

WOMEN'S KAYAK IMMERSION in Spain – with Emily Jackson.

By Paddleinspain.com

About the country - Spain is different !!

Spain occupies most of the Iberian Peninsula in southwest Europe, and its territory includes the Balearic Islands in the Mediterranean and the Canary Islands in the Atlantic. Much of the mainland is high plateau, with mountain ranges, including the Pyrenees, in the north. The plateau experiences hot summers and cold winters—it is cooler and wetter to the north.

United States citizens require a passport valid for period of intended stay and a return ticket or proof of onward travel. No visa is required for a stay of up to three months.



Some **flight companies** and useful websites flying to Spain from USA:



Trip at a Glance

Our destination goes to the Spanish Pyrenees, this large mountain range separates northern Spain from the rest of Europe. Pyrenees is fascinating for its stunning natural landscapes. The Spanish Pyrenees is a truly unique paddling destination, offering Class II-V rapids (depending on season), big water paddling, technical creeking, bars at the takeout and beautiful scenery all around. Our trip is based in the well known town of Sort, for its pleasant weather, great holiday destination and with everything spinning around the river **Noguera Pallaresa**, famous around the world for its great rapids and friendly waters.



Your Expert:

Emily Jackson – is a full time master kayaker.

A world Freestyle kayak champion

Featured in Eji's Instructional videos: River Running, Rolling and Freestyle.

Leading paddling trips across the US teaching women's Clinics .

Emily knows perfectly how to lead a safe adventure vacation



General information:

2010 departure dates: September 13-20

Trip price: 1,230eur (1,650 usd)

This trip is based for a minimum of 10 participants

Price includes: Airport shuttles, lodging, fully guided trips, kayak rental, all meals, insurance while you are in river.

Not included: Alcoholic beverages, gratuities, travel insurance, flights.

Quick facts:

- Prerequisites: Class III whitewater kayaking experience, solid kayak roll
- Fitness level: Must be able to paddle Class II for most of a day. Must inform us of pre-existing medical conditions.
- Type of lodging: Apartments with one or two double bedrooms, dining room with sofa bed, bathroom, kitchen with all utensils, TV, internet conexions, swimming pool, bar-terrace and garden facilities (in Pyrenees location) In the city of Barcelona the group will be in a Hostel, with multiple private rooms.
- Nights in lodging: 7
- What to bring: personal clothes, your own PFD and paddle gear if you have it, Paddleinspain will send a full gear list.
- Vaccinations: There is no necessary any vaccination to travel to Spain.
- Language: Most of the people in Spain speaks Castilian Spanish though with a great variety of accents. Catalan is spoken in Catalonia.



Daily Itinerary

The kayak immersion trip starts at your arrival in Barcelona Airport. Welcoming with our local guide, who collect all the participants and transfer with a private mini-bus to Sort – Pallars Sobira (Catalan Pyrenees). From Barcelona to Sort we will have 3 hours drive.

Day 1 – Arrival to Sort – check in at the apartments – dinner at the same accommodation.

Day 2 – Start each day with a delicious breakfast buffet in the Hotel. Before heading to one of the nearby rivers, located just in front of the Apart-hotel we have the Noguera Pallaresa river, we will be outfitting boats in the garden and having the morning to get confident will all your equipment and stuff.

Afternoon kayak session – descend from Sort to Gerri de la Salt (duration aprox. 3hrs)
Night – Dinner at the hotel

Day 3 – Awake to a delightful breakfast at the Hotel restaurant.
Morning transfer to Llavorsí and descend to Sort. ½ day kayak session.
Lunch at the accommodation
Afternoon – basics rodeo at the slalom course in Sort. By Emily Jackson
Night – Dinner at the Hotel

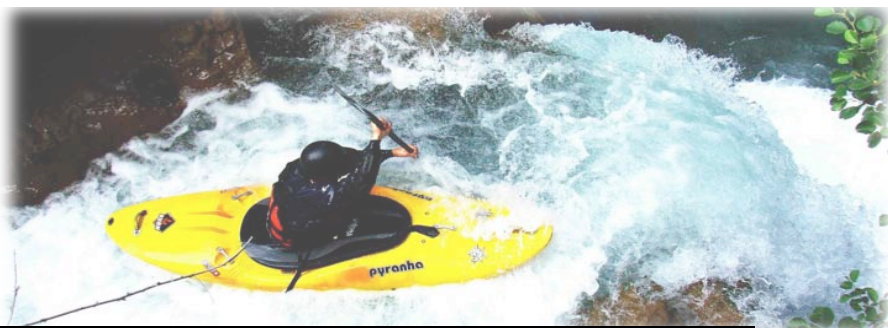
Day 4 – After breakfast, we will head to the National Park of Aigües Tortes. Whole day of hiking tour with our local guide. Lunch picnic
Night - Dinner at the hotel

Day 5 – After breakfast we will transfer to La Seu d'Urgell town. (one hour away)
Morning at the Olympic course.
Lunch picnic
Afternoon shopping to Andorra country and *Caldea wellness Center resort, for enjoy and relaxing.(optional)*
Night – Dinner at the hotel –

Day 6 – Getting ready after the delicious breakfast for head the whole descend of Noguera Pallaresa river. Transfer from Sort to Llavorsí, descend the river until a middle point to stop in a river side Restaurant. Get a bit relax and ready again to descend the majestic Collegats gorge.
Night – Dinner at the Hotel

Day 7 – Breakfast and Morning free. After lunch transfer to Barcelona city.
Check in at the Barcelona Hostel.
Night city tour and farewell dinner

Day 8 – breakfast and transfer to the airport.
End of services



River descriptions:

The River – Noguera Pallaresa , This river is without doubt the largest river in the Pyrenees and of great interest of paddlers. It has an extensive river basin of wide valleys and is dominated by high mountain peaks so the river is fed by both rainfall and snow melt water. However in contrast to most Spanish rivers the thaw lasts for nearly two months. Also, a large dam downstream from Esterrí d'Àneu releases water so this means that you can paddle the lower river practically all the year round.

You can paddle this river as several runs or do the whole 35km in one day since it is high volume with a strong current. (This is a deservedly popular section for commercial Rafting).

The part from **Llavorsí to Rialp** (12km / 7,4mile) is the most continuous with rapids of class III-IV+. After Rialp and about 3km/1,8miles above **Sort** look out for a dam that must be portaged in some cases on the left. Sort is famous for its Slalom site and this was the location for the *World freestyle Rodeo Championships in 2001*.

The 3km/1,8miles downstream of Sort are class II, then the descent becomes wilder again with some class III-IV rapids at **Baro** (with name such as "El Pastis" and la Banana).

In the extremely scenic **Gorge of Collegats** there are no difficult rapids but beware of getting pinned on rocks by the current.

Seu d'Urgell – Olympic course

The **Olympic Parc del Segre**, is placed near of the monumental historic city of La Seu d'Urgell, a town of the Pyrenees with an extreme vitality that is shown in the great amount of cultural and sport events that every year held. In the Olympic Parc del Segre sports such as rafting, canoeing, open-kayak and hydrospeed are practiced all the year round. A unique sports facility with the flow of water controlled, a careful system for cleaning the equipment and a highly qualified staff lets you enjoy the feeling of the water world with complete safety and comfort. For the Parc's conception, the group of infrastructures are suitable for an intensive use, facilitating the participants to form groups depending on their skill level (beginners, experienced, experts, ...) A mechanical lift system, unique in the world, and a mini-hydroelectrical power station, which controls the flow of water, assures the activity all the year round. The kayak slalom competition in the Olympic games in 1992 were held in this venue, also on the 1990 and 2009 ICF slalom world championships were done in this place.

Andorra

The country of Pyrenees. Andorra is well known for its specialist shops, free of tax and outlets. Discover Caldea wellness center –just for a moment, take care of your body. Caldea: Come and forget all the rest! (*not included in price*)

City of Barcelona

The Mediterranean Sea nudges the coast of the city of Barcelona. It's the Catalan capital, 166km/103 miles from the French border and 120km/74,56mi from Pyrenees. Barcelona has a singular rhythm and heart beat, as well as its own customs which make it unique.