



STS Sardinian Tourist Services - Centro servizi turistici di Loi Fiorenza  
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## ITINERY - EXCURSIONS IN KAYAK

### ITINERIES OF LITTLE DIFFICULTY (no previous experience necessary - also suitable for children)

| Excursion                                | Location                  | Difficulty | Duration | Prices  | Distance | Description                                                                                   |
|------------------------------------------|---------------------------|------------|----------|---------|----------|-----------------------------------------------------------------------------------------------|
| Spiaggetta of Coccoorocci (it.no.19) *** | Marina of Cardedu (Gairo) | Easy       | Half Day | € 20,00 | 8 km     | Little Beaches of Coccoorocci – Beach Su Sirboni – Capo Dasta – Cove Luas – Beach Coccoorocci |
| La Torre – Cea (it.no.20)                | Gulf of Barisardo         | Easy       | Full day | € 30,00 | 15 km    | Tower of Barisardo – Beach of the Tower – Point Su Mastixi – Beach of Cea                     |

\*\*\* Also available as a night tour for € 25 per person

### ITINERIES OF MEDIUM DIFFICULTY (FULL DAY EXCURSIONS)

| Excursion                      | Location        | Difficulty | Duration | Prices  | Distance | Description                                                                                                            |
|--------------------------------|-----------------|------------|----------|---------|----------|------------------------------------------------------------------------------------------------------------------------|
| Cea – Porto Frailis (it.no.16) | Gulf of Tortolì | Medium     | Full day | € 40,00 | 19 km    | Beach of Cea – Faraglioni Cea – Lido di Orri – Tower of San Gemiliano – Beach of Frailis                               |
| Orri – Arbatax (it.no.15)      | Gulf of Tortolì | Medium     | Full day | € 45,00 | 22 km    | Lido di Orri – Tower of San Gemiliano – Frailis - Capo Bellavista - Cala Moresca - Rocce Rosse Arbatax - Porto Arbatax |

## ITINERIES OF MEDIUM DIFFICULTY (OF ONE OR MORE DAYS)

| Excursion                       | Location                     | Difficulty | Duration         | Prices            | Distance | Description                                                                                                                                                                                               |
|---------------------------------|------------------------------|------------|------------------|-------------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Spiaggetta – Sarrala (it.no.18) | Marina of Cardedu – Tertenia | Medium     | One or more days | € 40,00 (1 day)   | 18 km    | La Spiaggetta – Su Sirboni - Capo Dasta - Cala e Luas - Coccoorocci - Capo Sferracavallo - Grotta Capo Sferracavallo - Niedda - Foxi Manna – Sarrala                                                      |
| La Torre – Arbatax (it.no.14)   | Gulf of Barisardo Arbatax    | Medium     | One or more days | € 100,00 (2 days) | 42 km    | Tower of Barisardo – Beach of the Tower - Punta Su Masticxi - Cea - Faraglioni Cea - Lido di Orri – Tower of S.Gemiliano – Frailis - Capo Bellavista - Cala Moresca - Rocce Rosse Arbatax - Porto Arbatax |

## ITINERIES OF MEDIUM TO HIGH DIFFICULTY (OF ONE OR MORE DAYS)

| Excursion                                    | Location       | Difficulty  | Duration         | Prices                        | Distance | Description                                                                                                                                                                                              |
|----------------------------------------------|----------------|-------------|------------------|-------------------------------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| S. Maria Navarrese – Sp. Gabbiani (it.no.10) | Gulf of Baunei | Medium/High | One or more days | € 140 (2days) - € 210 (3days) | 45 km    | S.M.Navarrese - Porto S.Maria - Pedra Longa - Cascata - Su Lettu Su Prantu - Grotta dei Colombi - Grotta di Capo Monte Santo - Capo Monte Santo - Porto Pedrosu - Portu Quau - Cala Goloritzè - Gabbiani |
| S. Maria Navarrese – Goloritzè (it.no.11)    | Gulf of Baunei | Medium/High | One or more days | € 60 (1day) - € 120 (2days)   | 40 km    | S.M.Navarrese - Porto S.Maria - Pedra Longa - Cascata – Su Lettu Su Prantu - Grotta dei Colombi - Grotta di Capo Monte Santo - Capo Monte Santo - Porto Pedrosu - Portu Quau - Cala Goloritz             |
| S. Maria Navarrese – P. Pedrosu (it.no.12)   | Gulf of Baunei | Medium/High | One or more days | € 60 (1day) - € 100 (2days)   | 28 km    | S.M.Navarrese - Porto S.Maria - Pedra Longa - Cascata – Su Lettu Su Prantu - Grotta dei Colombi - Grotta di Capo Monte Santo - Capo Monte Santo - Porto Pedrosu                                          |