliori risultati e lezioni più efficaci

BEGINNER COURSE 4 hours / € 250

FURTHER COURSES 1 hour / € 80
4 hours / € 280

If you already are a **experienced kitesurfer** and you want to have a safe session you can book a shuttle service: we will take you out on the lake to the best launch spot, and pick you up at the end of your kitesurf session. **Pick up service in Crema on demand.**

Se sei già un **kiter esperto** puoi prenotare un servizio shuttle in cui ti faremo partire dal gommone e ti verremo a prendere alla fine della tua sessione.



SHUTTLE SERVICE

upwind riding ability required

Shuttle service only

1 day / € 30
10 Times / € 250

Season ticket

€ 700
April - September

RENTAL

Full equipment

1 day / € 80

Board only

1 day / € 40

Kite only

1 day / € 50

HYDROFOIL KITESURF SCHOOL

Hydrofoil kitesurf is a new generation of kitesurfing, a **revolution** taking place in the world of kitesurfing. The hydrofoil kitesurfing is a discipline for riders who already have excellent kite and board control. It is really important to take some lessons and practice properly to learn this sport that will allow you to go kitesurfing also with **low wind**.

Il kitesurf con tavola idrofoil sta prendendo sempre più piede perché consente di fare kite con pochissimo vento. Il requisito per iniziare con questa tavola è di saper bolinare bene con tavola twin tip.

PRIVATE COURSE

complete gear included

1 hour / € 80

RENTAL

1 Day / € 80



WINDSURF SCHOOL

At Lake Como you will enjoy the **mild ideal conditions to learn** windsurfing in private lessons.

Il lago di como in mattinata presenta le **condizioni ideali per i corsi base** windsurf, con acqua piatta e poco vento. Per un apprendimento veloce ed efficace proponiamo lezioni private e ti supporteremo con gommone.



COURSE

1 hour / € 50
2 hours / € 90

RENTAL

1 hour / € 20
1 day / € 60