



Dynamic lines through Big Volume



Sjoa Progressive & Dynamic

What sort of paddling do you enjoy? Big volume? Bedrock slides? Pool drop falls? Read and run? Big water playboating? Tight and technical?

Whatever you want there's a river within a couple of hours drive of Sjoa that'll satisfy your craving

Sjoa in Norway is the best Summer venue for white water kayakers, and has the scope for so many adventures, its kept our staff coming back year after year

::17/24 July 2011
::24/31 July 2011



Booking Info

SlideShow



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Summary

Although it's the huge drops that people talk about, Norway's got something for everyone. That's why we run our Progressive trips here. Where better to learn the whole range? Whether we're punching diagonals and riding curlers on the big and bouncy Sjoa to working the boofs and flares on the Jori, Norway's got it covered. Add in the long days (it doesn't get dark until midnight) and the sheer scale of the landscape and we'll give you the best paddling of your life

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

Content

- We'll use a set of achievable aims to build your skills and your confidence and get you shooting some more complicated rapids
- We'll get you paddling dynamically, keeping the power and the edge through turns, ferry glides and tracking a line through a rapid
- We'll look at spotting whitewater features and learning to use the current's energy with the river's features on both low and high volume rivers
- 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 section of the Sjoa and introduce you to some of the key concepts of dynamic river paddling like angulation

Day 4 Park'n'ride! We'll spend the morning working on your playboating skills - a sure-fire way to sharpen up your river skills. In the afternoon, we'll head north for a river trip

Day 5 An all-day trip to the Driva. This classic run combines quality whitewater with an awe-inspiring canyon

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 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

Accommodation & Catering

You'll be staying at our shared apartment in the Sjoa Valley, 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 Progressive & Dynamic Deposit
450€

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