

Introduction to Canoeing Courses



Canoeing family fun

G₂

G2 Outdoor

“Deliverance it is not, well not quite! But a fantastic way to see remote Scotland”
Mark Ker
Chief facilitator

Course programme

Day 1: Introduction to equipment looking at different types of canoes and paddles. Warm up session on the picturesque Loch Morlich looking at strokes required for manoeuvring your canoe. We will explore different techniques and tactics for dealing with wind. Including sailing and trim. You will also look at basic rescue techniques so you can start to look after your self and others. Tea and medals and plan day 2.

The next 2 days

Day 3: Depending on the thoughts of the group we will look at building on the last 2 days. Moving on to faster water and paddling solo as well as tandem. This day is also about expedition skills and planning a route to an over night camp. Camp craft skills including “tarping”, cooking and maybe a spot of fishing. Or just kick back with a good book and chillout.

Day 2: Building on the skills learned on day 1 we look at paddling on moving water. We will start to read the water features and discover how we can use them to our advantage. Take the right lines through rapids and deal with situations. We will touch on expedition skills, navigation and route planning. As well as the end of course debrief giving you guidance to the next steps.

Day 4: We can now consolidate your learning on the return journey. Canoeing down rivers with full expedition kit is a different ball game. Looking at the safe travel with ropes and poles. We will also give you a few more rescue skills for moving water like un pinning boats and use of throw lines. And of course the end of course tea and medals before you depart.

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

If you enjoyed the course that much why not join us on our intermediate canoeing course.

Remember canoes are a great way to travel longer distances. Once you have the basics you are ready to join us on one of our canoe expeditions.

We pride ourselves on the level of our coaching. Canoeing 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 fees:
2 day £110 and
4 day £220

