



# SUNDAY PLANNING

379-2, Nojiri, Shinanomachi,  
Kamiminouchi-gun, Nagano, Japan

TEL (+81)026-258-2978

FAX (+81)026-258-2962

E-mail: [info\\_eg@sundayplanning.com](mailto:info_eg@sundayplanning.com)

## One-Day Touring Kayak Course at Lake Nojiri



- Program Runs Dairy, April 17 through November 7,2010
- Meets at Lodge Grampia by Lake Nojiri at AM 9:00
- This course is designed for beginners from age 10 through adults.

(Children under 10 years old can participate with a guardian)

If you want to enjoy kayak for your leisure or just to have a relaxing time on the smooth water rather than exciting whitewater, this One-Day Touring Kayak Course is for you! Touring kayak is easy to control for everyone. We also have tandem touring kayaks. So if you want to enjoy touring kayak with your family, check this out! In the afternoon, we will travel to the Benten Island in the Lake Nojiri, which we can't land without a boat.

### Price

You can enjoy our One-Day Touring Kayak Course with cozy lodging for a bargain price.

	boat rental included
One-Day Touring Kayak Course	9,800 yen
Lodging Set Course	16,500 yen

※ For Lodging Set Course, charge for child are reduced 1000yen.

※You can enjoy snug twin room with additional charge of 1000yen.

※A four-beds room is available from three.

### The charge include...

- One-Day Touring Kayak Course includes JSCA Certified Kayaking Instruction and all the rental kayaking gear (kayak, paddle, Personal Flotation Device, spray skirt), in addition to hearty lunch, hot shower and travel accidental insurance.
- Lodging Set Course includes relaxing overnight stay at our lodge with dinner and breakfast.

### What to bring!

- Swimwear
- Fleece top or woolen sweater (No cotton!)
- Windbreaker of any kind
- Change of clothes

- Aqua Socks or water shoes, which hold your heel (No Sneakers nor Sandals!)
- Towel
- Eyeglass strap (important if you wear glasses! We sell them at our Lodge Grampia.)
- Waterproof sunscreen
- Hat with a visor
- Any drink in a plastic bottle

Let's enjoy leisure  
with us!



## Itinerary



AM 9:00: Check-in at the reception of Sunday Planning Lodge Grampia by the Lake Nojiri. Get dressed and prepare.



AM 9:30: You and your instructor will meet and the course begins. Your instructor will give you some tips of kayaking and paddling on the ground at first, and then we will move to the water. It is much easier to control touring kayak than whitewater kayak, so all you have to do in the boat is some paddling and to enjoy and feel the nature!



AM11:30: Enjoy our warm and hearty lunch and take a rest for a while.



PM1:30: Afternoon lesson resume. In the afternoon we will head to the Benten Island in the Lake Nojiri, which we can't land without a boat. It is about 1.2km long from the point where we will start.



PM3:30: The program ends. Take hot shower and get dressed!

PM4:00: SAYONARA to the Lake Nojiri or relaxing overnight stay at the Lodge Grampia!

OTUKARESAMA!!



