



IRF WORKSHOP

Visualize more than just the current rapid. Observe upstream water to predict your flow, Downstream features to plan your next move and the riverbanks for safety eddies and hazards. A boss doesn't just see the water; they see the lines in a different way.

INTERNATIONAL RAFTING FEDERATION WORKSHOP AND ASSESSMENTS

DATE: 7th - 11th JANUARY 2026

RIVER: MARSHYANGDI/TRISHULI

INSTRUCTOR: ANUP GURUNG

GRADE: GRADE 4

COURSE: SAFETY KAYAKER/ RAFT GUIDE/ TRIP LEADER

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