



**Powder Mills
Princetown
Devon PL20 6SP
Tel: +44 (0) 1822 880277
Fax: +44 (0) 1822 880392
Email:
martin@spirit-of-adventure.com**

2010 Intermediate Course (BCU 3 Star courses)

These courses are designed to be discipline specific (Sea, white water, flat water touring). This enables you to choose which environment you want to explore

This discipline specific course is designed for those who want to progress in either white water, sea or flat water touring. You will be given professional instruction and will be assessed over the course of the weekend. The locations for this course will depend on what you choose. You will need to be paddling at a reasonable standard to fully appreciate this course.

Even if you are not looking to gain an award than this course is still for you. Your Spirit of Adventure instructor will tone your existing skills and knowledge, which will certainly enhance your enjoyment of paddle sport.

On the optional 3rd day we will undertake a journey on one of Devon's beautiful rivers, estuaries or coastline. This optional day will be of a slightly more challenging nature than that of the 1 and 2 star course. This day will be relevant to the discipline of your 3 star choice.

The itinerary for this course will depend on which discipline you have chosen to be tested at. The inland (white water) will be on one of our local rivers up to grade 2. The sea kayaking will be along a stretch of our fantastic coastline whilst the touring award will be on an inland estuary or water course.

Each discipline will meet the requirements of the BCU syllabus and will be run by qualified BCU coaches. The training and assessment will take place over the 2 days with the third day being a leisurely paddle to enjoy your new and developed skills.

As before this course is still ideal for those who just wish to tone existing skills or challenge themselves that little extra.

All our courses are run in an informative but relaxed manner, enabling you to enjoy the weekend to its full potential.

Important if you wish to be tested for the 3 star award you need to inform Spirit of Adventure prior to attending, as we can then register you with the BCU.





2010

BCU 3 Star Courses

Spirit of Adventure has a safety record second to none. We believe that the safety of all participants and instructors overrides all other concerns. You can be assured that your holiday with us will be safe, adventurous and great fun.

Spirit of Adventure is inspected regularly by the **Adventure Activity Licensing Authority (AALA)** and has been granted a licence to run canoeing, climbing and mountaineering activities. The authority inspects our equipment and safety procedures and ensures that all our staff are suitably qualified.

Activity Equipment

All safety equipment will be provided which includes buoyancy aids, cags and wet suits.

kayaks, spray decks, paddles, helmets and dry bags are also included.

You are more than welcome to use your own equipment. We do however require our instructors to inspect it first for safety purposes.

Accommodation

Somewhere friendly, warm, helpful and providing good food is needed on these adventures, we have the contacts, and will be delighted to arrange your accommodation for you, if required. Just let us know on booking! Local Hotel or Bed and Breakfast, we can find accommodation to suit your needs.

Spirit of Adventure has its own bunkhouse here at Powdermills, which is clean and has a fantastic setting in the heart of the moor. A lounge area with wood burning fire, fully fitted kitchen, electric showers and a great drying room make this ideal for those wishing for accommodation that is a little more basic! This can be booked through our office.





2010 BCU 3 Star Courses

Suggested Kit List

We will provide the following:

All specialist activity equipment

You will need to provide the following:

Complete change of warm clothes for end of day.

Spare warm fleece to carry in Kayak.

Warm top to paddle in (will get wet)

Hat, gloves

Swimming gear

Socks

Torch and spare batteries / bulb

Trainers or sandals for kayaking

Insect repellent

Wash kit / Towel

Personal First Aid kit

Lunch box

Sun protection cream

Camera

Water bottle / thermos flask

Experience Required

Previous paddling experience is preferred to fully enjoy this course.

2010 Costs, Activity only

Adults, 2 day £90

16 and under £70

Adults, 3 day £135

16 and under £105

Fact and Figures

2010

BCU 3 Star courses

Activities:

2 or 3 days paddling in selected discipline

Accommodation / meals

Self-catering, accommodation can be organised through our office.

Ref. No.— Date

Flat Water Touring

FWI101 22 - 23 May

FWI102 24 - 25 July

FWI103 28 - 29 Aug

Sea Kayaking

SKI101 26 - 27 Jun

SKI102 28 - 29 Aug

White Water

WWI101 6 - 7 Feb

WWI102 18 - 19 Dec

