

## Easter Holiday Adventure Activity- Kayaking

### Activity

Kayaking is a great way to have a fun day out, explore the lochs and have a laugh with friends.

### Venues

Loch Ard

### Age

10 - 14 years

### Transport

The transport for the day will be a minibus. (Transport is included in the price)

### Times & Meeting Point

- The minibus will depart from Forthbank Football Stadium in Stirling
- The bus will then visit the pick up points for that particular day
- The bus will not wait long at each stop
- Please make sure that you are there on time to avoid disappointment

### What is the activity all about?

The day's main purpose is to introduce kayaking to children in a safe but enjoyable way. There will be an element of coaching followed by a short journey. There will games and opportunities to jump in and swim.

### Equipment Provided

The equipment that we will supply:

- Buoyancy Aids
- Wetsuits
- Cagoule
- Kayaks and Paddles

### What you will need to bring?

- A packed lunch.
- Appropriate fluids / hot and cold drink to keep rehydrated or warm.
- Base layer: T-shirt/thermal or micro fleece; Swimming costume/trunks
- Old Trainers / Footwear that can get wet.
- Towel.
- Sun screen!
- Any medication that you require.

**If you have any more questions then please contact, if not, then we look forward to meeting you on the course**