

SUP, CATAMARAN & YOGA 05-12 SEPTEMBER 2020 CAGLIARI

TO BE
SUPER



For you by



THE IDEA!



LIVE A UNIQUE EXPERIENCE!

We think there's no better holiday like the one on a sailing boat, and we also think there's no better way to discover the sea than with a paddleboard.

so...**THIS IS A PERFECT HOLIDAY!!!**

Paddle and cruise for 1 week along the wonderful southern coast of Sardinia, eat delicious italian food and enjoy the last days of summer!

ANYONE CAN ATTEND THE TOUR!

Beginners, medium or advanced

\$UP & Yoga levels!



WHAT YOU WILL LIVE:



FREEDOM of sailing and paddling every day in a different spot, with no fix path, where the wind leads us

ADVENTURE paddling in the less known bays and beaches, where you can get only from water

PEACE with Yoga classes every morning and just the sound of water surrounding us all day

SATISFACTION learn some basics of sailing with our wonderful staff on-board!

TASTEFULNESS with italian good food on board and in selected restaurants!



THE CATAMARAN!

LAGOON 410



VEGA

IS A LAGOON 410 CATAMARAN,
12 MT LONG
4 CABINS WITH DOUBLE BED
4 BATHROOMS
WIDE COCKPIT

one the most successful model of
the Lagoon range, really spacious,
with his large 4 cabins and saloon,
reliable and with remarkable
sailing qualities!



SARDINIA'S SOUTH COAST

CHIA



NORA



**CAPO SPARTIVENTO
LIGHTHOUSE**



CALA ZAFFERANO



TUARREDDA



SUP & CAT PLAN

7 DAYS CRUISE

DAY 1:

Arrival at Cagliari airport
Transfer and ferry to Cagliari Port
Check in on the boat
Dinner in Cagliari wonderful Marina's typical restaurant!

DAYS 2,3,4,5,6,7

Cruising and Paddleboarding along the southern coast of Sardinia, with stops to paddle, downwind, snorkel in unique crystal waters, sleep in ports or in bays, watch falling stars, eating good food, practicing Yoga every morning...what else?

Every day we will make some introduction to sailing and you will be pulling sails and steer yourself!

No fix path, we'll go with the sun and the good weather!
On the 7th evening we'll head back to Cagliari port and we'll spend our last night together in the city!

DAY 8:

Sad day...we'll have to say goodbye and the Transfer will take you to Cagliari airport, with great emotions and memories in your hearts!



WHAT IS INCLUDED

- Sup Adventures membership card
- Transfer from/to Cagliari airport to Cagliari port
- 1 Tshirt and 1 sticker of Sup Adventures
- All food and drinks onboard (Breakfast, Lunch, Dinner, cooked by us!)
- 7 Nights on catamaran Lagoon 410 in a double cabin
- 2 dinners in restaurant in Cagliari
- Stand up paddle equipment including board, paddle, leash for the sup
- Snorkeling equipment
- Yoga sessions 1h every morning on the catamaran front
- Short wetsuit
- Catamaran Petrol
- Catamaran port fares and taxes if we sleep in ports during the cruise
- Catamaran Skipper that will take us to dream places in total safety!
- Pictures and videos of our wonderful week together!
- Extra deposit for sail yacht 400 €, which will be refunded after coming back, if catamaran won't be damaged

Flights are independently booked by all attendees and instructors.

COST 1599 €

EARLY BUY!!!!

the **first 5 people** that **BOOK BEFORE 31st MARCH**
will get

100 € OFF!!!!



HIGH QUALITY EQUIPMENT!

Safe easy rude 10.6



Safe fly easy ride 10.6



**AND NOW
LET'S START DREAMING...**





www.supadventures.it
sup@supadventures.it
+39 334 2984666

www.standupclub.de
berlin@standupclub.de
+49 (0) 30 - 54031123

