



# SUNDAY PLANNING

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## Half-Day (AM/PM) Touring Kayak Course at Lake Nojiri



- Program Runs Dairy, April 17 through November 7,2010
- Meets at 9:00AM or 1:00PM at Lodge Grampia by Lake Nojiri.
- 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 simply to have a relaxing time on the smooth water rather than exciting whitewater, this Half-Day Touring Kayak Course is for you! Touring kayak is easy to control for everyone. We also have tandem touring kayaks. It is a great way to enjoy touring kayak with every member in your family.

### Price

	boat rental included
Half-Day Touring Kayak Course	5,900 yen

### The charge include...

- Half-Day Touring Kayak course includes JSCA Certified Kayaking Instruction, all the rental kayaking gear (kayak, paddle, Personal Flotation Device, spray skirt) and travel accident insurance.

### 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/PM1:00: Check-in at the reception of Sunday Planning Lodge Grampia by the Lake Nojiri. Get dressed and prepare.



AM 9:30/PM1:30: 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. Touring kayak is much easier to control than whitewater kayak, so all you have to do in the boat is some paddling and to enjoy and feel the nature!



Water in the Lake Nojiri is nice and cool in sunny and hot day!





AM11:30/PM3:30: The program ends. SAYONARA to Lake Nojiri or relaxing overnight stay at the Lodge Grampia!