

# Rafting



*Rafting-this sports rafting on mountain rivers and rivers with a large number of rapids, rifts, waterfalls.*



*Rafting is a very dangerous sport, especially if you do not observe safety. In this sport there are injuries and even death. Every trip is associated with great risk.*



*Rafting without an instructor is very dangerous, you should follow many rules. The instructor will tell you about the necessary equipment, how to provide first aid in this sport and much more.*



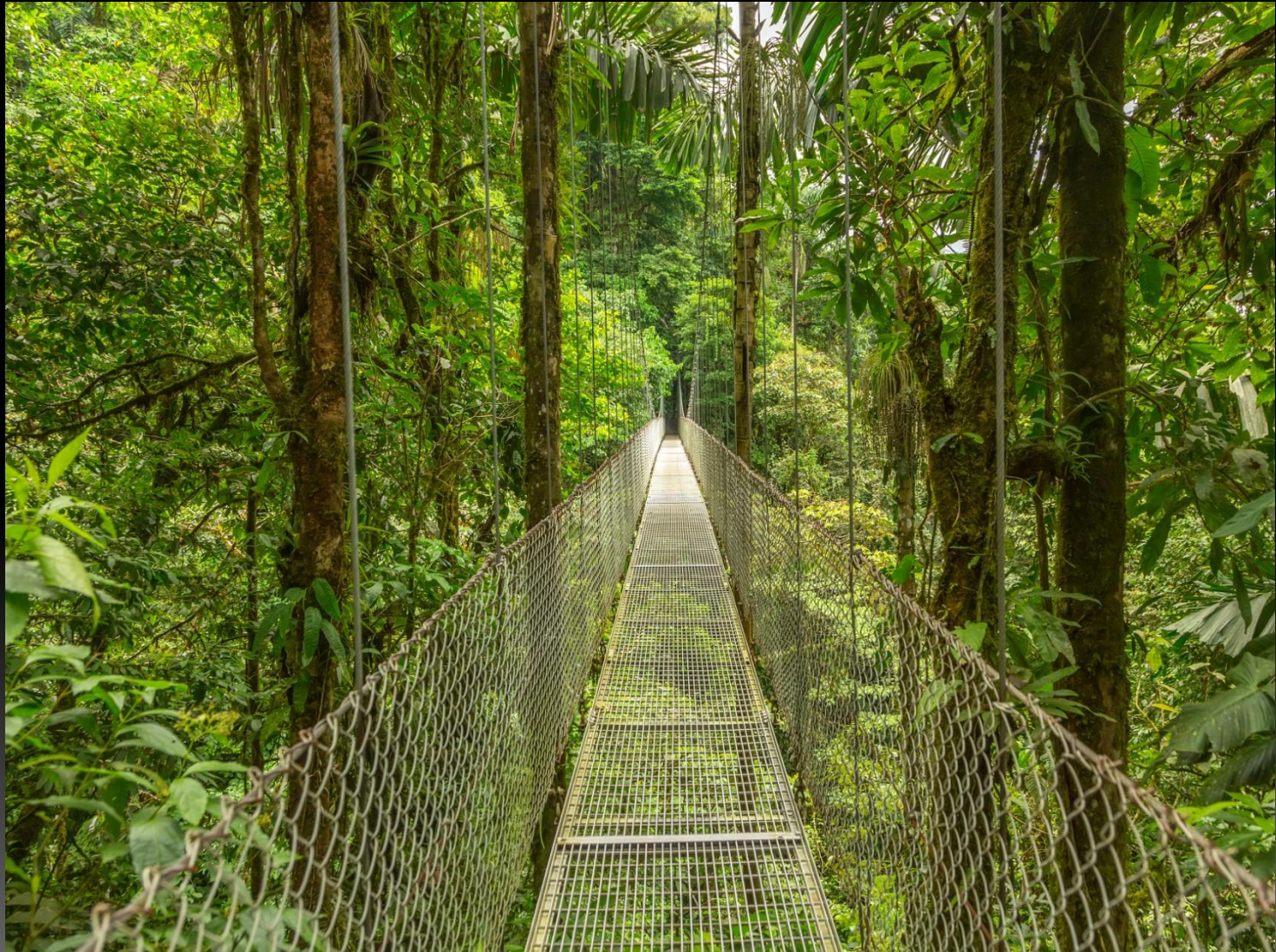
*To do rafting, it is not necessary to have some special knowledge and skills. That is why not only young and physically strong people are fond of rafting nowadays, but also families with children who have reached the age of fourteen. The only requirement for the alloy is the ability to swim.*



# Zambezi river and Victoria falls



# suspension bridge in the jungle of Costa Rica





## Nature Of Uganda



# Rafting in Russia

*One of the most dynamically developing in Russia types of active rest on water is rafting - rafting on the rapids rivers on the big inflatable vessels (rafts). Modern raft is an inflatable frameless raft with a capacity of 4 to 12 people, consisting of the main cylinder and transverse cans. Raft has great buoyancy, reliable and resistant to water. With the advent of this type of vessels rafting on rough rivers has ceased to be a privilege of professional tourists, becoming available for beginners lovers of water tourism.*

The most popular rafting destination in Russia are:

Adage

Altai

