

Activities and holidays that will last a lifetime! Askeli - Poros Island - Greece 2010

BCU LEVEL 1 KAYAKING COURSE POROS ISLAND GREECE - 2010

GREECE and GREEK ISLANDS ONE OF THE WORLD'S BEST SEA KAYAKING LOCATIONS

BCU LEVEL 1 Course: Available 3rd April to 31st October 2010

For 2010 Odyssey Activity Centre on the island of Poros are offering an opportunity to learn the skills of Sea Kayaking combined with a great holiday in a fabulous location.

PRICE - [Max] € 85 depending on date of travel and number persons.

This course covers all criteria of the British Canoe Union [BCU] Level 1 syllabus. For your convenience there is a downloadable link on our website for you to obtain a copy of the exact BCU syllabus used as the basis for this course.

This course as presented here is non residential with "Inclusions" listed.

If you wish to participate in this course as part of a longer holiday please contact us by email to book a place. .

INCLUSIONS

Welcome meeting, coffee.
1 day kayaking instruction based from our Odyssey Centre.

COURSE ITINERARY 2010.

The course will start at our Odyssey centre around 10.00. You will be introduced to all the necessary equipment and provided with a safety briefing. We will then go onto the water for our first introductory session returning around 13.00. We will meet again at Odyssey at 14.00 for the afternoon skill development session; this will include a short sheltered journey along the coastal area of Askeli Bay.

The last hour of the course will include your assessment of the skills you have learnt, we will then proceed back to Odyssey to spend around 1 hour on improving your theoretical knowledge of Paddlesport. The course will finish around 17.30. – 18.00



Company: Odyssey Activity Centre, Askeli, Poros Island, Trizinia, 18 – 020 Greece. **Website:** www.greekislandactivities.com

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