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2012

River Wye Paddling Expedition

The stunning river Wye, a fantastic location for an adventurous journey.

From Glasbury to Chepstow there are 100 miles of river for the canoeist to enjoy. Since the 16th century the River Wye has been "free navigation" for the whole of its length below Hay-on-Wye. The river flows through some of the most pleasant Welsh border country. There is virtually no industry and only a few historic towns. The river is teeming with bird life, swans, ducks and sand martins and it is not unusual to see the blue flash of a kingfisher. June/July is probably the best time to canoe the Wye when the weather is generally settled and the cygnets and ducklings are only a few weeks old.

We will be launching at Whitney-on-Wye, and on the first night we will be camping at Preston on Wye using a small site on a farm on the river bank. A stunning location with clean but basic facilities. Once we have sorted our campsite and tents we will have time to relax by the river. In the evening we will stroll into the local village and enjoy a fantastic meal at the local pub. On day 2 we have about 20 miles to paddle to Holme Lacy. This campsite has all the amenities with good showers and facilities for us to use before we depart. This is a lovely days paddle and we stop in Hereford at lunchtime. .

Always under the guidance of qualified staff, that will ensure not only your safety but will also teach you some basic skills. All specialist equipment is provided.

Experience & Fitness There are a few minor rapids to be negotiated but this trip is suitable for novice paddlers!! You will need to be reasonably fit and some pre-training is useful. We would suggest a programme to improve your aerobic fitness by walking, jogging, swimming or joining in some aerobic classes at your local leisure centre. It will certainly mean less aches the following morning!!!





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Outline Itinerary

Friday

Evening Meet at Lucksall for Whitney-on-Wye

Saturday (13 miles)

09:00 Launch at Lucksall for Whitney-on-Wye

10:30 Launch

17:00 approx. Arrive campsite near Preston-on-Wye

Sunday (19 miles)

08:30 Launch

17:00 approx. Arrive Lucksall Campsite

Options

Some clients may well wish to join us at Lucksall Campsite on the Friday evening to save travelling on the Saturday morning. If this is your intention then please inform us, as we can then prepare the campsite accordingly. We can then put the extra nights camping onto your invoice.

We will have a gas burning stove at the campsite. You will be able to use the stove if you wish to cook your breakfast on the Saturday morning. We will provide a large kettle, mugs, bowls, cutlery and a frying pan.



Activity Equipment

We will provide all the specialist equipment including cagoules, wet-suits, and buoyancy aid.

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



Accommodation and food

On the Saturday night we will be camping next to the river in a farmers field near **Preston on Wye** (with only a fresh water tap and basic flush toilet facilities on site). On Sunday evening we will finish at Lucksall Camping and Caravan Park. Both sites are within walking distance of local pubs. We will provide food from packed lunch on Saturday, the Saturday evenings pub meal, to the packed lunch on Sunday (all included in the cost).

You may wish to bring along extra nibbles for during the day.



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Suggested Kit List

We will provide the following:

All specialist equipment. Tents, sleep mats if required. Mugs, bowls and cutlery will also be provided.

You will need to provide the following:

- Sleeping bag
- Water proof/windproof jacket
- Fleece
- Complete set of Warm clothing
- Hat
- Swim wear
- Old trainers for canoeing
- Shorts
- Insect repellent
- Small first aid kit
- Water bottle or flask
- Washing kit and towel
- Lunch box
- Camera
- Torch and spare battery
- T-shirt
- Wetsuit if required -
We don't normally wear a wetsuit if canoeing.

(You would normally wear a rash vest, T-shirt or swim wear under your wet suit)

You may wish to bring your own wet-suit.

Fact and Figures

2012

River Wye Journey Activity

2 days - journey in kayaks/canoes



Accommodation / meals

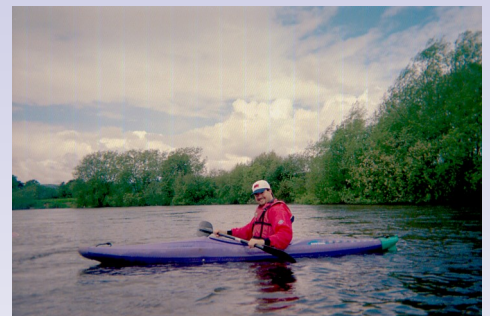
2 nights (fri & Sat) camping and full board

Ref. No. - - - Dates

WYE121 23-24 June

WYE122 30 June-1 July

Experience Required none



2012 Costs

Adults 2 days £180

