

Intermediate Kayak course

“Kayaking is surprisingly close to perfect powder skiing. When done well you feel like your flying. When done wrong you feel like your swimming!”
Nick Etheridge



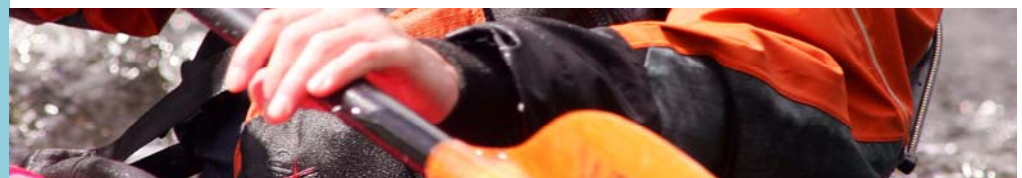
Learning from the pros. We will develop your skills and inspire you to take your kayaking further.

If you enjoyed the course that much why not join us on our advanced or play boating course.

Ever thought about becoming an instructor? We have a range of instructor training courses at G2 from short tasters to 13 week intensive courses.

We pride ourselves on the level of our coaching. Kayaking and the environment within which we operate have risks. G2 take measures to reduce that risk. We would always recommend that you take out personal accident insurance before taking part in any adventurous activities.

Course fee
2 day £110 and
4 day £220



Course programme

Day 1: Warm up on the middle Findhorn. A classic grade 3 section of river. This is time to relax in to the course and feel at ease with the other students.

We will be working on improving you general paddling and river running skills.

This is also time for us to talk about the sort of safety equipment we would take on the river as a group. Also some time to brush up on your rolling!!

Day 3: This is time to consolidate your learning. Reading more technical rapids up to grade 4.

We will look more in depth in to protection using throw lines and boat support.

With just enough play boating thrown in as we at G2 feel play boating moves are the best way to sharpen technique. Nothing too hard like bow stalls and endless cartwheels (unless you really want). But forward and back surfing waves. Breaking in and out forwards and back.

Day 2: Water levels are always on the mind of the keen kayaker. So we should be able to choose a section of river that will suit your current level.

Learning how to read rapids and nail the best lines.

We will also include some introductory play boating moves such as surfing waves and small stoppers.

With a little more swift water rescue thrown in for good measure. Debrief and depart tired but happy.

The next 2 days

Day 4: With any luck Thursdays should be Garry days! This grade 3-4 dam release river is one of the best play sections of river in the Highlands.

If this is not possible then on to one of the best gorge sections the Spean Gorge.

Be prepared to blow your socks off. These rivers are amazing and a chance for you to see just how much you have improved. End of course debrief over tea and medals before departing for home.