

Information for Guided River Trips & Kayak Paddling/Instruction with PLANET RIVER



PLANET RIVER is based at the Sjoa River, Norway

* www.planetriver.com/contact.html

* info@planetriver.com or wilsonrob1@mac.com

* +47 95467322 (Rob Wilson)

Basics

- * Our focus is - time on the river with you, white-water kayaking.
- * We are primarily a white-water guiding service. We will help improve your skills in reading whitewater & river features, eskimo-rolling, surfing and finding rhythm in the flow as we guide you down a route.
- * NB. A proficient eskimo roll is required as a minimum to join a tour.
- * PLANET RIVER will determine section of river tour/route based on your recent paddling experiences & water levels.
- * We meet to go kayaking at the pre-planned take-out and/or put-in to drive the shuttle. We like it a lot when you are ready & geared up.
- * River route is decided the day before or day of kayaking and communicated via phone/e-mail.

Rivers

- * Sjoa River is a shallow & fast small to medium sized river with strong flow, difficulty increases with rising water levels and/or section of river. More difficult than it looks. Low to medium flow levels are ideal. Class 2 to 5 options. Lots of waves, few holes on the playrun. Åsengjuvet & Åmot may require a prior session together on an easier section of Sjoa and may include scouting or portaging.
- * The Lågen (lower) is a big and wide river, strong & slower moving flow, strong eddy lines, good for practicing ferrying & boat edging. Short routes for multiple laps - good for repetition.
- * The Otta (family run) is medium volume, wide river at normal flows. Upper is a little easier with big eddies for training for the less experienced, the lower has 1 bigger rapid amongst others to test skills & provides a larger arena for scouting skills. Both sections together make for a fun river run.
- * We prefer to guide trips on the above listed rivers. Please enquire about other rivers you are interested in, and we can make a plan. The Atna, Ula, Driva, Lora, Frya & Jori(lower) are negotiable options.

River Routes	Rates (p/p/4hrs, Norwegian kroner)
Sjoa Playrun	1600
Sjoa Åsengjuvet	1800
Sjoa Åmot	1900
Sjoa (Gjende to Lågen) **	
Lågen (Lower)	1500
Otta (Upper)	1500
Otta (Lower)	1600

** This 80 km full Sjoa river descent can be achieved in 2-4 days. This is for solid class 4 white water kayakers and will be expedition style with no outside support(emergency only). Please contact for rates & details. Lower water level dependant.

Basic Requirements

- * Travel & Adventure Sport insurance that covers white water kayaking.
- * Provide own WW kayaking/river equipment (rental options are very limited in Sjoa). Kayak, PFD, paddle, spraydeck, helmet, kayak, airbags.
- * Rescue gear (only if you know how to use it)
- * Preferably a vehicle to help with shuttles.
- * Healthy body & mind.
- * Provide your own meals & refreshments.

Clothing

- * Dress for river conditions/temperature and NOT the weather conditions.
- * Water temperature ranges from 2 degrees in early May to 10/12 degrees celsius in mid-summer.
- * Thermal Layers with drysuit is ideal.
- * Long-john wetsuit, 2 thin wool/thermal layers under a dry top, wool socks, river booties or sturdy shoes.

1st Aid & Rescue

- * PLANET RIVER carries telephone, rescue equipment, 1st aid box, spare paddle & thermals on tours.
- * We are trained, skilled & experienced in rescue & safety situations and take you on routes we know well.
- * Will provide a waterproof container for your personal medication.

Accommodation in the Sjoa Valley.

- * Sjoa Camping www.sjoa.no/index.html
- * Weistad in Heidal www.heidal.no/overnatting/weistad-kafe-og-hytter.html
- * Heidal Rafting heidalrafting.no/en/overnatting/aamodt-estate/
- * Go Rafting www.gorafting.no/overnatting/
- * Sjoa Rafting www.sjoarafting.com/leir/overnatting/
- * Sjoa Kayak Camp www.sjoakayakcamp.com/accommodation/

Other/links

- * Sjoa Weather Report www.yr.no/place/Norway/Oppland/Sel/Sjoa/
- * New Beginners Kayak & Rescue courses in Sjoa www.kajakksenteret.no
- * Kayaking Equipment & Sjoa Gurus in Sjoa valley www.striestrommer.no
- * Water Levels www.glb.no/Vannstander/tabid/1803/Default.aspx

Sign and return by e-mail to confirm your booking & agreement of terms

Name : _____

Phone : _____

e-mail : _____

Tour dates : _____

Signature : _____

PLANET RIVER DA reserves the right to cancel a booked kayaking session (before or during) due to rising or flooding rivers, bad river etiquette & poor respect for the environment. Payment may not be refunded.