

# White Water Kayaking Introduction

**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.

## Our introduction

These courses are designed to cater for those who have never been in a kayak before through to those with plenty of flat water experience. We have a wide variety of kayaks to suit the needs of 8 year olds to 50 year old, beginners and experts, of all shapes and sizes. Giving you the right kayak is key to you having a comfortable, relatively stable, fun and rewarding experience.



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 also cover all aspects of basic kayak control, review personal clothing and kayak equipment, various aspects of the river environment including reading the river, safety on the water and how to deal with simple problems that might arise and how to avoid them, safe transportation of your kayak, choosing a trip and various logistics. The shorter courses can cover much of the above at a fairly superficial level while the longer ones enable you to practice all the techniques to a much greater extent and move on to longer and more difficult rapids.



## Day 1

- Course start 9.30am
- Introduce yourselves and motivation for doing the course
- Intro to the equipment and try sitting in several kayaks on dry land
- Issue all equipment and travel very short distance to the river
- Start on sheltered, still piece of water and experiment with controlling the kayak. Move on down the river with small riffles and rapids
- Relaxed lunch beside the river, you are bubbling with the morning successes. Bring hot food when it's cold
- Continue on down the river trying to read the water and what effect it has on your kayak and how you anticipate or react to it
- Finish the day with the biggest rapid of the day
- Talk about the following day; often arrange to meet for dinner or a pint in the evening



## Day 2

- Meet 9.30am as usual
- We usually go on another all day trip taking lunch and flask with us
- Developing river skills, solving any problems such as dealing with a capsize, surfing small waves
- Look at guide books over lunch and where to go next if a 2-day course. Possibly swap kayaks for the afternoon
- Bigger rapids in the afternoon, possibly finishing with the bottom of a grade III rapid for those who are more confident or a ride in the front of a double kayak with an instructor in the back of a 2-person kayak
- For those doing 3 or 4 days there is usually a swimming pool session with kayaks looking at kayak rolling. Days 3 and 4 include more rivers and rapids, and possibly a surf kayak session at a safe, uncrowded beach



## Accommodation

[www.adventurers-escape.co.uk](http://www.adventurers-escape.co.uk) - 4 star hostel – 01887 820 498  
[www.aileanchraggan.com](http://www.aileanchraggan.com) - 01887 820 346  
[www.balnearnhouse.com](http://www.balnearnhouse.com) - 01887 820 431  
[www.weemhotel.com](http://www.weemhotel.com) - 01887 820 381