

# BAPTISM BY WATER



## DESCRIPTION

The waters of Dora Baltea and Alpine streams of the Aosta Valley offer **exciting descents** to fans of rafting, kayaking and canoeing. **Rafters** ride the river on **inner tubes**. Professional guides offer beginners and amateurs rafting routes of various difficulties and duration.

**Hydrospeed**, similar to **canyoning**, instead uses a type of board on which the **whole body** faces the waters of rivers and streams. The **river kayak**, with its rounded keel, is manageable and adapted for **fast and precise manoeuvres** in small spaces. The kayak is nearly always made of polyethylene, most resistant to shocks, and is maneuvered from a seat inside the hull, after having closed the space between the person and hull with a cover to prevent water from entering.

The **Canadian canoe** is a solid, stable boat, suited to transporting several people. The characteristic that distinguishes the kayak is the use of the **single canoe paddle**. This allows a powerful, but asymmetric push, so the Canadian canoe is usually rowed by two or more people simultaneously. The Canadian canoe is slower than the kayak, but being more stable, offers greater comfort. Since it is generally open, it is less suited to facing challenging waves and rapids.



## KIND OF OFFER

To participate in activities, it is necessary to know to swim, have a swimsuit and take a required warm shower, while all the nautical equipment (long-sleeved Mares neoprene wetsuit, thermal shoes, helmet, life-jacket and disposable socks) is supplied by the organizers.

## WHERE

Arnad, Avise, Aymavilles, La Salle, Morgex, Pré-Saint-Didier, Villeneuve

## WHEN

From May to September

## APPROXIMATE COSTS

Costs per person start from 30 € for baptism by rafting per the *battesimo del rafting* (about 2h) and can reach 80 € for the whole day

## INFO AND CONTACTS

<https://www.lovevda.it/en/sport/rafting-canoeing-kayaking>

[www.vdaconvention.it](http://www.vdaconvention.it)

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