

## Our activities throughout the year

During the **Winter and early months of Spring** our training takes place in the luxury and warmth of a local indoor swimming pool, where we apply the final touches to our kayaking skills. Throughout the Winter we practice and teach rolling and other important canoeing skills under warm and safe conditions.

**Summer and Autumn** finds us back on the river, with regular training close to the boathouse, as well as various canoeing trips throughout the local area.

We organize and run internal and external training events, trips for our club members, including white water canoeing trips down south, as well as sea kayaking trips along the Baltic and North Sea coasts. These trips are open to novices and advanced canoeists alike, and occasionally include white water and sea kayaking tours outside Germany.

Additional summer activities include summer camps, kayak safety and rescue training, local VHS canoeing courses for beginners and other interested parties.

## Try this excellent outdoor experience

We are a family orientated club. Our boathouse is located in a tranquil spot - with a small copse, a camping site, and direct access to the river Lippe.

The camping weekends at the boathouse generally include tours on the river, as well as cozy evenings around the campfire with stock bread, fresh popcorn, barbecues, beer, and soft drinks for the kids.

In the summer, we meet here at 5pm every Friday afternoon for kayak and canoe training.



## Kanu Mantinghausen: The Family Club



Stefan and Leonie during a river clean-up event

## Our main activities:

River kayaking

Open boating

Sea kayaking

Training / qualifications

## English- / German-spoken

Homepage: 

Email: 



## River Kayaking



Kajak training at our weir in Mantinghausen

Our active members meet for training and go on the water together. The Lippe is just a stones' throw from the boathouse, so the boats can be carried from the boathouse straight to the riverbank. Training options are ideal: the current at the input is not too strong, but there is a rapid just 300 meters further downriver at a former weir, where we can train in a much stronger current, and good training conditions are also available upriver, in front of the bridge towards Verlär.

We have several experienced DKV coaches, but everyone helps each other out with tips and tricks. Getting our kids out on the water when they're young has many benefits: It helps them learn good paddling techniques early, it teaches them about safety, it gets them out the house, and lets them experience nature. It's not long before they show their parents how to do things properly.



White water training in Hohenlimburg

## Open Boating



Open boating on the river Lippe

Kanu Mantinghausen has seven Canadian canoes and a canoe trailer at its disposal, which enables us to organize trips to Sande (upper Lippe), to the Mecklenburg lake district, to the Weser, or to any other rivers of our choice. Our open boats can carry the tents and equipment for a few days camping. They are also used for our official VHS canoeing courses and our own regular internal training courses and trips. We also have a number of club kayaks for adults and children that want to try the sport.

In addition to multi-seated canoes, we also have several single-seaters at the boathouse. These specialist boats are generally reserved for the more experienced paddlers, but are available to others. Open canoes are paddled with a single-bladed paddle and kayaks with a twin-bladed paddle.



Single-seater Canadian: White-water in Southern France

## See Kayaking



Sea kayaking: Fehmarn (Baltic Sea)

Although sea kayaking is still one of the less-practiced sports in our club. We still try and organize trips every year, sometimes to the Baltic Sea island of Fehmarn (especially suitable for novices), to the North Sea island of Spiekeroog (for advanced paddlers) and to other venues outside of Germany. Some of our members have been sea kayaking in Scotland, Sweden and Greece.

One thing about sea kayaking is that everything you need (tent, provisions and clothing) can be taken in the boat, so you're completely self-sufficient. Sea kayaking also requires camping and cooking skills. So if the weather turns bad, we just put up the tent until conditions change for the better! Map reading and seamanship skills are also necessary, but can be learnt.



Sea kayaking / camping in Sweden