

## river kayaking - beginners

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It's an introduction to paddling and kayaking techniques. It takes place on an easy section of the river and on Potrerillos Lake, where participants can feel relaxed and get acquainted with the river. The course includes theoretical and practical lessons about paddling technique, safety, topography and risks of the river, knowledge of equipment and materials that should be used when practicing this sport.

The lessons about eskimo-roll (how to roll back upright after capsizing) take place in calm waters, with didactic tools apt to analyze "The Technique" into the smallest detail. Participants will try both river and lake kayaks.

Datos Técnicos:

Min Afe.

6

Duration

1 day-3 days-5 days

Time lenght

2 or 4 hrs per day.

Class of difficulty

I - II

Price

Half day, with a 2 hours lesson

- \$ 100

Full day with 2 lessons of 2 hours each:

- \$ 180

3 days, with a lesson of 2 hours per day:

- \$ 300

3 days, with 2 lessons of 2 hours per day:

- \$ 500

Times refer to approximate time spent in the water. All courses include complete kayaking equipment.

All prices are given in pesos

The course include  
You need to bring

- Professional teacher who can speak English
- Complete river equipment (3 mm. neoprene wetsuit -, waterproof jacket, helmet, neoprene rubber shoes, lifejacket, kayak and paddle)
- personal insurance
- first aid
- breakfast or snack
- Lunch in Chacritas
- Tent for the night for all courses other than the half day course (if you prefer, see prices of hostels and cabins)
  
- a change of clothes
- bathing suit
- towel and toiletries
- shirt (micropolar or any fabric other than cotton)
- sunscreen lotion
- if you carry glasses, something to keep them tied
- sleeping bag

Running times:  
Upon reservation: 10.00 am, 3.00 pm and 5.00 pm, everyday

Traslado:

Los programas solo incluyen los traslados internos.

Adicional ciudad-base: \$30 p/p

V. Cordillerana-base: \$10 p/p

Equipamiento:

