

Day 1 – Basics on Lake Bled

Your first day in a kayak will be one that you'll remember for the rest of your paddling experiences. It is spent on beach next to lake Bled. After being kitted out with all of your gear you'll be taught the very first thing every kayaker must know how to do, the wet exit. The morning will then progress into the forward stroke, reverse stroke, sweep strokes, C-strokes and draw turns and when you think you're just about stroked out, and lunch time comes to the rescue. I know what you are thinking; the answer is yes all of these fancy words are actually applicable in whitewater! After lunch the beach calls again. For the afternoon your instructors will guide you through the wonderful art of bracing and then into what everyone looks forward to, learning how to roll. At around 6 o'clock it's time to wrap up.

You have plenty of time after your day to relax at Reka Hisa, or get that glass of wine or beer that you've been thinking of all day. If you are looking to replenish your energy supply chef Clive will ensure that you get all you can eat. Dinner is served at 8:30 pm at Reka Hisa.

Day 2 – Basics on Lake Bled and Water Current Day

The early bird gets the worm and the second day starts off with another trip to the beach. The whole morning is spent reviewing all of the strokes and concepts that you have learned the previous day. A break for lunch gives you that second wind to take on the latter part of the day and it's not something you'll want to miss!

We pack up and head to the river for the second half of the day. This is where you will start to learn how to manipulate the current to get your kayak to do your bidding. You will transfer all of your strokes and concepts to the whitewater in small moving current. Who knows, by the end of the day you may even have to opportunity to run your first rapid!

The day then begins to finish around 6.00 pm and everyone is back a short time later sipping drinks at Reka Hisa and telling stories of their day. Dinner is at 8:30 pm at Reka Hisa

Day 3 – All Day on the River

The third day is your first day down the whole river. Students in the beginner immersion class will begin in a section of Sava Bohinjka. Before heading down the river a flat water review of strokes and concepts enables all to be prepared for an excellent run. This channel you can expect to run anything from a class 1 to class 2- rapids. The most spectacular thing about the Reka Hisa is that you will also have the opportunity to see a class 3!

Halfway though the day we stop at our large lunch facilities at Reka Hisa. Here everything is ready and waiting to cater to your every need as we eat beside the magnificent Sava Bohinjka River. When we are ready and your food is all digested the rest of the Sava Bohinjka River awaits (intermediate section).

After the last rapid of the day will find yourself floating to the takeout and the conclusion of your first ever-complete river run. Once all of this is finish, its time for dinner back at Reka Hisa.

Day 4 – Enjoying the Waves

If you were thinking about sleeping in on Thursday you had better think again. This is a

day not to be missed. Not only will you get the chance to run the river again, but also you'll be on camera! That's right Thursday is video day.

Courage Thursday doesn't stop here. This is also most people's final night at Peter's Kayak SCHOOL. What's a last night without a BBQ party at Reka Hisa. We paddle one extra rapid below Reka Hisa. Here our trusted Clive waits at kayaking exit point to pick us up for the journey back home. Upon returning to the resort our video from the day is ready to be viewed. This is your opportunity to prove to your friends that the wave in your story was really as big as you say.

Day 5 - Go for it -Sava Bohinjka Advance Section or Kayak Trip to the Soca River

The final day down the advanced section of the Sava Bohinjka, will provide ample challenge to anyone who believes they have conquered the Intermediate section. We are also fortunate enough to have Reka Hisa home on the start point to the advanced section to stop for a lovely lunch.

Most students however will find the Sava Bohinjka advanced section a large enough challenge to round off their week.

The week is filled with professional, friendly instruction, good food and relaxing evenings with new found friends. We cannot wait to introduce you to this spectacular river and truly unique sport.