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**2011**

## **Dartmoor Trek and Canoe**

**Combine two great activities during this weekend of exploration. Walk upon the high moor and then paddle one of Devons picturesque tidal estuaries.**

If you prefer a weekend with a gentler pace than that of our adventure weekends, then this could be for you. You will spend one day canoeing down one of Devon's beautiful rivers, probably the picturesque estuary of the River Exe, the following day will be on the high moorland. Dartmoor is true wilderness, whilst walking, you will perhaps also have the chance to learn some basic navigation techniques.

The canoeing will be in two man open canoes on the upper reaches of the tidal section of one of our local rivers. We will catch the tide up river before lunch and come back once the tide has turned or via a quiet canal – we will always be paddling with the flow!. There will be no white water and there is plenty of time to enjoy the river. You do not require any previous canoeing experience.

The trekking/walking will probably be on Dartmoor's North Moor which is remote and mysterious. We will take you to a less visited part of the moor. You will be accompanied by a qualified instructor who will teach you the basics of navigating in remote country.

### **Activity weekends**

These weekends are intended to give you an opportunity to explore these fantastic areas of the south west at a leisurely pace. You do not need to be super fit or have had previous experience in any of the activities. We believe that the outdoors is for everyone to enjoy, and there is always something to do for all abilities.

### **Optional 3rd day...**

On the third day you have the option to do some climbing and abseiling at a local crag.

All of our activities will be under the guidance of our qualified staff, to ensure not only your safety but to also teach some basic skills. All specialist equipment is provided for all the activities.





**2011**

## **Dartmoor Trek and Canoe**

**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**

We will provide all the specialist equipment including harness, helmet, cagoules, wet-suit, buoyancy aid etc.

You are welcome to bring your own equipment and your instructor will look at it to see if it is suitable for the planned activity.

### **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.

Or if you prefer something good but cheaper, try our self-catering Powder Mills bunkhouse. We have no television, or video but we do have open space, fresh clean air, direct access to the open moorland, well away from the busy hectic concrete world, computers and screens. Powder Mills Bunkhouse is comfortable and warm with excellent facilities. It is a converted granite barn situated in the heart of the Dartmoor National Park, with beautiful views across the North and South Moors. Warm and cosy, carpeted throughout with storage heaters in every room. Comfortable lounge with wood burning stove, tables chairs and sofas. Very efficient drying room with dehumidifier and fully equipped kitchen. You will need only to bring a sleeping bag or a duvet and a pillow if required. (We have some sleeping bags for hire if required.) Excellent showers work on a 20p meter, which gives plenty of time for a good shower. A non smoking bunkhouse but smokers are welcome to use the area just outside the doors.



### **Contact Details**

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# 2011 Dartmoor Trek and Canoe

## Suggested Kit List

### We will provide the following:

All specialist activity equipment

### You will need to provide the following:

Lunch box

Full waterproofs

Small day rucksack

Warm hat / Sun hat

Warm jumper or fleece jacket

Walking shoes or boots

Suitable walking trousers / shorts

Suitable long sleeve shirt /T-shirt

Swimming gear

Socks

Sun protection cream

Torch and spare batteries / bulb

Small first aid kit

Trainers or sandals for canoeing

Insect repellent

Wash kit / Towel / swim gear

Camera

Personal First Aid kit

Insect repellent

Water bottle / thermos flask

## Fact and Figures

### 2011 Canoe and Trek Adventure Weekend

#### Ref. No. - - - Dates

**DTC1101 25- 26 June**

**DTC112 30 - 31 July**

**DTC113 3 - 4 Sept**

**DTC114 1 - 2 Oct**

Experience Required

**None**

#### 2011 Costs Activity only

**Adults 2 days £95**

**Adults 3 days £140**

