

Prerequisites to sea kayaking

Physical condition : Most of our excursions were thought for beginners. Unexperienced paddlers can join to all groups. We require our clients to be in a good health and physical conditions, and most of all to have the desire to discover and experience sea-kayaking.

Responsability : Security is our priority. However, paddling on the coasts of the St-Laurent River is a demanding and risky physical activity. We accept our responsibility of expert by applying a reliable risk managing plan. On his part, the participant will have to understand and accept the risks of sea kayaking by signing a form before the activity.

Languages: Our team can greet you in Canada's both official languages; english and french. Our information packages are translated. A basic french or english ability to speak and understand is a prerequisite to our activities.

Minimum ages:

- 5 years old, for triple-kayaks with two adults in mild conditions (winds below 15km/h).
 - 9 ans, for double-kayaks with one adult
 - 14 ans, for solo-kayaks with mild conditions (winds below 15km/h)
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Minimum and maximum weight:

- The minimum weight to use a 16 feet solo-kayak is 100 pounds
- The maximum weight to use a 17 feet solo-kayak is 260 pounds
- The maximum loading weight of our 21 feet triple and double wooden kayaks is 700 pounds (including paddler and material). Therefore, 300 to 350 pounds people can participate if they can wear all of the essential gears and move easily. The guide will judge of the situation with the participant who will have to be honest on his confort level and skills to follow the group.