



Senior Golden Paddle Retreat

The Golden Paddle Retreat is open to ages 50+, from beginners up to Class II-III paddlers (whitewater kayak or packraft). Start the weekend by meeting your instructors on Friday evening. Dinner is on your own that night, but you will be given a discount card to dine at NOC's restaurants. Breakfast and lunch for Saturday and Sunday and dinner on Saturday are all included as well as an early morning yoga or stretch session on Sunday.

Lodging packages are also available to add on to complete an all-inclusive weekend of fun and paddling.

Booking and Cancellation Policies

Please see the following link to our [Booking and Cancellation Policies](#)

What to Bring...

The program you have signed up for includes professional instruction, top quality gear, most meals, and shuttle transportation.

NOC Provides the Following:

- Boat (either kayak or packraft)
- Paddle
- Helmet
- Personal Flotation Device
- Spray Skirt
- Paddling Jacket
- Wetsuit and Booties
- Breakfast & Lunch on Saturday & Sunday
- Dinner on Saturday
- Yoga or Stretching on Sunday Morning
- Lodging Friday - Saturday in your choice of accomodation *(if selected)*

You Need to Bring:

- ☐ Shorts/Swimwear
- ☐ Water Shoes or Old Sneakers
- ☐ Synthetic T-shirts
- ☐ Sunscreen/Lip Balm
- ☐ Towel and Change of Clothes Each Day
- ☐ Yoga Mat & Clothes (if participating)
- ☐ Reusable Water Bottle
- ☐ Clothing and Personal Items
- ☐ Rain Gear
- ☐ Synthetic Long Underwear*
- ☐ Light Fleece Hoodie/Pullover*
- ☐ Please Refer to the Lodging Section for Possible Additional Items

**Bring if cold-natured*

What to Bring... *(continued)*

Optional:

- ☐ Nose Clips
- ☐ Sunglasses and Eyeglass Strap
- ☐ Hat or Visor
- ☐ Ear Plugs (if sensitive to water)
- ☐ Yoga Block/Strap (if participating)

Forget Something?

Our Outfitter's Store is a gear shop featuring an incredible selection of equipment, apparel and accessories for the outdoor world. From high-performance kayaks to the latest trail shoes, we carry top brands and a selection of innovative gear you won't find anywhere else.

When you check in for your course, you will receive a coupon for use at our main Outfitter's Store.

Preparing For Your Course

When thinking about your upcoming instruction program, you may feel a little apprehensive, a little excited, or a combination of both. This is natural. You've got high expectations of us and we aim to please. In order to help you prepare for and get the most out of your course, we ask you to consider the following:

- **Stretch** – A regular routine of gentle stretches is one of the most important things you can do to enhance your comfort and safety.
- **Set goals** – Decide what it is that you want to accomplish during your course. Think about how we can help you reach your individual goals.
- **Enjoy yourself!!!**

About Your Responsibilities

We make every effort to provide well-planned and enjoyable experiences by following appropriate teaching progressions and educating participants on risk awareness and decision-making related to each activity. However, you are responsible for many decisions that affect your personal well-being. These responsibilities include, but are not limited to, evaluating your physical fitness, assessing your equipment, and understanding how to respond when situations do not go as planned. You have the option to portage any rapid or walk any obstacle and are responsible for communicating your choice to your instructors.

NOC does not assume liability for personal injury or death. All participants are required to sign an Assumption of Risk and Waiver Agreement. Outdoor sports are physically demanding and involve inherent risks that cannot be eliminated or controlled.

Our private instructions operate rain or shine.

Take Me to the Rivers

Typically, you will spend 4 to 6 hours on (or in) the water each day. Courses generally begin with some time on flat water to learn new skills or review and refine the familiar ones. After a varying period of lake time, you'll move on to the river.

Your instructor chooses the river for your course each day. The choice depends on location, water levels, and interest/skill level of the group. The rivers we use include the Nantahala, Tuckasegee, and Little Tennessee.

Lodging

Bundle lodging with us and save to make it an all-inclusive weekend of fun and paddling!

If you would like to speak with someone about our lodging options, please give us a call at 828.488.7249.

Dining

The retreat includes most meals. We welcome you to dine with us on Friday night. Upon checking in for your course, you will receive a discount coupon for use at River's End Restaurant and Big Wesser Riverside Pub.

River's End Restaurant offers soups, salads, burgers, and pizza along with a delicious breakfast menu during certain times of the year.

Big Wesser Riverside Pub is open for lunch and dinner in season and offers a variety of quick and convenient food on the banks of the Nantahala River. Live music and entertainment on the weekends. Hours vary.

Gratuities

In any service industry, a tip is a token of appreciation. If you feel your instructor provided exemplary service, then a tip is appropriate and appreciated, but never expected.

Friday Night Meet & Greet

Drop in to meet your instructors and other participants on Friday evening. We will meet at the Paddling School (#9 on the map). While this informal meet and greet does not include dinner, you can use your NOC discount card to dine at NOC or take a jaunt into Bryson City. Unable to make the Meet & Greet? No problem! Please see the next page for a more detailed itinerary on when and where you can meet the group on Saturday morning.

Directions

Be aware! Driving on winding mountain roads can take up to twice as long as normal travel time and mileages can be deceptive. NOC is located 13 miles southwest of Bryson City and 20 miles northeast of Andrews on US 74.

Physical Address: 13077 Highway 19 West, Bryson City, NC 28713

The Paddling School is #9 on the NOC Campus Map below.



Weekend Itinerary

Friday • 3:00pm – Lodging Check-in begins at the General Store (#6 on map)

» *If lodging with us, reference your booking confirmation for check-in information.*

• 5:00-6:00pm – Meet & Greet at the Paddling School (#9 on map)

Saturday • 8:15am – Meet at the Paddling School office

• 8:30am – Breakfast, Location to be Determined

» *We will start the kayaking program immediately following breakfast, so please come prepared for the day.*

• 4:30pm – Completion of first day of kayaking

• 6:00pm – Meet at the Paddling School, then dinner at Big Wesser (#8 on map)

Sunday • 8:00am – Yoga or Stretch Session - Meet at the Paddling School (#9 on the map)

» *If lodging with us and checking out today, please check out prior to the start of the day.*

• 8:45am – Breakfast, Location to be Determined

» *We will start the kayaking program immediately following breakfast.*

• 4:30-5:00pm – Completion of second day of kayaking

Note: This is a basic itinerary. Any changes will be emailed to all participants a few days prior to the start of the retreat.