



SUNDAY PLANNING

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Half-Day (AM/PM) 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 9:00 AM or 1:00 PM
 - This course is designed for beginners from age 10 through adults.
- (Children under 10 years old can participate with a guardian)

If you think you want to start whitewater kayaking casually, we offer Half-Day (AM/PM) Whitewater Kayak Course. You will learn all about kayaking and practice paddling on the ground, and then you will move to the lake and practice. It is difficult to paddle and move forward at first, but soon you will come to be able to control your kayak with our brilliant program.

Price

	boat rental included
Half-Day Whitewater Kayak Course	5,900 yen

The charge include...

- Half-Day Whitewater Kayak Course includes JSCA Certified Kayaking Instruction, all the rental kayaking gear (kayak, paddle, Personal Flotation Device, spray skirt) and travel accident insurance.

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/PM1:00: Check-in at the reception counter in Sunday Planning Lodge Grampia, Lake Nojiri., Get dressed and be ready for the adventure!



AM 9:30/PM1:30: 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 learned on the ground while sitting in the boat! See how it goes. Probably you can't go where you want to go! However, with your positive can-do attitude and our help, you will be able to control your kayak to some extent in an hour.





AM11:30/PM3:30: The program ends. SAYONARA to the Lake Nojiri or relaxing overnight stay at the Lodge Grampia!

OTUKARESAMA!!

