



Gene17kayaking.com  
20 Ivybridge  
Tavistock Road  
W-s-M BS22 6LP UK

## Soča Fundamental Core

For the Class III paddler wanting to the confidence and knowledge to step up a grade, there could be no better place to learn than the Soča valley.

The pool drop bedrock style of the Soča offers the perfect training ground, with endless opportunities to perfect your technique before testing it out on more challenging whitewater. This week will see you building confidence and style.

### **The Destination:**

Nestled away in a quiet corner of the Julian Alps, the Soča valley is one of Europe's premier kayaking destinations. Just a stone's throw from the Italian border, the river Soča is a spectacle of nature and a paddler's dream. Crystal clear blue water flows through smooth limestone gorges and clean open rapids, offering a forgiving, relaxed environment, where the level of challenge can be perfectly tailored to suit your needs.

The gateway to the Balkans, set against the stunning backdrop of snow capped peaks, a visit to the Soča valley has you following in the footsteps of Napoleon and Hemingway, to a place of rich history and unique culture.

### **Trip Content**

- We'll give you a personal paddling plan, showing you where you're at and what to work on
- We'll spend time identifying whitewater features and understanding how they can be used to your advantage
- We'll work on reading water dynamically. You'll concentrate on driving your boat through turns, arcs and drops
- We'll set achievable aims and we'll break down river running techniques so you can meet those aims
- We'll sharpen up your whitewater safety and rescue skills
- We'll help you work on your rapid running visualisation: you need to see yourself making your line to actually make it!

### **Trip Itinerary**

Day 1 Arrival day. Relax, settle in and sample the local cuisine

Day 2 We'll start off with a session looking at your gear and your boat outfitting. Then we'll take to the water on the lower Soča, a chilled-out run that gives us the chance to look at how you're paddling and find out what you want to work on



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Day 3 We'll build on day 2, including a review of technical skills and a chance to set some goals for the rest of the week. We'll spend the afternoon on improving your all round boat handling

Day 4 Today we'll concentrate on improving your general river awareness and using it to improve your paddling and your river leadership

Day 5 Today's the day to concentrate on river safety, including how to stay safe in a group and how to handle any problems that do arise

Day 6 Road trip and river run. We'll head upstream for a longer river trip, a great chance to put your new skills into practice on some more challenging rapids

Day 7 The Big day out! This all day mission's the chance to use your newly developed techniques on an Alpine classic

Day 8 After a final review, we'll drop you back at the airport

Of course, this schedule's only a guideline: we'll chop and change depending on how you're getting on, what the levels are like and what everyone wants to do.

### **Group Composition**

The trip will be led by an experienced Gene17kayaking appointed trip leader. In selecting suitable leaders, we not only look to ensure that they have the relevant qualifications but we also ensure that they have an excellent track record of white water paddling from around the world. Whilst qualifications and experience are essential requirements, we also make sure that our leaders have the right temperament to lead a trip group comprised of individuals who have a range of previous experience and expectations. The leader is a vital contributor to the enjoyment and well-being of the trip members and he or she will be there to deal with any unexpected problems. To that end, we aim to provide a leader who will make the trip both successful and enjoyable throughout.

Our leaders hold current wilderness first aid certificates and have experience of dealing with remote river related medical conditions.

We will take a maximum of 6 paddlers on each trip, although the number may well be less than this. With every 3 paddlers we have on the trip, we'll have a highly experienced Gene17kayaking Teacher/Guide.

### **Experience Required**

Soča Fundamental Core trip takes place on Class III/IV- whitewater.

The Soča Fundamental Core trip is suitable for experienced paddlers who are able to paddle for 3 – 4 hours in a day on Class III/III+ Generally the rivers are accessible with near road access, but occasionally there may be some exposed terrain. This trip begins on an easier section of whitewater, but will soon reflect conditions expected at the grade. Participants should therefore



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expect to be in a river environment during peak runoff for sometimes extended periods of time.

You are welcome to Contact Us, if you would like to discuss the trip in more detail.

### **What the Price Does/Does not Include**

TRIP COST: 1275€

What the price does include

- Teaching and Instruction
- Full accommodation including all meals
- Airport and River shuttles\*
- Use of a full spec whitewater kayak\*\* from our fleet

\* Airport Shuttle is to and from Trieste Airport, or Cividale Train Station in Italy. All arrivals to any of Venice's airports, will need to make their way to Cividale for pick up prior to 16:00 on the day of arrival

\*\* Gene17 has a small yet excellent selection of kayaks for a range of different sized paddlers, & these are available on a first come, first served basis ONLY

#### Accommodation & Catering

You'll be staying at our shared apartment in Val Sesia with all bed linen provided. We'll provide a continental breakfast, a light lunch and an evening dinner either at a local restaurant or home-cooked by one of our guides

The Personal Paddling Equipment you should bring:

- A good semi-drytop or drytop or drysuit
- Your paddle
- Whitewater PFD, spray deck and good helmet
- Solid footwear for bank support – no sandals
- Rescue gear, including a throwbag, knife, sling and karabiner

What the price does not include

- Visa fees
- Flight
- Bar bills
- Travel & Boat insurance
- Dinner on the final night
- Tips