



In this course, the Clube de Canoagem e Águas Bravas de Portugal (CCABP) will cover the basic strokes. We note that for safety reasons, all participants should be able to swim and should be in good physical condition.

Tentative dates * :

1st Event: March 28 - 29; 2nd Event: November 07 - 08 (Year of 2015)

*These dates can be altered due to bad weather conditions or if the river flows make impossible the realization of the practical session

Course logistics:

Location- Praia Fluvial do Areinho (Paiva River - Arouca)

Duration – 12 hours distributed over two days

Schedule – Saturdays and Sundays from 10h00 to 13h00 and from 14h00 to 17h00

Minimum number of students – 4

Maximum number of students – 10

Price for students with own gear – 60 euros

Price for CCABP members with own gear – 50 euros

Full rental gear from CCABP – 15 euros per 2 day session (attention, the number of kits is limited)

Accommodation- Camping in the beach or stay in the Club's bungalow (free)

Course topics:

- Gear
- Logistics
- Introduction to the river
- Navigation techniques
- Getting in and out from the kayak
- Maneuvering the kayak
- Self-rescue
- River running

Contacts and registration:

Daniel Afonso (email ccabp.formacao@gmail.com)

Note: Registration should be made to the previous email. Upon registration, we will send a confirmation email and require payment via wire transfer. Details will be provided then. Confirmation of payment will be required on the first day of the activity.