

Come & Try Kayak Outdoors

Aim

The aim of this activity session is to give you a taster into the exciting sport of kayaking. The session will be run in a relaxed and informal manner with the emphasis of having fun whilst learning to kayak.

Venues

The typical venues we will use for this activity will be Airthrey Loch in Stirling.

Age

This is an adult only activity 16+

Transport

No Transport is provided. Park at the University close to the swimming pool. Parking at the University is free.

Times & Meeting Point

We will meet you at the Boat House at the side of the loch at the allocated times for the sessions. You will then be given equipment and can get changed in the warmth of the University Swimming pool changing rooms.

Course Content

Introduction to the equipment
Safety and the environment
Fun and games on the Loch
The basic skills

Equipment Provided

The equipment that we will supply;

- Buoyancy Aids
- Wetsuits
- Goggles
- Spray decks
- Kayaks and Paddles.

Personal equipment can be used, as long as the qualified staff confirm it is fit for purpose.

What you will need to bring?

- Base layer: T-shirt/thermal or micro fleece; Swimming costume/trunks and footwear, that can get wet
- Towel
- Any medication that you require

If you have any more questions then please contact the outdoor team using the details below. If not, then we look forward to meeting you on the course.