



SUNDAY PLANNING

379-2, Nojiri, Shinanomachi,
Kamiminouchi-gun, Nagano, Japan

TEL (+81)026-258-2978

FAX (+81)026-258-2962

E-mail:info_eg@sundayplanning.com

Two-Day Whitewater Kayak Course at Lake Nojiri and River Sai



- Program runs often, April 17 through November 7, 2010
>>>Please refer to the schedule on the bottom
- Meet at Lodge Grampia by the Lake Nojiri at 9:00 AM (Day1)
- Meet at Lodge Grampia by the Lake Nojiri at 7:45 AM (Day2)
- This course is designed for beginners to intermediates level kayakers of age from 10 through adults.

We recommend Two-Day Whitewater Kayak Course to those who want to master kayaking skills and to try kayaking down the river. On the first day you will master basic skills at the Lake Nojiri. After mastering of the 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. On the second day we will head to River Sai and enjoy whitewater kayaking. River Sai is an exciting river for everyone from beginners through paddlers in intermediate level or advanced level. The end of this course you will find yourself controlling the kayak better.

Price

Enjoy our Two-Day Whitewater Kayak Course with cozy lodging at a bargain price.

	boat rental included
Two-Day Whitewater Kayak Course	19,400 yen
Lodging Set Course	26,800 yen

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

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

※Four-bed rooms are available from three guests.

The charge includes...

- Two -Day Whitewater Kayak Course includes JSCA Certified Kayaking Instruction and all the rental kayaking gear (kayak, paddle, Personal Flotation Device, spray skirt, helmet), hearty lunch and hot shower at Lodge Grampia (on the first day), transportation to and from the river, spa (on the second day), 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

First Day



AM 9:00: Check-in at the reception counter in Sunday Planning Lodge Grampia in Lake Nojiri. Get dressed and prepare.



AM 9:30: You and your instructor will meet and the course begins. On the first day, you'll learn all about kayaking and paddling with fitted rental gears. You need to master fatal skills for kayaking down the river. Your instructor will give you some instructions of basic paddling techniques and some tips on the ground before we go into the water. Once you grasp the points, we will head to the lake. Try what you learned on the ground while you are sitting in the boat! See how it goes. Probably you can't go where you want to go at first! However, with your positive can-do attitude and our help, you will be able to control your kayak to some extent before lunchtime. We will spend morning for improving basic kayaking 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 travel 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 will start. You can enjoy short trip on the water and feeling of floating! If you try what you have learned in the morning, you will pick up more skills faster in the afternoon!



PM3:30: The program ends. Take hot shower and get dressed! You may go for a walk around the beautiful Lake Nojiri and have some relaxing time!

Stay our Lodge Grampia, and share your day's adventures with other paddlers over a hearty dinner and some beer during the evening. Some paddlers may review their day's paddling with a video.

Second Day

AM 7:45: Meet at our lodge at the Lake Nojiri.

AM 8:00: Move to the river.



AM 9:30: Arrive at our River Base by the River Sai where we start kayaking. Now it is time to go down the river! It's important for you to know all about moving-water so that we can secure your safety anytime before we go into the river.



AM 10:30: Let's start going down the river! Just enjoy whitewater! It is no doubt that those basic of moving-water, thrill of whitewater, scenery and companionship will strike you!!



We will take lunch break at riverbank and have a rest for a while on the halfway point.



PM 2:30: Reach the goal!



PM 3:00: Move to our River Base and enjoy hot spring spa!

PM 4:30: Arrive to the JR Nagano Station (Ask us for the lift to the Nagano Station!)

PM 5:30: Arrive to the lodge in the Lake Nojiri

Schedule for Two Days Whitewater Kayak Course

April	17-18, 24-25, 26-27, 29-30
May	1-2, 3-4, <u>8-9</u> , 12-13, 18-19, 22-23, 26-27, 29-30
June	2-3, <u>5-6</u> , 9-10, 12-13, 16-17, 19-20, 22-23, 26-27, 30-7/1
July	<u>3-4</u> , 5-6, 7-8, 10-11, 13-14, 15-16, 17-18, 20-21, 22-23, 24-25, 26-27, 28-29, 31-8/1
August	2-3, 4-5, 7-8, 10-11, 12-13, 14-15, 16-17, 18-19, 21-22, 24-25, 26-27, 28-29
September	1-2, 4-5, 6-7, 8-9, 11-12, 14-15, 18-19, 22-23, <u>25-26</u> , 28-29 30-10/1
October	2-3, 5-6, 9-10, 14-15, <u>16-17</u>

※You can go down the River Yorozui on the days in red. The River Yorozui which is upper part of the River Sai is characterized by clean water and gentle stream. Also the waterwheels and the big WASABI (Japanese horseradish) farm by the riverside are popular among tourists.