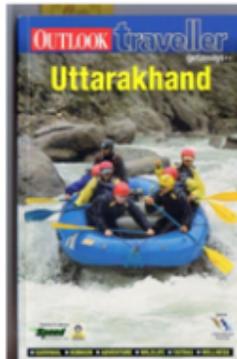
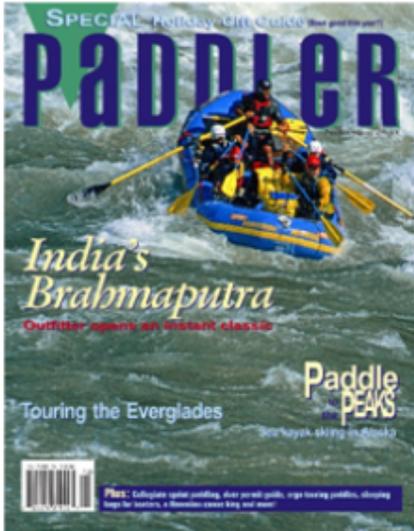


AQUATERRA

A D V E N T U R E S

KAYAK CLINIC



KAYAK CLINIC: DETAILED ITINERARY

DAY ONE

After you arrive at camp by lunchtime and had your lunch, we will teach you safety and rescue techniques, as well as fitting you into your kayak and how to use and wear your equipment. Further on we will give you theoretical introduction into the kayaking and you will get out and try the wet-exit and basic paddling techniques on the river. Hold your breath and relax!

DAY TWO

Your second day will get you into the water and you will learn how to ferry-glide, eddy in and out and practice more on your paddle strokes. After lunch we will go back on the river and you will be running your first class two rapids. Remember, to paddle in a straight line is one of the hardest things to do!!

DAY THREE

Day three will finally get you into the rolling sessions and you will learn how to re-right your kayak as well as getting your first intros into surfing on waves. Obviously you will practice things learned on day one and two. After lunch we will kayak the lower stretch of the Ganga and practice rolls and eddy turns. Motto for the day: Keep on rolling, rolling on the river.

DAY FOUR

On day four we will try to run the first class three rapids and give you a taste of real trashing (only if you're up to it). After collecting bits and pieces, we will have a final lunch and you'd be heading back to Delhi. After four days with us, you will have found out, that the river is only half of the experience and that the camp and relaxed atmosphere will have given you an enjoyable and exciting holiday.

Includes: Stay and meals at [Camp Aquaterra](#), dedicated instruction, use of kayak and related professional equipment.

You can extend the duration of the course by adding each day extension @ INR 4000/day plus 5% GST

KAYAK CLINIC: THE NEXT STEPS

Have any questions? [Email us](#)

Ready to go?

Book your place by filling in this [form](#).

Make your payment [here](#).

Once you fill in your form, we'll get in touch with you with all the necessary details.

PLEASE NOTE:

Filling in the booking form does not guarantee a spot on any trek. You will receive a separate confirmation email once the booking form is submitted.

We look forward to hosting you on your next Adventure!

