



## **“As the Inuits around the Volcanos of the Aeolian Islands”**

**2 days roll course and Greenland techniques**

**4 days of guided tours (Vulcano – Lipari – Salina)**

**Extension optional 2 days of guided tours (Panarea o Stromboli)**

In recent years kayaking has grown in popularity around the world, although many people are unaware of the long history that is associated with it. Four thousand years ago people in the Arctic were using qajaqs for hunting and fishing. Their boats were extremely buoyant, made of seal skin and easy to self-right, even if turned completely over.

Rolling the qajaq was an essential self-rescue skill that was learned and was used in case of a capsize. Various rolls were developed to handle any and all situations that might arise, from being entangled in fishing lines, to losing a paddle and needing to roll using hunting equipment; or using only hands or elbows to right oneself.

During the summer of 2010, classes in traditional skills will be offered in the beautiful and warm water of southern Italy. Although the focus of these four-hour classes is on Greenland style rolling, anyone is welcome to attend. Any skill level is welcome, and rolls that can be taught include first rolls, off-side rolls, layback rolls, forward finish rolls, norsaq rolls and hand rolls. Also included in the classes will be basic strokes, an introduction to rope gymnastics , harpoons and joga.

**Course, size and lesson times:**

The focus of this class is on Greenland style rolling, although anyone is welcome to attend. The class will consist max of 6 students and last two to three hours on two days. Students of all skill levels are welcome to participate, and rolls that can be taught include first rolls, off-side rolls, layback rolls, forward finish rolls, norsaq rolls and hand rolls.

### Organization:

- Courses take place in the waters near our shore base.
- Lessons begin at 10:00, unless otherwise agreed.
- Recommended kit: warm top, wool jumper or fleece (compulsory for spring and autumn courses), wind protection (kagoule), shoes suitable for use at sea (+ spare pair of shoes), swimming costume, snack and water bottle, all the necessary for the nautical camping
- Photography service over the entire course.

## DETAILED PROGRAMME

**Day 1: ARRIVAL ON SICILY AND SPEND NIGHT ON VULCANO .**

**Day 2 Vulcano :** morning - presentation of programme, select equipment, first lesson (theory and practical) in the waters near our base. Early afternoon, course continues. Dinner and evening free, NIGHT ON VULCANO

**Day 3 Vulcano :** morning - theory and practical lessons in sea kayaks. lunchtime free. Afternoon - final theory and practical lessons in sea kayaks. Dinner and evening free. NIGHT ON VULCANO

**Day 4 Vulcano:** Circumnavigate Vulcano island, picnic on the beach. Return to base in the afternoon. Dinner and evening free. NIGHT ON VULCANO.

**Day 5 Vulcano - Salina :** Circumnavigate Lipari and Salina islands, picnic on the beach , Dinner and NIGHT ON S.M. Salina.

**Day 6 Salina and Lipari :** Circumnavigate Salina and Lipari, picnic on the beach, visits to the museum, to the caves of pumice, strained of ossidiana, dinner and NIGHT ON Lipari

**Day 7 Lipari and Vulcano :** visits to the country of Lipari and return to Volcano , picnic on the beach , Dinner and NIGHT ON VULCANO.

### Extension optional 2 days of guided tours

**Day 8: GOODBYES AND DEPARTURE**

#### Available weeks :

1° week	26 June to 3 July	Eugenio & Tatiana and Cheri.
3° week	11 July to 18 July	Eugenio & Tatiana.
4° week	18 september to 25 september	Eugenio & Tatiana.

- **Duration:** 6 days/7 nights
- **From Saturday to Friday**
- **Nautical miles:** 35/40

**Cost per person :**  
**€ 380.00 each for 4-16 participants**  
**Minimum of 4 people.**  
**Extension optional 2 days of guided tours**

**+ € 140.00**

## Bookings within Sunday May 15 th 2010

**accommodation included:**

- none

**Price includes:**

- 1 or 2 Guide(s) (Federation instructors)
- Equipment hire: Sea kayaks (with watertight compartments) – paddle – spray skirt – life jacket – trolley - waterproof bags –pump – wetsuit and waterproof jacket– tent – pans – plates – glasses – camping stove.
- Minibus transfer from our base to centre of Vulcano on arrival and departure
- Entrance to the Blue Volcano lido (private beach - our nautical base)
- deposit baggages
- deprived parking lot
- assistance on the island
- Bike hire for 3 days.
- Insurance

**Not included:**

- All picnics, meals, drinks and accommodation unless specified.
- Admission fees to archaeological sites and museums, ticket ferry, cost of ticket to go up crater.

**Extra costs to add per person:**

Picnics for 6 days: €50.00 collected by the guide (food kitty)

Nights on Vulcano Blu residence:

The prices they intends for apartments with 3 vain with 2 places bed each.

1° week 26 June to 3 July € 145,00 **each for the whole week**

2° week 11 July to 18 July € 180,00 **each for the whole week**

3° week 18 sept. to 25 sept. € 120,00 **each for the whole week**

For other solutions on Vulcano Blu Residence to ask preventive.

Camping on Vulcano in the proximities of the nautical center € 12,00 a day.

Night on Lipari, Salina, Panarea or Stromboli cost depends on type of lodging (tent/chalet/apartment/open air camping on the beach). Ask us for a quote.

Cost of evening meals, participants are free to choose or dinners can be organized by our guides at our base, in the latter case an extra amount must be paid into the kitty.

**For all the information respect the courses to ask to:**

Tatiana Cappucci: [www.tatianacappucci.it/Tatiyak/Tatiyak.asp](http://www.tatianacappucci.it/Tatiyak/Tatiyak.asp) ---- tatyak@tatianacappucci.it

Cheri Perry : <http://www.kayakways.net/> ----- cheri@kayakways.net

**For every other information to ask to:**

Eugenio Viviani: [www.sicilyinkayak.com](http://www.sicilyinkayak.com)--- siciliainkayak@virgilio.it

# Vulcano Blu Residence

[www.vulcanobluresidence.com](http://www.vulcanobluresidence.com)

Apartments with 3 vain with 2 places bed each.



# Tatiana Cappucci



## Cheri Perry



## Cheri & Turner

