



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

2016

Introduction to Paddling

This course is designed to give you a real taste of the variety of disciplines within paddle sport that you can enjoy.

Think of this course as an introduction to paddle sport using paddles and boats of all descriptions. Develop your skills on a selection of kayaks from white water, sea, flat water touring and canoe. Over the two days your Spirit of Adventure instructor will guide you on a wide range of paddling techniques to enhance your enjoyment whilst on the water. You will be given instruction and information on the correct use of all equipment as well as all safety procedures. If you wish you can be assessed for the 1 or 2 star BCU award depending on your proficiency. These star awards are ideal for those wishing to progress within the coaching schemes of the BCU.

If not than this course will improve your confidence, technique, and knowledge thus inspiring you to enjoy this fantastic sport at all levels.

For the first day we will be based at a local lake. This will enable us to have a wide variety of craft at hand to instruct with and to paddle. To turn a sea kayak requires more time and technique than a small white water boat as you will discover. On the second day we will then head off to paddle a local river, canal or estuary. This will put your new found skills into practice.

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





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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 and dry bags are also included.



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 has a fantastic setting in the heart of the Dartmoor National Park. 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.





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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 the end of each day.

Spare warm fleece to carry in Kayak.

Warm top to

wear whilst paddling (will get wet)

Hat, gloves

Swimming gear

Socks

Trainers or sandals for kayaking

Wash kit / Towel

Personal First Aid kit

Insect repellent

Sun protection cream

Camera

Water bottle or flask

Lunch box

*If you have your own wet suit or even a dry suit then you may wish to bring it along.



Fact and Figures

Introduction to Paddling

Activities:

1st day -flat water paddling on a lake

2nd day -river journey (not white water)

Accommodation / meals

Self –catering, B/B accommodation can be organised for you.

Ref. No.— Date

IP161 21-22 May

IP162 16-17 July

IP163 20-21 Aug

IP164 10-11 Sept

Experience Required

No experience required

2016 Costs

Adults—2 days £99

16 & under—2 days £75

