



RIVER WYE ADVENTURE TRIP



A fantastic experience paddling on one of the most amazing canoe trips in the UK. The river is found on the Welsh / English border and has a selection of interesting sections ranging from wide meandering river bends to moderate moving water with small rapids, rocks and waves.

WHAT TO EXPECT?

We run an informal trip where the emphasis is on you having a great time. You don't need any canoeing experience as coaching will be provided at the start of the trip and the sections paddled are not difficult; there may still be a chance you might fall in but to be honest in the summer heat there's nothing better than taking a dip in the river. We will paddle two sections of the river, amounting to a minimum of 24 miles, depending on the conditions and the canoeists we may be able to extend this to 34 miles. This decision will be made after the first days canoeing.

THE CANOEING

FIRST DAY

We launch from a small village called Glasbury, where we sort our kit into boats, learn the basic canoe strokes and a capsizing drill. We launch onto the river and for the first few miles there are a series of small rapids in usually shallow waters, some may even have to be waded. After a small weir we paddle onto Hay-on-Wye, immediately after the bridge we tackle a few small rapids and shallows and continue downstream to Clifford, with the ruins of a castle. We cross the border from Wales into England and continue downstream past the toll bridge of Whitney-on-Wye onto our campsite at The Boat Inn.

SECOND DAY

We Launch back onto the water from The Boat Inn and continue downstream past the salmon pools of Locksters Pool and the Island at Turner's Boat. There are some small rapids over the next few miles to Bredwardine Bridge. We continue under the bridge towards the remains of the Moccas toll bridge and a river side mansion designed by Capability Brown. The decisions after this are dependent on where we intend to land and finish. Extensions to the journey can take us over Monnington Falls (it's not as bad as it sounds), through Byford and onto Hereford.

TRANSPORT

We can provide transport from Chelmsford if required, this is offered in a VW shuttle Transporter. The cost of transport is £15.00 per person; please email info@xadventureactivities.co.uk if you would like to take advantage of this. If we don't transport you, you would have to make your own way there.

Depending on the participant numbers we may also need help shuttling the canoeists to the launch site on the first day and back to the campsite at the end of the second day. The exact details will be organised on the first evening at the campsite.

ACCOMMODATION

We use tented accommodation, we usually have two participants to a tent; however we don't expect you to share a tent with somebody you don't know. If you have booked on your own you will have your own tent. The campsite we use is next door to the pub (there's nothing better than a cold drink at the end of a day's canoeing). The campsite has good washing facilities with separate male and female areas, with showers, wash basins and toilets. The showers are free to use and are surprisingly warm.

CATERING / FOOD

We don't offer a catering service on this adventure trip. We will however provide you with a stove, pots and pans, gas and utensils to cook simple camp food. We can give you some suggestions for meals and what to bring; you can be adventurous as you like, however the stoves are limited on size and heat and it is sometimes better to heat food rather than cook from scratch.

The other option is to use the pub next door, they do some nice food at reasonable prices with amazingly large portion sizes. The campsite even offers a chance of a cooked breakfast (we would need to know this in advance as it would need to be booked, the latest price was £8.00 per head, for a full English with juice and hot drinks). If you chose the pub and campsite for breakfast and dinner you would just need to organise some lunch to bring onto the water, perhaps some sandwiches, snacks, fruit and a drink.

MEDICATION AND INSURANCE

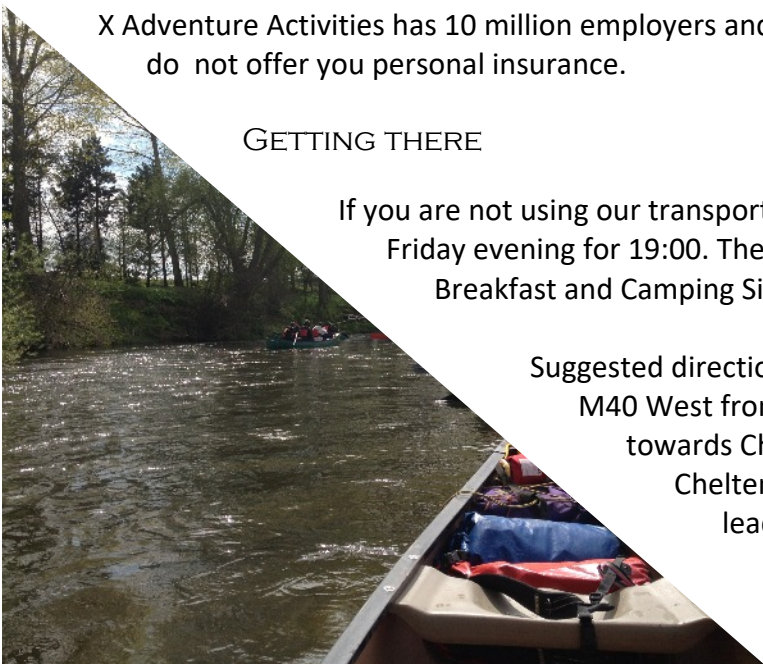
If you are on any medication it is important you bring this with you and inform us of any medical conditions on your booking form. If you suffer from asthma it is important you bring your inhaler.

X Adventure Activities has 10 million employers and 5 million public liability insurance, however we do not offer you personal insurance.

GETTING THERE

If you are not using our transport you will need to get to the campsite on the Friday evening for 19:00. The campsite address is: The Pound Bed & Breakfast and Camping Site, Whitney on Wye, Hereford HR3 6EH.

Suggested directions from the Southeast would be to follow the M40 West from the M25; turning onto the A40 at Oxford towards Cheltenham. Continue on the A40 past Cheltenham to Ross-on-Wye. At Ross-on-Wye the A49 leads towards Hereford, at Hereford the A438 leads to the campsite at Whitney-on-Wye, next door to the Boat Inn.





ITINERARY

FRIDAY

19:00 - Arrival at the campsite (The Pound Bed & Breakfast and Camping Site, Whitney on Wye, Hereford HR3 6EH). We hope you are able to make it to the campsite by 19:00; this allows us to meet you, issue kit for the weekend, show you to your tents and camping equipment (the tents may not always be up and in place; however we do try our best to have them ready for you on your arrival)

If you could let us know your anticipated arrival time this would greatly help the instructor prepare the first night.

Once everyone arrives we talk through the weekend and what to expect.

SATURDAY

09:00 - Meet with kit and personal equipment, travel to the Glasbury Launch site (11 miles up River). At Glasbury the group will receive a paddle brief; including forward, backwards and turning strokes and how a tandem team can work together to paddle and direct the boat.

There will also be a safety brief to include a capsize drill (this is completed as theory on the bank - not on the water), water and hazard recognition on the water. After this comprehensive start we will launch and continue on the journey downstream to the campsite.

We should complete the paddle by 17:00 (latest) with lunch on the river bank on the way.

Evening - this time is completely down to you; most will chill out at the campsite or the pub next door. There are also some nice local walks, which we can give you maps for (if this was of interest to you).

SUNDAY

09:00 - We set off from the campsite and head downstream to our destination (this is dependent on the ability of the group and the river conditions). We would have lunch somewhere on route similar to the previous day.

We would expect to complete the journey by 15:00, this then allows us time to tie canoes back onto trailers and travel back to the campsite to shower, change and collect camping equipment.

17:00 - depart for home





WHAT TO BRING?

All specialist equipment is provided for the canoeing; including canoes, paddle, waterproof barrels and bags, buoyancy aids, helmets, spray cags. We don't provide wetsuits as these aren't that suitable to paddle in. Wetsuits work when they are wet by warming a small layer of water between your skin and the suit. The intention of a canoe session is to keep you dry and the only time you should end up in the water is through an accidental capsize (or intentionally if you're feeling a little warm). The continual movement of the arms when paddling can also produce a rub under the arms when wearing a full wetsuit.

Whilst canoeing you need to wear comfortable clothing, with several layers in case of a cold wind, extra warm clothes (fleece) for the colder months. The extra layers can be carried on the water in a water proof barrel. It is also advisable to bring a spare set of clothing with you onto the water incase of a capsize. We can provide you with a spray cag that will keep the water off with neoprene cuffs; however this does not include a hood, so on rainy days we would advise you to bring and wear a waterproof top and trousers. The best footwear would be either trainers (can be a little cold when wet - but fine for the summer), wet boots (neoprene boots, usually about £15.00 to buy) or wellies (good for getting in and out of boats - not so good if you fall in as they can come off and sink!)

You will also need to bring a **sleeping bag** and a **torch** for the camping.

KIT LIST

- Three sets of clothing for canoeing (one for each day and a spare set). This should include layers of clothing for the top half (base layer, thin fleece, warm fleece, trousers (no jeans) that dry quickly.
- A surf rash vest can be useful to wear under a fleece as a thermal layer
- Foot wear for canoeing (trainers, wet boots or wellies)
- Water proof jacket and trousers
- A towel for the wet activities (separate to a wash towel)
- Black bags to put wet clothes in
- Warm hat and gloves
- Warm clothing to change into after canoeing and for the evening (including footwear)
- Sleeping bag, sleeping mat and pillow
- Wash kit and towel
- Sun glasses, sun hat and sun cream (lets hope so)
- Torch

If you are unsure of any of the personal kit required or have questions about the trip, please contact us on: info@xadventureactivities.co.uk