



## EXPERIENCE: KAYAKING ON THE XURÉS NATURAL PARK RESERVOIR

*Kayaking experience with accommodation in a sport rural house with private certified guide.*

**Duration:** 1 night

**Kayaking activity duration:** 4 hours

**Availability:** May to September

**Minimum:** 2 people

**Maximum:** 6 people

**Distance to paddle in Kayak:** 7 kilometres

**Level:** Basic-medium

**Required personal gear:**

- Comfortable, layered clothing, according to the season.
- Wear a cap for the sun and sunscreen.
- Small backpack to carry water and fruit.

**Requirements:** people over the age of 14.

**Includes:**

- 1 night accommodation in a sports rural house.
- Breakfast
- Introduction talk about the protected natural area and rules.
- Kayak rental.
- Safety equipment (helmet and life jacket).
- Liability insurance.
- Water and a piece of fruit (for the journey).
- Picnic at sports facilities.

### Activity Description:

We will start by getting to know the natural environment in a short 15-minute talk that will introduce us to its geography, heritage resources, and also learn safety and protection measures for this sport.

Later, we will approach the reservoir for a 4-hour journey, passing through tourist sites of historical significance such as the Dolmen of Casiña da Moura, Casola do Foxo, and Outeiro de Cavalabre, Galician cultural attractions that will be explained during the journey.

We will make several stops and go at a pace that everyone can follow, to contemplate nature and enjoy the flora and fauna that can be seen.

Finally, upon our return to the Aviva Sport Center, they will be waiting with a setup so that we can taste some typical local foods to replenish the energy spent during the journey.

In the end, we will rest in one of our rustic homes, fully equipped for rest and relaxation.

### Eco-friendly practices:

Kayaking is one of the most environmentally friendly sports that can be practiced. This is mainly because it does not use fossil fuels, as many motorboats or other types of vehicles do. In addition, paddling does not cause any sound impact other than the splash of water, meaning you won't scare any aquatic animals while kayaking.



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