

Canoeing and white water course

May 22–26, 2025

The course is primarily intended for PE students at the Faculty of Education, Charles University, but other interested participants may join until capacity is reached.

Location: Around Lienz – the valleys of the Drava and Isel rivers, between the High Tauern and the Lienz Dolomites, an area with beautiful mountain scenery and wild nature.

Accommodation: Lavanterhof guesthouse, in the village of Lavant, six kilometers from the town of Lienz.

Program: Outdoor activities led by experienced guides, tailored to the physical abilities of the course participants

- **Rafting, kayaking, inflatable canoeing** – on the rivers Drava, Möll, Isel. Sections according to interest, from gently flowing waters to segments with large waves.

- **Via ferrata** – climbs on rock faces and gorges – equipped with fixed ropes and iron rungs. A wide variety of routes from easy beginner ones to climbing-level challenges.

- **Hiking and alpine trekking**, trips up to 3000 meters above sea level.

- If interested: biking, scooters, inline skating.

Price: CZK 8,800 per person includes: bus transport from Brandýs (departure morning of May 22), half-board accommodation in double to six-bed rooms with private bathroom, drinking regime, all guiding services for rafting, boating, ferratas and mountain hikes, rental of all equipment (rafts, boats, wetsuits, vests, and other water sports equipment, via ferrata sets including helmets)

Registration: by April 30, 2025 via Google form;



The course is organized with CK Active-guide, which is insured against insolvency.

CK Active Guide s.r.o. Tel.: +420 777 099 302, <mailto:minfo@activeguide.cz>, www.activeguide.cz

Course leader: prof. PhDr. Soňa Jandová, Ph.D.

Payment method: By bank transfer of the full amount CZK 8,800 no later than May 12, 2025

Account number: 85236011/0100

Variable symbol: 33512712

Message for recipient: Student's surname and first name

Cancellation fee: 5 or more days before departure: CZK 1,000; less than 5 days: CZK 8,000