



## Getafix Kayak Coaching Courses

### Introduction to Kayaking

2 day course, 1 night B&B

**Price £186** inclusive of meals and accommodation at Ffynnon Wen and use of all equipment.

There is an option for B&B before and/or after the course\*

Experience needed: none

We will be based from our centre Ffynnon Wen, and will meet there at 9am on the Saturday morning.

After meeting your instructor, you will be kitted out with bouancy aids, helmets, boats, paddles and waterproofs and pick up your lunch for the day.

We aim to get you out on the water as quickly has we can, you will be doing plenty of paddling and there's lots of options where we can do it!

Ffynnon Wen is in the perfect location, with Llyn Tegid, Llyn Aled (lakes) and the River Alwen only 10 mins away. Not to mention the endless whitewater options all within 30 mins and Canolfan Tryweryn The National Whitewater Centre only 10 minutes away.

It is also the perfect centre; the beautiful farm outbuildings have been converted to provide 4\* hostel accommodation with comfortable beds, great showers and excellent home cooked food together with a unique lecture room and the all important drying room.

I know you will love it here!!

During both of the 2 days you will make logical progressions:

- Getting in and out.
- Go forwards, backwards and to stop.
- To go sideways
- To turn, edge and stay upright.
- Fundamental rescues and safety considerations, getting in and out.
- Go on a journey
- Introduced to moving water
- Whitewater skills, even running rapids

Each day you will be somewhere new, being in and around Snowdonia national park, I promise a lunch with a view.

On the Saturday night we will return to Ffynonon Wen for dinner (very scrummy!) if you have any special dietary requirements let us know on the booking form and we can easily sort them.

After dinner there will be an evening lecture appropriate to the skills you will be covering the following day.

We aim to complete your course by 5pm on Sunday, making sure you leave with the knowledge of where to go next with your paddling.

You will need to bring with you:

- Thermal clothing or fleecy type clothing for underneath the provided paddling waterproofs.
- Wetsuit boots or an old pair of trainers
- Warm outdoor wear (all times of the year) thermals, fleece, sweaters, tracksuit
- Hat and gloves
- Water bottle
- Vacuum flask
- Waterproof jacket
- Waterproof trousers
- Swimming costume/ trunks
- Personal toiletries and medication
- Informal clothing for leisure wear
- Notebook and pens

Transport is not included.

\*If you would like to book Bed & Breakfast for the Friday night please ring Kate or Pete on 01490 420349 at least 2 weeks prior to your course starting.

