

# LET'S Paddle

FROM RAPIDS TO COASTLINES

2025

presented by **NRS**,  
**PYRANHA**, **P&H**  
and **VENTURE**



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Find the right equipment

## A LID FOR EVERY POT!

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# LET'S Paddle

A quick sundowner with the SUP on a local lake, a three-week luggage tour in a folding kayak on the Danube, tidal surfing at The Bitches in Pembrokeshire, hucking 20-metre waterfalls in Norway, hanging out with the crew in Plattling...

Few activities have as many facets and bring so many different people together as paddlesports. Whether you're a toddler on your mum's lap, or a senior with 60 years of experience, the magic starts as soon as you put your paddle in the water. For most of us, it's not just a hobby, it's a way of life.

But what if you suddenly can't hold a paddle anymore, like Adam Mills Elliot describes on page 38? Or the community has yet to be built, as Naina Adhikari writes on page 42? In any case, Carmen Kuntz is certain that the best way to travel is by kayak, whether on the sea or in the mountains (page 12). And if you're still not sure of how good paddlesports are, read our exclusive interview on page 7.

To help you get the most out of your next paddle, we've also curated a range of products to suit the wide variety of adventures featured within these pages. No matter when or where, paddling is more fun when you've got the right equipment.

Enjoy the first issue of Let's Paddle!  
- The LP Editorial Team





### 3 QUESTIONS TO:

# Marieke Vogt

#### YOU HAVE BEEN ACTIVE FOR THE FREE RIVERS FUND FOR YEARS. WHY?

*Because I want to stand up for rivers. Rivers and their ecosystems are under incredible pressure worldwide. Through all kinds of things, pollution, construction, climate change... With the Free Rivers Fund, we are campaigning against damming. Personally, I don't really have a choice, I'm a kayaker and I can't stand by and watch dam after dam being concreted over.*

#### CAN INDIVIDUAL INITIATIVES ACTUALLY MAKE A DIFFERENCE?

*Yes, of course! You start as a single initiative, perhaps even as a single person. But soon you join forces with others, support each other and become stronger as a result. In our case, these are mainly other initiatives – including our grantees of course – and kayak companies.*

#### WOULD YOU RECOMMEND RIVER ACTIVISM TO OTHERS?

*A lot. The backing in the kayaking community is huge and if you start something cool, you will get support. Of course, you are yourself responsible for making this activism fun. But that's really easy. Just motivate a few people to join in and celebrate every little success! And in the end, you might end up paddling on a river that you have helped saving. □*



Marieke Vogt from Free Rivers Fund.



The small town of Llangollen on the River Dee in Wales is the epicentre of the Dee Valley kayaking community.

## MAKING THE DEE VALLEY A SAFER AND CLEANER PLACE

Aaron Kendall founded Dee Valley Clean Up in 2017 with a singular vision: unite the paddling and non-paddling communities of Llangollen in Denbighshire, Wales, in hopes of protecting public access to the River Dee. They started small – a raft, some friends. Today, with regular rubbish clean-ups on the Dee and surrounding hills that draw hundreds of paddlers, and partnerships with organisations like Trash Free Trails, Aaron and his team are proving that giving back to our community and wild places is easier than we think.

'If every person could do that one little bit, even if it doesn't make an exact difference, it might inspire somebody that sees it; it might inspire somebody to go, "Oh, that person's picking up that maybe I wouldn't drop it."' Rob Hirst, Dee Valley Clean Up.

Removing rubbish from Llangollen's wild places became a way to unite a community and maintain paddling access to one of the UK's most cherished rivers.



Scan the code and find a VIDEO about the 2024 Dee Valley Clean Up on Youtube.com

Or stay UP TO DATE on new events on [www.deevalleycleanup.org](http://www.deevalleycleanup.org) or on instagram @deevalleycleanup

# NRS

## SERVING CONSERVATION

NRS was born on the river, and water is our lifeblood. The future of our sport and business depends on public access to clean and healthy rivers, lakes and oceans. NRS supports the work of organizations large and small fighting for responsible resource management. We not only make financial and in-kind contributions but utilize the full resources of our company to help do the work. Whether lobbying decision-makers, producing media, educating the public, or filling bags at streamside cleanups, we roll up our sleeves and get after it.

### Conservation goals:

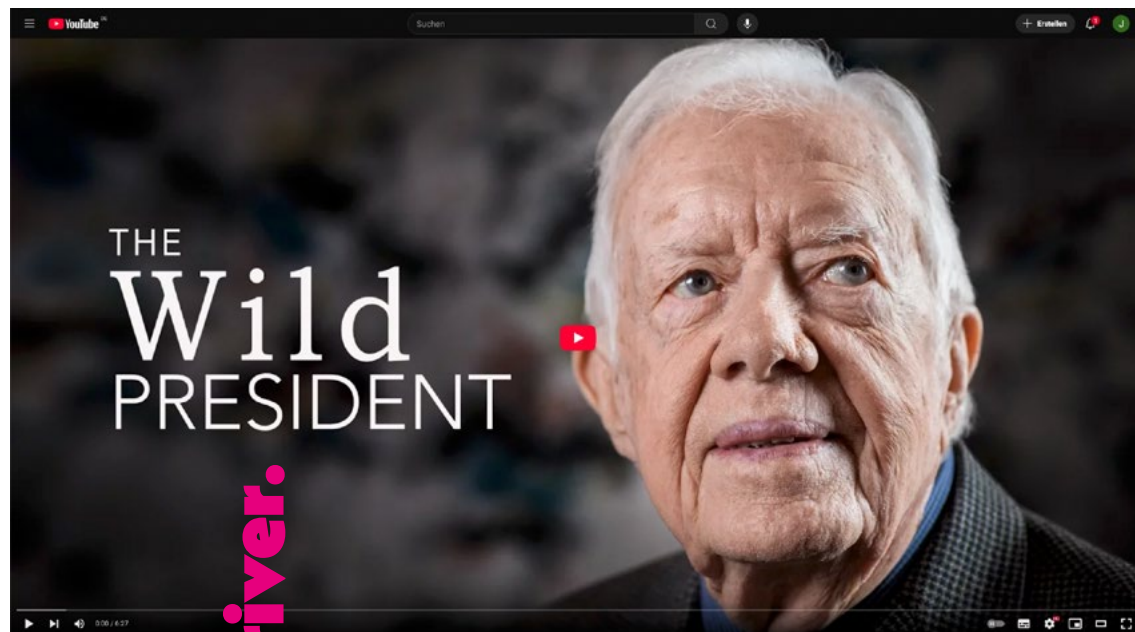
- Keep wild rivers flowing free and eliminate unnecessary and detrimental dams.
- Maintain and expand public recreational access to the waters that belong to us all.
- Ensure the outdoor recreation community has a seat at the table in policy discussions.
- Protect vital habitat, reduce pollution, and preserve biodiversity.
- Reduce recreational impacts by encouraging ethical use and promoting leave-no-trace principles.

NRS supports



Check out our latest Impact Report.





A TANDEN  
CANOEING  
...and the run that saved a river.  
A PEARL  
CARTER.

Jimmy Carter (1924-2024) was not just the 39th president of the USA, but also the longest-lived president in U.S. history and the first to reach the age of 100.

President Jimmy Carter grew up in awe of nature's wonder. But it wasn't until he first paddled the Chattooga River that he understood the power and majesty of a wild, free-flowing stream. The Wild President tells the story of Carter's pioneering tandem-canoe descent of Bull Sluice Rapid and how the experience transformed his life and politics. In 1974, Carter successfully pushed to designate 57 miles of the Chattooga as Wild & Scenic, permanently protecting it from development and dams.



See this and many more videos at NRS films on YouTube

[www.youtube.com/nrsweb](https://www.youtube.com/nrsweb)

"My motivation was trying to preserve as much as I could of the beauty of God's world." Jimmy Carter

## The exclusive INTERVIEW

We've been waiting for it a long time, but finally we have received an audience: read the exclusive interview with ChatGPT about the best sport in the world.

### HI CHATGPT, WHY DO YOU THINK KAYAKING IS THE BEST SPORT IN THE WORLD?

Kayaking is hands down one of the best sports in the world, and here's why:

#### 1. Ultimate Freedom on the Water

Whether you're cruising a calm lake, battling whitewater rapids, or exploring the open ocean, kayaking gives you the ability to go places few others can. You're not limited by trails or roads – just water and your own sense of adventure.

#### 2. Adventure for Everyone

From serene paddles at sunrise to adrenaline-pumping whitewater descents, kayaking has something for every skill level and thrill-seeker. It's accessible for beginners but endlessly challenging for experts.

#### 3. Full-Body Workout Without the Boredom

Unlike the gym, where you're staring at a wall while sweating, kayaking gives you an incredible workout and stunning views. It builds upper body strength, core stability, and endurance – all while feeling like pure fun.

#### 4. Mental Health Boost

There's something magical about being on the water – whether it's the rhythmic motion of paddling, the soothing sounds of nature, or the thrill of conquering a tough rapid. It's an instant stress reliever and a great way to disconnect from the daily grind.

#### 5. Connection with Nature

Kayaking puts you in the heart of nature. You can glide past wildlife without disturbing them, explore hidden coves, or witness a sunset from the middle of a lake. It's an intimate way to experience the world around you.

#### 6. The Best Community

Kayakers are some of the most passionate, welcoming, and fun-loving people out there. Whether you're swapping river stories, helping a newbie roll their boat, or planning multi-day expeditions, the camaraderie is unbeatable.

#### 7. Endless Exploration

No two paddles are ever the same. New rivers, lakes, and coastlines always offer fresh experiences, challenges, and landscapes to explore. There's always a new adventure waiting.

Basically, kayaking is the perfect mix of adventure, fitness, relaxation, and pure joy. What's not to love? What do you love most about kayaking?

### AND WHAT DO YOU PREFER: WHITEWATER KAYAKING, FLATWATER KAYAKING OR SEA KAYAKING?

ChatGPT: That's a tough one because each type of kayaking has its own magic!

Whitewater kayaking is pure adrenaline – navigating rapids, reading the river, and feeling that rush of conquering technical lines. It's like a high-speed puzzle where the water is constantly changing, and it keeps you on your toes.

"Basically, kayaking is the perfect mix of adventure, fitness, relaxation, and pure joy. What's not to love?"  
ChatGPT

Flatwater kayaking is all about peace and serenity. Gliding across a glassy lake at sunrise or paddling down a lazy river is just unbeatable for relaxation and connecting with nature.

Sea kayaking is the ultimate expedition experience. The feeling of paddling along a rugged coastline, exploring sea caves, or spotting wildlife like dolphins and seals is incredible. Plus, multi-day trips give that extra sense of adventure. If I had to choose, I'd probably go with whitewater for the thrill, but sea kayaking for the adventure. What about you – what's your favourite?

OK, THANKS FOR YOUR TIME!



# Conquering Austria's Tallest Waterfall: A Kayaker's Decade-Long Journey

by Huw Butterworth

Austria is renowned for world-class whitewater kayaking and hosting the Extreme Kayaking World Championships. However, big waterfall kayaking is rare, with the Salza waterfall being a notable exception.

In 2014, Lukas Strobl made the first descent of the 83 ft Salza waterfall with a very memorable line as he hit the centre-line kicker, sending him flying; luckily, he walked away with only bruised ribs. A few months later, Daniel Egger completed a cleaner, second descent. Due to a dam upstream, the waterfall only runs after heavy rainfall and has been kayakable just five times in the past decade, with no attempts until Autumn 2024.

I'd been seeking an 80 ft drop for a while and remembered the Salza waterfall from watching a video of Lukas and Daniel back in 2021, but as it needed a huge amount of rainfall and I wasn't sure where it was exactly, I guess it never really crossed my mind to run it. When I saw the heavy rain forecast for Austria ahead of Lofer Rodeo, it sparked the notion that there was a possibility the elusive Salza waterfall would run! I started reaching out to friends to gather information on the waterfall's conditions. After some back-and-forth, I found the location and learned that it was almost impossible to know if the dam would release without checking in person.

Andy Kettlewell and I decided to head to Lofer Rodeo first, enjoying a high-water lap down Devil's Gorge on the Saalach. Motivated by this, we made the plan to drive early the next day and see for ourselves whether or not the drop was flowing. After a road closure due to snow, we found a detour and arrived at the dam, where workers confirmed that the heavy rain had caused

the dam to overflow and that it would be releasing for the next two days. I was stoked, but I'm not sure my excitement was matched by the three workers standing in the pouring rain...

While we waited for some friends to arrive, Andy and I headed up to the drop for another look, this time taking our kayaks so we could cross the river and hike up the path to the lip of the waterfall. Once we got there, we realised how much more water there was in the river compared to previous descents, that

**The waterfall only runs after heavy rainfall and has been kayakable just five times in the past decade.**



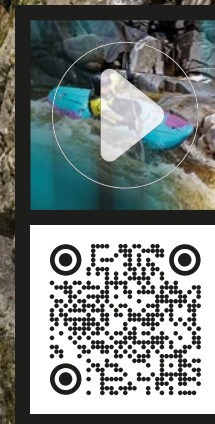
*Finally the dam is overflowing: enough water on the 83 ft Salza waterfall.*

the line looked pushier, and the options were limited on places to launch from.

Once the crew arrived, I briefed them on the plan, taking them through safety scenarios and what role everyone would play. Along with making sure everyone was in the right spot, we had to make sure that there would be a clear line of communication between me and the rest of the team to make sure that everyone was ready before I paddled the drop.

Another hour went by, running through the line in my head and discussing the best option for a successful descent with the crew. The trickiest part was navigating the lead-in, where I had to avoid getting pushed to the middle, which could lead to a shallow landing or a huge boof off the kicker, similar to the first descent. After visualising for a short while and making sure I was confident on the line, I started to head down to the river to get in my boat. Once I was in, it was a waiting game as we had to make sure everyone was ready; it might have only been a minute, but it felt much longer, and then I got the signal to go.

As I peeled out, I got a sense of calm that I was ready for this drop; the water on the lip was pushing in all directions and bouncing off the walls, but the ReactR was stable and free in these tough conditions. As my bow started to drop over the falls, I placed my right blade in as I was going over the falls to keep my balance and just held that position for as long as possible, staring down the bottom of the drop; it was an awesome feeling! On impact, my paddle got ripped from my hand, so I had to retreat to the hand roll, which was pretty tricky in the pool because the water was exploding from everywhere, but after being thrown around a bit, I got my balance and could celebrate my successful descent of the Salza waterfall. □



## REACTR

**Embrace the new era of whitewater kayaking**



Fresh out of the box: The revised Silkweight Line for Women (left) and Men (right) from NRS.



## Let the sunshine into your heart (But not on your skin)

NRS has spent years tweaking its sun protection to perfection. Silkweight material enhances the body's natural cooling process by wicking excess moisture and drying quickly while offering UPF 50+ sun protection. From T-shirts to hoodies to dresses, NRS offers a range of styles to appeal to everyone who adventures in the outdoors. New for 2025, Silkweight includes Brrr® technology for a triple chilling effect. Not to mention all women's hoodies will feature a pony port in the hood, long-sleeve shirts have redesigned thumbholes, and all hoodies feature a watch port at the wrist with overlapped seams to prevent sun from peeking through.

Also check out the new colours of the Women's Beda Shorts (left) and the Men's Benny Board Short (right).



## The Full-Carbon Cetus

### A PERSONAL NOTE ABOUT A SKILLED, TALENTED AND WONDERFUL TEAM

»We make many boats each year between our roto-moulding facility and head office in Cheshire, and our composite workshop in Derby; both have very skilled teams using some sophisticated equipment, and sometimes quite basic skills in a sophisticated way.

In my 52 years in this industry, I have seen some exceptional skill and craftsmanship from our team, from our suppliers, and from some competitors, much of which most of our customers would never see or understand.

I am so used to it that I wrongly take it for granted, but occasionally, something I see makes me realise just how far we have travelled and just what a skilled, talented, and wonderful team of people we're lucky to have building our kayaks.

Recently, I saw a Lightweight Kevlar/Carbon Infusion Cetus with Clear Carbon all-round that was utterly exquisite. From 3 metres away, it looked like any full-carbon kayak, but when I got close, I was "gobstruck" (for our international friends, this means "overwhelmed with wonder, surprise, or shock"), speechless, and rendered immobile. I poured over the deck, stroking its form and looking for a blemish that was never found.

For some time, I have been proud of our team's skill in laying down a full layer of carbon in the hull without weave distortion and folding. The painting of bows and sterns in a solid colour to disguise the cutting of fabric necessary for low-skill manufacture are not the P&H way. To see the deck laid down without such painted segments around its many complex features is an entirely different order of difficulty! There was no fabric weave distortion or any cuts around the RDFs (Recessed Deck Fittings, which hold the decklines, elastics, and handles) or hatches. Around the heavily contoured compass, sail mast foot, and split-paddle shaft recesses there was one little cut which had to be pointed out to me, but I still couldn't see it. It was invisible.

Steven Pericleous, you are a master craftsman, but so are many more in our team whose skills aren't so easy to see.«



Graham Mackereth,  
Founder Pyranha Kayaks



Gone are the days of being a magician behind a towel. The Covert Changing Poncho lets you discreetly slip off your wet layers and into something dry and cozy.



Women's  
Lightweight  
Union Suit



Men's Lightweight Shirt

### WE LOVE THE FLEECE LIFE

These insulating layers are a fan favourite with their midweight combo of high-stretch, breathable material for athletic performance. Soft, gridded interior delivers cozy comfort, letting more excess moisture escape while retaining heat for better insulation.



Women's  
Lightweight  
Hoodie

**NRS**  
nrs.com



# Hulls & Hatches

## SALTWATER AND WHITEWATER MULTI-DAYS IN CORSICA

by Carmen Kuntz | Photos Rok Rozman

**H**iking trips are great – you have all you need on your back. Bike trips are cool too – with everything neatly tucked into panniers. But when it comes to comfort, carry capacity and the ability to cover some solid kilometers... nothing beats the kayak. Regardless of whether you are a lover of saltwater or whitewater, the kayak is a vessel that allows you to pack all your gear inside your mode of transportation. And this opens up a world of multi-day adventure possibilities.

This spring we had a thirst for on-water exploration, but couldn't decide between rivers or the sea. So, we brought boats for both. We loaded two Scorches and two Leos onto our truck and rumbled our way to Corsica to dip our paddle in two types of paddling styles, enjoying the simplicity of paddle-powered multi-days.

### SEA KAYAKING IS BEST DONE IN THE SUN

And sunshine is what greeted us when our ferry landed in Bastia, Corsica's primary port town. Mid-April in Corsica can mean that either snowmelt or rain storms fill up the rivers. We were a little late for the former, and a bit too early for the latter, so we sipped some Cap du Corse liquor and poured over the paper map to plan a 6-day sea kayak trip. What better way to wait for the rain than to build up some paddle muscles on the sea!

We drove to the small west coast town of Galéria, which is located approximately on the forehead of the almost-face-shaped island. Parked just meters from the sea, gear was spread out in the parking lot like a yard sale. This was my first multi-day sea kayak trip, and I was shocked by the amount of gear I could

When it comes to comfort, carry capacity and the ability to cover some solid kilometers nothing beats the kayak.

tuck into the hatches and hull of my lime-green Leo. As my boat was swallowing gear, I realized I would have space for my book, paints, a camp chair and some cans of beer. All the luxuries that often get left behind when we go hiking in the mountains of Slovenia. For this holiday-style trip weight wasn't a concern as we would be floating, paddling (or sailing) our way some 150 km to the Liamone River Delta, and taking our time to do so.

I felt like a pirate as I walked into town to buy provisions – bread, rice, wine, and some local wild boar salami. Rok, on the other hand, was enjoying the puzzle of tucking fishing rods under the elastic hull straps and securing lures and line in the cockpit for easy access. The plan was to catch the protein that would power our paddles.

Once on the water, we glided over the turquoise water, and popped our sails up as soon as we rounded the first point, red rock cliffs and a tailwind greeting us. We used paddles and the power of the wind to trace the coastline, relishing in the details of the rock formations and the scents of the flowering macchia.

As the sun dipped low, we found a beach to camp on and dragged our boats onto the pebble shore, appreciating the sturdy nature of our CoreLite X hulls, which felt stiff and responsive in the water, yet were light enough (and tough enough) to easily move on land. These boats perfectly matched the carefree yet efficient vibe of our trip. On the pebble beach, shoes came off immediately and gear came out, one hatch at a time.

Again, I was surprised – this time by how easy it was to be organized in a long sea kayak. Each hatch had a purpose. Water and other 'hydration' liquids in one hatch. Sleeping gear in another. Navigation implements (map and phone) were within reach in the small front portal. And the final hatch was home to food – veggies and spices, cookies and coffee.

## HOW TO HARNESS THE WIND

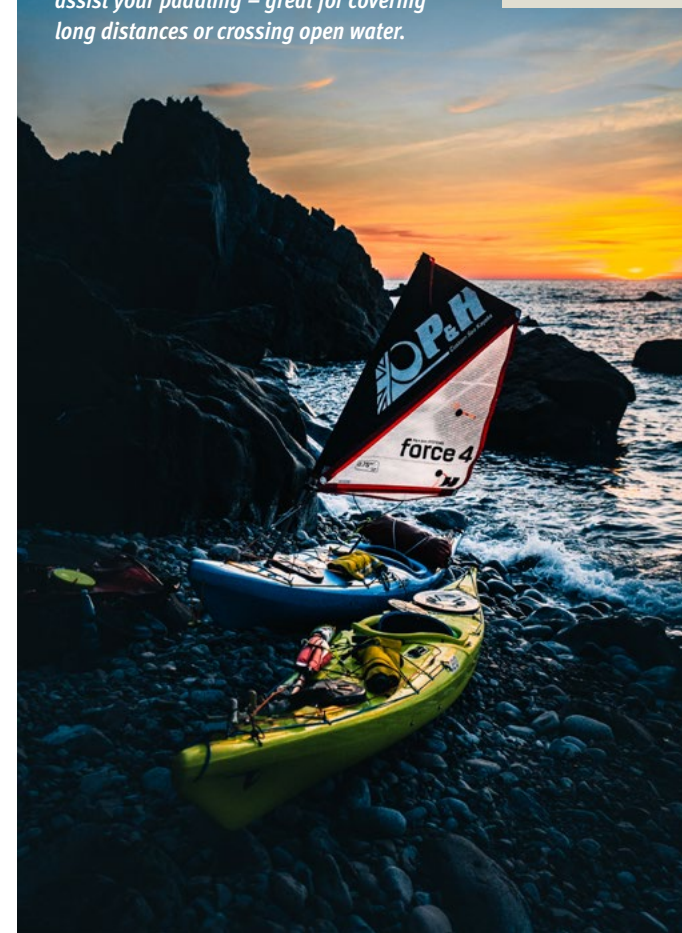
*Intrigued by the kayak sail featured in this article? Fancy giving it a go yourself? Much more than the 'simple' downwind sails most will be familiar with when it comes to kayak sailing, but almost as simple to deploy and use, there's just a few key tips required for you to get started with a P&H Force 4 Sail System:*

- For first attempts, it is easier to start with the wind behind you and slightly to one side, and with your skeg fully down.
- Get some speed up, either by paddling fast downwind and/or catching a wave.
- Deploy the sail by simply throwing the tip of the mast into the air and simultaneously pulling the uphaul line.
- Let your sail out fully with the sheet and then gradually take it back in, until the whole sail, from the mast back, is a nice taught curve with no flapping.
- Keep your kayak flat, and keep paddling at a steady pace.
- If you want to move across wind, lift your skeg about half way; lower it gradually if the bow of the kayak moves towards the wind, lift it gradually if the bow moves away from the wind.
- With practice, you will be able to paddle sail to within about 45 degrees of the wind direction with the skeg almost fully raised.

*The P&H Force 4 Sail uses wind power to assist your paddling – great for covering long distances or crossing open water.*



Cheers to the good life: Rok and Carmen enjoying the Corsican coast and sun.



Rok's preference for camp spots was based on fishing possibilities, while every beach looked like a piece of paradise to me. He wasted no time in casting a line, and we ate from the sea each day of the trip. From barracuda, to conger eel, amber jack and even a massive snapper! Add rice, garlic, salt and wine, and we ate like kings!

Each day we were treated to sunshine, blue skies and often a tailwind – a real treat on the exposed west coast of the island. We had easy morning coffees, packed and paddled, some days not before noon! We stopped at a couple of seaside villages for ice cream and sightseeing, castles on rocky outcrops drawing us in. We played the lottery daily, gambling on choosing the perfect beach right in front of us, or daring to check the next. Fish over a savory driftwood fire and sipping beer until the stars made their late arrival, our heads hit the pillow each night without



These days and nights spent by the water ultimately reminded us that a kayak is more than the sum of all its parts.

worries. We were drunk on the simplicity of having all the gear to be comfortable, while having a vessel that allowed us to explore a coastline that was otherwise completely inaccessible by foot. And doing it all in the season before the crowds and yachts pepper the bays.

We almost lost track of time, enjoying the daily routine of the nomadic life on the sea. But on our sixth day, the weather made the call for us, and we half sailed, half surfed our way onto the kilometres-long Liamone beach, with high winds and waves building and the forecast calling for rain. It was a perfect way to end a trip rich in flavours of the sea, coastal exploration and pure enjoyment of moving over water with all the camping luxuries stowed below deck. Because no matter how much gear and treats you have with you, the weather and the sea provide the real indulgences.

#### WHITewater KAYAKING IS OFTEN ENJOYED IN THE RAIN.

But a multi-day trip spent dodging raindrops and hiding out under tarps isn't much fun. So, we let the rain build the rivers up, and when the sunshine returned we packed up and paddled off for an overnight on one of the mellow sections of the Taravo River.

With its source in the mountains near the small village of Cozzano, the river flows mostly southwest meeting the Mediterranean near the town of Propriano, just two big bays down from where our sea kayaking trip ended. We washed the saltwater from our gear on the grade 5 section, but were keen to see more of the river. A night sleeping on the granite banks was one way to satisfy that hunger.

After an hour of mostly floating and sightseeing, we found a flat granite slab

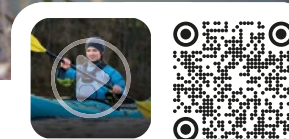
with a little eddy tucked behind, and stopped to enjoy the afternoon sun. Packing for a whitewater kayak over-nighter (not to be confused with an expedition), is much simpler, as the limited space in your boat ultimately dictates what you can bring. Unpacking my kit, I realized how our luxurious sea kayaking kit was slimmed down for a river trip. Small and simple. Sleeping gear in one back quadrant, safe inside a big drybag. Clothes and cooking gear in separate drybags in the other. And a third drybag in my lap – holding my notebook, snacks, headtorch, toothbrush and other necessities. (Rok's fishing rod also made the cut, a small tenkara suited for some catch-and-release fishing for the native Corsican trout).

After Asian noodle soup with tuna and veggies, (followed by whiskey and chocolate cookies), we were ready for bed. We taco-ed ourselves in the small tarp and hoped for a dry night, but the steady drizzle that started in the early morning hours eventually forced us out of bed and into dry suits. Like on our sea kayak trip, we left each camp spot without a trace of our presence. The sun broke through after about an hour of paddling, and the trees overhanging the river lit up, in sections forming a disco-green tunnel over the water.

Leaning back and letting the current take us at the river's pace was much like letting the wind push us along the sea. Going at the pace of nature – with the help of a paddle stroke here and there – we were able to appreciate spring in a way that can't be done by day trips. These days and nights spent by the water ultimately reminded us that a kayak is more than the sum of all its parts; it allows you the ultimate luxury – being a part of the aquatic environs for a moment or two. □



Camping on the granite rocks of the Taravo River.



Whatever the adventure on offer is, you can be sure you will enjoy it in a P&H Leo







# A LID FOR EVERY POT!

Finding the right equipment depends on many factors. The weather, the water, the means of transportation - and your own preferences. The case studies on the following pages will help you to find the right equipment.





# 1. PLAY THE RIVER ALL SUMMER LOOONG

Short sessions or warm weather paddling – no need for too much gear.

TIME ON THE WATER:	●●○○○
WATER TEMPERATURE:	●●○○○
AIR TEMPERATURE:	●●●●○
INTENSITY OF ACTIVITY:	●●●●●



Does it always have to be a Stratos Shorty jacket? The **HYDROSKIN 0.5 SHORT-SLEEVE SHIRT** (right) is made for those hot-weather, cold-water adventures.

Even if the air is warm, the water can cool you down quickly.



**WRSI TRIDENT:** Sleek design meets a light & stiff carbon-composite construction.

Like the idea of the Firecracker, but want a little more speed? Check out the Ripper 2!



The **ION** is NRS' thinnest PFD, featuring a zippered, half-moon pocket, strap garages for a tidy fit and 3M reflective accents.



The **NRS Kicker** is a light neoprene shoe with a tough rubber sole.



**NRS NINJA PRO:** A compact rescue vest that delivers superior mobility and comfort and dialed-in rescue essentials to better serve whitewater paddlers, guides and SAR professionals.

Always respect the river – and expect the unexpected.



The **NRS CRUX DRY SUIT** comes with a classic front-zip design, overskirt, relief zipper, stash pocket and the recycled waterproof-breathable Eclipse™ fabric. Wear a **UNION SUIT** underneath with high-stretch poly/span-dex fleece for outstanding warmth and breathability.

# 2. NO COMPROMISES

No compromises when you're running the S\*\*t!

TIME ON THE WATER:	●●●●○
WATER TEMPERATURE:	●○○○○
AIR TEMPERATURE:	●●●○○
INTENSITY OF ACTIVITY:	●●●●●

Ride higher and drier in rapids, scream into eddies faster than ever, and find your line without any limitations. The **REACTR** is Pyranha's most innovative design yet, and opens new doors within the world of creek and river running for kayakers of all abilities. Available in 3 sizes tailored for the following paddler weights: S = 55-75 kg, M = 70-95 kg, L = 85-125 kg.







The **NRS ETHER HYDROLOCK DRY BAG** can hold many things: biscuits, camera – and your edition of Shakespeare's Hamlet. Available from 3 to 22 litre capacity.

Front-zip PFDs like the **AMBIENT** (photo left) are easy to put on and take off. Two expandable, zippered pockets hold on-water essentials.



*NRS Silkweight uses Brrr Technology to cool you down while offering UPF 50+ sun protection. Learn more on page 10.*

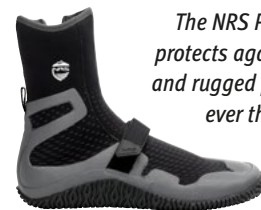
*Long days & sunny weather – don't get sunburnt!*



Whether your dog is just along for the ride, or loves splashing ahead in the ripples, the **NRS CFD** (Canine Floatation Device) gives your best friend extra floatation.



A firm favourite with families and hirers alike, the **RANGER** from **VENTURE** is stable, highly versatile, and supremely hard wearing. While the Ranger 149 is 4.50 m long with a 350 kg load capacity, its bigger brother, the Ranger 162, is 4.90 m long and has a load capacity of 450 kg.



*The NRS Paddle Wetshoe protects against cool water and rugged put-ins – whatever the adventure is.*



The **NRS NINJA** concentrates floatation into a smaller area for maximum comfort and unbeatable athletic performance. Also available: the NINJA OS for touring and sea kayaking and the NINJA PRO for whitewater adventures.



**PYRANHA FUSION II:** You might just be getting started in the sport, and haven't settled on which type of kayaking you prefer yet, or perhaps you're looking for unrestricted adventures that combine the adrenaline rush of whitewater with a peaceful cruise across a lake. The Fusion II comes in three sizes to suit a wide range of paddlers and adventures: S = 40-80 kg, M = 55-100 kg, L = 80-130 kg.

*Hybrid kayaks offer a wide range of possibilities.*

## 4. A LITTLE BIT OF EVERYTHING

*Not a thrill seeker, but don't mind some current? Here we go!*

TIME ON THE WATER: ●●●●○  
WATER TEMPERATURE: ●●●●○  
AIR TEMPERATURE: ●●●●○  
INTENSITY OF ACTIVITY: ●●●●○

## Splash or Dry Wear?

The choice between dry wear and splash wear depends on the conditions you'll be paddling in (weather) and how wet you expect to get (water). Splash wear is great for warm-weather paddling where staying 100 % dry isn't necessary, but you want some protection from wind, spray, and light rain. Dry wear is your best choice when staying dry is critical, like in whitewater, winter kayaking, or ocean paddling in cold conditions. Not sure which jacket to choose? Maybe the following comparison helps:



While the **ECHO** Splash Jacket and the **STRATOS** are both made of the same HyproTex™ 2.5 material, the Stratos comes with latex wrist gaskets and a soft neoprene neck. Both the Stratos and the **FLUX** Dry Top feature an inner skirt to mate with your sprayskirt, but only the Flux is made of 4-Layer Eclipse™ fabric and comes with a top-quality latex neck gasket.



# 5. TOURING TRIPS IN SPRING AND FALL ARE SPECIAL

But there is a difference: while trips in fall are mostly done on warmer water, you always paddle on cold water in spring.

TIME ON THE WATER:	●●●●○
WATER TEMPERATURE:	●●○○○
AIR TEMPERATURE:	●●○○○
INTENSITY OF ACTIVITY:	●●●○○

Who said kayaking is a summer sport?



The **P&H VIRGO** is a compact but uncompromising polyethylene sea kayak for weekend warriors, at a length which provides ample hull speed for short to medium journeys whilst keeping the boat weight to a minimum. Available in 3 sizes, catering for the following respective maximum paddler weights: LV = 80 kg, MV = 100 kg, HV = 130 kg. If you like the sound of the Virgo, but want the ability to stretch your legs (metaphorically in the sense of expeditions, or literally in terms of cockpit length), try out the P&H Leo.

## Adapt your warmth with baselayers

The choice of baselayers depends on the water and air temperature, your activity level, and how much insulation you need. Wear **NRS Lightweight** baselayers when you want some warmth but don't need heavy insulation, choose **NRS Expedition Weight** baselayers for icy conditions.



NRS HydroSkin Gloves provide just enough insulation without sacrificing grip and dexterity.



**NRS RIPTIDE JACKET:** Punch-through neoprene wrist gaskets provide all-day comfort while keeping most water out. The coated nylon inner tunnel mates with your sprayskirt to keep your cockpit dry.

The **ENDURANCE PANT** combines lightweight Hypotex™ 2.5 material and factory-taped seams for breathable, water-proof protection.

With no double tunnel system these outer layers give canoeists shelter without unnecessary additional weight: the **NRS TOR** Splash Jacket (right) for light protection or the **NRS EXPLORER SUIT** (far right) for colder days and maximum comfort.



## CANOE OR KAYAK?

*Canoe = No spraydeck (usually)*

Kayakers commonly use spraydecks to create a watertight seal between their torso and the cockpit of the kayak. This prevents water from entering the boat. Canoeists, especially those in traditional open canoes, generally do not use spraydecks – and therefore don't need a double tunnel system on their jacket or dry suit.



Your legs are not as protected in a canoe as they are in a kayak: The **Boundary Boots** with their 5mm neoprene upper and taped interior seams keep your feet warm and protected.

## Mesh-back or side-entry buoyancy aid?

By eliminating the additional materials and stiffness of a zipper entry, side-entry jackets have enhanced flexibility. NRS combined that flexibility with a low-profile, thin foam design to further increase the range of motion. Mesh-back PFDs are designed for recreational paddlers who typically venture out in kayaks with high-back seats, but are also well-loved for their ventilating comfort and front-zip convenience.

NRS has a full fleet of buoyancy aids: Mesh-back PFDs like the **cVest** or the **Lucid** (left), or typical Side Entry PFDs like the **Ninja**, **Ion** or **Vapor**.





The **P&H VOLAN** is built for those who want to make the most of day and weekend trips; tracking straight when flat, but swinging round effortlessly when on edge or carving into a turn, the Volan has comfortable performance for both the journey and any play spots you find on the way. Now available in 4 sizes to cater for almost every paddler and intended adventure. For those paddlers who love to spend long days chasing the horizon, stopping only when there's no other option: consider the P&H Cetus instead.

*Feature-rich to ensure safety, the **NRS cVest** is designed for every body that explores the seas.*



## Protection from the elements

Paddling on major bodies of water requires gear with quick adaptability. The **NAVIGATOR SEMI-DRY SUIT** made of GORE-TEX Pro delivers with superior waterproof, breathable protection and the versatility needed for long days and unpredictable conditions.



# 6. TAKE CONDITIONS HEAD ON

*There is no such thing as bad weather, just bad clothing.*

TIME ON THE WATER: ●●●●○

WATER TEMPERATURE: ●○○○○

AIR TEMPERATURE: ●●○○○

INTENSITY OF ACTIVITY: ●●●●○



The P&H Volan: Now in 4 sizes





# THREE EASY WAYS TO GET ON THE WATER

## NRS Tour-Lite SUP Boards

The Tour-Lite SUP Board is for stand-up paddlers who crave tracking and efficiency. Hand-shaped for fitness training and distance paddling with the capacity for overnight touring, it also packs small for maximum portability. The innovative Z/Blend™ Core construction prioritizes stiffness and lightweight performance.

**110:** 3.3 m x 76 cm x 13 cm

**126:** 3.8 m x 81 cm x 15 cm

Enjoy the view  
and work on  
your fitness.



## Venture Marlow

Discover the Marlow, the perfect blend of stability, ease, and durability for leisure paddling. Designed for family fun or centre use, this stackable canoe promises an effortless and enjoyable ride for all skill levels, up to a maximum load of 200 kg. If you need a little more capacity for gear or paddlers (whether in size or number), take a look at the Ranger 162.

Length 428 cm | Width 82.5 cm | Weight 32 kg | Max Load 210 kg



Compatible with  
both canoe and  
kayak paddles.



## NRS Aster Packrafts

Beginner paddlers and weekend warriors can confidently take on calm waters and discover new adventures with the Aster Packraft's ultra-lightweight yet durable design built to handle kids or more gear.

**STANDARD** Length 228 cm | Width 94 cm  
| Weight 2,77 kg | Max Load 113 kg

**XL** Length 245 cm | Width 99 cm  
| Weight 2,99 kg | Max Load 124 kg

Very light and  
easy to carry  
when rolled up!





# CARING FOR YOUR NEOPRENE GEAR

Hey, you spent good money for this stuff and you want to get a lot of use from it. And you can, IF you take good care of it. You don't expect to buy a car and never have to change the oil or check the air in the tires. With a little care, your boating gear will perform better and last longer.

Lots of boating gear has neoprene in it. Why neoprene? It has properties that make it a natural for boaters. It's a closed cell foam "rubber" material. The "cells" are numerous pockets of gas, usually nitrogen, throughout the material. These gas pockets retard the passage of heat through the material, giving neoprene good insulating properties. The "closed" designation refers to the fact that the

*NRS HydroSkin's immersive protection gives the freedom to adapt to changing temperatures and conditions. The hydrophobic exterior coating combines with a titanium adhesive inner which reflects body heat, while the limestone-based neoprene is soft and stretchy. Recycled materials, water-based adhesives and dope-dyed yarns set environmental standards, lowering emissions and energy use yet increasing efficiency.*

rubber keeps water from seeping in and filling the cells. Another good thing for boaters is that neoprene is quite buoyant, so it helps you stay afloat.

Neoprene is formed in a chemical process. The two basic processes use either petroleum or calcium carbonate (limestone) as their raw materials. NRS has switched its neoprene source to one made in the calcium carbonate process, called Terraprene™. While it still takes considerable energy to produce, the raw material is more environmentally friendly.

## NEOPRENE'S #1 KILLER

One thing that's death on neoprene is chlorine. If you're using HydroSkin, a heavier wetsuit, sprayskirt, etc in a swimming pool for rolling practice, you'll need to go the extra mile to prevent the rubber from disintegrating. Rinse any items exposed to the high chlorine content of pool water with fresh water as soon as you get out. Wetsuit & Drysuit Shampoo has ingredients that neutralize chlorine and do a good job of cleaning the gear.

Tears and holes in these items can be repaired with a couple of different products. Quick, field repairs are best done with Aquaseal+NEO Contact Cement, a contact adhesive. After cleaning and drying the tear area, apply the adhesive to both sides and allow to dry for five minutes. Then put on another layer of adhesive and let dry for about 10 minutes. Press the two sides together for at least 10 seconds, then you're good to go.

Aquaseal Flexible Repair Adhesive is another excellent repair aid for neoprene. Since Aquaseal is not a contact adhesive, it requires a slightly different technique. For a tear in the item, after cleaning and drying the tear area, bring the edges together and use a piece of tape on one side to hold them together. Then apply Aquaseal to the other side of the tear, working it down between the edges and about ¼" beyond the tear. Keep the repair area level and allow to cure overnight (10–14 hours).

It's good practice to rinse your neoprene after every use. The water you boat in is crawling with microbes, dissolved solids and contaminants. Rinsing it well and drying it thoroughly before storing will help prevent mildew, odor and other nasty consequences.

But let's face it, even with conscientious rinsing and drying, neoprene gear can get really funky, especially booties, socks and gloves. Washing with the Wetsuit & Drysuit Shampoo helps control the funk, but when odor is still bad, using either MiraZyme or Sink The Stink gear deodorizers will take care of the problem. Each of them have a proprietary blend of odor-eating microbes and enzymes that eliminate the odor causing substances, not just cover up the odor. □

NINJA THE ALL ROUNDER

NINJA PRO WHITEWATER RESCUE

NINJA OS FOR THE OCEAN



The Every Body Design™ philosophy combines technologies that reimagine how a PFD performs, eliminating the need for men's and women's models.



The Orbit Fit System™ uses thin layers of preformed foam to create a circular wrap design that truly conforms to individual bodies.



**NINJA**  
The ultimate low-profile jacket for paddlers of all persuasions



**NINJA PRO**  
A compact rescue vest for whitewater paddlers and guides



**NINJA OS**  
Added sea kayaking-specific features and storage space

## A NINJA FOR YOUR PADDLING

Whether you're a master of the paddling arts or a novice joining the family, the Ninja PFDs concentrate floatation into a more compact area for maximum comfort and unbeatable athletic performance. Completely redesigned with our Orbit Fit System for a superior low-profile fit that moves with you and stays put whether you're on, or in the water.

**NRS**  
nrs.com



BJÖRGUNARVESTI (Icelandic), BUOYANCY AID (English), CAN YELEĞİ (Turkish), CHALECO SALVAVIDAS (Spanish), FLYTVÄST (Swedish), GELBĖJIMOSI LIEMENĖ (Lithuanian), GIUBBOTTO DI SALVATAGGIO (Italian), GLĀBŠANAS VESTE (Latvian), GILET DE SAUVETAGE (French), JELEK SHPËTIMI (Albanian), KAMIZELKA RATUNKOWA (Polish), MENTŐMELLÉNY (Hungarian), PÄÄSTEVEST (Estonian), PELASTUSLIIVI (Finnish), PRSLUK ZA SPAŠAVANJE (Bosnian, Croatian), REŠILNI JOPIČ (Slovenian), REDNINGSVEST (Danish, Norwegian), REDDINGSVEST (Dutch), RYATUVALNYY ZHILET (Ukrainian), SCHWIMMWESTE (German), SEACÉAD TAR-RTHÁLA (Irish), SPASILAČKI PRSLUK (Serbian), SPASITELNA ZHILETKA (Bulgarian), SPASATEL'NYY ZHILET (Russian), ΣΩΣΙΒΙΟ ΓΙΑΚΟ (Greek), VESTĂ DE SALVARE (Romanian), ZÁCHRANNÁ VESTA (Czech, Slovak), KIET TAS-SALVATAĠĠ (Maltese) *Whatever you call it, it's important to wear one!*

# DESIGN FORWARD

Fresh off the design table - let's explore the next generation of NRS buoyancy aids for 2025.

In 2025, NRS will complete a project begun in 2024: updating the NRS PFD assortment to fit every body regardless of size, build, or gender. The Every Body Design™ philosophy is a combination of innovative technologies that reimagines how a PFD fits and performs and eliminates the need for men's and women's specific models to create a simpler and more inclusive assortment. In 2025, NRS rounds out its PFD line-up with Every Body Design updates to the Vapor, Chinook, Chinook OS, Ion, and cVest, and introduces two new jackets - the Lucid and the Wrangler.

The NRS Every Body Design isn't a play on the typical 'one size fits all' or 'one size fits most.' NRS has developed new design and construction methods to create buoyancy aids that fit the human form in all its expressions, regardless of gender or body type. The pre-contoured Orbit Fit System™ naturally conforms to the body and accounts for chest size, waist size, and torso length to create a custom-tailored user experience. Graduated sizing calibrates the shape profile, floatation volume, and range of adjustment to the paddler's unique size while minimizing bulk and excess material. The result is a new generation of NRS buoyancy aids that are more comfortable, secure, and flattering for every paddler. □



Rather than forcing a block of flat foam to bend around the body, the Orbit Fit System by NRS uses multiple pieces of lightweight closed-cell foam, individually cut to precise specifications. These pieces are layered within the vest to create a flexible, pre-curved shape that effortlessly conforms to the paddler's body.

Most buoyancy aids are built from the same patterns, whether the wearer is an XS or XXL. Traditionally, strap adjustability was the only sizing difference. NRS's new and revised models feature graded sizing - a system where each individual size is specifically designed to fit the intended user.



By eliminating the additional materials and stiffness of a zipper entry, side-entry jackets have enhanced flexibility.

Side-entry PFD



ION

By eliminating extraneous specs, NRS has built a PFD with incredible freedom of movement that doesn't sacrifice comfort or safety. The Ion is NRS's thinnest PFD, featuring an AirMesh-lined interior to help manage moisture and ventilation.

cVEST

Feature-rich to ensure open-water safety, the cVest PFD is specifically designed for every body that explores the rolling seas. Two large pockets secure on-water essentials while two expandable pockets are sized to stow a radio or GPS.



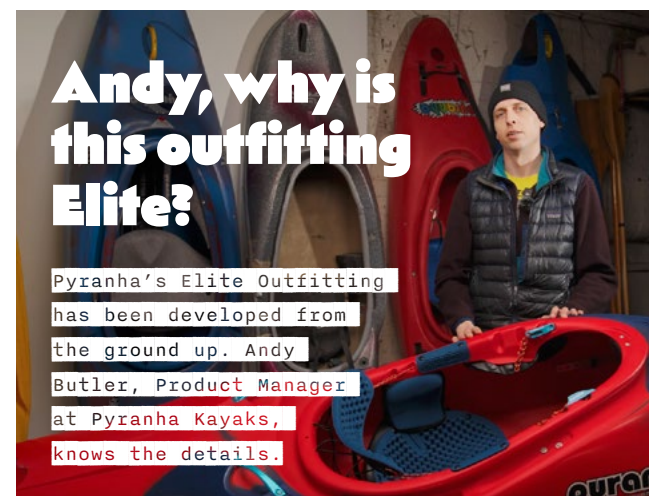
Mesh-back PFDs are well-loved for their ventilating comfort and front-zip convenience.

Mesh-back PFDs



LUCID

Simple and easy-to-wear mesh-back PFD. Two large zippered pockets secure on-water essentials with ambidextrous access. It also features two lash points on the back shoulder straps to attach a light or strobe.



HOW IS THE NEW ELITE OUTFITTING DIFFERENT?

Elite outfitting has been redesigned from the hull up as a complete overhaul, reducing the overall boat weight, markedly improving both comfort and connection to the boat, and adding to the ease and range of adjustment, all without compromising on safety, durability, or cost.

HOW RELIABLE ARE THE BACKREST CLEATS?

We've done extensive development and testing to ensure our new backrest system retains all the pros of a cleat system, adds more to the list, and negates the downfalls seen in other cleat-based systems. Our system uses high-strength Dyneema cord and high-quality aluminium racing cleats, both of which have excellent longevity and work together reliably. We're excited for you to discover and enjoy the benefits of this setup!

DOES ELITE OUTFITTING INCLUDE HOOKERS?

Yes, and what's more, these ones have 3-way adjustment for leg angle, amount of grip, and the usual forward/backward adjustment.

HOW HAS THE SEAT ADJUSTMENT CHANGED?

Seat height is still adjusted by adding shims under the seat pad, but the forwards/backwards

adjustment is now done by removing a single wingnut, quickly sliding the seat to where you want it, and then replacing it.

CAN I FIT ELITE OUTFITTING TO A CURRENT PYRANHA BOAT?

No, the Elite outfitting is not backwards compatible due to the necessary cockpit rim features and method of hull stiffener attachment.

HAS THE COCKPIT RIM SHAPE CHANGED?

The outside shape of the Firecracker and Ripper 2 cockpit rims have not changed; we worked on these shapes in partnership with leading spraydeck manufacturers, and have carried through those lessons to the ReactR and Helectron. However, the inside shape of the Firecracker and Ripper 2 cockpit rims have several changes related to the fitment of the new Elite outfitting system, and in particular, a deepening and padding of the area of the cockpit rim that rests on your shoulders/against your hip during carrying.

HOW EASY IS IT TO ACCESS THE STERN?

We've changed the connection between the backrest and seat so that it can be completely unclipped, and with the lower back edge of the Elite seat, it's easy to get a two-piece split paddle and/or the typical size of dry bag for other gear back there. □



# HELECTRON

The Helectron comes in 3 sizes to fit different paddler weights:  
S = 45-70 kg, M = 60-90 kg,  
L = 80-110 kg

## Less Time Reacting, More Time Acting

Pyranha Kayaks is delighted to have partnered with GuiGui-Prod to do maximum, plastic-based justice to their next-generation freestyle design, the Helectron.

The Helectron's development aimed to retain the tried, tested, and perfected features of GuiGui's previous design, the Helixir, while improving upon the features which had greater potential yet to be unlocked. So what's new? Let's give you a quick walkthrough:

1. The first thing you will notice about the Helectron is that the shape of the bow has changed from a round to a more squared design. The new distribution of volume on the bow combined with this squared design makes it easier for you to maintain control when plugging in powerful holes, and helps the boat pop out of the rotation of McNasties and Phoenixes straighter. You no longer need to be David McClure to go both clean and huge on your loop tricks (sorry, Dave!).

2. The second thing about the Helectron which stands out is the sexy stern. A lot of volume has been added to the tip of the back end, making the kayak a lot more reactive on tricks like the Lunar Orbit and the Tricky Woo – expect judges to start having to give a lot more air bonuses on these! The Helectron also slices through water like a white-hot knife through warm butter - you'll be surprised to see how easy it is to go clean on your warm-up, flat-water cartwheels!

3. When you look at the hull of the Helectron, two elements will stand out; the

Helectron has a sick hull with a primary edge inspired by the epic, high-performance wave design of the Helixir 2013, and a secondary edge which comes into play when leaning hard over your edges looking for big, inverted wave moves, surfing steep green waves, and slaying wave combos. The simplicity and minimalism of the hull design mean the boat is looser than ever and can grind even the smaller green waves.

4. Stern Boosters – the new features under the stern of the kayak. These keep the kayak's bow down and its speed up when surfing forward, making big bounces and Ollies easy. The boosters also help the rails maintain the kayak's trajectory when tracing a diagonal from the foam pile to the shoulder of the wave, ensuring maximum speed and control at the moment of take-off.

The Helectron is the next natural step in GuiGui-Prod's hero journey to design and manufacture the best freestyle kayaking weapons on Earth. It will help you get more proactive in your freestyle kayaking and spend less time reacting, and more time acting. □

A Walkthrough  
on YouTube:



Now Available in

HELECTRON



REACTR

pyranha  
ADVANCED WHITewater KAYAKS SINCE 1977





FOR DELICATE GEAR

From photographers to birders, boaters’ interests go beyond the water and often involve expensive gear. Pair the Expedition Duffel Padded Liner with your Expedition DriDuffel to cushion and organize delicate gear during high-impact travel. Designed for 12L NRS Expedition Duffels.



EXPEDITION DRIDUFFEL  
WITH PADDED LINER



TOASTER  
MITTS

TO KEEP YOU  
WARM ...

Combining a traditional mitten design with thick neoprene construction, the NRS Toaster Mitts maximize insulation and paddle control for cold-water paddling.

... OR FREE  
OF BLISTERS

Prevent blisters and sunburns that cut your adventures short. The lightweight, slightly stretchy, NRS Boater’s Gloves are ideal for warmer weather paddling.



BOATER'S  
GLOVES

DO MORE WITH LESS

The Photoc covers the basic cutting needs of outdoor adventurers with a user-friendly design. The dual-edged stainless-steel blade lets you do more with less, while the folding design makes it easy to pack. A thumb cutout on the blade lets it open with one hand, while the oversized grip helps with two-hand opening and enhances control. Whether you float or fish, backpack or car camp, the Photoc Knife is too useful to leave behind.



PHOTIC  
KNIFE



NRS  
SUNRISE  
HAT



ALSO WORKS IN THE  
PUB AT NIGHT

Catch the first rays of the day in the NRS Sunrise Hat. Pair it with sunnies for a squint-proof morning, earrings for style, or shove under a helmet for sun protection on the flats.

THE LITTLE  
... you didn't know you needed.

THE EXTRA BOOST

Increase your expedition range, make more out of the surf, or hop faster between points of interest; P&H Force 4 Kayak Sails will expand the enjoyment you get from sea kayaking. The smaller Force 4 75 is more manageable in the surf and easier to store on the deck of shorter sea kayak designs like the P&H Aries, Delphin, or Virgo. The bigger Force 4 105 is better suited to longer sea kayaks such as the P&H Cetus, Scorpio MKII, or Valkyrie.



P&H  
FORCE 4 SAILS



SLIQ

NUQ

TWIST OR SCREW ?

A twist-lock carabiner is safer and faster since it locks automatically, but it can jam in dirty environments. A screw-lock carabiner is reliable in harsh conditions, but requires two hands to secure. The Nuq carabiners are built to withstand the rigors of professional rescue environments. The Sliq carabiners are multi-purpose workhorses that strike the ultimate balance of strength and durability in a lightweight package.

BITS



WOMEN'S  
GUIDE  
SHORTS

PRACTICALLY PERFECT

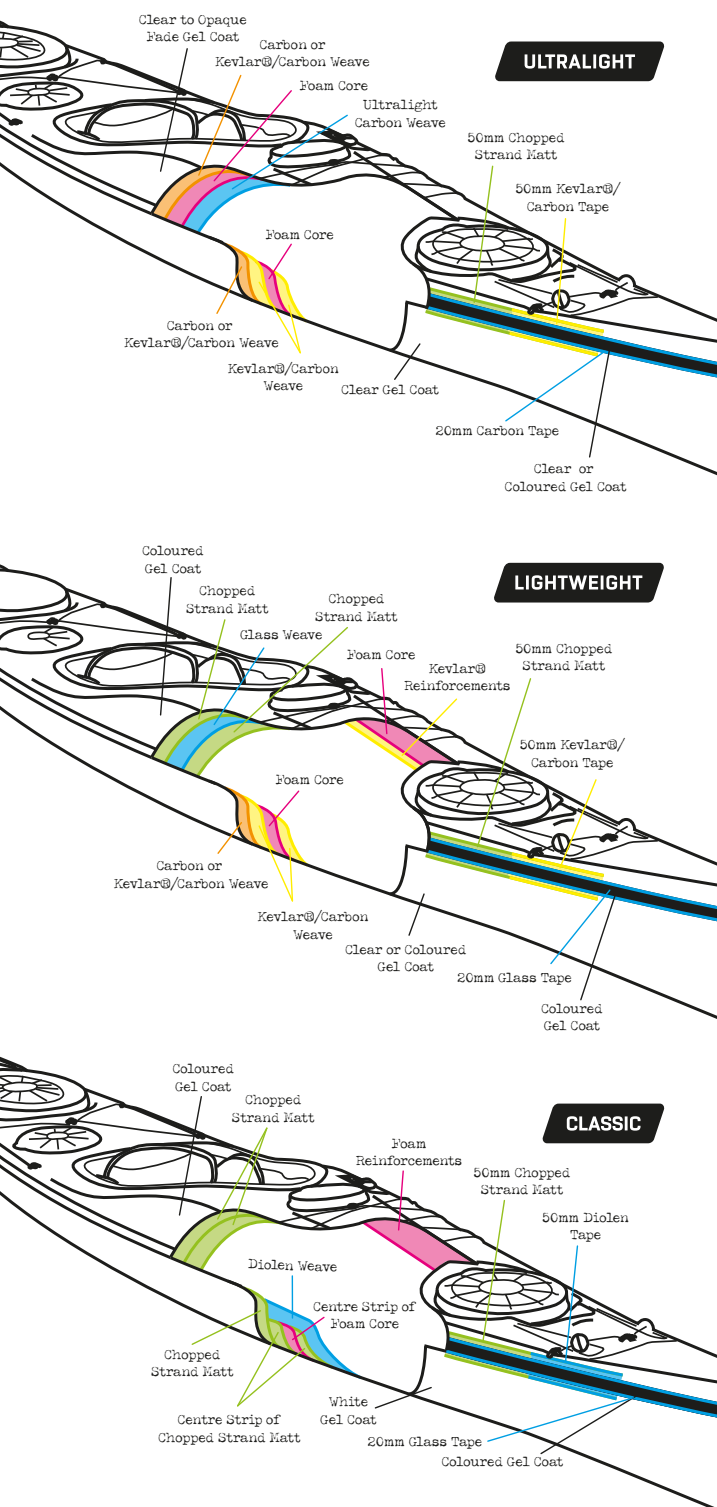
For working and playing on the water, well-designed pockets aren't just sensible – they're required equipment. NRS Guide Shorts deliver with open and zippered varieties for stowing what's needed on hand and what gets picked up along the way. Fishing license? Check. Pocket knife? Check. Bottle cap from last night's shenanigans? You know it. Built with rugged, stretchy, quick-drying fabric and legit belt loops to keep them where they belong.



MEN'S  
GUIDE  
SHORTS



# What's lighter than Lightweight?



Correct: Ultralight! The construction of a kayak has an impact on both its weight and performance. Which construction is right for you?

When it comes to investing in a composite P&H Sea Kayak, you're already choosing a premium craft known for their performance and build quality. Once you've decided whether it is the Cetus, Volan, Aries, or Composite Virgo that best suits your intended adventures, there's just one key question to answer: Which construction is right for you? P&H currently offers 6 options – *Ultralight*, *Lightweight*, *Performance*, *Expedition*, *Heavy Duty*, and *Classic* – each with its own advantages and trade-offs. Let's breakdown the 3 most popular layouts:

## ULTRALIGHT – FROM 14 KG

The deck and hull of this construction are laid up by hand and then vacuum bagged, before being infused with a measured amount of vinylester resin. Ultralight is incredibly light while still having an impressively stiff hull for optimal performance, making it a dream to carry and car-top solo, and a perfect choice for inland and light coastal conditions. If rock hopping is your thing, this probably isn't the best construction for you.

## LIGHTWEIGHT – FROM 18 KG

The hull of this construction is laid up by hand and then vacuum bagged, before being infused with a measured amount of vinylester resin. The deck is laid up by hand with vinylester resin brushed into the weave. Lightweight construction models offer the optimal balance of weight and durability; perfect for coastal touring, general use, and even a touch of rock hopping.

## CLASSIC – FROM 23.5 KG

The deck and hull of this construction are laid up by hand with polyester resin brushed into the weave. This is P&H's most affordable option, and a great choice for those who are upgrading from a polyethylene sea kayak, or want to dive right into the sport in a composite model and enjoy all the advantages of a stiffer hull at a lower weight.

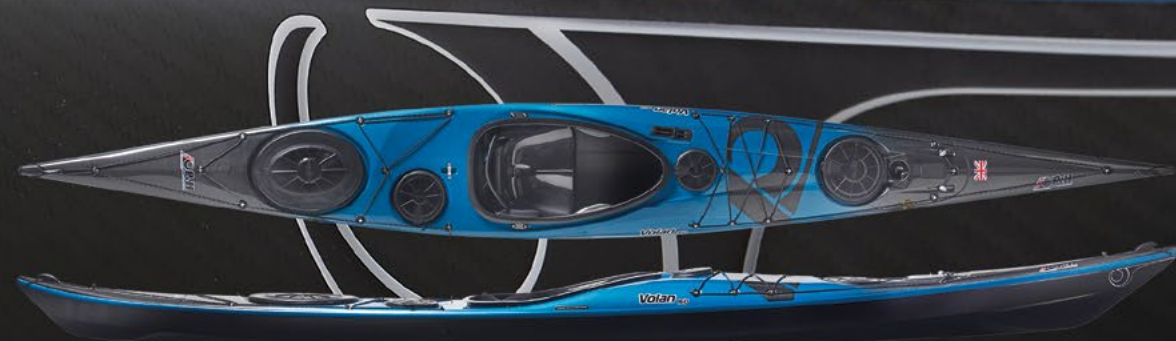


The Specialists in British Sea Kayak Design

# ULTRALIGHT

## Kevlar/Carbon Infusion

Boat Weight As Low As  
**14kg**



[www.phseakayaks.com](http://www.phseakayaks.com)

Designed and built in Britain, paddled Worldwide





# kayaker with a little 'k'

It's hard to even think about it: What would it be like if you suddenly couldn't hold a paddle anymore?

by Adam Mills Elliott

## JANUARY 4, 2006.

Nine of us woke up on day three of a big water first descent of the Yalong River, western Sichuan province, eastern flank of the Himalayas. We stuffed our cold feet into frozen bricks of shoes, wiggled our hips through crusty skirts, and shook the ice out of our kayaks. Suffering is impermanent. It was still early in the trip, and most of us hadn't yet gotten the inevitable GI issues that Western China is known for. We drank packets of Nescafé and ate warm tsampa paste (Tibetan ground toasted barley flour and black tea; hold the rancid yak butter, please). As the sun finally reached the deep canyons, we were already miles downstream, probing the unknown, occasionally knocking icicles from our helmets.

## HEAVY FLOW SEASONS, THE 2010s.

Many mornings of snapping my skirt on in the barely gray light, sensing friends nearby as we splash downstream, each of us still waking up. So many boofs, so many high-fives. Pulling just the right amount for a pillow landing on the 30-footer. Afterward, we'd watch the sunrise while drinking coffee at the take-out. On those morning sessions, I'd roll out of bed at 5:30, be in the water by 6:30, paddle five miles of Class V, and be in front of my computer working by 9 am. By any measure, I'd call those mornings a good start to my day.

## JULY 20TH, 2022.

I woke up when a nurse bumped my gurney, and the first stab of pain post-surgery found its way through the anesthesia. "They cut off my thumb," I

remember thinking. I had severed the flexor tendon on the inside of my right thumb while washing dishes the day before. Waking up in the OR recovery room, even though my thumb was still attached to my hand, I knew that it was anything but "repaired." The surgeons cut a zig-zag through the meat of my palm up the thumb to bring together the two ends of the tendon. I hurt, alone and vulnerable, but the tears that came were from the grief of losing kayaking, of losing this massive part of my Self.

I hurt, alone and vulnerable, but the tears that came were from the grief of losing kayaking, of losing this massive part of my Self.

The Stoics have an exercise of Negative Visualization to let go of judgments and adopt a more relative understanding of our suffering: "It could be worse." It is a way of cultivating equanimity in the face of adversity. And, it is hard to mount an argument against. I am so fortunate not to have lost my thumb completely. I am so fortunate to be able to pick up my kids, bring water to my mouth, and write notes on paper even though I lost my tidy architect's script. With time, physical therapy, and massage, I could rig my

raft, row our local daily stretch of river, and begin mountain biking again.

And yet, over two years elapsed with no kayaking. I had significant pain from arthritis, nerve damage, and cold sensitivity from poor circulation. And while those things were incrementally improving, I actively embraced a quasi-spiritual practice in a mishmash of traditions. I've been a long-time but inconsistent student of Taoism, Buddhism, and Stoicism. Around the time I injured my thumb, I took solace verging on refuge in the meditations, discussions, and poetry offered through the audio library app "Waking Up," by Sam Harris.

In particular, I resonate with the concept of non-duality. An overly simple definition would be that there is no Self that is separate from the experiences or objective reality that arise around us. AKA, we are one. The dissolution of Self/Other can be an instantaneous release from attachment, clinging, and the source of suffering. Initially, this was a bit of salve on the wound of separation from kayaking. However, the grief remained.

Most things in life come in waves. Seasons of my life would pull me away from paddling, but we'd always reconnect. For over 30 years, I've identified as and clung to the idea of being a kayaker – an expedition paddler, an off-the-couch shit-runner, a river person. Kayaking has shaped where I live, my career path(s), and even who I've chosen to spend the rest of my life with. Although there are other sports and hobbies that I love, "kayaker" has always held the first spot in my mental list of titles. I have taken it for granted.

## EARLY MAY, 2023.

I packed my shotgun into the back of my kayak alongside drybags stuffed with typical overnighter gear, plus a patchy turkey hunting kit. Late in the evening, I paddled a few painful miles of flat water, then set up camp. An hour before dawn, I woke to a half inch of frost, bright constellations spinning overhead, and drumming grouse toms from multiple unknown directions. I never got into any gobblers, but this first glimpse of a new, woven tapestry of mixed outdoor pursuits gave me that old familiar tingle of exploration, of an expanding perspective.

"If your mind is empty, it is always ready for anything; it is open for everything. In the beginner's mind, there are many possibilities; in the expert's mind, there are very few." – Shunryu Suzuki

## OCTOBER 2023.

It was the season opener for mule deer hunting here in Washington. At first gray light, I crawled out of my drenched tent to re-evaluate my decision to solo backpack hunt in the Alpine Cascades. To my surprise, it was a bluebird day, I saw several does within 30 minutes, and I had shot my first big game animal by noon. Four miles of hiking out, twice, and 24 hours later, I had my cooler stuffed with venison and began my long drive home, exhausted and grinning from ear to ear.

"If your mind is empty, it is always ready for anything; it is open for everything. In the beginner's mind, there are many possibilities; in the expert's mind, there are very few." – Shunryu Suzuki.

For five years, I've embraced the beginner's mind, learning how to hunt. I've been soaking up podcasts, books, and YouTube videos about firearms, ethics, differences in deer species, and migration routes. My dawn patrols were

now quiet walks in the frosty woods, my senses tuned to the faintest snaps of twigs, flutters of wings, distant snorts, gobbles, and grunts, my eyes scanning for tracks and scat. This attunement to nature and necessary release from ego has been transformational and an unexpected blessing.

## APRIL 07, 2024, LOWER WHITE SALMON.

Susan asked me on a date to paddle our backyard Class II - III river. After a couple of practice grips on my paddle, I not only felt open to the idea, I had the

sense that there was a new Adam, a new Susan, a new river to go play on in a new way. We paddled with zero expectations, surfed at Cave Wave, and I even had some solid stern squirts and screw-ups. As individuals and as a couple, Susan and I are so different than who we used to be. As co-parents to two awesome kiddos, it's been a wonderful thing to fall in love with each other in new and different ways. Pointing at the fallibility of our 'stories' of reality, "We are not who we think we are." The same can be said of relationships.

## APRIL 08, 2024, MIDDLE WHITE SALMON.

I awoke at 5 am, solo paddled the 'Middle' section of the White Salmon, biked my shuttle, and made it back to a video conference at 10. Somewhere that morning, coughing in the dust of logging trucks or enjoying my coffee while driving home, I must have asked myself, "Am I ready for more of this?" Even when all the signs point to an unexpected

return to kayaking, it's important to ask challenging questions.

## APRIL 09, 2024, LITTLE WHITE SALMON.

It almost felt like any other early morning sitting in the truck at the take-out, waiting for buddies to roll up. My dry suit felt comforting even if my boots felt too tight from years of neglect. In times past, my paddling mantras were "fewer strokes," and "put your bow up on the new current."

That day, my mantras became "strive less" and "manifest the new position." There was a different baseline aerobic ability, but there were no nerves pushing me to work too hard. Of course, big boofing Boulder Sluice feels fantastic. However, sitting above Spirit, there was a strong sense of equanimity. "Am I ready for this?" was asked in an honest, unhurried way. I answered with a confident cadence of strokes toward the horizon, almost zero pull on the boof stroke, and an elbows-up, triumphant stomp in the boils below.

While I am paddling less, the rivers haven't gone anywhere. My ability to read water, move my boat, plug holes, and roll up hasn't diminished. Suffering exists because of the clinging and attachment. Whether it's paddling, hunting, rafting with the family or packing lunches, I'm continually working on letting go of expectations. There is a massive freedom in letting go of a fixed self and striving for fixed outcomes.

As a Grand Canyon River Guide, we had a running inside joke, "SCENIC ALERT!!" As our guests looked up from their conversations, flat water, or Chile Verde dinners, we'd follow up with "Beauty is all around you!" This is the profound reminder that resonates with me strongly today. No matter what it is that pushes me to live more present, it is all beautiful. I am a kayaker with a little "k." I am a husband, a dad, a hunter, a businessman, a builder, and through it all, I am still a beginner.

This morning, I traced the scar on my thumb and went kayaking. □



## JAKL VS. AXIOM

# Atte says:

I was pretty excited when NRS announced their line of GORE-TEX® dry suits. Having used the Jakl extensively, I was already very happy with the performance of this dry suit. No wonder I was very interested in the Axiom, its lighter brother.

Both dry suit models do their job perfectly: they keep you dry on the wildest whitewater, even when you're out for days on end. It's an unrivalled feeling when you've spent the whole day on Class V whitewater on a multi-day tour, drive to camp at night and slip out of your dry suit – still dry. One of the Axiom's most outstanding features is its breathability. This means it keeps you dry and cosy on the outside, even during strenuous activities, and on the inside by allowing your sweat and body heat to escape. Compared to other dry suits I have used, I sweated less in the Axiom. The overall comfort of the suit is also great. This is thanks to the NRS "Paddler's Cut," which eliminates unnecessary material, but still has enough give for comfort when sitting in a kayak or portaging.

The Axiom has a front zip and is made from the same GORE-TEX® Pro fabric, only without the Jakl's Cordura® panels for a lighter feel. Hiking through dense, scratchy bushes and dealing with a lot of abrasions, the Jakl is my favourite. But for normal kayaking days and white-water expeditions, the Axiom offers sufficient robustness. It also impresses with its extreme freedom of movement, which is especially inspiring when prioritizing downriver tricks or hurtling through rapids. The ability to fully stretch the body without any resistance is a real plus.

In the past, I have used dry suits with both front and back zips. I'm still not sure which I prefer. Both have advantages and disadvantages, but the most important thing for me is the zipper placement. There are ways to position a

front or back zip correctly or incorrectly, which means that it is always noticeable in some way when worn or, in the worst case, restricts your freedom of movement. Not in this case! When putting on both the Axiom and the Jakl, you can tell that the team at NRS put some thought into positioning the zip.

The introduction of GORE-TEX material into the NRS dry suit range was a big step, but in my opinion, it's not just about the material used. The build quality of this dry suit is of the highest standard! When you look at how cleverly the seams are stitched and glued and how skillfully they are placed throughout the suit to maximise longevity and durability, you can only conclude: This dry suit will last a very long time.

For example, the cuff solution for the ankles is exactly what I've always wanted! I find it quite annoying when a dry suit is loose around the ankles after a few weeks of use – when dirt sticks to the Velcro fastener or something similar. Tripping on your pant legs is the last thing you want when walking along a river or carrying your kayak through loose scree fields. The 'easy-stretch cuff' and the tapered cut towards the ankle solve the problem in a way that will hold up over time. The same applies to the solution at the wrists and neck: robust latex seals protected by soft, volcano-style GlideSkin™ neoprene cuffs.

Simple. Efficient. Effective. Whichever suit you pick, you can't go wrong.

Adrian Mattern

Adrian Mattern is happy with his GORE-TEX Pro Axiom Dry Suit.

# PERFORMANCE // DRY SUIT

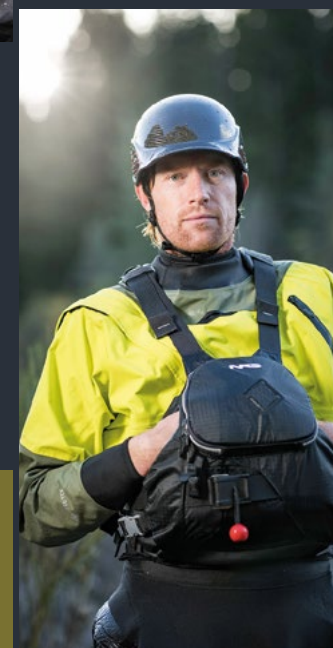


## BACK TO THE DRAWING BOARD

Determined to create the ultimate dry suit for paddlers, we started over at the beginning. We collected input from the planet's best paddlers and designed every cut and cuff, seam and seal, to their specifications. Then, we built the Axiom with reliable YKK® AquaSeal™ zippers and the most advanced waterproof-breathable material ever made, GORE-TEX® Pro. The result is a dry suit that not only outperforms all others, but re-defines what a dry suit can be.



nrs.com





As Naina Adhikari geared up for the second edition of the Ganga Girls kayak expedition, she never anticipated the extraordinary turn it would take: the birth of Nari Nauka, India's inaugural all-female guide course.



THE TRAILBLAZING GANGA GIRLS

# Sisters of the Sacred River

by Naina Adhikari

Last year marked the beginning of a breathtaking journey that stirred my soul and ignited a fire within me. It all started with pioneering the Ganga Girls all-female kayak expedition, a first in India. Ganga Girls was the start of what is my ongoing dream: creating a space for vulnerable women to experience kayaking on the holy waters of Ganga with the support of other women. As we geared up for the second edition this spring, I never anticipated the extraordinary turn it would take: the birth of Nari Nauka, India's inaugural all-female guide course.

The ten of us had spent months honing our kayaking skills together and journeying to the far reaches of Arunachal Pradesh for the Tawang Chu Festival. As the second event approached, we donned our Ganga Girls t-shirts, ready to conquer the waves.

The eve of our expedition was anything but smooth sailing. My head ached, a souvenir from an untimely collision with a wall, and our media crew had lost contact with the drone mid-flight. Not every woman felt ready for the rapids ahead. Still, we pressed on, commencing our journey with a traditional puja: six girls set to make history.

The Ganga Girls is a force to be reckoned with – a collective of fierce, indomitable women who thrive amidst the roar of the river. From the heart of Rishikesh to the far-flung corners of the globe, we hail from diverse walks of life, bound together by a common aspiration: to carve out our own destinies. For many of us, becoming river guides was a dream we never dared to entertain. The rafting and kayaking community in India has long been marred by a gender gap, but here was our chance to bridge that chasm, one bold stroke at a time.

We would spend the next three days descending the Ganges from the Koteswar Dam to NIM Beach by kayak alongside three female paddlers from overseas. Never before had a group of women paddled this stretch, and its crystal blue waters would be no walk in the park. Even camping was challenging!

That first night, we had to cross the river and climb a small rock hill to reach our food and accommodation, organized by ShivShakti, in a small village called Kandi. I wasn't sure if we would make it until I saw Jak Fantastic on her crutches, helping other girls to the top.

That evening, we discussed how far we'd already come. Sheetal and Beena reflected on the opportunities they'd had since the first Ganga Girls Expedition and how seeing their success had made their families believe in them more. Kashish, who was on her first expedition ever, expressed a sense of hope and the desire to continue being on the river.

Sunrise found us meditating on the banks of the Ganga River. Today, we'd face our fiercest rapids yet, The Wall and Dannel Dip. But first, a hike up to our favorite waterfall to help calm our minds. A sense of empowerment surged as we navigated the swirling currents. Each decision made and obstacle overcome reinforced our belief in ourselves and our capabilities, our self-belief bolstered by the camaraderie that bound us.

We finished the day by practicing our skills, flipping on purpose, ferrying across currents, and catching eddies, always with bigger and bigger smiles. Sat in a circle that evening, we shared our triumphs and fears, offering support and encouragement in equal measure. We were sisters of the river, the depth of our connection increasingly evident.

A mixture of excitement and nerves percolated as we braced ourselves for the commercial section. Despite our growing confidence, today we'd need to navigate raft traffic and the biggest rapids of the trip. We all felt a twinge of fear in the first big rapid – it was high water! But all went well. Next was Crossfire, the most technical rapid in the entire section.

Crossfire begins with some fun waves before it curves into a big wall with a very strong eddy of boilers and whirlpools where nobody wants to get stuck. We snuck through from the middle line, but watching the girls charge through was definitely nerve-wracking! At Body

Surfing, we tried to get on top of the waves, some avoiding the big surf wave at the top left. The next few rapids were absolute fun.

As I led the last big rapid, I felt overwhelmingly proud. The way we had come together and looked after each other was incredible. Everyone reached the take-out triumphant. This expedition had a profound impact on each of us, and we looked to the next chapter – Nari Nauka – with hearts full of hope and

the canyon: "I can't believe I'm guiding a raft!!!"

At Byas Ghat, our first camp, we divided jobs among the crew, filling water tanks, setting up toilet tents, and helping set up the kitchen, etc. That evening, we gathered under the setting sun. Elisha led the daily debrief and I served as translator. There were plenty of laughs and emotions, and I could see the start of a strong connection between the

For many of us, becoming river guides was a dream we never dared to entertain.

dreams as boundless as the river itself.

Driving to the sacred confluence of the Bhagirathi and Alakananda Rivers, which together form the Great Ganga River at Devprayag, the excitement was palpable. It was really happening! The first women's whitewater guide training in India was heading to put-in (at one of the most sacred places on Earth!)

Elisha, our ACA instructor, briefed us on how the day would go. Chatter filled the bus as we drove, and I gleamed with joy to see so many girls come together, so many girls willing to take on the unknown and defy the status quo. Despite our kayaking success, everyone was a little nervous – me included.

At the put-in, it was time for the first lesson: how to pump, rig, and pack our rafts. We had two paddle boats, one oar boat, and two more oar boats with all our food, rowed by our senior Sehdev Bhai and Bhupi, our cook and helper. Some girls went with Julie and Jeremy on the paddle boats, while two of us joined Elisha in the oar boat.

We spent the morning getting familiar with the boats and strokes, prying and drawing, pushing and pulling our way through the flats. Being around such a rad group of ladies was the best feeling ever. I couldn't help shouting, "Oh my god! I can't believe I'm actually in a raft being guided by a girl!!!" Soon, a different refrain would echo throughout

women. Elisha's debrief would become our favorite part of each day, a chance to reflect, learn, to offer praise and support.

The following morning began with a river hydrology session led by Julie and Elisha. Once on the river, Elisha demonstrated strokes that we did our best to copy. Some of the girls confronted their fear of heights, our joy echoing down the canyon as they leapt from a cliff into the water below. Later, during River Hydrology Part 2, our shouts of encouragement carried over fierce winds as we caught each eddy at our campsite.

Day three started with practice throw-bagging, raft flips and re-flips while some girls worked on their swimming confidence. We had the largest rapids ahead of us, and everyone was excited to take the raft through what we had kayaked a few days earlier. At the largest rapid, the Wall, we scouted and discussed who wanted to guide. Excitement and nerves warred in my stomach: I was going to guide the oar boat.

I watched the paddle boats enter the rapid, unsure if I wanted to repeat their line. My heart beat faster as I approached the first big drop. I had kayaked the Wall dozens of times, but rowing felt entirely different. I pushed and pulled as the waves blinded me, relying on feel and instinct.



The river is a place of connection and belonging, and everyone who feels its pull should have the opportunity to guide.



*A beautiful school building: theory lesson on the banks of the Ganges.*

Looking back at the rapid, I couldn't stop the grin that spread across my face. Julie and Elisha joked they could physically see our confidence growing as we sat taller, called commands a little louder and fought for the guide seat.

We reached the take-out proud of what we had accomplished but knowing more challenging days were still to come. Tomorrow, we'd repeat the day section doing everything by ourselves, from rigging to guiding the rapids – minus the Wall rapid. Then, the next day was our final test. It would also be our final chance to pass the raft flip and re-flip, which felt impossible at times.

All day on the river and during practice that evening, words of encouragement sounded as we cheered each other on. We went to bed tired but satisfied. That day, we had all done something we once thought wasn't meant for us.

Our final test would begin at the regular put-in Shivpuri; we'd have 16 km of Class III-IV to demonstrate our skills. We started with SRT basics: Swiftwater swims, river crossings, live bait, etc.,

before moving downstream.

Without Julie and Elisha coaching, we were quieter, more focused, and alert, all determined to nail each line. Pulling up at the take-out together a final time, I felt a wash of emotion. We had done it. We had found a river family, we found a home, and we had become the first ACA-certified Ganga Girls in India.

In the heart of every great change lies a passionate individual with a vision and a belief that they can make a difference. Nari Nauka was born out of a deep-seated desire to see a transformation on the sacred waters of the Ganges. When Jeremy saw the absence of female guides in India, she knew she had to act.

"I believed that I could create an avenue for change, a pathway to empowerment through the river," says Jeremy. Crucial support and partnership came from local outfitter Red Chilli Adventure, who shared her vision for change.

"For me, getting women on the river as guides is not just a goal, but a necessity. There's no reason why guiding should be a male-dominated profession. The river

is a place of connection and belonging, and everyone who feels its pull should have the opportunity to guide."

Jeremy considers the opportunity to receive instruction from fellow women essential. "Gender-specific skills and approaches play a crucial role in women's success in whitewater adventures. Creating a nurturing and supportive environment is key, especially in an industry historically dominated by males," she continues.

The time for change in the rafting industry on the Ganges is now. This initiative marks a significant evolution. Nari Nauka isn't just about guiding on the river. It's about empowerment, community, and the endless potential of women on the water. The impact is undeniable – economic opportunities, a connection to the global whitewater community, and an unparalleled chance to recognize and own one's strength. The floodgates are open, and the possibilities are endless.

These women are hungry for knowledge, growth, and opportunity. Their reasons for joining the Nari Nauka course are as varied as their backgrounds and experiences. Some came with dreams of building a career on the river they loved. Others sought to support their families. For some, it was about being a part of history or making history themselves.

"This week has been powerful beyond measure, and the transformation I witnessed among the Nari Nauka participants was nothing short of remarkable," agrees Elisha. A single mom who fought to find her place on the river, Elisha believes that, "the more we open women's eyes to their own power and help them claim that power, the more they are able and inspired to help other women to do the same, and those ripples can travel indefinitely."

Nari Nauka is just the first drop in the ocean. □



WOMEN'S  
CRUX  
DRY SUIT

MEN'S  
CRUX  
DRY SUIT

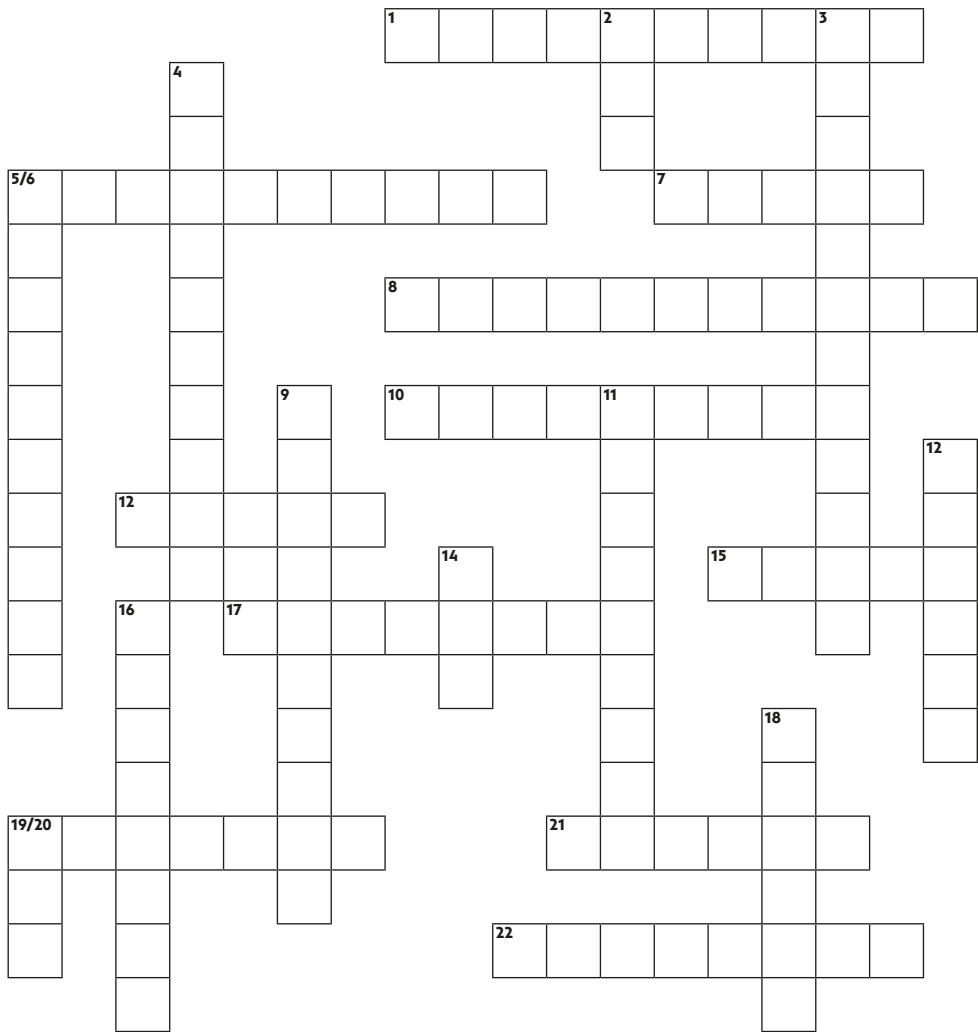
## LIFE STARTS ON THE RIVER

Refreshing your computer browser won't make the river levels rise, but the Crux Dry Suit will make sure you're ready when they do. With a classic front-zip design, overskirt, relief zipper, stash pocket and our recycled waterproof-breathable Eclipse™ fabric, even an unexpected portage adds to the fun.

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Take a break, haven't you heard?  
You can solve this puzzle, word by word.  
Grab a pen, and join the quest,  
a crossword is calling - be our guest!



1. You can wear it in the pub at night

2. NRS' thinnest buoyancy aid

3. Founder of the Dee Valley Clean Up

4. Sisters of the Sacred River

5. (horizontal) The epicentre of the Dee Valley kayaking community

6. (vertical) From Rapids to Coastlines

7. Gore-Tex Pro Front Entry Dry Suit

8. #HalfSizeHalfSlice
9. Lighter than Lightweight?

10. Gives you more time acting

11. Name of the river that Jimmy Carter designated 57 miles of in 1974

12. New whitewater weapon by Pyranha

13. This outfitting is ...

14. Northwest River Supplies

15. River with Austria's highest runnable waterfall
16. Neoprene's #1 Killer

17. Light and easy to carry when rolled up

18. New knife by NRS

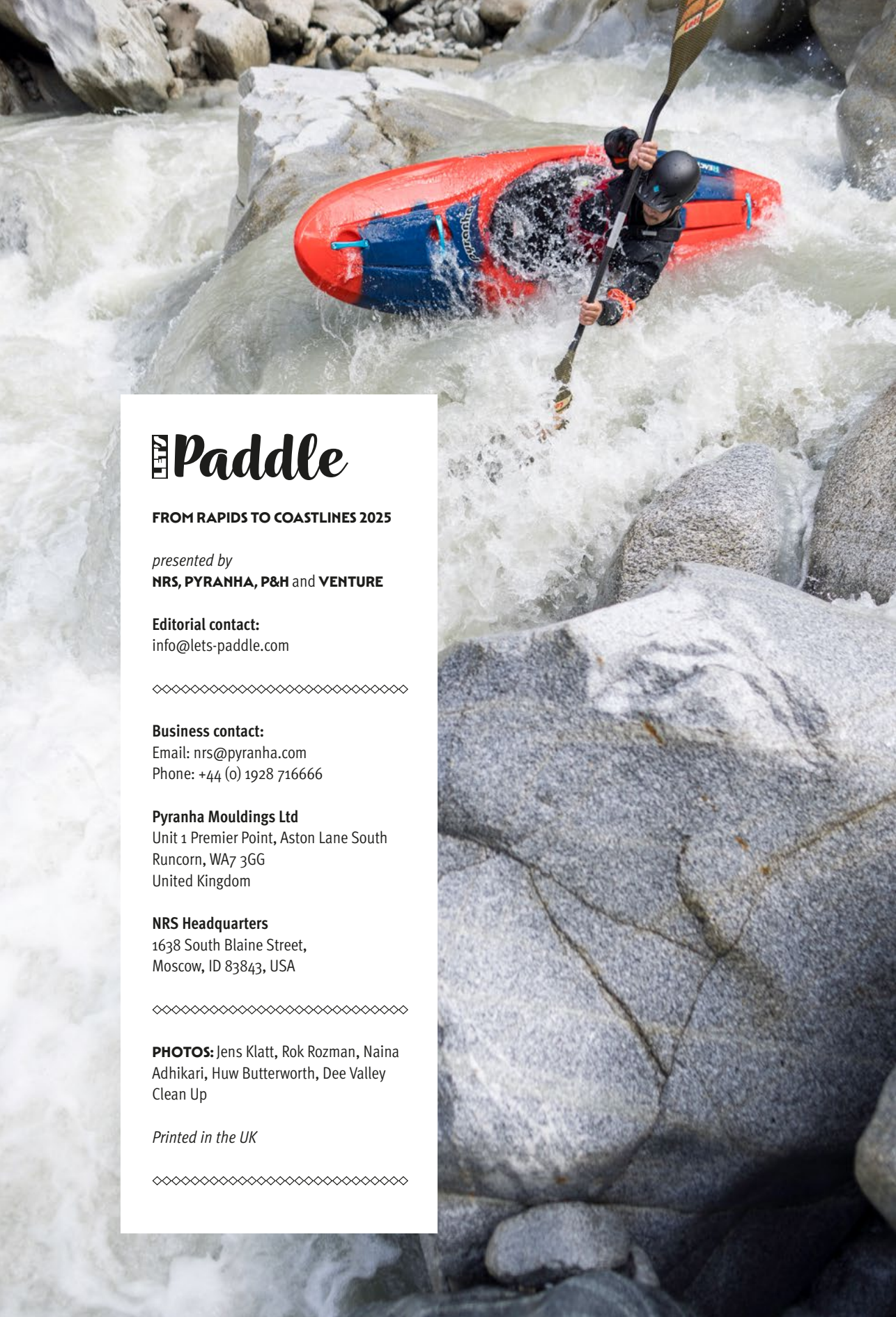
19. (horizontal) Since 1971

20. (vertical) Personal Floatation Device

21. Compatible with both canoe and kayak paddles

22. Perfect mix of adventure, fitness, relaxation

1. Sunrise Hat 2. Ion 3. Aaron Kendall 4. Ganga Girls 5. Llangollen 6. Let's Paddle 7. Axiom 8. Firecracker 9. Ultralight 10. Helion 11. Chatterbox 12. Reactor 13. Elite 14. NRS 15. Salza 16. Chlorine 17. Packraft 18. Photix 19. Pyranha 20. PFD 21. Marlow 22. Kayaking



# LET'S Paddle

FROM RAPIDS TO COASTLINES 2025

presented by  
**NRS, PYRANHA, P&H and VENTURE**

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**PHOTOS:** Jens Klatt, Rok Rozman, Naina Adhikari, Huw Butterworth, Dee Valley Clean Up

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