

## Spring 2016 Trip Descriptions

**L.L. Bean Kayaking Trip**

**Sat August 6<sup>th</sup>**

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Want to learn how to Kayak?! L.L. Bean would love to teach you how in their Kayak Discovery Course!

**“Course Description:**

Exploring nature in a kayak is a healthy and fun way to enjoy the outdoors. Our course begins with a brief introduction and safety talk from our friendly paddling instructors, who will share their knowledge gained from years of kayaking. They'll outfit you with a personal flotation device (PFD), kayak and paddling equipment, giving you insight on the best ways to set up your boat. Then, you'll receive instruction on a variety of paddling techniques. After you feel comfortable on the water, you'll set out in a kayak on a guided, interpretive tour with your group. You'll experience the freedom of skimming across the water, learning about the ecosystem and history of the area.

All necessary paddling equipment is provided.”

This trip will be led by L.L. Bean staff, not George Mason Outdoor Adventure staff. All information about the trip will be on webpage that is linked below.

To register please use this link: <http://www.llbean.com/llb/event/83687?locationId=507&feat=33-ods&date=08/06/2016>

**Cost:** \$25

**What to wear:**

- Weather appropriate clothes that can get wet.
- Closed toed water shoes
- Hat with visor

**What to bring:**

- One quart sized water bottle

**Optional**

- Sun-screen
- Water proof camera

**Time**

L.L. Bean offers two time slots that day. 9am-10:30am or 11am-12:30pm