

Introduction to kayaking Courses



Kayaking on the Spey



“Nothing better to do then why not join these boys on an introduction to kayaking. I did and now I’m unemployed and unemployable”
Charlie Loweth

Course programme

Day 1: Introduction to equipment looking at different types of kayaks and paddles. Warm up session on a slow moving river section looking at strokes required for manoeuvring your kayak. We will cover group paddling management on the river learning different signals. You will also start to learn about the hazards and dangers on the river with some basic rescue techniques.

Day 2: Building on the skills learned on day 1 we will be on faster 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. If you’re really keen we might even try your first Eskimo roll! An end of course debrief giving you guidance to the next steps.

The next 2 days

Day 3: Depending on water levels and your progress we will look toward even faster moving water (maybe the middle Findhorn!). We may opt for the use of inflatable kayaks. These will enable us to read the line through the grade 2/3 rapids with a bit more stability. Look at swift water rescue techniques and group management.

Day 4: We now have options. We can look for another river trip in the area or we can consolidate your learning. By running the same stretch of river again but back in our hard shell kayaks we can run the same lines and nail them. You will get the chance to try your Eskimo rolling. Hopefully at your own will and not accidentally!! 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 kayaking further.

If you enjoyed the course that much why not join us on our intermediate white water kayaking course.

What about an introduction to play boating? Look at the river in a different light. Tailies, cartwheels and bow stalls discover a whole new dimension!

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 fees:
2 day £110 and
4 day £220**