



Itinerary (Subject to change)

Name of the trip	Canoeing in Slovenia & Austria
Chaperones	Eric Sturm, Daniel Lamken, Kristy Raggio, Jake Faucher
Chaperone's cell phone	Eric Sturm: 420 702 251 961 Contact Phone: 420 720 825 863 Leader: Tomáš Svoboda 420 777 980 973
Departure	September 18 (Monday) – Meeting at the ISP parking lot at 7:15, 7:30 AM departure by a private bus
Return	September 22 (Friday) – Parents should pick up their children directly from the ISP parking lot on Friday at 22:00 (should there be more than thirty minute delay, the parents will be contacted)
Accommodation	2 nights at campsite Šobec in Slovenia (bungalow tents or bungalows for 4-6 people). 2 nights at Campanula campsite in a basic cottages for 4 (sleeping bag needed)
Transportation	By private bus – medical and travel insurance is included in the trip's cost

Contact Numbers

24 hours

In an emergency, please contact Dr. Eric Sturm, Upper School Principal, first and he will organize contact with the group. Another point person is Ms. Malinova (WWW coordinator) who will be at ISP or Activities Director Mr. Hennelly.

Eric Sturm - Upper School Principal	+420 702 251 961
Sandra Malinova - WWW Coordinator	+420 607 076 259
Anthony Hennelly - Activities Director	+420 722 980 386

The students will be very busy and we ask that you **not call the hotel or the chaperons directly**. The chaperons will regularly be calling ISP to check in.

The organizers will provide you with the following:

Nebužická 700, 164 00, Prague 6, Czech Republic

www.isp.cz

Tel +420 220 384 111 Fax +420 220 384 555

Life vests, water jackets, wetsuit, water shoes, helmets

What do you need to bring?

- Passport (with at least six months validity after returning date)
- Sleeping bag or at least a liner and small pillow (recommended but in case you do not have a sleeping bag, you do not need to buy it just for this event, linen is provided).
- Large towel, flip flops and some mat (when changing from wetsuit to your clothes)
- Required medication in a separate bag with instructions and dosages clearly marked & the most often used medication (paralen, ibuprofen, endiaron, fenistil, sunscreen)
- Toiletries (toothbrush, toothpaste, deodorant, soap, and shampoo) & towel
- The facilities in the camps and hotels are often very modest, definitely take hygienic wipes with you
- If you are wearing dioptric glasses, buy a string that will hold it on your head while canoeing
- If you are planning to take cell phone to the canoe, definitely bring your personal dryback (can be bought in sports shops such as Decathlon)
- 2 x Water bottles (at least 3 liters total) & some if you like sweet drinks, take instant
- drinks in powder or ion drink powders
- Packed lunch & dinner for the first day
- Take snacks (recommended: biscuits, wafers, energy bars, dark chocolate, dried meat) - can be bought at petrol station along the way but we recommend taking food from home
- Phone charger / power bank
- There will be some free time in the evenings - bring some games, books etc.
- Headlamp or flashlight
- Cup or a mug, small plate and your own cutlery
- Insect repellent
- Money - you will be buying your own lunches and dinners (200 EUR)

Must have clothes:

- Swimsuit
- 2 short sleeved t-shirts, 3 long sleeved t-shirt, outdoor jacket with hood, 2 x comfortable trousers, shoes with firm soles, socks for hiking, cap, sunscreen, sunglasses, rain jacket, underwear, fleece jacket or hoodie (it can get cold around the river even in the summer in the mornings and evenings, sweatpants, sneakers or similar type of shoes, warm socks).



Food and sleeping arrangements:

Day 1 - packed lunch and dinner from home & water - evening arrival to the campsite Šobec

Day 2 - Breakfast provided in the camp, lunch and dinner bought by the students, sleeping in camp Šobec

Day 3 - Breakfast provided in the camp, lunch and dinner bought by the students, transfer to camp

Obervellach - sleeping bags needed

Day 4 - Breakfast provided in the camp, lunch and dinner bought by the students, sleeping in camp

Obervellach - sleeping bags needed

Day 5 - Breakfast provided in the camp, lunch and dinner bought by the students, evening return to Prague

Recommended packing:

Main luggage - all clothes, sleeping bag, charger (main trunk of the bus)

Small backpack - personal documents, money, phone, packed food for the first two days, water, hoodie, entertainment (above head compartment)

"Water bag" - all you need for canoeing - plastic bag for clothes under wetsuit (swimsuit, large towel, t-shirt etc.) and second plastic bag for shoes (flip flops) - have in in the main luggage

Monday (September 18)

7:15	Meeting at the ISP parking lot
Late afternoon	Arrival to camp Šobec & Check in & dinner

Tuesday (September 19)

After breakfast, the group will have the opportunity to experience the thrill of white water rafting on the Sava Dolinka River, rated at a difficulty level of WW 1-2. The river will take the group through beautiful Slovenian countryside, surrounded by mountains and breathtaking scenery. In the afternoon, the group will visit the stunning Vintgar Gorge, which is 1600 meters long and 100 meters high. The group will walk across wooden bridges and paths, admiring the natural beauty that surrounds them.

Wednesday (September 20)

After breakfast, the group will tackle the Sava Bohinjka River, starting from the breathtaking Lake Bohinj, surrounded by the Julian Alps. This river is rated at WW 1-2 and will provide the group with a variety of rapids and crystal-clear water. In the afternoon, the group will travel to the Obervellach campsite for two nights. In the evening, the group will have the opportunity to go on a guided hike to the Launsberghütte mountain hut and enjoy the stunning views of the surrounding area.

Thursday (September 21)

After breakfast, the group will embark on a leisurely paddle down the Drava River, taking in the stunning scenery of the valley. On the way back to the campsite, the group will stop to explore the Raggaschlucht Gorge, walking across wooden bridges and paths above the rushing water.

Friday (September 22)

	After breakfast, the group will experience one last exhilarating adventure, white water rafting on the Möll River, rated at a difficulty level of WW 2-3. This will be the perfect ending to an unforgettable trip filled with excitement, adventure, and beautiful scenery.
22:00	Arrival to Prague, Parents should pick up their children directly from the ISP parking lot on Friday at 22:00 (should there be more than thirty minute delay, the parents will be contacted)