



KAYAKING LA JOLLA SHORES

DESCRIPTION:

This paddle along California's coastline begins with basic kayak instruction. Once everyone feels comfortable with the sit-on-top boats, we'll settle in for a relaxing tour of the wavy waters off La Jolla. Our tour will include an ocean view of the seven caves, marine life such as seals, leopard sharks (not dangerous), and sometimes dolphins! We'll end the experience with an introduction to kayak surfing and learn to surf kayak the white water!

BRIEF ITINERARY:

Meet at the Experiential Education & Adventure Center (previously Outdoor Programs) in UC 136, 9 a.m., Saturday, September 26. Return to USD by 2 p.m.

COST

\$30 for USD ID cardholders (students, faculty, staff, alumni)

\$40 for the general public

INCLUDES:

We provide transportation, kayaks & all kayaking accessories, wetsuit, guides and instruction.

FOOD:

No food is provided. Participants are encouraged to bring snacks/lunch and a filled water bottle.

EQUIPMENT & CLOTHING:

NO FLIP FLOPS. Please bring water shoes, sport sandals with a back strap or close-toed shoes. It is recommended that you have a towel and dry clothes to change into after kayaking, wear sunscreen and bring water. Be prepared to get wet – we will be kayaking through ocean waves!

RISKS & HAZARDS:

There are a variety of risks and hazards associated with adventuring outdoors. General risks are listed on our liability waiver. Specific risks/hazards for this outing include: rough and windy open ocean waters, cold water temperatures and motion sickness from the open ocean (bring medication if you are prone to this).

RULES OF CONDUCT & SAFETY POLICIES:

DRUGS AND ALCOHOL ARE PROHIBITED AT ANY TIME DURING THE TRIP. Appropriate footwear is required at all times, and you must always stay together. We ask that you respect and follow the safety instructions of the guides.

PHYSICAL ABILITY/PREREQUISITES:

No experience is required. Competent swimming skills are encouraged (however PFD's will be worn).

GROUP EXPERIENCE:

Plan on being a contributing member of a group. We will share the work (i.e. loading and unloading equipment, etc) equally as one group. If you are the independent type who prefers to do things alone this trip may not meet your needs or desires.