



J. J. Fotógraf



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Escuela de vela / 4 Nómadas



Formentera
Illes Balears

KAYAKING ON FORMENTERA



Manu Sanja



J. J. Fotógraf



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Kayaking on Formentera

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patrigea@gmail.com

FORMENTERA

The island of **Formentera** is the smallest of the Balearic Islands, an archipelago situated in the south-west of the Mediterranean, between the coast of the Iberian Peninsula and Algiers. It is a destination that can only be reached by sea, which has given it a special character over the years: it is a peaceful place, with little development and a wonderful landscape to enjoy, of Mediterranean woodland alternating with spectacular dune systems. Its long beaches of white sand merge with the majestic cliffs of La Mola and the Cap de Barbaria, and the rock formations along the west and east coasts will enchant you with their secrets: caves, arches, lookout towers and enclaves full of legend, pirate tales and anecdotes about the hippies who arrived on the island in the Mid-Sixties.

The **kayak**, an Inuit word meaning "Hunter's Boat", is a watercraft invented by the Inuit around 4,000 years ago which has been developed over time to become a sport practiced by millions of people all over the world. Kayaks were originally designed to remain stable even in the most difficult situations, enabling hunters and fishermen to feed their families by navigating the cold waters of the seas of the north with the highest possible guarantee of returning home safely from each trip. It is therefore an ideal sport to learn in the sea, enabling you to reach the desired level of proficiency in the utmost safety or delighting those visitors wishing to admire the coastline up close and from a different viewpoint.





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KAYAKING ON FORMENTERA

A moderate climate all year round and its accessible location make Formentera the perfect destination for kayaking at different levels, with routes suitable for both beginners and families or for the demands of more advanced kayakers. The island has various water sports centres, highly experienced both technically and in terms of tourism and safety. You can opt for a route of a few kilometres, passing heavenly beaches where you can make leisurely stops, or embark on longer routes to explore the rockier, sheerer and more mysterious side of Formentera, satisfying both the more athletic demands of this activity and the curiosity of the visitor wishing to discover the history that has shaped the character of the smallest of the Pityusic islands and its inhabitants.

ROUTES:



	ESTIMATED TIME	DISTANCE
· Cala Sahona - La Savina	3 hrs	6.500 m.
· Cala Embaster - Es Pujols	3 hrs	4.600 m.
· La Savina - Es Banc - La Savina	3 hrs	5.200 m. by kayak + 1.500m on foot
· Espalmador	3 hrs	3.500 m. by kayak + 1.500m on foot
· La Savina - Punta de Sa Pedrera - La Savina	2 hrs	1.300 m.
· Cala Sahona - Punta Rasa - Cala Sahona	3 hrs	5.000 m.
· Sunsets	2,5 hrs	5.000 m.
· Full Moon trip	2,5 hrs	5.000 m.



CALA SAHONA - LA SAVINA

DISTANCE: 6,500M

ESTIMATED TIME: 3 HRS

IDEAL TIME OF YEAR:

perfect for the summer months, when the prevailing wind is easterly and the western part is calm.

IDEAL TIME OF DAY:

from 11am to 4pm if you want to see the colours of the water in all their splendour. Marine traffic is at its busiest between 11am and 1.30pm.

From the crystal-clear waters of Cala Sahona to the impressive Punta Pedrera and its geometrical shapes carved out of the sandstone. Ideal for lovers of caves, stone arches and hidden corners. Perfect for discovering the role played by pirates and corsairs in the development of Formentera through structures such as the watchtowers, which can be seen as you travel alongside the cliffs. This is one of the most popular routes due to its combination of history and landscape.





CALA EMBASTER - ES PUJOLS

DISTANCE: 4,600M

ESTIMATED TIME: 3 HRS



This route runs along the coastline linking the rugged "tramuntana" coast (in the north) with the beauty of the "levante" (to the east). Discover one of the parts of the island least explored by tourists, with exceptional views of Punta Prima and its caves, and spots for snorkelling that generally go unnoticed from the land.

This is also one of the most important nesting sites for seabirds in the Balearic Islands and is stunning due to its idyllic and solitary enclaves such as Cala Embaster, isolated at the foot of the cliffs and scarcely visited even in the middle of August.

LA SAVINA - ES BANC - LA SAVINA

DISTANCE: 5,200M BY KAYAK + 1,500 ON FOOT

ESTIMATED TIME: 3 HRS

IDEAL TIME OF YEAR:

perfect for the summer months, when the prevailing wind is easterly and the western part is calm.

IDEAL TIME OF DAY:

from 11am to 4pm if you want to see the colours of the water in all their splendour. The marine traffic is at its busiest between 11am and 1.30pm.

Paddle through the largest living organism on the planet: the seagrass meadow stretching for 8km and more than 100,000 years old, purifying the waters of Formentera and providing food and shelter for countless animal species. This route also passes the formations left by the ancient sandstone quarry on the western coastline, as well as some spectacular arches, some of which can be passed through by kayak. In addition, the 1,500 metres to be travelled on foot will introduce you to some of the island's most characteristic species of native flora and take you into slipways and the ancient irrigation systems that supplied Formentera with water for decades.





ESPALMADOR

DISTANCE: 3,500M BY KAYAK + 1,500M ON FOOT

ESTIMATED TIME: 3 HRS

IDEAL TIME OF YEAR: perfect for the summer months, when the prevailing wind is easterly and the western part is calm. It is important to remember that if we are going to travel around the islet we should find out whether the wind is blowing very strongly from the east or from the north.

IDEAL TIME OF DAY: from 11am to 4pm if you want to see the colours of the water in all their splendour. The marine traffic is at its busiest between 11am and 1.30pm.

Perfect for those seeking to be amazed by the most turquoise shade of blue in Formentera, visiting some of its most stunning beaches: those on Espalmador, a tiny private island with magnificent dunes framing stretches of white sand with views of Ibiza, Es Pas and Espardell. This route also enables us to walk some short distances to discover such iconic spots as Sa Torreta, an ancient strategic enclave where pirates would land, or l'Illa d'es Porcs, known for its lovely corners and the small lighthouse that marks the passage through the strait of de Es Freus.

LA SAVINA - PUNTA DE SA PEDRERA - LA SAVINA

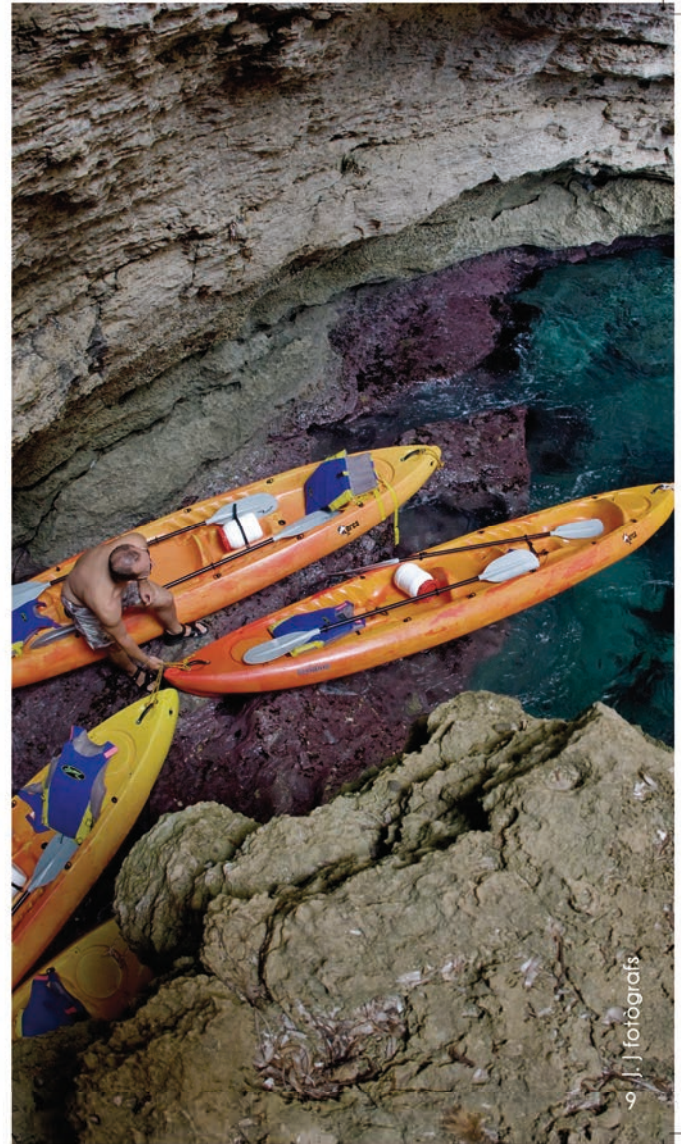
DISTANCE: 1,300m

ESTIMATED TIME: 2 hrs

IDEAL TIME OF YEAR: perfect for the summer months, when the prevailing wind is easterly and the western part is calm.

IDEAL TIME OF DAY: from 11am to 4pm if you want to see the colours of the water in all their splendour. The marine traffic is at its busiest between 11am and 1.30pm.

The route sets off from Estany des Peix, where most of the island's traditional boats drop anchor and one of the main areas for spotting birds. As we paddle westwards, we will discover small jetties and tiny sandy beaches, until we come to Punta de Sa Pedrera, where the ancient quarry left its mark in the form of cubes and geometrical shapes carved into the rock. From here we can see in the distance the entire spit of sand of the Natural Park as well as the coast of reddish rock of Can Marroig, with the islands of Ibiza and Es Vedrà as a constant backdrop. A perfect itinerary for families or beginners.





CALA SAHONA - PUNTA RASA - CALA SAHONA

DISTANCE: 5,000m

ESTIMATED TIME: 3 HRS

IDEAL TIME OF YEAR: perfect for the summer months, when the prevailing wind is easterly and the western part is calm.

IDEAL TIME OF DAY: from 11am to 4pm if you want to see the colours of the water in all their splendour. Important: there is no phone signal in any of the areas between Cala Sahona and Punta Rasa.

Starting from the charming and unforgettable Cala Sahona, we paddle southwards towards Punta Rasa. This route enables us to discover countless caves and corners which are explained through the enchanting stories left by the '60s in this part of the island. In this area of the coast the sea acquires some stunning hues as the sea bed alternates between sand, rock and seagrass: the most turquoise shade of blue merges into hues of spectacularly clear emerald green, enhancing the sensation of floating above the sea that kayaking gives you. This excursion is also perfect for combining with snorkelling and enjoying one of the finest sunsets anywhere on the island in an enclave which, in addition to its natural beauty, has all the necessary facilities on the beach.

SUNSETS

DISTANCE: 5,000m

ESTIMATED TIME: 2.5 hrs



Formentera is famous for its sunsets, bursting with colour and detail due to the purity of the air. On this trip we can admire, from the privileged position of our kayaks, the changing shades of the water, the sky and the clouds. The island of Es Vedrá is sketched on the horizon as the sun descends practically above it, leaving an indelible mark in the memories of all who visit this island.

The excursion leaves from La Savina in the direction of Cala Sahona, to the west. You will see the rock formations of Can Marroig, which, as the afternoon draws on and the light fades, turn more reddish in colour, and we take our front row seats to admire the spectacle of the sun hiding behind the horizon.





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12 SPECIAL FULL MOON TRIP

SPECIAL FULL MOON TRIP

DISTANCE: 5,000m

ESTIMATED TIME: 2.5 hrs

The full moon is always celebrated on Formentera as the moon is welcomed in the evening as it rises above the horizon. This trip is probably one of the most special activities possible on the island if we are lucky enough to visit it when the moon is full. As with the Sunset trip, we leave from La Savina towards Cala Sahona, where we will enjoy one of the finest sunsets on the island.

On the return journey, the moon will by now have started to appear on the horizon on the east coast, which we will be facing as it grows in size and acquires a warmer shade. With a bit of luck and when it is completely dark, we should be able to make out the plankton that has accumulated in the water on the shores of the Estany des Peix like luminous dust, in an image never to be forgotten. The moonlight is also so strong that, if we take a dip, we can even see our toes or our own shadows outlined on the sea bed. In short, a journey through paradise transported by our own sensations.





Mánu San Félix

UNACCOMPANIED KAYAKING

UNACCOMPANIED KAYAKING

The kayaking schools also offer the option of paddling unaccompanied.

Hiring a kayak should include:

- Waterproof bags (for your mobile phone, food, etc. and anything in general that should not get wet)
- Rescue towing system (in case you need to be towed or need to tow someone else)
- Cockpit cover to prevent water from getting inside the kayak (only provided with sea kayaks).
- Bilge pump
- Map of the area
- Immediate rescue service

In terms of equipment, you should take:

- Sunglasses with strap
- Thermal top
- Cap
- Water and something to eat
- Factor 30+ (minimum) sun protection
- Mobile phone

UNACCOMPANIED KAYAKING

It is very important when kayaking without a support vessel (i.e., when not in a group accompanied by a guide) to be very aware of the following points:

- Consult the weather forecast. The school itself must give you the report and recommend the best areas to visit, depending on the wind and tide.
- Notify the school of which route you are going to take.
- Remember that between Cala Sahona and Torrent de s'Alga and between Es Caló and Caló des Mort there is no phone signal whatsoever. It is therefore very important to remain in phone contact with the kayaking school, so that they know at what time you are leaving a certain point and at what time approximately you should be arriving at another point.





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de Formentera

Updated information and directions:
www.formentera.es

