



adventure in nature
for all the family

Prorrafting – 2 man raft

The pro rafts offer greater challenges as you have to control the boat yourself and you have to work with your partner. You will either have a guide with you or be part of a flotilla with rafts.

About the trip:

We meet at Adventure Norway rafting centre in Hessa, you will be given a brief about the trip and all questions answered, this takes about 10mins. We have time to collect our swimming costume, visit the toilet then get wetsuits fitted and change for pro rafting. Our valuables are secured and we leave our clothes at the changing rooms. We then load the pro rafts and take our minibus to the start point just north of Bjelland.

We start on a section of flat water where we take time to cover all the safety and prepare everyone for the trip. The pro raft trip then takes us 6km down the unspoilt Mandal river, away from the bustle of everyday life, at one with nature.

We finish back at the raft centre in Hessa, get changed and enjoy reflections of the trip over a coffee or cold drink.

Trip length: Distance 6km. You will be with us for about 3 hours; we are on the water for about 2 hours.

Age limits: Minimum 12 year old with an adult.

Season: From early May until late September.

Temperature: In May air temperature can be in the mid 20s but water temperature can be as low as 8, by late June the air temperature is in the 30s and water temperature is around 18.

Equipment: You will be supplied with; wetsuit, windproof jacket, buoyancy aid and helmet.

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You need to have; swim suit, jogging shoes and towel.
In the spring take woollen socks and long underwear, lifa.
Also warm clothes to put on after the raft trip.

Pro Rafts: The pro rafts have a capacity for 3 adults.

Booking: We run several trips daily so call to make a booking. Advance booking can be done by e-mail.

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