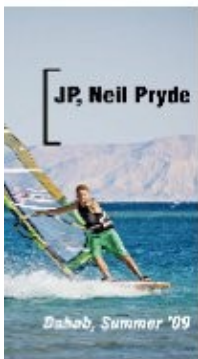


X.O SAILS



[JP, Neil Pryde and Harry Nass...  
nothing else comes close!]



XSAILS.COM

Fax 01302 859428 info@sail-sales.com www.sail-sales.com  
859428@comcast.net

WIN A TRIP TO MAUI... and a walk-on part in the next Windsurfing Movie!

THE UK'S NO.1 WINDSURFING MAGAZINE

£4.10 May 2009

# boards



UK Spots  
West Sussex revealed

Wetsuits for  
Summer

Watch out  
Baker's about...

Why Nik's come back home

PLUS: Becoming an Instructor • Superb Sardinia • HIHO History • SB's Body Mechanics



# CONTENTS

## Regulars

- [005 Startline](#)
- [014 News](#)
- [022 SB BodyWise](#)  
Simon Bornholt's brand new series on body mechanics...
- [050 Wannabe a Wavesailor?](#)  
One-handed backies - part II
- [056 Home Ground - Living in God's Pocket](#)  
Dave White travels deep into windsurfing's Highland...
- [081 Readers' Pix](#)
- [104 Next Issue & Subscribe](#)

## Features

- [008 Deep South](#)  
Chris Hafer and friends slope off to southern Sardinia...
- [028 Move of the Month: A Study in Spray](#)  
John Slope pulls off a perfect He'ekipa goltie...
- [030 The History of HBHO](#)  
Andy Morris reviews this iconic event's colourful past...
- [038 Happy Mother's Day!](#)  
It's more about ripping than unwrapping for Timo Mullen's mum...
- [043 Learn to Loop on a SAGA Holiday](#)  
Reckon it's all over by the time you hit 50? Not a chance!
- [049 The Golden Ticket](#)  
Win a part in the next Windsurfing Movie...
- [068 Baker Back in Blighty](#)  
Paul Griffiths knocks on Nik's door for a catchup...
- [074 Burning Rubber](#)  
State-of-the-art neoprene for summer fun...
- [082 Being the Best](#)  
Phil Herrocks' take on Cabo's crime de la crime...
- [084 Working in Windsurfing](#)  
Paul Griffiths meets two inspirational windsurfing instructors...
- [088 Equipment Scene](#)  
Introducing the El Tur guests...
- [096 Battle of the Longboards!](#)  
Rachel Dobričević on HSC's magnificent Master Blaster series...



This page: Jim Hill in [1](#) | Put by Gregg Bennett / [022](#) [030](#) [038](#) [043](#) [049](#) [068](#) [074](#) [082](#) [084](#) [088](#) [096](#)  
Cover: Nik Baker by Jerome Bouyer - find out why Nik's back to stay on p68



"Sardinia has way more to offer than just flat water..."

# Deep South

Chris Hafer and friends were invited to visit the southern end of Sardinia by top local sailor Andrea Cucci. As Chris's report clearly shows, Sardinia is definitely a top tip for a spring break!

"An absolute paradise for new personal GPS bests, sailing only a few metres from the beach..."

**A**s I write it's 3°C in my home town and most of Northern Europe is contemplating snow and ice, yet here we are squaring up to another hard day on the water: 20 knots, 18°C and heaps of sun. (Mental note to self: we've got it right this time!)

We're in south Sardinia. To be more precise Cagliari, the island's capital, and its surrounding beaches. While most windsurfers visiting Sardinia take the turnoff from the ferry into the north to the infamous Porto Più, we took the left turn and headed south. We're staying in a splendid villa with sea view: a cosy place where even if it wasn't windy you could have a really chilled vacation. But it was windy, and we opened the trip with a session at Cagliari Yacht Club, cruising in front of the magnificent castle towering above the port. We were maced on our 7.4m slalom sails, so our pasta rations were pretty generous that evening. As indeed was the vino rosso, but somehow everybody made it safe and sound to their rooms. Not that we got much sleep that night, thanks to the noise of the wind, and even breakfast on our patio was kind of dangerous, with the panini tending to become airborne on a regular basis. But as the old Sardinian saying goes, *quando i panini vola è tempo di attrezzare in sol.*

### Exploring

Over the next few days we logged miles on the water, charging about with our smallest slalom sails and boards. Great fun, but Sardinia has way more to offer than just flat water, so we decided to go and check out Chia, Italy's premier wavesailing spot. We loaded up with wave kit and set off, only to wish that we'd kept the slalom gear in our vans. Chia looked more like your classic mirror-flat garden pond, but without the ducks. But hey, we're on an island, there are plenty more beaches.

We made our way away from the crowds and popular windsurfing spots into the unknown southwest. The further we drove west the more deserted the beaches became, with a scenic backdrop of mountains, haunted ruins of ghost towns and long-deserted copper mines. We sailed at several spots, just the four of us sharing the waves. Even the beach bars at the large parks were still in hibernation mode, and looked somehow like the deserted ghost towns of the last century. On our way home, through the dark mountains it really became clear that we had been a long way away from the beaten tracks and crowded spots.

On our second attempt Chia showed its real potential. The first glimpse of the clean, peeling waves and cross-offshore wind resulted in an instant rigging frenzy.

Unfortunately the wind was a bit too light and

*"Baff!fish for 'when the Panini flies it's time to rig up!"*





## SOUTH SARDINIA FAX

**Getting there:** The classic way is by ferry and your own car/van, via Livorno or Genoa. Check [www.mobyline.it](http://www.mobyline.it), [www.sardiniaferries.it](http://www.sardiniaferries.it), and [www.olismerca.it](http://www.olismerca.it). Alternatively, lots of airlines fly to Sardinia nowadays (Ryan Air, for example). Rental cars can be pricey, and be sure to check the insurance conditions!

**Accommodation:** In the off-season you can stay in your van at most beaches as long as you stick to the basic rules and don't litter the spot. Check [www.levadi.re.it](http://www.levadi.re.it) for some real bargains.

gusty to be 100% perfect. The dunes created a wind shadow in the impact zone, making it a gamble to get out, with a lot of attempts ending up tossed back on the beach in a pile! Chris Opitz was the man of the day in the new discipline of 'swimming out and scoring waves', but Klaus couldn't hold back the sarcastic remarks about Chia's potential, vowing never to return to this 'premier wave spot' without his slalom equipment.

Next day we checked out Funtana Meiga on the Sinis Peninsula, out on the west coast. It was slightly disconcerting that all the local windsurfers promptly left the water as soon as we arrived, but we quickly discovered

that this wasn't any respect thing, simply that the windspeed had become ridiculous. The Mistral was throwing everything it had at us on this day, resulting in some spectacular crashes and wipe-outs on the shallow reef. The break doesn't have easy access, so our team shone in front of the spectators thanks to some real mountaineering style teamwork, managing to get back to the beach in the next bay by tackling the cliffs.

### Eastern Delights

After scoring really good days in the west and south we decided to turn our attentions



"The Mistral was throwing everything it had at us, resulting in some spectacular crashes..."



"The first glimpse of clean, peeling waves and cross-offshore wind resulted in an instant rigging frenzy..."

to the east. Following advice from Andrea Cucci, who had moved his Point 7 sail left right into the bay of Cagliari, we visited Porto Giunco on the south-eastern tip of the island.

What an amazing place! A small rock-framed lagoon, only separated from the turquoise sea by a small stretch of white sand - and offshore winds for maxed out sailing on 6.2s! We were able to sail just a few metres from the beach, and it was an

absolute paradise for new personal bests on our GPS systems. The icing on the cake to a perfect trip...

We'd sailed every day, in a complete variety of conditions, and lived wonderfully well on the local food and wine. Even hardcore fans of other locations such as Klaus, who is nearly a Hyeres local by now, vowed to come back as soon as possible - although really it's only because he's desperate to go to Chia again!





## SPOT GUIDE

Sardinia is an all-year destination, but the best time for wind and waves is spring.

### West Coast

**Cape Mannu:** Hardcore wave spot on the Sinis Peninsula. After a few days with Mistral conditions it can get really, really good, but it's gusty on the inside, a tricky launch and a sharp reef, so experts only! Mini Cape, the break just round the corner is a highly recommend surf spot, so please respect the locals.

**Pezzu Jiu:** Beautiful bay with stunning water colours and a long white sandy beach, next to Cape Mannu. It's a calm and occasional wave spot with a small break (that can get big), and works in nearly every wind direction. Keep an eye out for fishing lines!

**Fontana Melga:** Next to the Roman / Phoenician excavation site of Tharros, on the southern tip of the Sinis Peninsula. Works best with a strong Mistral. The waves break on a shallow reef, and launching is a bit tricky, but there's no wind shadow in the impact zone and it's really good for jumping.

**Capo Piccola area:** Anyone getting lost here will definitely find

empty, unspoilt beaches and a wild atmosphere, with rugged mountains and deserted ghost towns. Along this coastal area and the Costa Verde you'll find a couple of beaches for nearly every wind direction and swell size, so just take your pick.

### South Coast

**Chia:** One of the best wave spots in Italy – honestly! There is a reason the Italians use this place for the Italian wave championships year after year. Scirocco wind is cross-shore, but Mistral can work fine from the opposite tack. The beach is long and sandy, but the dunes mean the wind can be a bit gusty on the inside. Great atmosphere!

**Porto Pino:** In the south-west the Mistral can deliver some waves with cross-offshore wind, even when it's flat everywhere else. Really nice bay with a long and empty beach, though getting there is a bit tricky.

**Cagliari, Poetto:** The city beach, with 7km of fine sand and perfect infrastructure – plus the Sardinian capital as a background. Works in nearly every wind direction. We highly recommend the surf club of Mauro Cove as a base camp in the eastern part of the bay.

Showers, safety boat, storage – you name it, you get it. A shallow reef right at the beach is the only obstacle.

**Gereneas / Villalittus:** East of Cagliari nearly every bay offers possibilities for some nice slalom sailing in a bit of swell with cross-shore wind.

**Porto Giunco:** Our favourite location on Sardinia's most easterly tip, with absolutely stunning water plus a lagoon directly at the beach. You get offshore wind and really flat water, but take care as you will mostly sail on your own!

**Costa Rei:** All along the east coast you will discover empty and sandy beaches with really mellow conditions; easy to start wavesailing or for just juggling alone.

The island is larger than you think (although this may be a result of the Italian penchant for building 10km of road for a distance of 5km!). Please remember to respect nature and the locals and leave the spots as you found them. If you keep the beaches clean the locals are happy to share their spots with you. *Mille grazie!*

"It was windy enough for the breakfast panini to become airborne on a regular basis..."

