

# **Itinerary Polynesian Canoe, Bikes & Kayaks**

## **Monday 05**

**9:00 am:** Departure from school, in a Van.

**10:30 am:** Arrival at Ocean cabins, Maitencillo.

Organize the accommodation, order equipment.

**13:00 hrs:** Lunch

**15:00 hrs:** First class of Polynesian Canoe, in Maitencillo cove:

- History of the Va'a (Polynesian Canoe)
- Knowledge of the canoe.
- Rowing mechanics.
- Communication inside the canoe.
- Go to the water to row, for this two canoes of six people will be used, with an instructor in each canoe.

**20:00 hrs:** Dinner

**21:00 hrs:** Classes of 7 principles of “Leave no Trace”

**22:00 hrs:** Go to sleep

## **Tuesday 06**

**8:00 am:** Breakfast

**10:00 am:** Polynesian canoe in Maitencillo cove.

- Functions of each position in the canoe (Ej: Who is the Peperu and what does he do, or who is the tare and what does he do)
- What to do in case of overturning.
- Go to the water to row.

**13:00 hrs:** Lunch

**15:00 hrs:** Departure in MTB through “Quebrada del Tigre”, Aguas Claras.

Begginner's circuit.

- Induction to MTB, posture, braking, pedaling.
- Evaluation of the level of each student.

**20:00 hrs:** Dinner

**21:00 hrs:** Reflection and bonding time.

**22:00 hrs:** Go to sleep

## **Wednesday 7**

**8:00 am:** Breakfast

**10:00 hrs:** Polynesian Canoe in Maitencillo cove:

- Practice of paddling technique and team coordination.
- Speed work.

**13:00 hrs:** Lunch.

**15:00 hrs:** MTB in Quebrada del Tigre.

Two groups will be formed; Initial and Intermediate.

- How to take curves
- Selection of lines.

**20:00 hrs:** Dinner

**21:00 hrs:** Nautical chart lessons

**22:00 hrs:** Go to sleep.

## **Thursday 8**

**8:00 am:** Breakfast

**10:00 am:** In Maitencillo cove, kayaking classes.

- Kayak parts
- Ground class of forward and back stroke, change of course.
- Assisted and self rescue.
- Go to the water to paddle.

**13:00 hrs:** Lunch

**15:00 hrs:** MTB in Quebrada del Tigre, work in two groups; Initial and intermediate. Go through the circuit and practice what you have learned.

**20:00 hrs:** Typical Chilean Barbecue.

**21:00 hrs:** Reflection and bonding time.

**22:00:** Go to sleep.

## **Friday 9**

**8:00 hrs:** Breakfast

**10:00 hrs:** Kayaking to Cachahua Island and back to Maitencillo Cove.

**13:00 hrs:** Lunch

**14:00 hrs:** Order equipment and luggage.

**16:00 hrs:** Return to Santiago

**18:00 hrs:** Students can be retired from school.

\* The schedules can change depending on the weather, human factor and others.