



## KITEBOARDING LANGEBAAN

ADRENALINE LEVEL 5 

Kiteboarding, or kitesurfing as some might call it, really has taken beaches the world over by storm in no time at all and it is easy to see why. This sport has it all; action, adrenalin, cool moves, wet and wild fun and crazy risk. What more could you ask for in an extreme sport? But before you can start ripping up the waves with your hot moves you need to learn to stay upright and kiteboard in a straight line. That's where we come in, come and enjoy kitesurfing lessons in the picturesque Langebaan Lagoon.



### ADVENTURES

 South Africa  
 Langebaan

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## INTRO

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The Langebaan Lagoon is the perfect place to learn the ropes as it offers newcomers to kitesurfing warm, flat waters paired with consistent winds, the perfect recipe for great kitesurfing. Your kitesurfing program will consist of 3 lessons, one land-based and 2 water-based, the layout is as follows.

## MORE

**What is the deal?**

Kitesurfing lessons on Langebaan lagoon with I.K.O qualified expert instructor that comprises 3 sessions totalling roughly 10 hours.

Please enquire about extra and/or refresher sessions that can be taken after completion of the beginner course.

There is also private lessons available with 1 on 1 sessions.

\*\*Note that times are averaged on 4 learners attending the course and times will be adjusted for less persons per class.

### **Where is it?**

Langebaan, West Coast, South Africa

### **When is the best time to do it?**

All year round, weather permitting

### **What to bring:**

- High SPF sunscreen
- Sunglasses
- Towel
- Change of clothes for afterward

## INTINERARY

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### **Kitesurfing Lessons:**

- Session 1 - Land based - 3 hours ( normally mornings )
- Session 2 - Water based - 3 hours ( normally afternoons )
- Session 3 - Water based - 4 hours ( normally afternoons )

### **You will be taught basic skills including:**

- Basic kite flying with a foil kite
- Kite setup
- Equipment choice
- Safety procedures
- Weather awareness
- Body dragging skills
- Water re-launching
- Water start

Your instructors are I.K.O (International Kite boarding Organization) qualified so you can rest assured that you are in knowledgeable and capable hands at all times. It is also worth noting that not everyone learns to kiteboard at the same speed, some people take to it faster than others do. How far you get with the course will depend on your personal ability to learn kiteboarding. On completing the beginner course, you will be given I.K.O certification according to your level of skill.

If you would like to continue with kitesurfing after your beginner course, you are welcome to take further tuition to

hone your skills to perfection quickly and safely. One on one lessons are the most effective and beneficial way to progress with your kitesurfing, offering you undivided attention.

#### **Please Note**

Due to the unpredictability of weather conditions your kitesurfing lessons may take place in winds from 10 to 25 knots. Your expert instructor will provide you with all the necessary equipment to handle the weather conditions on the day.

If you choose to end a lesson early for any reason other than injury the remaining time of the lesson will be lost. Participants under the age of 16 years require that one parent take the course with them to ensure that the safety aspects and the potential power of the kites is fully understood by all involved.

## PRICING INFORMATION

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R2,731

per person see rates for more information

## RATES INFO

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Beginner Course comprising 3 sessions

R2371.00

