



THE BREAK

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THE BREAK



**JOIN US
ON A
KAYAKING
TRIP**

How a kayak trip works:

We offer **tailor-made trips** for participants which can be anywhere from 2 hours, 4 hours to full day (8 hr) undertakings. We supply kayaks, life vests, paddles and kayak guides. We also typically bring food and drinks.

Location is based on weather conditions and is typically around metro Melbourne or the Peninsula, but can be further afield with prior arrangements. It often includes paddling past some of Melbourne's most iconic landmarks from the unique water perspective few ever get to see.



get in touch!



WHY DO WE KAYAK?

MENTAL HEALTH

Our kayak trips are social outings, not races. We only use tandem kayaks to keep it communal and often paddle side by side chatting while we paddle. This provides much needed social connection. Furthermore, recent research has vindicated that spending time in nature improves mental wellbeing and reduces many mental health symptoms.

PHYSICAL HEALTH

Although our paddling is not a race we often cover a fair bit of distance, not that most people notice as they are too busy soaking up the scenery, eating, laughing and generally enjoying themselves. So if you hate exercise this is perfect for you, as you'll get fitter without realising you're exercising at all.



The Break seeks to help those who fall through the cracks in the current social service system with innovative programs



KAYAKING QUESTIONS

I'VE NEVER DONE IT

We teach you from scratch, so it's suitable for people of any ability level. We even paddle those who can't paddle themselves

I'M NOT FIT ENOUGH

Kayaking is a social activity, for us, not a competition. So we bring food, paddle slowly and focus more on soaking in the natural vistas of nature than rush to reach a destination. It's more like a country drive, but on water, and slower. But you'll be surprised how far you travel during a leisurely chat.

IT'S SCARY

- We have professional (Paddle Australia qualified) kayak guides who ensure the highest safety standards are met.
- We use sit-on-top (SOT) kayaks so it is impossible to get trapped inside in the unlikely event you capsize. We use oversized fishing kayaks which are very difficult to capsize. In fact, no one has ever capsized ours yet.
- Every participant is professionally fitted with a level 2 or above personal floatation device (i.e. life vest) so you cannot sink, even if you can't swim. Many non-swimmers have joined us on paddle days.