



**ExChile - Welcome to the Greatest Playground on Earth!  
2017-2018-2019 Season**

**URL Link:** <http://exchile.com/KayakSchoolRollingClinics.html>

**Trip Name: Rolling Instruction Clinic 4-6 days**

<b>First Name:</b>
<b>Last Name:</b>
<b>Phone Number:</b>
<b>E-mail Address:</b>
<b>Number of People in the Group:</b>
<b>Comments:</b>

**Exchile Patagonia Kayak School:**

**Overview:**

[Experience Patagonia!](#) (82 secs)

[Campo Tres Monjas](#) (82 secs)

**Futaleufu Kayaking:**

[Kayak Lessons](#) (77 secs)

**Maps:**

[Futaleufu River Map](#)

[Espolon River Map](#)

[Rio Azul River Map](#)

**Kayak Rolling Clinics - Details 4 day, 6 day**

**World-Class Instruction in a World-Class Setting! Whitewater Kayak Instruction at at our Paddling School in the Spectacular Futaleufu River Valley.**

If you are just starting out, it is important to learn the kayak roll correctly from the beginning. If you are an experienced kayaker with a roll that is unfaithful, let's change things now! When you secure a solid kayak roll you will experience whitewater kayaking at another level. We focus on you, and coach the way you learn. Your teacher makes a huge difference in your learning. IF you are on the 6 day class we will teach you a roll on both sides. However we will get one down first. This investment of time to set the foundation of lifetime sport like kayaking is well worth it. This is also an ideal class for sea kayakers that would like to learn to roll.

**Kayak Rolling Instruction Location:**

**Laguna La Paz** video

Just several minutes away from the Espolon and Futaleufu river is a small lake with a volcanic sand beach where we teach kayak rolls and strokes. Protected from wind this small lake is warmed by the summer sun.

**Sendero Lodge - Heated Pool** video

Just minutes across the border in Argentina on the Futaleufu river is the Sendero Lodge with a heated pool. Additional arrangements can be made for those that want to customize their learning, in executive comfort. If you are learning in November, December or Mid March consider having us arrange your specialize rolling instruction

from this lodge.

[The Eco Campo Tres Monjas](#) is located on a white sand beach at the confluence of the Futaleufu river and the Rio Azul. The RiverNest Cabins are hidden between the river bank and the riparian forest, and each cabin is accessed by a private sand trail and surrounded by exotic Patagonian trees.

## Day by Day:

### **Day 1 Friday: Depart your hometown**

Overnight flight to Buenos Aires, Argentina.

### **Day 2 Saturday: Travel to Trevelin, Argentina in Patagonia**

Welcome to the warmth of summer in the Southern Hemisphere with an early arrival in Buenos Aires. Change airports with a taxi or shuttle bus and catch another flight to Esquel, Argentina. Taxi 45 minutes to Trevelin, Argentina, a charming mountain village just 45 minutes from the border and from the Futaleufu River in Chile. If you prepay, ExChile can meet all of your transportation needs until we pick you up at the Argentine-Chilean border the following day. Check into the Casa de Piedra hotel and walk to one of several Argentine restaurants with the Chilean Andes in view. Unwind, relax, and get a good night's sleep before the start of your trip the next morning.

### **Day 3 Sunday: We pick you up at the border. Intro to Roll and Evaluation of your flexibility.**

**AM:** Take a cab to the border of Chile where we pick you up at the border and your trip officially starts. We take you to our base in the village to outfit you to a kayak. We watch a video of well executed rolls. Dryland instruction of the movement. Video of you doing it dry. Introduction of basic strokes we will need on the lake La Paz.

**PM:** To Lago La Paz. We will have lunch at the beach. IF you have a roll show us what you have. IF not we work in the water learning the movement with the support of the instructor by your side. Here we decide which roll will be best for you, with your approval. The goal is for you to get your body movement originating from the torso and not the shoulders. We do this without a paddle. We will video the movement and eliminate any errors. Precise feedback is essential. Repeated practice it to set it into your muscle memory. Return to Campo Tres Monjas

### **Day 4 Monday:**

**AM:** Back to Lake. Warm your body up with the stroke work. Review of movement without the paddle. We use the video to help you with the full range of motion. Now we demonstrate how the paddle moves with you as an extension of the torso and body. A few first tries and Lunch.

**PM:** Now the practice of focusing on the correct process not the desire to get up. This is where the roll is counter intuitive. We have some clever tricks to help you through this process. You will start getting your first unassisted rolls. We are very careful to focus on the process and not the getting up. Return to Campo Tres Monjas.

### **Day 5 Tuesday:**

**AM:** Now it is the process of gaining confidence in doing the roll unassisted. We give the instant feedback and support when it goes right. You will have more unassisted rolls, but we will isolate for you what is keeping you from perfection.

**PM:** We will compare and contrast your best rolls with the ones that are not yet perfect. Now it is time to set your roll on Flatwater. Return to Campo Tres Monjas.

### **Day 6 Wednesday:**

**AM:** We head to the river to start getting your rolls in moving water. We also practice basic maneuvers.

**PM:** We start Practicing your rolls in Class II whitewater. Graduation is the celebration of technically proficient rolls in Class II Whitewater. Return to Campo Tres Monjas

**Day 7 Thursday:** IF you continue on the six day course we will get both rolls down on both sides. Mixing practice on the lake and on the river

**AM:** Individualized practice on the lake.

**PM:** Espolon River practice

**Day 8 Friday:** We will continue to get both rolls down on both sides. Mixing practice on the lake and on the river. Graduation will be rolling on both sides in moving water. After Kayaking, we will have a little bit of time to change clothes and to take a small tour of Futaleufu. We make our way toward the border where your taxi awaits to take you to your hotel in Trevelin. Your trip officially ends at the border. Check into your hotel, take a shower, and

change clothes before enjoying your last night in Patagonia. There are a handful of outstanding and reasonably priced restaurants in Trevelin that we can recommend. Relax, recover, and look back on the valuable week of kayaking before heading home the following morning.

#### **Day 9 Saturday: Return to Capital City**

You wake up in Argentina, where you can eat breakfast and relax before you take a taxi from your hotel to the airport in Esquel. Return to Buenos Aires, change airports, and board your international flight home.

#### **Day 10 Sunday: Return home**

### **Accommodations:**

[Campo Tres Monjas](#) (82 secs)

[CondorNest Ranch](#)

[Sendero Lodge](#) (30 secs)

### **Price and Departure Dates**

**Length of Trip:** 4 active days

**Price per Person:** Single Occupancy \$1,880.00 usd (if available)

**Price per Person:** Double Occupancy \$1,630.00 usd

**Length of Trip:** 6 active days

**Price per Person:** Single Occupancy \$2,695.00 usd (if available)

**Price per Person:** Double Occupancy \$2,295.00 usd

**Private Executive Option Length of Trip:** 4 Active days based at the Sendero Lodge with heated pool.

Single Occupancy: \$2,600.00 usd All meals and private instruction.

### **Included**

Your described itinerary, guiding, instruction, specialized equipment, and all transportation from your trip pick up point to your trip drop off point, all accommodation (RiverNest Cabins are double occupancy), all meals, and wine with dinner.

To see the gear that we provide, please check the [packing list](#) of your activity.

### **Not Included**

All pre and post-trip enroute transportation, food, and hotel(s).

Once you are on an ExChile trip, you should incur no extra expenses unless you'd like laundry services, massages, gifts, or alcohol beyond what is included. If you would like to add multisport activities that are not listed as options on your itinerary, we are happy to cater to your wishes, though these activities may be subject to an additional charge. These are Fly Fishing / Horseback Riding / Canyoning

### **Contingencies**

**Weather and River Flow:** ExChile will work to make your trip a total success, though your trip itinerary may vary based on unforeseen circumstances related to weather, river levels, or to other unpredictable variables. Given that the weather in Patagonia and the water level of the Rio Futaleufu can change, some runs may be dangerous at certain points in time. However, our experienced guide staff will work closely with you to determine the optimal substitute option, if relevant. If you have any concerns, please feel free to reach out to ask us more about potential risks and options.

**Transportation:** Expediciones Chile and G & G Travel and Tours are not financially responsible for travel complications associated with arriving at your trip pick up point or returning home from the trip drop off point. However, we will be your relentless ally 24/7 in offering our influence to help solve any issues that you may encounter en route. This is our part of the world and we are very well connected. Our clients provide significant business for the transportation services that we recommended and they know that we aggressively represent our guests in finding solutions while they are en route to ExChile trips. We also recommend purchasing travel insurance.

## Trip Summary:

**Experience Needed:** None

**Physical Challenge:** Flexibility and fitness helpful

**Season:** Dec, 7 to March 31, 2018 Custom Trips Nov 1 to April 30th.

**Cultural Experience:** Moderate High

**Nature Experience:** High

**Comfort Rating:** Glamping at Campo Tres Monjas

**Max Trip Size:** 12

**Min Trip Size:** 2

**Regions Visited:** Remote Patagonia - Chile (Futaleufu) and Argentina (Trevelin)

**Lakes, rivers, and sites:** Rio Futaleufu, Rio Azul, Rio Espolón, Lago Lonconao, Lago Espolón, Secret Lagoon, Campo Tres Monjas

## [How to get to and From Patagonia](#) (Interactive)

[Our Recommended Route](#) (Through Esquel, Argentina ; Taxi to Futaleufu)

[Executive Option](#) (Through Puerto Montt, Chile ; Charter direct to Futaleufu)

[Transit through Chile](#) (Through Puerto Montt and Chaiten, Chile ; Public bus to Futaleufu)

**How to organize your en route in one step:** We recommend contacting Gilda ([G & G Travel and Tours](#)) who can help arrange all en route transportation and pre- and post-trip hotels for your ExChile trip. Give her a call to compare prices, as she often beats internet fares.

## [Enroute Hotels](#)

## Let's GO!

[Hold your spot now!](#)

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*Thank you,*

*Trip Designer: Adam Odoski and Chris Spelius*

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