

Laughter and Adventure: Rafting, Big SUP & Kayaking on Lake Geneva!



FOLLOWING JOHN

OUTDOOR ACTIVITIES GUIDE
SWITZERLAND

John Heiniger
+ 41 79 367 69 88

info@following-john.ch

www.following-john.ch

KAYAKING

FROM RIVAZ TO LUTRY
AU PIED DU LAVAUX



Strengthen team spirit and cohesion through an unforgettable half-day kayaking experience on Lake Geneva, led by a professional guide.

This trip from Rivaz to Lutry offers a unique opportunity to encourage teamwork and support within a spectacular natural setting.

Participants will paddle together on easy-to-handle, safe sit-on-top kayaks while admiring the magnificent terraced vineyards of Lavaux, a UNESCO World Heritage site.

Throughout the journey, they can connect with nature, learn about the history of the mountainside vineyards, and enjoy breathtaking views of the surrounding landscapes.

Weather permits, there will be a swimming break for a refreshing dip in the calm lake waters. The outing lasts approximately 4 hours, including briefing and preparation, for an educational, sporty, and enjoyable experience.



**A perfect opportunity
to learn to collaborate, push limits
together, and create shared memories
while discovering local wildlife.**



IIINFORMATION:

Starting Point: Rivaz

Ending Point: Lutry Beach

Distance: Approx. 8 km

Duration: 4 hours, including briefing and preparation

Requirements:

No prior experience needed, good physical condition, swimming ability

Season: March 15 to October 30

Price:

From 10 participants: 100 CHF per person

From 20 participants: 90 CHF per person

From 30 participants: 80 CHF per person

Includes:

Kayaks, life vests, paddles, waterproof bags, professional guide

Rivaz and Lutry are accessible by public transport.

Other locations available on request.



KAYAK

CHÂTEAU DE CHILLON HISTORIC MONUMENT



Embark on a kayak adventure on the crystal-clear waters of Lake Geneva for a spectacular approach to Chillon Castle.

From the lake, the castle reveals its full splendor, with majestic towers that seem to float and a fascinating painting on one of its walls, a witness to its rich past. Glide along the fortifications and discover architectural details invisible from land.

After this water immersion, disembark for a guided tour into the castle's depths: historical dungeons, banquet halls, and lordly chambers immerse you in medieval legends and history.

This adventure blends sport and culture, ideal for unique team-building or immersive learning for students. Let yourself be enchanted by this journey into the heart of history and Lake Geneva!



**Discover Chillon Castle from a spectacular angle:
A magical adventure blending history and stunning panoramas!**



INFORMATION:

Exploring Chillon Castle

Duration: 4 hours, including briefing and preparation

Requirements: No prior experience needed, good physical condition, swimming ability

Season: March 15 to October 30

Price:

From 10 participants: 110 CHF per person

From 20 participants: 100 CHF per person

From 30 participants: 80 CHF per person

Includes:

Kayaks, life vests, paddles, waterproof bags, professional guide

Not Included:

Entry fee for Chillon Castle; price varies depending on the audience, to be discussed.



R A F T

WATER GAMES LAKE GENEVA

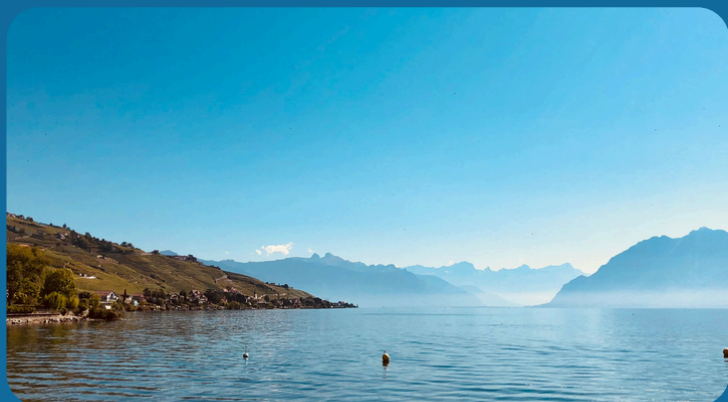


Rafting on Lake Geneva, near Lutry, offers a unique experience, combining water games with the natural beauty of a UNESCO World Heritage site.

This activity requires more than physical strength; coordination and team spirit are essential to move harmoniously on the calm waters of Lake Geneva.

Each member plays a key role, and the group's success depends on everyone's ability to synchronize efforts and communicate effectively.

Though the waters are calmer than river rapids, technique and concentration are crucial, and laughter is guaranteed. With unexpected splashes and small coordination challenges, the adventure becomes a moment of sharing and fun, where teamwork and solidarity allow for full enjoyment of this exceptional setting.



Combine nature and adventure with a rafting outing in Lutry, under the gaze of Lavaux's terraced vineyards, a UNESCO site.



INFORMATION:

Meeting Point:

Lutry's paddle school, Lutry Beach

Duration: 2 hours

Estimated time on the water: 1h30

Requirements: No prior experience required, Good physical condition, Ability to swim

Season: March 15 to October 30

Pricing:

1 Raft (9 people) : 500 CHF

2 Rafts (18 people) : 900 CHF

3 Rafts (27 people) : 1,200 CHF

4 Rafts (36 people) : 1,500 CHF

Includes:

Rafting boat, life jackets, paddles

Supervision with a rescue boat

For an additional charge :

Neoprene wetsuit: 10 CHF/pers.

Neoprene booties: 5 CHF/pers.

Neoprene jacket: 5 CHF/pers

Public Transport :

Accessible by CFF, TL, CGN



ADVENTURE BIG SUP

WATER GAMES
LAKE GENEVA



Team Challenge on Lake Geneva: Big SUP Adventure, Coordination, and Fun in the Heart of the Vaud Riviera!

Lake Geneva, in the Lutry area, offers a unique experience with team water games, particularly the must-try Big SUP Paddle. This large board can hold 8 to 10 people, transforming paddling into a group adventure. Guided by an experienced leader, participants are encouraged to paddle together, coordinate, and maintain balance while tackling fun water challenges.

Five Big SUPs are available, allowing for multiple teams and friendly competitions. With laughter, splashes, and moments of cooperation, this activity ensures a friendly and dynamic atmosphere. The activity includes technical advice and games suitable for all levels, providing a shared moment of enjoyment that enhances team spirit. Whether for races or lively rides, this experience is designed to offer an unforgettable moment in a beautiful setting.



**Challenge Lake Geneva as a team:
Big SUP Adventure,
laughter guaranteed!**



INFORMATION :

Meeting Point:

Lutry's paddle school, Lutry Beach

**Duration: 2 hours, with approximately
1.5 hours on the water**

**Requirements: No prior experience
needed, good physical condition,
swimming ability**

Season: March 15 to October 30

Price:

From 20 participants: 35 CHF per person

From 30 participants: 30 CHF per person

From 40 participants: 25 CHF per person

Includes:

**Big SUP, life vests, paddles,
professional guide**

For an additional charge :

Neoprene wetsuit: 10 CHF/pers.

Neoprene booties: 5 CHF/pers.

Neoprene jacket: 5 CHF/pers

Public Transport:

Accessible by CFF, TL, CGN





John Heiniger
Following John sarl
WATER GAMES
Lake Geneva & Lac de Joux
1173 Féchy
Switzerland

+ 41 79 367 69 88

info@following-john.ch

www.following-john.ch

