

HOW FAR CAN YOU PADDLE IN A DAY?

Paddler Type

Paddling Speed

Daily Distance

Novice, Out of Shape,
or Young Paddlers

2-3 KM/HR

10-12 KM

Intermediate Paddlers

4-5 KM/HR

15-20 KM

Advanced Paddlers

6 KM/HR

20-30 KM