

# Kayaking

Moorland Adventure can provide the whole range of kayak instruction, from introductory sessions on flat water to river trips on moving water. We like all our activities to be a challenge, to improve your skills, safe and FUN.

## Introductory Session

We concentrate our coaching on safe basic paddling skills and play a few games to make the learning a bit more relaxed.



## River Trips

When you have developed the basic skills to control and manoeuvre a kayak it's time to venture onto moving water, where new techniques come into play, gliding across rapids, breaking in and out of moving water, and staying dry make the day.



Working together makes kayaking life a lot easier, and we will ensure that this happens. This means that, as part of a development training course, corporate event or a family day out, you will have a great day with lots of good memories.

## Courses

Introduction to kayaking (at Rudyard Lake) 10th, 25th April 2nd May Cost £44.00 per day

Introduction to river trips 10th, 25th April 2nd May Cost £49.00 per day

We are also running 2 evenings with the East Cheshire Council Open Air Programme on 22nd and 23rd June. Contact the ECC offices at Macclesfield for details.

A minimum of 4 participants is required for the course to run. If the numbers are not reached a full refund will be given.

Other courses will be available later in the season, check the website for updates.