

White Water Kayaking Improver and Improver Plus

Beautiful Highland Perthshire provides the ideal venue for learning to White Water Kayak all summer long



With the right kayak, the right stretch of river and with our great instructors we provide a fun, exciting experience for individuals, groups and families 1-5 days holidays/courses tailored to your needs.

Improver and Improver Plus



This is for those who have completed an Introduction to White Water (3 days). You arrive at the bottom of a grade 2 rapid and can remember and understand the features. However, when you are entering and leaving the current it's all a bit shaky. You may also have done a fair bit of sea kayaking and like it when it's choppy and want to experience more white water.

Having developed a system over many years of instructing White Water Kayaking and a great knowledge of our rivers at all water levels means that with very little driving our staff can give you a great day on the water. Living in possibly the "Best Place to Live in the UK" we can recommend great places to eat, stay and generally spend your off the water time.



We will cover improving the basic river running and river reading skills. We'll have you take a bigger part in any rescues and spend time playing on grade 2 rapids and possibly running easy grade 3. Weekend courses will often offer a swimming pool session on the Friday evening. The Improver Plus will simply be an extension of this. If possible we will run a beach surf kayaking session and will use a wide variety of rivers.



NB

There may well be a swimming pool session on the Friday evening for weekend courses.

Day 1

- Course start 9.30am
- Quick review of what you've done before and what you are hoping to achieve
- Fit out boats and issue rest of equipment and travel short distance to the river
- Spend morning developing skills on easy rapids
- Relaxed lunch beside the river - bring a hot flask on cold days
- Develop river reading skills looking at possibilities e.g. surfing small river waves
- Finish the day with a bigger rapid



Day 2

- This will vary with how people fared on Day 1
 - Go to a different, harder section of the river
 - Sometimes try a different kayak
 - Look at breaking down rapids into shorter sections and developing strategies for what to do when plan A doesn't work
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- For 3 or 4-day courses we look to using different rivers and possibly surf
 - We do have a very flexible programme to suit the needs of each individual



Accommodation

www.adventurers-escape.co.uk - 4 star hostel – 01887 820 498
www.aileanchraggan.com - 01887 820 346
www.balnearnhouse.com - 01887 820 431
www.weemhotel.com - 01887 820 381