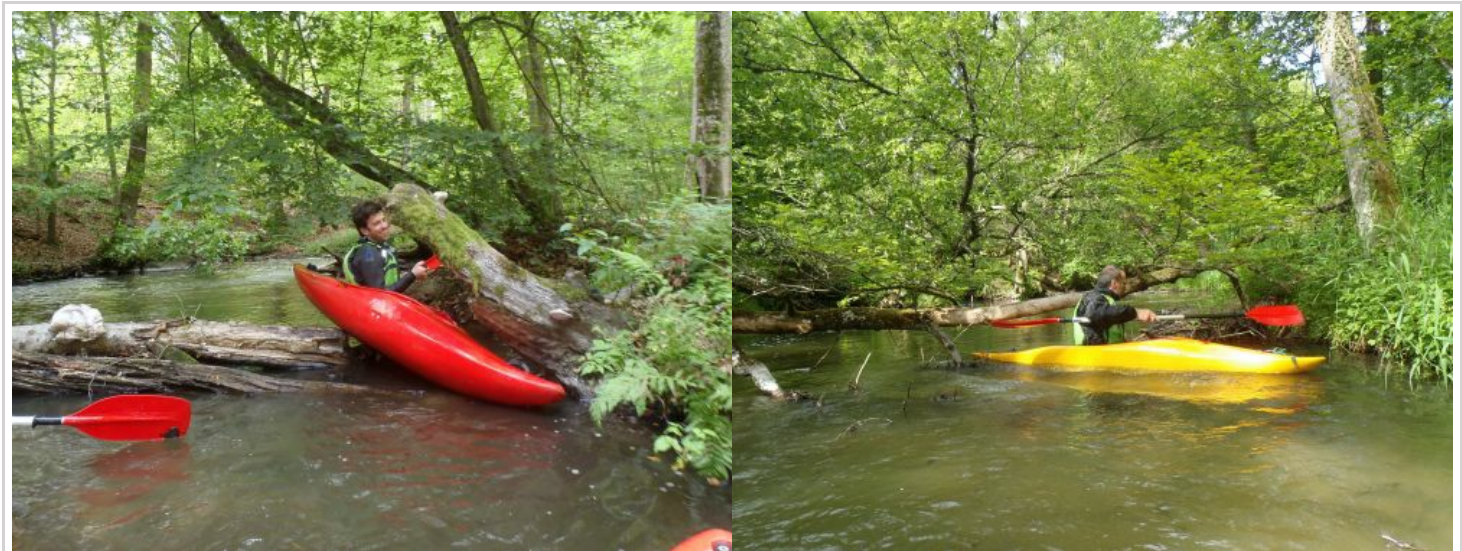


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## Extreme: Bukowina with Łupawa

Trudność szlaku:	hard
Rzeka:	Bukowina
Start:	Siemirowice
Zakończenie:	Damno
Długość:	55 km
Czas spływu:	3 days
Ilość przenosek stałych:	4
Preferowany sprzęt:	single, mountain single



Kayaking route for real tough guys. If you have already had some experience in kayaking, sometimes you like getting wet while facing "zwałki" (piled up trees) or rapids, we recommend you visiting the legendary Polish canoeing spot - Łupawa and its lesser-known but interesting tributary - Bukowina. Emotions and adrenaline are guaranteed. The route starts innocently, but with every kilometer more obstacles appear and you gain more experience. Numerous obstacles, trees and stones embedded in the mainstream require the kayakers to provide full concentration and good shape. In case of this river single kayaks are recommended. They allow you to fully enjoy the beauty of canoeing between piled up trees, offer the possibility of climbing the trees and learning techniques such as "turtle" or "gluś" (for those interested in the topic we recommend our instructional videos on youtube channel). On this route you will not meet crowds, the development is rather modest. Well, but nobody selects Łupawa to bathe in warm water... By the way, there are plenty opportunities to swim in the water (but not hot). The section we offer is the most interesting and the most difficult portion of the route and start the route on Bukowina allows you to avoid a large Lake Jasień, from out of which Łupawa flows.