



SUNDAY PLANNING

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One-Day Whitewater Kayak Course at Lake Nojiri



- Program Runs Dairy, April 17 through November 7, 2010.
- Meets at the Lodge Grampia by the Lake Nojiri at 9:00AM
- This course is designed for absolute beginners to intermediates level paddlers of age over 10.
(Children under 10 years old can participate with a guardian)

A whitewater kayak is designed for going down a river safely. This means it is easy to turn and to avoid obstacles. On the other hand, it is a challenge to go straight. Even if it is difficult to paddle and move forward at first, soon you will come to be able to control your kayak with our brilliant program. After mastering basic kayaking skills, we will travel as far as 1.2km to the Benten Island in the Lake Nojiri, which we can't land without a boat.

Price

You can enjoy our One-Day Whitewater Kayak Course with cozy lodging for a bargain price.

	boat rental included
One-Day Whitewater Kayak Course	9,800 yen
Lodging Set Course	16,500 yen

※For Lodging Set Course, the charge for a child is reduced 1000yen from the price above.

※You can enjoy our snug twin room with additional charge of 1000yen.

※A four-bed rooms are available from three guests.

The charge include...

- One-Day Whitewater Kayak Course includes JSCA Certified Kayaking Instruction and all the rental kayaking gear (kayak, paddle, Personal Flotation Device, spray skirt), a hearty lunch, hot shower and travel accident insurance.
- Lodging Set Course includes relaxing overnight stay in our lodge with dinner and breakfast.

What to bring!

- A positive and can-do attitude
- Swimwear
- Fleece top or woolen sweater (No cotton!)

- Windbreaker of any kind
- Change of clothes
- Aqua Socks or water shoes, which hold your heel (No Sneakers nor Sandals!)
- Towel
- Eyeglass strap (important if you wear glasses! We sell it in our Lodge Grampia.)
- Waterproof sunscreen
- Hat with a visor
- Any drink in plastic bottle

Let's enjoy leisure
with us!



Itinerary



AM 9:00: Check-in at the reception counter in Sunday Planning Lodge Grampia, Lake Nojiri. Get dressed and be ready for the adventure!!



AM 9:30: You and your instructor will meet and the course begins. Lesson begins with instruction of basic paddling methods and some tips on the ground. After grasping the points, we will head to the lake. Try what you have learned on the ground while sitting in the boat! See how it goes. Probably you can't go where you want to go in the beginning! However, with your positive can-do attitude and our help, you can control your kayak to some extent before lunchtime. We will spend all morning to improve your basic kayak skills. For intermediate paddlers, we will provide a various lessons for improving skills you already have.



AM11:30: Enjoy our warm and hearty lunch and take a rest for a while.



PM1:30: Afternoon lesson resume. In the afternoon we will head to the Benten Island in the Lake Nojiri, which we can't land without a boat. It is about 1.2km long from the point where we start.



PM3:30: The program ends. Take hot shower and get dressed!

PM4:00: SAYONARA to the Lake Nojiri or relaxing overnight stay in the Lodge Grampia!

OTUKARESAMA!!

