

# Take an Adventure Break



*Kayaking*

*Sailing*

*Cycling  
Tours*



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**adventure** BREAKS

Extreme  
Excursions

CYCLING TOUR

## Islands of Goa: Available 15 August to 15 May



At the Ribandar-Divar Ferry point, we take the Ferry Boat across the Mandovi River and then cycle through Divar Island, with its lovely old houses and quiet streets. Stop en route for breakfast (on us) at a local eatery. At the other end of the island, take a ferry to Narvem, then pedal through the quaint riverine island of Chorao, before taking yet another ferry back to Ribandar, and returning to Panaji. This 20-25

km, 3-hour ride takes in both the islands with a breakfast halt at a local eatery.

Start at: Ribandar-Divar Ferry Point, near Goa Institute of Management, Ribandar.

Time: 3 to 3.5 hours. Daily, 07:30 to 11:00 hrs

### Included

Use of 21-speed geared hybrid/mountain bicycle

Group leader and guide

Use of Helmet for safety

Bottled Water

Breakfast at a traditional local eatery

### Excluded

Transport to and from starting/ending point

Tips

Anything not in the included list

### Recommended

Camera, Sun Screen lotion, Sun Glasses, Napkin

If you wear spectacles, a strap to stop them from falling

### Clothes for Cycling

Tee shirt and shorts *or* long-sleeved shirt and long track pants if you get easily sunburned. *Footwear:* Sports shoes

**MRP for Tour:** Rs1,870 per person

Minimum 2 persons or one pays for two

***Up to 10 persons per tour***

**Tour must be booked at least 24 hours in advance**

## CYCLING TOUR

**Cycle Tour of Old Goa:** Available 1 October to 15 May



We meet at the parking lot opposite the gate of the Bom Jesus Basilica in Old Goa.

You cycle through Old Goa with a guide telling you about what was once India's second-largest city, but is now a collection of fine churches and Asia's largest Cathedral. The tour also takes you to the Chapel of

Nossa Senhora de Monte, with a magnificent view of the entire area, before returning, getting updated on all the monuments en route. Time: 3 to 3.5 hours, about 30km. Daily, 07:30 to 11:00 hrs

Start at: Parking lot in front of the Bom Jesus Basilica, Old Goa.

Time: 3 to 4 hours. Daily, 07:30 to 11:30 hrs

### **Included**

Use of 21-speed geared hybrid/mountain bicycle

Group leader and guide

Use of Helmet for safety

Bottled Water

### **Excluded**

Transport to and from starting/ending point

Tips

Anything not in the included list

### **Recommended**

Camera, Sun Screen lotion, Sun Glasses, Napkin

If you wear spectacles, a strap to stop them from falling

### **Clothes for Cycling**

Tee shirt and shorts *or* long sleeved shirt and long track pants if you get easily sunburned. *Footwear:* Sports shoes

**MRP for Tour:** Rs1,870 per person

Minimum 2 persons or one pays for two

***Up to 10 persons per tour***

**Tour must be booked at least 24 hours in advance**

## SEA KAYAKING

**Morning Beach Kayaking:** *Available 1 October to 15 May*



Kayak from Bambolim Beach to two secluded and splendid beaches in the morning. Swing on the roots of a seaside banyan tree. Search for colourful shells. Splash in safe waters. Irresistible!  
Time: Daily, 2 hours,  
7.30am to 9.30am.

### Included

Use of Sit-on-Top Kayaks with paddle and backrest  
Group leader and guide  
Use of Life Jacket for safety  
Bottled Water

### Excluded

Transport to and from starting/ending point  
Tips  
Anything not in the included list

### Recommended

Swim Wear  
Towel  
Change of Clothes  
Sun Screen lotion  
Sun Glasses  
If you wear spectacles, a strap to stop them from falling in the water

### Clothes for Kayaking

Wear something you can comfortably get wet in:  
Tee shirt and shorts / swim shorts *or* a long sleeved shirt and long track pants if you get easily sunburned. *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear

**MRP for Excursion:** Rs990 per person

Minimum 2 persons or one pays for two

***Up to 12 persons per Excursion***

**Excursion must be booked at least 24 hours in advance**

## SEA KAYAKING

**Sunset at Sea:** Available 1 October to 15 May



Sunset kayaking off Bambolim Beach is magical. After all, who can resist a Goa sunset? Paddle out into the calm waters of the bay. Go straight towards the sun to see a saffron sunset in all its majesty; from the sea.

Time: Mon to Fri, 2 hours,

Summer: 5.00pm to Sunset

Winter: 4.30pm to Sunset

### Included

Use of Sit-on-Top Kayaks with paddle and backrest

Group leader and guide

Use of Life Jacket and boat light for safety

Bottled Water

### Excluded

Transport to and from starting/ending point

Tips

Anything not in the included list

### Recommended

Swim Wear

Towel

Change of Clothes

Sun Screen Lotion

Sun Glasses

If you wear spectacles, a strap to stop them from falling in the water

### Clothes for Kayaking

Wear something you can comfortably get wet in:

Tee shirt and shorts / swim shorts *or* a long sleeved shirt and long track pants if you get easily sunburned.

*Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear

**MRP for Excursion:** Rs990 per person

Minimum 2 persons or one pays for two

***Up to 12 persons per Excursion***

***Excursion must be booked at least 24 hours in advance***

## SEA KAYAKING

**Secret Beach Kayaking:** Available 1 October to 15 May



We take you kayaking to a serene and completely secluded little virgin beach. It's heavenly...

Time: 3 hours 30 minutes, 7.30am to 11.00am or 3.30pm to Sunset.

### **Included**

Use of Sit-on-Top Kayaks with paddle and backrest

Group leader and guide

Use of Life Jacket for safety

Bottled Water

### **Excluded**

Transport to and from starting/ending point

Tips

Anything not in the included list

### **Recommended**

Swim Wear

Towel

Change of Clothes

Sun Screen Lotion

Sun Glasses

If you wear spectacles, a strap to stop them from falling in the water

### **Clothes for Kayaking**

Wear something you can comfortably get wet in:

Tee shirt and shorts / swim shorts *or* a long sleeved shirt and long track pants if you get easily sunburned. *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear

**MRP for Excursion:** Rs1,490 per person

Minimum 2 persons or one pays for two

***Up to 12 persons per Excursion***

**Excursion must be booked at least 24 hours in advance**

## MOONLIGHT KAYAKING

**Moonlight Kayaking:** Available 10 days a month, October to April



Eight nights before and one night after the Full Moon, we take you kayaking in the moonlight off Bambolim Beach.

The bright moon makes the landscape come surreally alive. It's an experience with a difference.

**Moonlight Kayaking:** Mon 07 to Tue 15 October 2019 | Mon 04 to Wed 14 November 2019 | Wed 04 to Fri 13 December 2019 | Fri 03 to Sun 12 January 2020 | Sun 02 to Mon 10 February 2020 | Tue 03 to Tue 10 March 2020 | Wed 01 to Thu 10 April 2020

Time: 3 hours | 06:00pm onwards

Cost: Rs1,490 per person

### Included

Use of Sit-on-Top Kayaks with paddle and backrest

Group leader and guide

Use of Life Jacket and boat light for safety

Bottled Water

### Excluded

Transport to and from starting/ending point

Anything not in the included list

### Clothes for Kayaking

Swim Wear | Towel | Change of Clothes | Sun Screen lotion | Sun Glasses

If you wear spectacles, a strap to stop them from falling in the water |

Wear something you can comfortably get wet in | Tee shirt and shorts / swim shorts *or* a long sleeved shirt and long track pants if you get easily sunburned

| *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear

**MRP for Excursion:** Rs1,490 per person

Minimum 2 persons or one pays for two

***Up to 12 persons per Excursion***

**Excursion must be booked at least 24 hours in advance**

## BACKWATER KAYAKING

**Chorao Chillout:** *Available round the year*



We start from near a traditional sluice gate in the village of Penha de Franca and enter the Chorao wetlands, a mangrove wonderland with water birds.

Paddling along narrow channels, we make our way through the wetlands, taking in the different mangrove species, watching birds and crabs, or just chilling. Then back to our starting point.

Time: Daily, 3 hours, at High Tide (time varies from day to day).

### **Included**

Use of Sit-on-Top Kayaks with paddle and backrest

Group leader and guide

Use of Life Jacket for safety

Bottled Water

### **Excluded**

Transport to and from starting/ending point

Anything not in the included list

### **Recommended**

Swim Wear

Towel

Change of Clothes

Sun Screen lotion

Sun Glasses

If you wear spectacles, a strap to stop them from falling in the water

### **Clothes for Kayaking**

Tee shirt and shorts / swim shorts *or* a long sleeved shirt and long track pants if you get easily sunburned. *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear.

**MRP for Excursion:** One Person: Rs4,725, Two to Three Persons: Rs2,590 each, Four to Five Persons: Rs2,190 each, Six to 10 Persons: Rs1,890 each

***Up to 10 persons per Excursion***

***Excursion must be booked at least 72 hours in advance***

## **BACKWATER KAYAKING**

**Aguada Ahoy:** *Available round the year*



Starting from under the Nerul Bridge, on the road from Panaji to Candolim, we paddle down the Aguada River (next to the fort of the same name) into a mangrove forest which we explore, making our way through the trees and watching birds and aquatic life, before we return.

Time: Daily, 3 hours, at High Tide  
(Time varies from day to day).

### **Included**

Use of Sit-on-Top Kayaks with paddle and backrest  
Group leader and guide  
Use of Life Jacket for safety  
Bottled Water

### **Excluded**

Transport to and from starting/ending point  
Anything not in the included list

### **Recommended**

Swim Wear  
Towel  
Change of Clothes  
Sun Screen lotion  
Sun Glasses  
If you wear spectacles, a strap to stop them from falling in the water

### **Clothes for Kayaking**

Tee shirt and shorts / swim shorts *or* a long sleeved shirt and long track pants if you get easily sunburned. *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear.

**MRP for Excursion:** One Person: Rs4,725, Two to Three Persons: Rs2,590 each, Four to Five Persons: Rs2,190 each, Six to 10 Persons: Rs1,890 each

***Up to 10 persons per Excursion***

***Excursion must be booked at least 72 hours in advance***

## SAILING

**Sunset Sail:** Available 1 November to 15 May



We start from Dona Paula. After a short briefing, we motor out in a small boat to the sailing boat, get in, hoist the sails, cast off and get sailing by about 5.30pm. We sail out to sea, catch a glorious sunset over the water, and return. If you are lucky, you could spot a dolphin. Clients must help the skipper in hoisting and lowering sails.

Time: Daily, 2 hours, 4.30pm-7pm

### Included

Use of Sailing Boat for up to four people  
Skipper and guide  
Use of Life Jackets for safety  
Bottled Water

### Excluded

Any expenses on food, drink, stay and/or any services at hotels, restaurants, beach shacks or shops; clients must bear their own expenses.

Tips

Anything not in the included list

### Recommended

Camera

Sun Screen lotion

Sun Glasses

If you wear spectacles, a strap to stop them from falling in the water

### Clothes for sailing

We recommend a tee shirt and shorts OR long sleeved shirt and long track pants if you get easily sunburned

### To Carry

Swimming gear, Change of clothes, Towel. *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear

**MRP for Outing:** Rs4,990 per boat (up to four people)

***Up to 8 persons (2 boats) per outing***

**Outing must be booked at least 24 hours in advance**

## SAILING

**Sail to Bambolim:** Available 1 November to 15 May



Set sail from Dona Paula, sail across the Zuari Bay and then tack back to Bambolim Beach. The Sand-n-Sea Shack at Bambolim offers some very fine sea food at fairly moderate prices. After some R&R, get on the boat and sail back to Dona Paula. Time: Daily, 3 - 4 hours. 3pm to 7 pm

### Included

Use of Sailing Boat for up to four people  
Skipper and guide  
Use of Life Jackets for safety  
Bottled Water

### Excluded

Any expenses on food, drink, stay and/or any services at hotels, restaurants, beach shacks or shops; clients must bear their own expenses.  
Tips  
Anything not in the included list

### Recommended

Camera  
Sun Screen lotion  
Sun Glasses  
If you wear spectacles, a strap to stop them from falling in the water

### Clothes for sailing

We recommend a tee shirt and shorts OR long sleeved shirt and long track pants if you get easily sunburned

### To Carry

Swimming gear, Change of clothes, Towel. *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear

**MRP for Outing:** Rs6,990 per boat (up to four people)

***Up to 8 persons (2 boats) per outing***

**Outing must be booked at least 48 hours in advance**

## SAILING

### Sail Around the Island of Goa: Available 1 November to 15 May



Start from Dona Paula and sail up the Zuari river to Marcaim. Here, we put down the sails and motor up the Cumbarjua River. Here, crocodiles sun themselves on the mudflats during low tide. We emerge into the Mandovi river and stop at Old Goa, where you can see magnificent churches. Then, we motor past Panaji, hoist sail and round the Cabo Raj Bhawan back to Dona Paula.

You will have circumnavigated the province of Tiswadi, also known as 'Ilhas' or the 'Island of Goa'.

You will have travelled in the Zuari and the Mandovi, Goa's two biggest rivers; the Cumbarjua River and the Arabian Sea.

Time: Daily, 10 hours, 8.30am to 7pm

#### Included

Use of Sailing Boat for up to four people

Skipper and guide

Use of Life Jackets for safety

Bottled Water, Packed Lunch

#### Excluded

Any expenses on food, drink, stay and/or any services at hotels, restaurants, beach shacks or shops; clients must bear their own expenses.

Anything not in the included list

#### Recommended

Camera, Sun Screen lotion, Sun Glasses

If you wear spectacles, a strap to stop them from falling in the water

#### Clothes for sailing

We recommend a tee shirt and shorts OR long sleeved shirt and long track pants if you get easily sunburned

#### To Carry

Swimming gear, Change of clothes, Towel. *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear

**MRP for Outing:** Rs11,990 per boat (up to four people)

**Up to 8 persons (2 boats) per outing**

**Outing must be booked at least 72 hours in advance**

## SAILING

**Heavenly Hollant:** Available 1 November to 15 May



Hollant is a tiny cove round the corner from Bogmalo Beach. It also has an excellent restaurant and rooms to stay. Start from Dona Paula in the morning and reach Hollant by mid-afternoon, after sailing past Mormugao Harbour, Vasco's Baina Beach, Pequeno Island, Dabolim Airport and Bogmalo Beach. Splash in calm and safe waters off the

beach. Eat at the Copa Cabana Bar and Restaurant. Return by motoring. If you wish, spend the night and return by road at your own expense.

Time: Daily, 10 hours, 8.30am to 5pm

### Included

Use of Sailing Boat for up to four people

Skipper and guide

Use of Life Jackets for safety

Bottled Water, Packed Lunch

### Excluded

Any expenses on food, drink, stay and/or any services at hotels, restaurants, beach shacks or shops; clients must bear their own expenses.

Anything not in the included list

### Recommended

Camera, Sun Screen lotion, Sun Glasses

If you wear spectacles, a strap to stop them from falling in the water

### Clothes for sailing

We recommend a tee shirt and shorts OR long sleeved shirt and long track pants if you get easily sunburned

### To Carry

Swimming gear, Change of clothes, Towel. *Footwear:* Water shoes, canvas gym shoes or sandals with a strap at the back: Avoid leather footwear

**MRP for Outing:** Rs11,990 per boat (up to four people)

***Up to 8 persons (2 boats) per outing***

**Outing must be booked at least 72 hours in advance**

## OCEAN TREK

An Ocean Trek is a walk along a mountain overlooking the sea. As you walk, the majesty of the magnificent Arabian Sea is a near-constant presence. The sylvan sound of the waves soothes your soul and makes your spirits soar.

**Ocean Trek Neuti:** *Available 15 August to 15 May*



A walk along a wooded hillside overlooking the Arabian Sea off the coast between Vengurla and Malwan, in southern Maharashtra. Start from Porvorim in Goa at 06:00hrs, and drive to Kochra-Shriramwadi. After a breakfast snack, set off on a hilly path on cliffs next to the sea.

As we walk along the hillside, we come across virgin beaches and isolated coves. The Trek

ends at the pristine Neuti Beach. You will be treated to a traditional Malvani coastal lunch (fish or vegetarian). Splash in the sea on a very safe beach, or see the historic Neuti Fort, built by the great Maratha king Shivaji Reach Porvorim by 19:30hrs.

### Included

Group Leader and Guide, Transport to and from Porvorim, Bottled water, Breakfast snack, Limbu Pani, traditional Malvani lunch, tea

### Excluded

Transport to and from meeting point  
Anything not in the Included list

### Recommended

Sunscreen, Sunglasses, Cap, Camera, Swim wear, Change of clothes, Towel, Personal medications.

### Clothes for trekking

Long pants, preferably jeans (those wearing shorts will get scratched by thorns), Long sleeved shirt. *Footwear:* Sports shoes or trekking shoes

**MRP for Outing (Min 6 persons):** Rs13,990 (for up to six persons);  
Rs1,890 per additional person

***Up to 18 persons per bus***

**Outing must be booked at least 72 hours in advance**

## OCEAN TREK

**Ocean Trek Arambol:** Available 15 August to 15 May



This trek starts from the deserted grassy Paliem plateau, and follows a perennial stream down to the northern Arambol Beach, famous for its fresh water lake just a few metres from the sea. Here, you can relax, take a dip, wash off the salt in the sweet water lake, or even smear yourself with the 'Multani Matti' medicinal mud on the banks of the stream on the hillside and then bathe in one of the many pools along the stream. We then walk across the

hillside along the sea, past spectacular seascape scenery, to reach Goa's northernmost and least commercialised beach, Keri, and then on to our pick-up point. Included: Transport from and to the meeting point in Porvorim, bottled water and a light packed lunch.

### Included

Group Leader and Guide  
Transport to and from Porvorim  
Bottled water  
Breakfast snack  
Light packed lunch

### Excluded

Transport to and from meeting point  
Anything not in the Included list

### Recommended

Sunscreen, Sunglasses, Cap, Camera, Swim wear, Change of clothes, Towel, Personal medications.

### Clothes for trekking

Long pants, preferably jeans (those wearing shorts will get scratched by thorns), Long sleeved shirt. *Footwear:* Sports shoes or trekking shoes

**MRP for Outing (Min 6 persons):** Rs8,990 (for up to six persons);  
Rs990 per additional person

***Up to 18 persons per bus***

**Outing must be booked at least 72 hours in advance**

## SEA KAYAKING plus TREK

Expedition Neuti: Available 1 October to 15 May



Start from Porvorim in Goa at 05:45hrs. Drive by bus to Bhogave village in Sindhudurg district of Maharashtra. Take a boat to Tsunami island. Have a Malwani breakfast of *neer dosa* & chutney and steamed *modaks* here. After a brief kayaking lesson, go out in a boat to the mouth of the river. Get into your kayaks. There's 3.5 nautical miles of open sea kayaking to Neuti Beach. You are accompanied by a safety boat. Have a cold *nimbu pani* after you land. Splash in the clear waters. If you wish, do a 5m high cliff jump. Have a bath at the village well. Explore the ruins of Shivaji's sea fort. Indulge in a 12-course Malwani lunch. After a short break, trek 4.5km along the sea cliffs to Kochra, have a cup of tea, and return to Goa by 19:30hrs.

### Included

Use of Sit-on-Top Tandem Two-Seater Kayaks with paddles, leader and guide, use of Life Jacket for safety, drinking water (bring your own bottle), traditional breakfast, limbu pani, Malwani Lunch (12 Course), Tea or soft drink

### Excluded

Transport to and from meeting point, Anything not in the Included list

### Recommended

Sunscreen, Sunglasses, Cap, Camera, Swim wear, Change of clothes, Towel, Personal medications, non-disposable water bottle

### Clothes for trekking

Long pants, preferably jeans (those wearing shorts will get scratched by thorns), Long sleeved shirt. *Footwear*: Sports shoes or trekking shoes

**MRP for Outing (Min 8 persons):** Rs3,490 per person, Rs11,960 per family of two adults and two children. Add or deduct Rs2,490 per child.

**Up to 18 persons per bus**

**Outing must be booked at least 72 hours in advance**

## COASTEERING

**Canacona Sea Cave:** Available 1 November to 15 May



Coasteering is an adrenaline rush without compare. Traverse a stretch of coastline the 'inaccessible' way, through swimming, hiking, rock climbing and cliff jumping.

Start from Panaji in Goa at 05:45hrs. Drive by car/bus to Loliem village in Canacona. Have some breakfast on the way. After a briefing, walk down a steep path to the sea. Wear your wetsuit, gloves and helmet, and take the plunge into an adventure with seaside cliffs, rocks, tidal pools, virgin beaches and, the *piece de resistance*, a 90-foot sea cave.

### Included

Use of wet suit, gloves, helmet, water shoes and life jacket. Drinking water (bring your own bottle), breakfast, expert guides.

### Excluded

Transport to and from starting point, Anything not in the Included list

### Recommended

Sunscreen, Sunglasses, Cap, Camera, Swim wear, Change of clothes, Towel, Personal medications, non-disposable water bottle

### Minimum physical and mental requirements

This is not for the faint-at-heart. You must be able to swim at least 50 metres non-stop. You should not be terrified of jumping from a height of 3 metres into the sea. You should be reasonably physically fit. Suitable for ages 10 to 70.

**MRP for Outing (Min 8 persons):** Rs 3,490 per person, Rs11,960 per family of two adults and two children. Add or deduct Rs2,490 per child.

**Up to 18 persons per bus**

**Outing must be booked at least 72 hours in advance**

## About Adventure Breaks

Set up in 2013 by Kim Sabir (CEO) and Ashwin Tombat (Director), Adventure Breaks offers safe, guided adventures. You are in the hands of skilled and experienced guides. We follow all international safety norms.

Nothing we do is motorised; we have no parasailing or jetskis, no speedboats or banana rides, no motorcycles or go-karts. The only motor we use is a small-capacity outboard motor on a safety boat, a safety car, or a bus to pick you up and drop you back.

Adventure Breaks is deeply committed to the environment. We strongly discourage litter of any kind, on land or water. We require our clients to bring back all garbage for disposal in a proper facility. We discourage use of plastic that cannot be recycled.

### Kim Sabir



A sailor, climber and trekker. In 1986, he sailed from Mumbai to Muscat, Oman, in a 21-foot open Seabird sailing boat. He is also Goa's top personal fitness trainer. Kim handles Cycling, Treks and Climbing, and assists with Sailing and Kayaking for Adventure Breaks.

### Ashwin Tombat



Editor of a number of English daily newspapers in Goa before he chucked it all up to do adventure full time. Cyclist, Mountaineer, Sailing and Sea Swimming Coach and self-taught Kayaker, Ashwin handles Kayaking and Sea Swimming, and assists with Treks, Climbing, Sailing and Cycling for Adventure Breaks.

We also have associates that conduct and/or assist in our activities. Each is an experienced adventurer and guide.

### Refund Policy

Same Day: 100% deducted

Up to 24 hours: 75% deducted

Over 24 hours: 50% deducted