



After a first introduction to whitewater, many kayakers feel the need for further support and instruction. T

Tentative dates * :

1st Event: October 24 - 25 (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:

- Recognizing obstacles and other rivers' dangers;
- Rapid's recognition and their navigation;

- Technique, braces, boofs;
- Self-rescue;
- The River: morphology, flow and water levels;
- Navigation in class III and introduction to class IV;
- Kayak types and their specificities.

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.