



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

2013

Introduction to White water

Spirit of Adventure's location within the Dartmoor National Park is an ideal base to access the high quality local rivers.

This introduction to white water course will give you the opportunity to experience the fun and excitement of paddling on grade 1 to 2 moving water. If it is your first time on white water or if you are looking to improve your skill base then this course is for you. Your Spirit of Adventure instructor will lead and instruct you down one of our popular local rivers. The River Dart is one of the regions best rivers for white water with people from all over the south of England looking to paddle it through the winter season. All aspects of running rivers will be covered from boat control to hazard awareness. River running boats and all safety equipment will be provided by Spirit of Adventure to ensure you have a high quality and safe day on the river.

On the first day of this course you will be introduced to all aspects of white water kayaking. From reading the rivers features to hazard awareness, you will be able to safely navigate grade 1 or 2 white water. Understanding boat control is integral to white water paddling so your Spirit of Adventure instructor will be on hand to pass on all the important skills you will require.

On the second day you will have the opportunity to use your new skills and increased confidence to truly enjoy another fun and exciting run down a river. This may well take place on another stretch of river or on another local river of the same grade.

The optional third day may well give you the opportunity to run a more challenging section of the River Dart called "the Loop". This will depend on your skill level and confidence from the previous 2 days. There is always the option of another grade 1 or 2 river to run if you feel you need a little more time to progress with your white water paddling.

This is an excellent and fun way to explore the regions rivers during the winter months.

All safety equipment and white water specified boats will be provided for this course.





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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.

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. Just let us know on booking! Local Hotel, 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. 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.

Activity Equipment

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

White water kayaks, spray decks and paddles are also included.





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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 after each days activity.

Spare warm fleece to carry in Kayak.

Warm top to paddle in (will get wet)

Hat, gloves

Swimming gear

Socks

Neoprene booties or old trainers for kayaking

Wash kit / Towel

Personal First Aid kit

Lunch box

Water bottle / thermos flask

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

Fact and Figures

2013

Introduction to White Water:

2 or 3 days paddling inland white water up to grade 2

Accommodation / meals

Self -catering, accommodation can be organised through our office

Ref. No.— Date

WW131 26 -27 Jan

WW132 23 - 24 Feb

WW133 23 - 24 Nov

WW134 14 - 15 Dec

Experience Required

Some previous paddling experience is preferred to fully enjoy this course.

2013 Costs

Adults 2 days £99

Adults 3 days £145

