



Introduction course in kayaking

Come and join us for an introduction course in kayaking! The courses will benefit both beginners and more experienced kayakers. We will particularly emphasize safety and rescue. Through practical training you will learn how to use a kayak. Safety routines and efficient maneuvers are also important parts of the course.

Our 1-day courses of 4 hours include an introduction to kayak-X-rescue and practical training in how to use the kayak.

Our 2-day courses of 9 hours include Paddle float rescue, self-rescue and a shorter trip.

Duration and place:

Courses are held any day on reservation. Departure 13:00 – 17:00 if nothing else is communicated.

Our 2 day course is usually held on Saturday and Sunday but if you are more than 4 persons, we can run a course that suits your traveling plan. Departure: harbor at Engavågen. You can evt. stay at Nordtun bed & breakfast.

Equipment:

Included is all necessary kayak equipment, semi-dry jacket and pants, neoprene shoes.

Please bring: a set of dry clothes, long wool underwear or outdoor clothing, wool socks, food/drinks, towel. Be aware that you *will* get wet on this course – but our jackets and pants will help you to stay warm.

Price:

1-day course: 890,- NOK pp. max 6 pers.

2-day course: 1450,- NOK pp. max 6 pers.

Reservation:

Reservations must be made at least one day in advance by calling +47 41082981 or email

post@rocksnrivers.no

Reservation is binding. By cancellation of the trip later than 16 hours before departure, we will bill you with 400,- NOK pp.

Season:

15. April – 15. September.

Reservation and questions:

Rocks'n Rivers, 8170 Engavågen – www.rocksnrivers.no Phone: +47 41082981

En trygg opplevelse av utfordrende naturelementer.