

# Enjoy the great outdoors this summer!

So the summer is here and you are wondering what to do with all those visitors who land on your doorstep, or what to do with the kids during the holiday. Even better, thinking about getting trim so your shorts aren't so tight, look no further. **A new water activity centre has opened on the Mar Menor**, suitable for almost everyone whether you are 6 or 86.

We offer **sailing lessons** for the complete beginner or the more experienced sailor. Our boats are modern and lightweight so you don't need a grip like Tyson to sail them.



We also provide **kayak safaris** if you wish to explore the Mar Menor from the water. We can take it slow and watch the birds and wildlife as we go, or pick up the pace and take a longer trip.

If you want to take a full day out on the water we will stop for a picnic lunch on the beach and a swim before returning to our club house in Playa Vivero.

The lagoon of the Mar Menor is a great place to explore with its many islands and beaches that can only be accessed via the water. Since it is very shallow in many areas, kayaks provide the ideal vehicle to explore. It is also a great place to sail and offers safe, calm waters—ideal for the beginner. Reliable stronger winds in the afternoon provide a greater challenge for those with more experience.

We moved out to the area last year attracted by the amazing conditions for both sailing and kayaking, and are really looking forward to a long, warm summer.

Julian is a **Royal Yachting Association Senior Instructor** and has taught



sailing in the UK for several years, both within RYA centres and freelance. He has taught people of all ages and abilities and is a very patient.

I am also an experienced sailor and have a keen interest in birds and wildlife. I will be writing regular articles for the **informe r** throughout the **summer**, identifying and describing the various birds you may see on the Mar Menor.



Each week I will look at two birds, describing what they look like and where you may see them. I will also provide information on their behaviour, including their migration or breeding patterns. As I am new to the area I will be learning as I go and telling you about the birds which I see when I am out kayaking on the Mar Menor. Later in the season we will also be writing a series of articles on various aspects of sailing so keep reading.

We are running a number of **Special Offers** for the early season and would like to offer all readers of the Informer and **additional 10% discount** on most of our advertised prices. You should be able to pick up one of our flyers from the Tourist Information Office in Los Alcazares or Cabo de Palos.

We also offer **boat, kayak and windsurf rentals** so if you want to go it alone you can. Please do call in advance for these as we don't want you to turn up and find the equipment you want is already in use. If you just want to take it easy we can take you on a **power boat trip**. Anything from 1 hour to a full day is possible. We have an open launch style boat which will fit up to 6 people—her name is Bob! (Black Adder fans will understand that Bob is a perfectly good name for a girl)

If you have any questions please call or email. If I haven't mentioned something you would like to do let me know and we will see if we can accommodate you. If you need to find us come down to Playa Vivero, La Manga (near the Parador Restaurant and ZM nightclub). You can find a map on our web site or call for details.  
Lesley Singleton



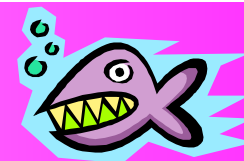
Any questions to:  
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## Sailing Lessons, Kayak & Sailing Safaris

Customised to meet your requirements. Suitable for families, small groups, couples and individuals ... anyone from 6 to 86!

ALL INSTRUCTION TO RYA STANDARDS



## Aqua Adicta

Water Activities La Manga  
[www.aqua-adicta.co.uk](http://www.aqua-adicta.co.uk)