



Clean drops, fine lines with great times



Sjoa Steeper Creeker

Push your paddling in Europe's premiere steep creeking destination

With more power and volume than Italy, Norway's the home to our most advanced course

It's got everything from the legendary Ulla triple drop to the world class big volume Amot canyon on the Sjoa

Of course, there are plenty of other runs to get you warmed up on and to develop those dynamic boat control skills. Come with us for a week of Europe's finest rivers, coaching from some of Europe's most advanced paddlers and, of course, the photos to prove it!

::3/10 July 2011



Booking Info

SlideShow



New

Content

- We'll help you figure out how to shoot complex rapids and we'll give you some serious boofin' practice
- We'll work on reading water dynamically. You'll concentrate on driving your boat through turns, arcs and drops
- We'll look at spotting whitewater features and learning to use the current's energy with the river's features
- We'll sharpen up your whitewater safety and rescue skills
- We'll help you find where you are with your paddling and we'll give you a progression plan to work to

Programme

Day 1 Arrival day. Settle into Sjoa and meet the rest of the team

Day 2 Hit the water! After a quick gear review and boat outfitting session, we'll go for a chilled out paddle on the Sjoa. It'll give us the chance to look at how you're paddling and find out what you want to work on

Day 3 Today's a technical skill review and the chance to set some goals for the rest of the week. We'll head to a more challenging river section and introduce you to some of the key concepts of dynamic river paddling like angulation, proactive balance and driving the boat

Day 4 Get to grips with advanced creeking skills. We'll take you to one of the local classics and break down the skills into their core components

Day 5 Boof it! We'll have a morning run on one of the local gems before heading off to the Ulla waterfalls for an afternoon park'n'huck session

Day 6 The big day out. We'll head to a classic slide-pool river and put the skills to the test, concentrating on group awareness and different river running techniques

Day 7 A Norwegian classic. We'll head for something with fun drops, scenic surroundings and world class whitewater. The ideal finish to a perfect week

Day 8 Departure day: time for a debrief and the chance to head home

Of course, this schedule's only a guideline: we'll chop and change depending on how you're getting on, what the levels are like and what everyone wants to do

Details

COSTS: 1250€

The price includes teaching and instruction, full accommodation, river shuttles* and use of a full spec whitewater kayak** from our demo fleet. It doesn't cover your flight, personal & health insurance, alcohol, equipment hire or your last evening's dinner

* Airport shuttle is not included. There is an excellent bus & train service to Otta from Oslo Airport

** G17 has a small yet excellent selection of kayaks for a range of different sized paddlers, & these are available on a first come, first served basis ONLY

Staff

This trip is going to be taught by Matt Tidy and Simon Westgarth

Accommodation & Catering

You'll be staying at our shared apartment in Sjoa with all bed linen provided. We'll provide a continental breakfast, a light lunch and an evening dinner either at a local restaurant or home-cooked by one of our guides

The Personal Paddling Equipment you should bring:

- A good semi-drytop or drytop
- Your paddle
- Whitewater PFD, spray deck and good helmet
- Solid footwear for bank support no sandals!
- Rescue gear, including a throwbag, knife, sling and karabiner

Online Deposit Payment



Sjoa Steeper Creeking Deposit
450€

Pay the Deposit



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