

Activities and holidays that will last a lifetime! Askeli - Poros Island - Greece 2010

SEA KAYAKING combined BCU LEVEL 2 Course - Holiday. POROS ISLAND GREECE - 2010

GREECE and GREEK ISLANDS ONE OF THE WORLD'S BEST SEA KAYAKING LOCATIONS

BCU LEVEL 2 Course: Available 4th April to 31st October 2010

For 2010 Odyssey Activity Centre on the island of Poros are offering an opportunity to learn the skills of Sea Kayaking combined with a great holiday in a fabulous location.

PRICE - range, [Max] from € 765 - € 819, depending on date of travel and number of persons. Self catering options are available; see our prices page on our website for details.

INCLUSIONS

Welcome meeting, complementary drinks on arrival day - evening.
7 Nights accommodation at Odyssey Centre, in private maisonette residence 40 mtrs from the beach.
5 Days sea kayaking, guidance, instruction from BCU qualified staff - all equipment.
2 Snorkelling sessions
1 Option of an Escorted evening trip to Poros town to visit other, bars, cafes etc.
6 Traditional Greek Dinners with wine, in our adjacent Odyssey Bistro.
6 Lunches [including packed lunches, where appropriate]
7 Breakfasts at our Odyssey Bistro, or delivered to your room if you prefer.

COURSE ITINERARY 2010.

This course covers all criteria of the British Canoe Union [BCU] Level 2 syllabus. For your convenience there is a downloadable link on our website of the exact BCU syllabus that this course is based on - for you to obtain a copy.

Day 1. Arrival Day - Arrive Poros, [Odyssey Centre] Welcome drinks. Discussion of program for your sea kayaking course activities and holiday.

Day 2. You will start to learn the basic skills of kayaking. After lunch at our Odyssey centre, we will go for a planned journey along the sheltered coastline of Poros. Early evening will be spent learning some planning and safety skills.

Day 3 Today we will explore some small islands to practice your new skills. After lunch you will be introduced to more essential kayaking skills including further rescue and recovery. In the evening before dinner we will take some time to continue to learn about important planning and safety for kayaking.

Day 4. Today's activities will be in two parts. In the morning we will concentrate on improving your kayaking skills. In the afternoon we will continue to practice and develop our kayaking skills, with a sheltered journey of about 3 hours, enroute practising rescues. We will also experience kayaking at dusk as the sun sets. We will arrive back at Odyssey Centre just before dark.

Day 5. Free day - After breakfast you are free to explore Poros, visit the beach, or hop over to mainland Greece [5 minute ferry trip] we have included a full day hire of a mountain bike for those who wish to go cycling. Lunch will be served at Odyssey, or if you prefer a packed lunch will be provided.

Day 6. Today will be used for your L 2 assessment

Day 7. Today you can choose to undertake a more advanced kayak route on the open sea or learn some more advanced kayaking skills [rolling] .

Day 8. Departure Day – Breakfast and depart. There are many other local attractions for you to visit in the area before you make your return trip home. Visit, Athens, Epidavros, Hydra Island.



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