

Ticino River “Soft Rafting” Trip

A group of approximately ten people are seated in a yellow and blue inflatable raft on a green river. They are wearing yellow helmets and life jackets. The raft is positioned in the middle of the river, with a dense forest of green trees lining the banks in the background. The sky is overcast with dark, grey clouds. In the foreground, the top of a yellow helmet with the word "Bini" is visible, suggesting the viewer is also on a raft.

a relaxing and enjoying river
experience

You can observe Ticino Park wildlife





You can learn about the
history of the river



1974

The first italian regional park

Important Rafting Trip Information



The raft

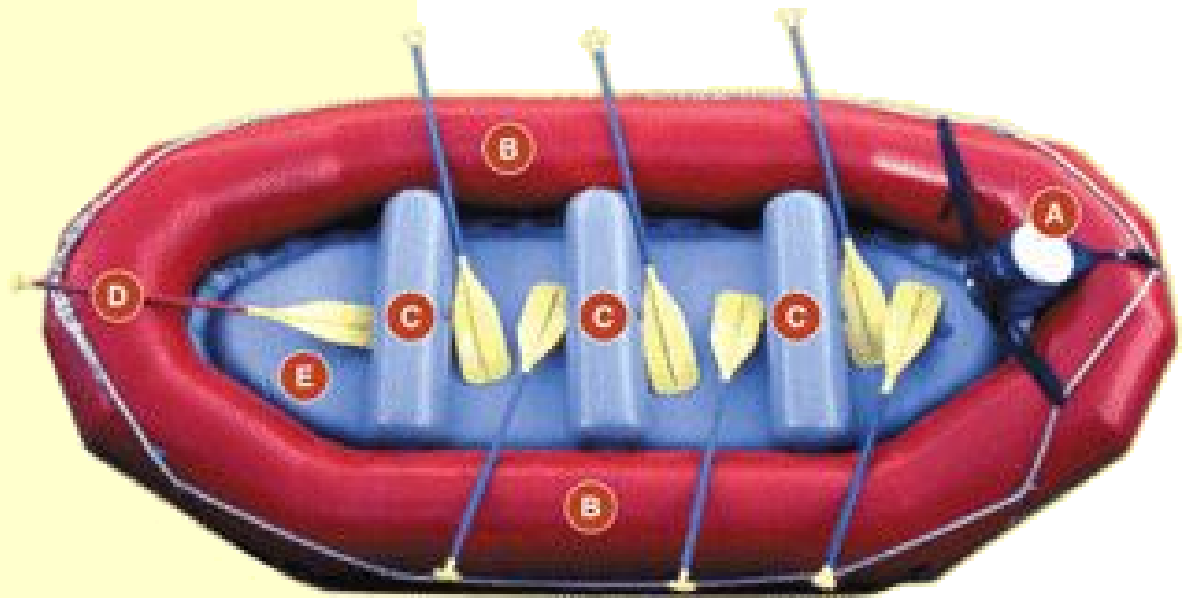
A Waterproof Food bin (on the **bow**)

B seating

C devices to keep your feet

D Guide seat (on the **stern**)

E Self-bailing floor instantly flushes out any water from the boat



Things to Know Before You Go

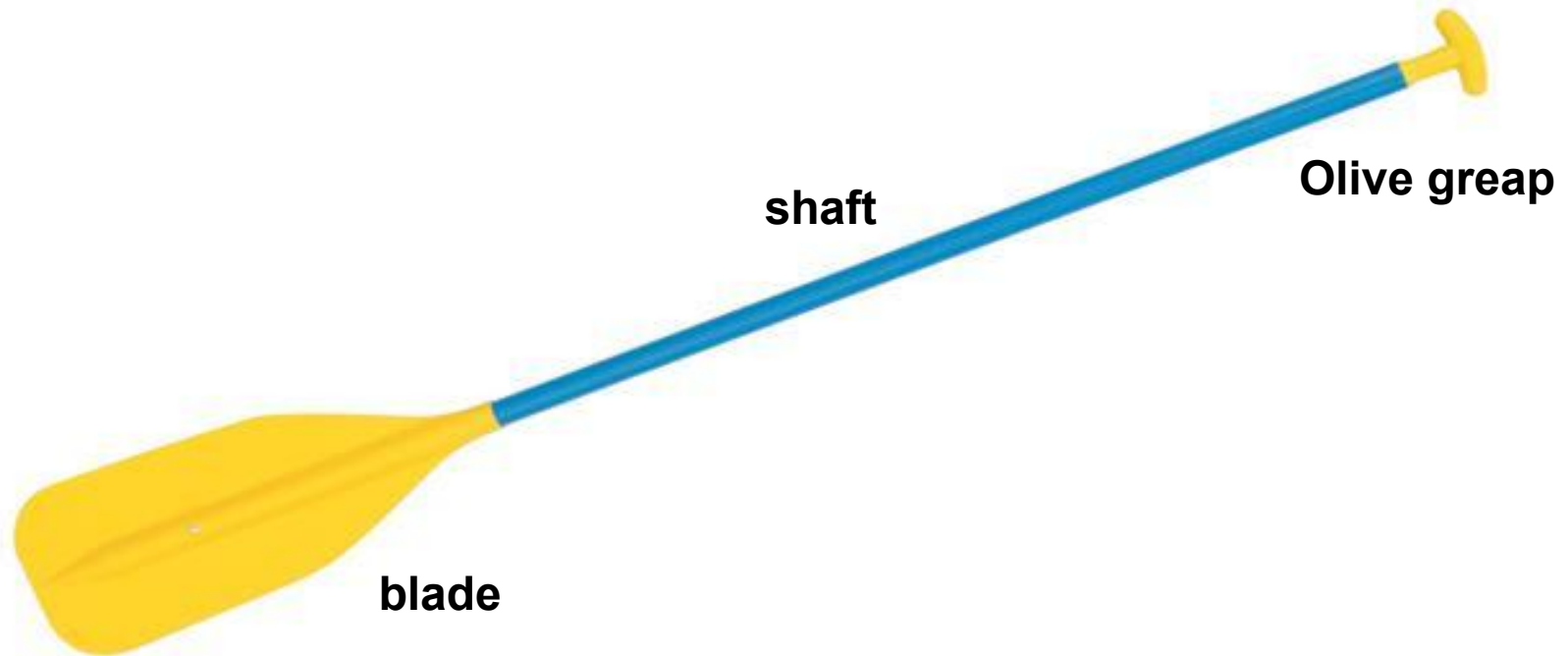
We will provide you with

- a paddle



You must always keep the handle of your paddle

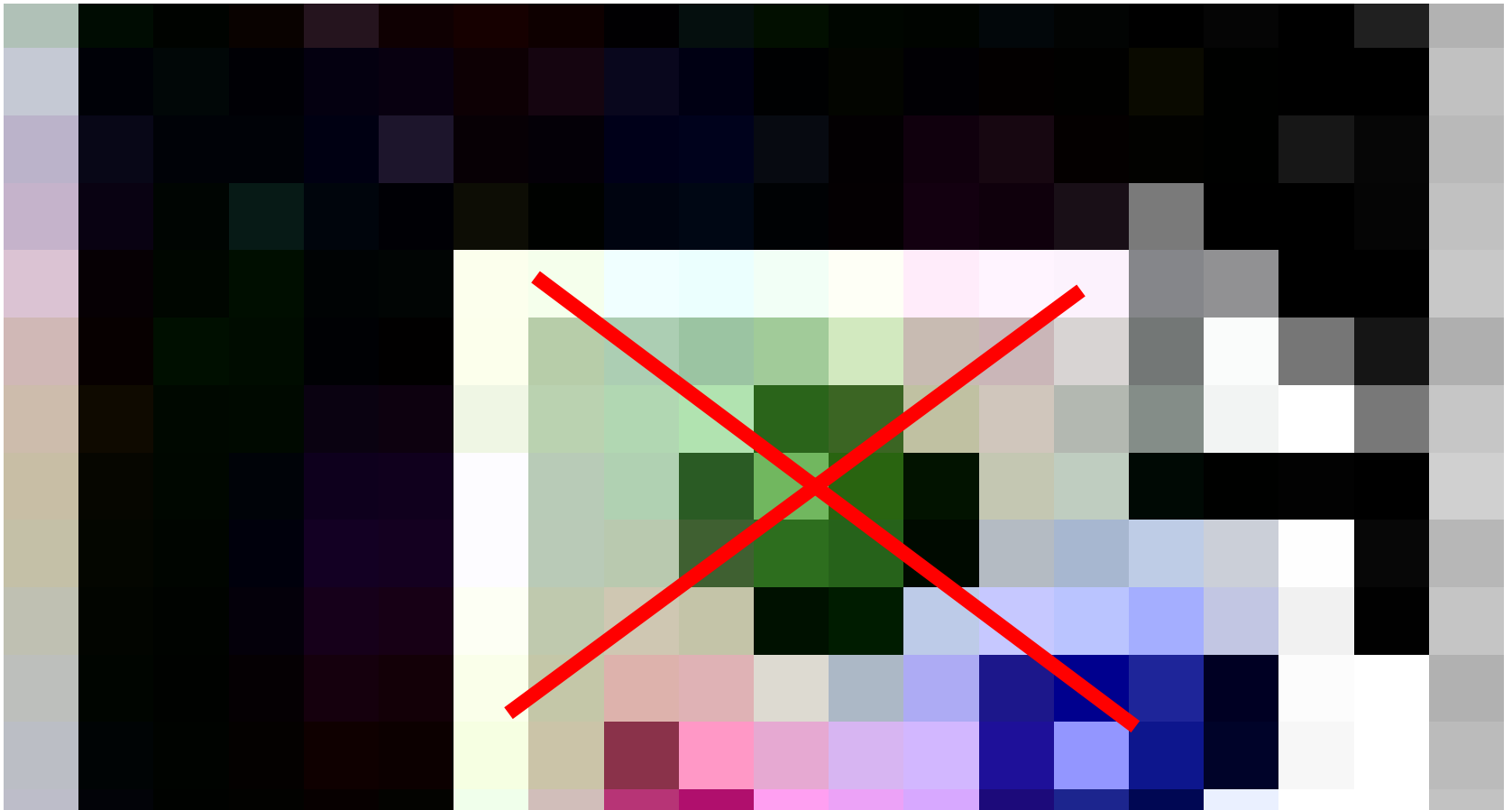
- Paddles commonly used in [rafting](#) consist of a [wooden](#), [fibreglass](#), [carbon fibre](#) or [metal](#) rod (the *shaft*) with a handle (the *olive grip* or *pear grip*) on one end and a rigid sheet (the *blade*) on the other end



- The paddle is held with two hands, some distance apart from each other. It is drawn through the water from front to back to drive the raft forwards.



- Do not use your paddle as a splashing device



We will provide you with

a life jacket



We will provide you with

a helmet



Make sure your life jacket and helmet are buckled at all times



For personal clothing on the river we recommend

- a bathing suit or shorts, sneakers or river sandals. Wool socks and polypropylene long underwear or fleece add comfort on cool days. (Do not wear cotton clothes on the river as they do not dry and you will be cold.)



At the base, leave a towel, a warm and dry change of clothes including socks, shoes and underwear for post-trip showering and changing.



Do not bring any electronic devices on board

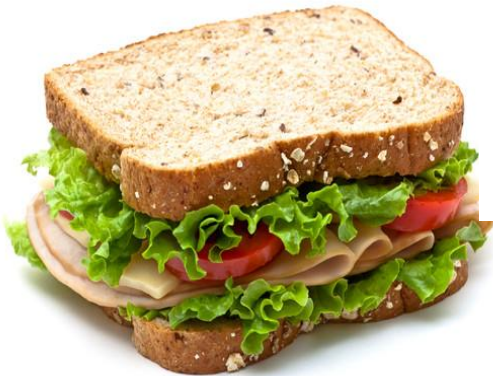


- at the end of your trip the staff will give you a CD with some photos taken during the trip

A detailed and entertaining safety orientation precedes all trips.



Your packed lunch may include choice of sandwiches, fruits, a lot of water or fruit juices, and we recommend you to put everything into a recyclable plastic bag.



Our guides are professionals and
work hard to give you an
experience you won't soon forget



It's very important
that you pay attention
on your guide's safety talk
before the trip .



Know the commands

All the time listen to your guide

carefully

remember

he knows what

you should do and when to do it

during your trip

Common words you will hear during your raft will be

- forward paddle avanti
- back paddle indietro
- right/left paddle forward ds/sin avanti
- right/left back ds/sin dietro
- keep on the ropes tenersi
- sit inside tutti dentro
- stop paddling stop

If you fall out of the boat, don't panic!

Put your feet up in front of you, visible on the surface, facing downstream and keep your arms out to the sides for stability.



If you remain **near the boat** you can **hold the rope** on both sides of the boat or **one of your mates' paddle**



if you are **far from the raft** you can **catch the rope** which the guide throw towards you.



Have a nice trip!

I.C. Robecchi – Gambolò
SSIG
a.s.2015/16

