



SPORTSPARADISE

*fun to be free*

**LAND SPORTS**

**WATER SPORTS**

**EXPERIENCES**





**SPORTSPARADISE**

*fun to be free*

**Kitesurfing, windsurfing, snorkeling  
and many other activities!**

## **WATER SPORTS**

windsurf  
kitesurf  
hydrofoil kitesurf  
wing foil surfing  
sup  
canoe tours  
swimming  
snorkeling and diving

## **LAND SPORTS**

trekking and nordic walking  
mountain bike and road bike  
triathlon swim - bike - run  
horse riding  
climbing - canyoning - caves - acqua trek  
combi trekking - boat trip

## **EXPERIENCES**

quad tours  
jeep tours  
fishing tours  
boat tours



# 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.

## TRIAL LESSON

2 hours / € 60  
Complete gear included

## RENTAL windsurf

1 hour / € 20  
2 hours / € 30  
1 day / € 60

## BEGINNER COURSE

4 hours / € 110  
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



# 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.

## COURSE PRIVATE

1 hour / € 60  
4 hours / € 200

## COURSE 2 PERSONS

1 hour / € 50  
4 hours / € 180

## COURSE 4 PERSONS

1 hour / € 40  
4 hours / € 140

## 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



# 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**.

## PRIVATE COURSE

complete gear included

1 hour / € 80

## RENTAL

1 Day / € 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!

**PRIVATE COURSE**

1 hour / € 50

# STAND UP PADDLING - SUP

The spectrum of Stand Up Paddling is very diverse. You can train on shore breakers or paddle a smooth downwinder along the coast. One can experience nature and explore the landscape of the wonderful coast. 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?

**Tours will be organized with the guide in advance.**



## TOUR AND COURSE, FITNESS ON SUP

1 hour / € 20

## RENTAL

1 hour / € 10

# CANOE TOURS

Enjoy the surrounding nature, discover unreachable and remote places, exploring caves or bays, of this wonderful Sardinian coast. Ideal for families and for all who want to visit the coast in a sporty way.

## SHORT TOUR (3-4 hours)

per person / € 35

## LONG TOUR (1 day)

per person / € 50



# SWIMMING COURSES AND TRAINING

Swim sessions are intended (but NOT mandatory) to be part of the triathlon framework, but you can also participate independently.

You will be followed and coached by a Professional Triathlon Coach that will teach you the basics of the technique in open water as well as taking confidence with the water environment. People at any level (beginners as well) are welcome!



## **COURSE** (1 hours)

€ 30

## **HIGH SEASON PACKAGE** (3 swim sessions)

€ 70 (up to 3 persons)

€ 50 (more than 4 persons)

## **LOW SEASON PACKAGE** (2 swim sessions)

€ 50 (up to 3 persons)

€ 35 (more than 4 persons)

# SNORKELING AND DIVING

The coast of Bari Sardo alternates between rocks and numerous beaches, deep waters, and sandy seabeds that welcome the vast underwater prairies of Posidonia Oceanica.

The seabeds that line the beautiful coast of Bari Sardo also offer a refuge to impressive fauna. By diving, within the first few metres you can see a number of species like pomfrets, multi-coloured wrasses, sars, and royal seabreams. A bit deeper is the place belonging to groupers, eel, dentés, and crowned amberjacks. The rocky walls do not lack crustaceans and mollusks, and the yellow and red anemones colour the decor of these aquatic scenes.

## **SNORKELING**

€ 33

## **DIVING COURSES ON REQUEST**



# TREKKING AND NORDIC WALKING

A dip in the nature of Ogliastra region in the area of Bari Sardo and Cardedu. We will take you to explore sites of great natural interest, enjoying unique and breathtaking views. So much relax in the open air, fun and feeling of freedom.

## **TREKKING** (2-3 hours)

€ 40 (up to 3 persons)

€ 30 (more than 4 persons)

## **TREKKING PACKAGE** (3 trekking excursions)

€ 100 (up to 3 persons)

€ 75 (more than 4 persons)



## **NORDIC WALKING** new!

€ 5

Ideal for all age groups

Starting from the camping!

# MOUNTAIN BIKE AND ROAD BIKE

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 MTB trip will be a great way to explore a bit of what's around and be in close contact to nature. A Guide will always accompany you throughout the entire trip.

## **MTB TOURS** (2-3 hours)

€ 40 (up to 3 persons)

€ 30 (more than 4 persons)

## **MTB RENTAL** (1 day)

€ 10

## **MTB TOURS PACKAGE** (3 tours)

€ 100 (up to 3 persons)

€ 75 (more than 4 persons)

## **ROAD BIKE** (2-3 hours)

€ 45 (up to 3 persons)

€ 35 (more than 4 persons)

## **ROAD BIKE PACKAGE** (3 tours)

€ 115 (up to 3 persons)

€ 85 (more than 4 persons)



# TRIATHLON SWIM-BIKE-RUN

## **TRIATHLON FULLPACKAGE** (3X SWIM 3X RUN 3 BIKE)

€ 285 (up to 3 persons)

€ 210 (more than 4 persons)

## **TRIATHLON FAMILY PACKAGE** (2X SWIM 2X RUN 2X BIKE)

€ 235 (up to 3 persons)

€ 170 (more than 4 persons)

## **TRIATHLON PERSONAL COACHING** (3X SWIM 2X RUN 3 BIKE)

€ 400

€ 300 (max 2 persons)



### **ONLY SWIM PACKAGE**(3 x)

€ 70 (up to 3 persons)

€ 50 (more than 4 persons)

### **ONLY RUN PACKAGE**(3 x)

€ 70 (up to 3 persons)

€ 50 (more than 4 persons)

### **ONLY BIKE PACKAGE**(3 x)

€ 115 (up to 3 persons)

€ 85 (more than 4 persons)

# 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.

### **BEGINNER COURSE** (1 hour)

€ 22

### **TOUR** (1 hour)

€ 22

**For advanced horse riders  
also longer tours are possible on request**



## CLIMBING - CANYONING - CAVES - ACQUA TREK

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.



### **CLIMBING BASIC COURSE** (6 hours)

€ 45

Extra: rental gear € 10 and insurance € 15

### **ACQUA TREK** (1 day)

€ 45 (kids € 35)

### **CAVE TOUR "HELICHES ARTAS"** (1 day)

€ 45 (kids € 35)

### **GORROPU CANYON TOUR** (1 day)

€ 60

Extra: internal small transfer € 15, ticket € 5

## COMBI TREKKING-BOAT TRIP

Discovering Sardinian most beautiful coast, exploring the rocky side of it and after that you will be picked up by a boat; you will continue the tour from another perspective, from the sea the best way to relax after the trekking.



### **COMBI TOUR** (1 day)

€ 70

# 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.



**NORMAL TOUR** (3 hours)

€ 100

**LONG TOUR** (4 hours)

€ 120

# JEEP TOURS

You will discover the inland of Ogliastra his special villages like Orgosolo with the famous wall paintings, the incredible nature and caves in Ulassai and the wild Supramonte nature.

All accompanied by the typical tastes of the Sardinian food, having a meal with Sardinians shepherds.

**TOUR ORGOSOLO** (1 day)

€ 60

Ticket for the masks museum  
in Mamoiada included

**TOUR ULASSAI** (1 day)

€ 50

**TOUR SUPRAMONTE BAUNEI** (1 day)

€ 55



# FISHING TOURS

To experience this wonderful coast, fishing in a real fisher boat and eating all together the fresh fish! You will never forget this experience!



## **TOUR AND FISH LUNCH LOW SEASON**

€ 65 (kids up to 12 years old € 40)

## **TOUR AND FISH LUNCH HIGH SEASON**

€ 70 (kids up to 12 years old € 40)

# BOAT 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.

## **BOAT TOUR**

€ 60

## **YACHT 30 M TOUR (MAX 25 PERSONS)**

€ 100 lunch included

## **BOAT RENTAL**

From € 120

depending on season and kind of boat



# CONTACTS

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## **SPORTSPARADISE**

Watersport and fun school

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### **SWITZERLAND**

7513 Silvaplana  
Via Maistra 41  
SWITZERLAND

### **SARDINIA**

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

### **LAKE COMO**

23824 Dervio (LC)  
Via alla Darsena 20  
ITALY



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[sportsparadise-kitesurf.com](http://sportsparadise-kitesurf.com)

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CAMPING VILLAGE  
**ULTIMA SPIAGGIA**  
★ ★ ★ ★