

Seakayaking – beginners course



This is the course for those of you that want to learn how to paddle a sea kayak from the start. You will together with competent instructors learn the basic paddle strokes and rescues so you can enjoy the most of your future paddle in a safe way.



This is a certified eco-friendly course.

9:30 Start at Kajak & Uteliv on Gräddö Brygga, presentation of today's program.
10.00 Fitting of kayaks, wetsuits and paddles.
10.30 Packing kayaks, adjusting of foot pedals and paddle technique on land.
11.15 Everyone is ready to go and we start with the basic paddle strokes.
12.15 After a intensive morning the your packed lunch (self provided) will taste great.
13.15 Theory about the buddy rescue.
13.30 Practicing "wet-exit" and buddy rescues in the water.
15.00 Back on land to change to dry clothes.
15.30 Paddle back to Kajak och Uteliv.
16.30 Back on the kayak base for cleaning of kayaks and finish up the course.
The Schedule can change due to weather and water temperature.

You bring yourself: Outdoor clothes (not jeans or cotton), long johns and long sleeved top (t.ex. craft), wet-weather clothes, swimming togs, waterproof shoes, towel, sunhat, sunscreen, sunglasses, change of clothes do you will get wet, waterbottle (you can fill it at Kajak och Uteliv), something warm to drink, lunch, snack, drybag (plastic bag is fine). If you like you can bring goggles.

Included in the course: Kayak, paddle, spray skirt, PFD, wetsuit, experienced instructor and course certificate.

How to find us: Take bus 631 or 631X from Norrtälje busstation towards Rådmansö. Jump of at the stop Gräddö Torg and walk the last 300 meter to the shop. By car take the E18 towards Norrtälje and continue on the E18 to Kapellskär. Just before the harbor turn left at the sign Gräddö. At the marina turn right and park at Kajak och Utelivs parking lots to the right and out on the point.

Products: In the shop you can by booties, gloves, drybags in different sizes, safety strap for glasses and a lot more.



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