



# Kayaking

Become one with nature

Gliding almost silently across the water is an experience beyond the ordinary. The calm paddling strokes and proximity to the water can only create harmony.

Getting out on the water under your own power and enjoying nature together with the group gives a natural feeling of community.

Our instructor will accompany you out and tell you more about the beautiful landscape you are paddling in. Get to know the forces and see the beauty of the sea and nature up close.

We provide all the necessary equipment and of course a review of paddling technique and safety. Our kayaks are stable and suitable for beginners as well as experienced paddlers.

Our experienced instructors will plan the route according to the prevailing weather, wishes and conditions. Go out and enjoy!

## ALTERNATIVE 1

### 1-3 hours

- Kayaking

**Starting fee:** 7.500 SEK

**Per person:** 795 SEK

VAT will be added

**Öppet Hav AB**

Sjövillan, Hus 208, 111 49 Stockholm

+46 8-500 33 221 · info@oppethav.se · www.oppethav.se

öppet  hav



### Information

- Two man kayaks
- No prior experience required
- Suitable for small and large groups
- Adapts route to weather and wind
- Shell jacket and trousers will be available

