



Dŵr Gwyn
Rhyngwladol Caerdydd
Cardiff International
White Water

Cardiff International White Water Organize a Youth Multi Activity Week

Cardiff International White Water is pleased to organize a youth multi activity week in Cardiff Bay. The CIWW youth multi-activity week is for children aged 8-16 years, and it lasts for five days. This week aims to provide young ones in the Cardiff Bay area with a week of healthy half-day activities.

Some of the activities Cardiff International White Water has on offer during the activity week include; white water rafting, sit on top kayaking, canoeing, white water hotdogging, stand up paddleboarding and the air trail.

The [white-water rafting activity for kids](#) involves a course that features several twist and turns, and a few big drops too, so the children will be focused on having to navigate the waves. This activity is excellent for children who would like to learn a new sport or even to practise and improve their paddling skills, and it is a great water sports skill to have.

Another activity as part of the youth activities that are taking place is the sit on top kayaking. This course allows children to learn river reading and water safety. They can develop their moving water paddling skills and techniques, and it is highly recommendable for those who would like to practise their control of a kayak. Similarly, with canoeing, the children can learn and improve their canoeing skills and this will boost their confidence on the water, as you want the children to be confident and safe when out on the water.

Other activities that are part of the youth activity week is white water hotdogging, maybe a name unfamiliar to some, but it is one activity not to be missed. This involves two inflatable, two-person kayaks, these are known as hot dogs, and they really put the children to test in this course, but they will also really enjoy this exciting white-water thrill. It may be challenging for some children as there are many drops and courses along the white-water course.

In addition to all the white-water activities and courses, Cardiff International White Water have an Air Trail for the children during the week. Now, there is no equipment or experience requirement, so this activity is perfect for those children who love fun and adventure.

The [Cardiff kids activities](#) organized by Cardiff International White Water is a fantastic opportunity for them to learn new skills and techniques. They even have the chance to [learn to surf south Wales](#).

Cardiff International White Water gives everyone of all ages the chance to learn a new skill, technique and in particular challenge themselves. The multi youth activity is an enjoyable experience that all children will thoroughly enjoy.

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Get your children involved with the youth multi-activity week taking place at Cardiff International White Water. You can call 029 2082 9970 for more information about the activities, or you can email patricia.deeside@gmail.com . You can also go online and find out about the week on their website at <https://www.ciww.com/courses/youth-multi-activity-week/>.

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<https://www.ciww.com>