

# LEARN KAYAKING IN DALSLAND THIS SPRING

**Saturday-Sunday  
16-17 May 2020**

**Spend 2 days on The Dalsland canal clear waters and stay in a 100-year old grain silo.**

Christina Ingemarsdotter from Grundsund has 40 years experience with kayaks and other boats. She leaves the salty west coast to give a special course in Upperud.

*I guide and teach kayaking because I can't stop myself! It is such a magical way to get really close to nature, and close to one self. The kayak is quiet and quick and easy to bring to different waters.*

## **Day 1**

10-13 course with Christina  
Lunch  
14-18 Self-guided kayaking  
Dinner

## **Dag 2**

Breakfast and check out  
10-15 guided kayaking  
Lunch outdoors

## **Package includes**

Basic kayaking course  
Kayak + equipment  
Guided kayaking  
2 x lunch & coffee  
Dinner  
1 hotel night, in double room

**Price: 3400 SEK**

**Book on [info@upperud.se](mailto:info@upperud.se)**  
Extra hotel night: 750 SEK



**UPPERUD 9:9**