

THE OFFICIAL CANOEING MAGAZINE OF THE BRITISH CANOE UNION

canoe

focus

02-04

No. 147

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Action

on access

Raleigh

expedition in Chile

Uganda

on the White Nile

5 Star

what's it all about?

Plus all the usual features and...

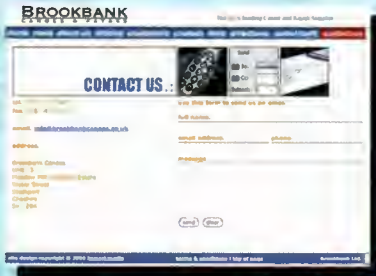
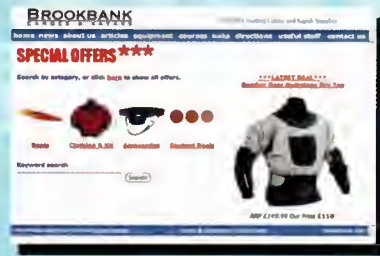
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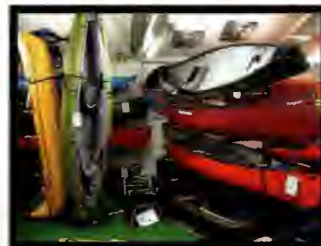
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THE BCU VISION IS TO:

enable our members,
partner organisations and
the wider paddling
community the best
available opportunity to
achieve their potential in all
aspects of paddlesports

The BCU's mission is quite
simply helping and
inspiring people to
go canoeing

Paddle now, join us now,
together we can all
achieve more

"Canoeing and kayaking are
'Assumed risk water contact sports.'
that may carry attendant risks.
Participants should be aware of and
accept these risks, and be
responsible for their own action and
involvement".

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and photographs:

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2003 Llangollen K2 Slalom

Photo: courtesy of Simon Perry

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www.canoefocus.co.uk

YOUR CONTRIBUTIONS MAKE CANOE FOCUS HAPPEN.

The quality and variety of news, articles, reports and photographs depend on the submission of material from you. Very few contributors are professional writers and photographers, so don't be put off writing because you have no experience! Canoe Focus is all about canoeist to canoeist dialogue: a paddler's magazine written by paddlers. **Technical Information:** Contributions are acceptable in typed (double spaced) or preferably as a Microsoft Word file, which can be emailed to peter@canoefocus.co.uk or mailed to 2b Graphic Design, 49 Greenfields, St Ives, Cambs PE27 5HB. All material is accepted on the understanding that the BCU and its agents cannot be held liable or responsible for loss or damage, although every care and effort is taken to safeguard material. Next Copy date is the **28th FEBRUARY 2004**. Material arriving after this date cannot be included in the **APRIL 2004** issue. Canoe Focus encourages contributions of any nature but reserves the right to edit and condense to fill the space available and unless otherwise stated the publishers assume no responsibility for the return of unsolicited manuscripts, artwork or photographs. Opinions expressed in this magazine are not necessarily those of the British Canoe Union, its committees or members. The printing of an advertisement in Canoe Focus does not necessarily mean that the British Canoe Union endorse the company, item or service advertised. All material in Canoe Focus is strictly copyright and all rights are reserved. Reproduction without prior permission from the Editor is forbidden.



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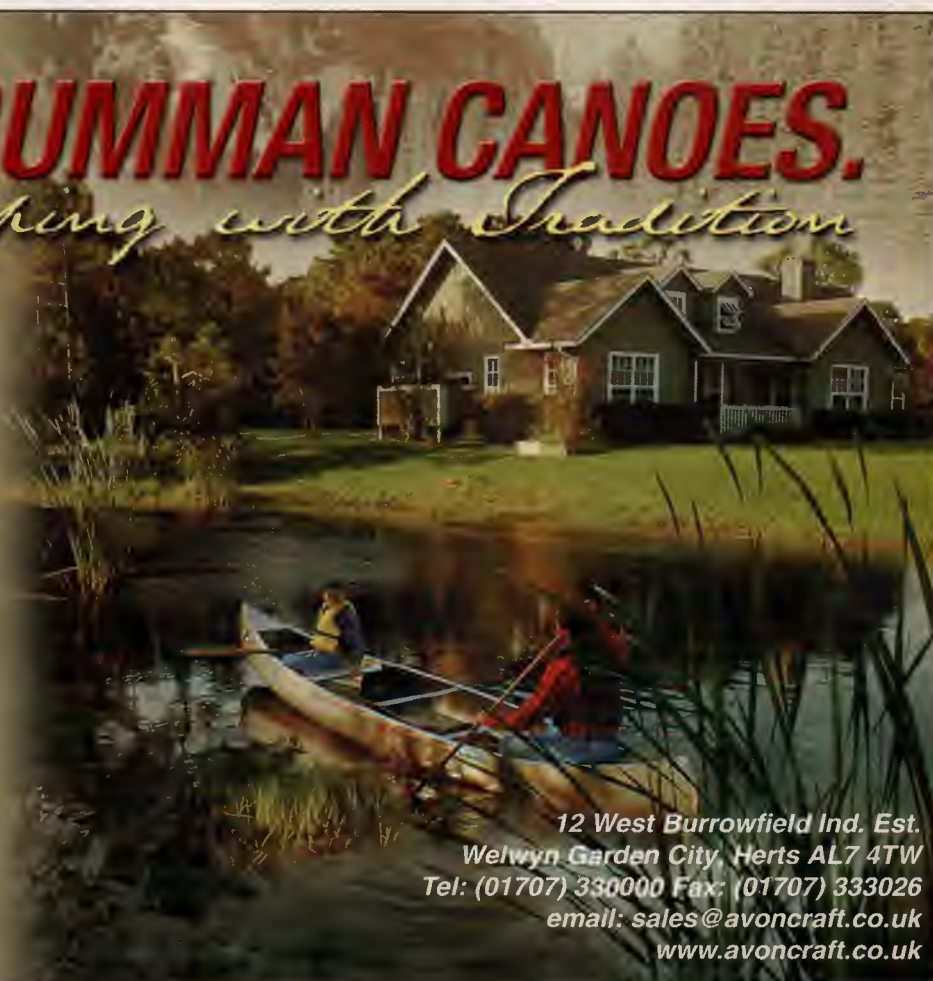
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COMMENT

Paul Owen
Chief Executive

John Dudderidge O.B.E.
On the day that *Canoe Focus* goes to print, it is with great sadness that we have to announce the passing of John Dudderidge OBE aged 97. Without John Dudderidge the British Canoe Union and all else to do with canoeing, would not today be in the strong position that it is. For his magnificent service to canoeing he was awarded the O.B.E. in 1963. John and his achievements are too great to list here but needless to say will be covered in detail, in the April issue of *Canoe Focus*.

First solo circumnavigation of the UK and Ireland

Starting on Saturday 3rd April from the National Maritime Museum, Falmouth, Cornwall, Sean Morley intends to paddle clockwise around the coastline circumnavigating the whole of the UK and Ireland, including every inhabited offshore island, a total distance of well over 4,000 miles. Sean a former member of the Great Britain kayak racing team has completed several record breaking paddles including a circumnavigation of Devon, Cornwall and the Isles of Scilly; a 500 mile circumnavigation of Northern Scotland from Fort William to Inverness, returning via the Caledonian Canal and also a record breaking crossing of the St George's Channel of the Irish Sea from St. David's to Rosslare in 11hrs 6mins. Sean expects to take six months for the journey which can be followed on his website www.expeditionkayak.com

Supported by Kirton Kayaks, who have supplied the kayak, Crewsaver and Yak, who have provided important safety equipment, Sean plans to raise funds for two charities: the R.N.L.I. and the Marine Conservation Society. Sponsorship forms will be available in April's *Canoe Focus* so that BCU members can be fully involved.

Schroders London Boat Show

The Schroders London Boat Show introduced a Canoe Village at this year's record breaking event. With 210,000 visitors the move to London Docklands and the purpose built Excel centre proved a great success. It enabled the organisers to widen the appeal and scope of the show.

Sponsored by key members of the Association of Canoe Trades the canoeing feature in the East Hall enabled visitors to fully appreciate the opportunities that our wonderful sport can provide. Discussions are already underway to establish how the canoeing's presence at the show can be increased particularly by making greater use of the indoor pool the largest of its kind in Europe.

Canoe Show 2004

The Canoe Exhibition will be held alongside the Outdoors Show at the NEC from 2nd to 4th April 2004. The exhibition, which is

already sold out to the trade, will include the Merrell Kayak experience with the Peak Indoor freestyle event using the Wave Box, plus features on both the indoor pool and the outdoor lake. Tickets for the UK's premier show for canoeing and the outdoors are available at a special BCU member's price of two for £16.00. They are available from the ticket hotline on 0870 010 9086 and please quote BCU. See page 24.

London 2012

London's bid to host the 2012 Olympic Games was formally launched at the Royal Opera House on 16 January. Centred on a compact central Olympic Park, 17 of the 28 Olympic sports are due to be staged within 15 minutes of the Olympic village.

The proposed venues for Canoeing are:

Canoe slalom

Broxbourne which sits on the edge of the 1,000 acre Lea Valley Country Park. It is directly connected to London's Olympic Park by the River Lea and will give canoe slalom the opportunity to be centrally placed for the Games.

Sprint racing

Scheduled to take place at Eton

The Eton College Regatta Centre at Dorney Lake is due to stage the World Rowing Championships in 2006 as the climax of a 10-year development. The 2,200m course, funded and built by Eton College, meets national and international standards offering a year-round safe and controlled training and competitive environment

Rivers Access Campaign

The BCU used the London Boat Show to launch its latest campaign to raise awareness of the access situation. Canoeists paddle over water quietly leaving no sign passing; we do no damage to vegetation, and do not hurt animals. Rivers should be regarded as public highways in the same way as we feel free to walk along footpaths.

The purpose campaign is to raise awareness of the access issues on inland rivers in England and Wales. The British Canoe Union (Canoe England) is encouraging all canoeists and members of the public whether they are BCU members or not to assist in raising awareness of this important issue. As we are campaigning on behalf of **all** of the general public we hope that non-members will contribute and give us active support as this campaign develops. More details can be found on the campaign website at www.riversaccess.org

One Stop Plan

As part of the changes to the "Modernisation" of British Sport the National Associations and the BCU are to provide a "one stop plan" for canoeing in Britain, to take us forward from April 2005. The plan will fully integrate the work of each of the National Associations, whilst ensuring that local requirements are fully catered for. Part of the planning process, which will develop throughout the spring and into the summer, will be to ensure that the organisations visions and objectives are fully communicated and that our members views are fully integrated into the final document. Look out for opportunities to contribute to this important piece of work through future editions of *Canoe Focus* and the BCU web site www.bcu.org.uk

Office changes

Ben Beal has taken up the position of Receptionist and is also responsible for maintaining the clubs database. We are also pleased to welcome Molly McKenzie who has joined the Facilities Department and will be assisting George Parr and Chris Hawkesworth.

24th Annual General Meeting of the BCU

The 24th Annual General Meeting of the BCU will be held at the Welsh Institute of Sport, Sophia Gardens, Cardiff on 6 March 2004 at 2.30pm. Full details are enclosed with this edition of *Canoe Focus*. If you are not able to attend the AGM in person you may wish to consider using the proxy form to make your views known.

Waveform "wet and dry" kit bag

The heavy duty Cordura outer bag conceals a lighter, tape sealed, inner bag, allowing you to separate your wet and dry Kit inside. A large valuables pocket is fitted on the the outside. The Bag is big enough to take your full weekend's paddling kit including your buoyancy aid and helmet, RRP £27.95.

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Canoe Control at the NEC

That well known provider of French Alpine white water trips 'Canoe Control' will be showing at the forthcoming International Canoe Exhibition for their first ever time. Canoe Control's boss man Stuart Woodward says that "as the exhibition is now part of the Outdoors Show, I see it as a great opportunity to introduce our company to a much wider audience, especially as we have something to offer people of all abilities from a complete beginner to the expert Alpine paddler".

Canoe Control's Alpine operation is based on a shady and peaceful campsite by the banks of the river Gyrond from where they offer fully guided kayaking, canoeing, rafting and duckying to individuals, groups and families. Their show stand will reflect all these activities with videos and slide shows together with expert advice from Stuart and his crew. They will also be running a grand draw with the fantastic star prize of a free week for two in the French Alps together with lots of other prize goodies!

Canoe Control International, tel: 01392 677167,
email: stuart@canoecontrol.com, www.canoecontrol.com



New standards for boating

Environment Agency launches new plan for the future of its rivers

We will set new standards for boating on our navigable rivers says the Environment Agency in its new strategy for navigation, 2004 to 2007. Based on extensive consultation, the new strategy 'Your Rivers for Life', sets out for the first time an integrated plan for the development of the Agency's navigation business.

'Your Rivers for Life' sets out a strategy for how the Agency will restore, conserve and develop its navigable rivers in line with the needs of modern society. For 957 kms of rivers, which include the Thames, the Wye, the Medway, and the East Anglian Stour, Nene and Great Ouse, it sets out a 20 year vision that will deliver new standards of facilities and infrastructure, protect existing jobs, create new opportunities for business, and deliver wide ranging benefits to local communities while safeguarding the environment and the interests of all river users.

As well as setting out the longer-term aspirations, the strategy also sets out a number of smaller but substantial steps, supported by 28 new navigation policies, which the Agency will use to direct its work to over the next five years.

In order to achieve these aims the Agency intends to:

- develop its rivers so they offer facilities comparable with the best in Europe;
- achieve a standard that will attract greater levels of leisure use and act as draws for tourism;
- improve its infrastructure and encourage new boating investment back onto rivers;
- work to ensure community benefits in terms of jobs, businesses and access;
- promote water related leisure activities to encourage health benefits of rivers; and
- ensure all development is balanced and sustainable for the future.

The Agency is focusing on three main projects:

- The Rejuvenation of the Thames, upgrading facilities and the marine infrastructure;
- The Regeneration of the Fens, developing the Waterways Link creating 87kms of new waterways, and a new water-based tourism economy; and
- The Restoration of the River Wye, for boating and leisure.

Each of these has different priorities and the Agency emphasises that consultation is at the heart of its approach. Partner funding is also essential.

The strategy can be seen at www.environment-agency.gov.uk/yourriversforlife from 8th January 2004. For more information please contact David Lawrence, Head of Recreation and Navigation, on david.lawrence@environment-agency.gov.uk or call 01454 624376.

Canoe Polo at the London International Boat Show

Paddle Sport, steps in at the eleventh hour to deliver a series of demonstration canoe polo games at the show. The new water sport arena, 70 x 30 metre pool, 2500 seater stand capacity, television camera,s linked to a giant video screen, and full running commentary for the crowd. The venue would have been an excellent location for any major international event and provided, probably the biggest public performance of canoe polo in the UK to date.

Paddle Sport would like to thank, the National Boat Shows Ltd. for allowing us to stage the event and the efforts of the Meridian, Dragon, Blakedown, and Cherwell

Canoe Polo Squads for putting on a professional presentation of the game, playing to capacity crowds during the show, and promoting the sport to a wide audience on a world class stage.



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Liquidlogic's new Big Wheel and Scooter

The Big Wheel is a slicey, carvey, fast boat for its size, as opposed to the Space Cadet which is bouncy, hoppy, and poppy. Where the Space Cadet bounces to its air, the Big Wheel carves and ramps up to its air. The Big Wheel holds its edge going down the line or towards the shoulders of a wave so as to allow the paddler to access other parts of the wave at speed. Shane still focused on big airability for looping and other hole moves, plus he worked hard to make this boat more stable on end for cartwheels. By adding more solid secondary stability it helped with putting the boat on edge and rolling, just to add to its more controllable feel. All in all Liquidlogic wanted to make a boat that complimented the Space Cadet and moved forward as well. Faster, and easier to handle, and of course still searching for the biggest air.

That is the Big Wheel and Scooter.

Specifications:

Big Wheel: Length: 193cm, Width: 63cm
Scooter: Length: 187cm, Width: 61cm
Volumes: Near the Space Cadet and a little bigger than the Pocket Rocket.

The Paddler in all shots is Patrick Camblin. The Photographer is Steve Fisher



Paddle Japan



January 15th 2004 will see the departure of two sea kayakers to Japan. Jeff Allen from Cornwall and Hadas Feldman from Terra Santa Sea Kayak Expeditions in Israel will be flying into Tokyo with the intention of attempting to paddle around as much of the four main islands of this fascinating country as possible. To their knowledge this has never been achieved in the winter month. Unsupported, their intention is to paddle south from Tokyo hoping the cold winter weather will improve the further south they go. Japan was first circumnavigated by Paul Caffin over twenty years ago, Paul completed this over the course of the summer with shore support, which Hadas and Jeff will not have the luxury of.

Due to visa constraints, time will be a big governing factor. Besides the obvious weather problems they will face there will also be a big language barrier as neither of them speak any Japanese and there are many dialects within the country. However, they have managed to make some useful contacts over there via the internet and it is already gathering some interest in kayaking circles. Jeff hopes to be able to establish links with local groups to pass on to anyone else interested in visiting the country.

At present a Japanese paddler who goes by the name of Kawatarou is attempting to paddle around, but has laid up for the winter months due to weather conditions, also having had to make several overland journeys to avoid the northern coast of Hokkaido, this may well be due to hostilities between the Korean, Russian and Japanese Navies involved in fishing disputes and illegal spy ships operating in these waters. All this is going to add to the problems they'll encounter. Jeff is quite philosophical about it all, aiming for the sun and landing on the moon is still a trip worth making he says and won't allow himself to be put off by anything at this stage.

Japan is made up of over two thousand islands and a coastline of more than 4000 miles, the southernmost island of Kyushu is sub tropical and the chain extends up to the freezing northern shores of Hokkaido. The waters there are a marine biologists mecca, rich in many aspects of marine life, a country were it is said you can 'travel a thousand years in a day' - this will be the challenge of a life time for the two paddlers.

The trip as well as a challenge will be on behalf of the Child Growth Foundation, a charity that helps both children and adults alike, with growth related problems. Both Jeff and Hadas would like to say a big thank you to their sponsors, Nigel Dennis Kayaks, Lendal, Reed Chillcheater, Palm Equipment UK and Connex World Cargo for handling all the air freight for the kayaks etc. If you wish to be up-dated on the progress of 'Paddle Japan' then check out Jeff's web site www.seakayakingcornwall.co.uk this will be updated on a regular basis.

Jeff Allen is a BCU level 4 coach (Sea) and teaches sea kayaking at the Falmouth Marine School. Earlier this year Jeff also paddled the coast of Cornwall, once again on behalf of the CGF. Cornwall has a coastline of over 300 miles, paddling with J. P. Eatock, a lecturer from the same college they managed to complete the journey in a few hours over four days.

Community Amateur Sports Clubs (CASC) - tax reliefs for canoe clubs

The Community Amateur Sports Club scheme was launched by the UK Government in 2002 to provide a package of tax reliefs to clubs involved in 'the promotion of community participation in healthy recreation by the provision of facilities for the playing of particular sports'. Canoeing is a recognised sport for CASC purposes. (Amongst those sports not recognised are angling, snooker and parachuting!)

The main benefits of the scheme are similar to those of the more widely known Gift Aid scheme used by registered charities and are:

Tax relief on money raised through fund raising activities

A CASC can claim, from the Inland Revenue, an extra 22p per 78p donated by a standard rate taxpayer. This means that clubs can receive an extra 28% on donations from the taxman! Note that tax relief is applicable only to donations, (membership fees don't count).

A mandatory 80% relief on Business Rates (as from 1 April 2004)

Applying for Inland Revenue approval couldn't be easier. Essentially a canoe club just has to complete two very straight-forward one-page forms, supply a copy of the club's constitution and a copy of the latest accounts. There are conditions, but canoe clubs will generally have little difficulty in satisfying these requirements. Elmbridge Canoe Club became a registered CASC in November 2003. To gain Inland Revenue approval, we had to make two minor and uncontroversial changes to our constitution. The Sports Club Unit of the Inland Revenue was very helpful and, speaking from personal experience, I can confirm that the entire process was hassle-free.

For further information, have a look at the Inland Revenue website: www.inlandrevenue.gov.uk/casc/. Also Sport England have helpful information on CASCs on their website: www.sportengland.org/tax_breaks.htm. This is a great opportunity for canoe clubs to get a better return on their fund raising activities. Go for it!

Ken Darby-Dowman, Elmbridge Canoe Club

Making a splash in the world of watersports



**FALMOUTH
MARINE
SCHOOL**

Falmouth Marine School is the first in the UK to develop

educational courses totally dedicated to watersports. Already renowned for its numerous marine courses, the Marine School is pleased to have added another string to its bow. The new courses will allow students to study on the water and gain a range of qualifications from an NVQ2 through to a Higher National Diploma.

John-Paul Eatock, Programme Manager at Falmouth Marine School commented, "This is an exciting time for us as we have developed courses that will help students gain National Governing Body Awards, whilst allowing them to go on to further education, higher education or work in the outdoor industry. With our ideal location, at the heart of Cornwall, we are the only further education establishment in the UK to specialise in a wide range of watersports".

There has already been significant interest in these courses and students will be able to experience kayaking, windsurfing, surfing, surf lifesaving, sailing and powerboating whilst gaining an academic qualification. They also have the opportunities to gain work experience both in the UK and abroad."

Anyone interested should contact Falmouth Marine School on 01326 310310."

New whitewater instructional DVD for developing paddlers

"Genetic Progressive Whitewater" the follow up production to the highly successful Genotype, builds on core skills and applies them to more challenging rapids. The introduction of new themes that are developed from their foundation through to advanced applications, driving the kayak through rapids and dynamic paddling. Filmed solely in Norway, this production focuses on new skills and paddle strokes that work for shorter boats and modern paddling styles. Due for release by the end of January, see www.gene17kayaking.com for details.

Norway Sjoa & Oppland map guide

For the first time a comprehensive guide to Norway's most popular paddling destination Sjoa & Oppland in the form of a guide map will be available soon. Gene17 with Pete Vickers, are developing a full sized colour map with all the river sections clearly marked along with the famous playspots, and the full river descriptions on the reverse side. Gene17 plans to have the Map out by late February, see www.gene17kayaking.com for details.



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A privilege to have known

Andy "Niceboy" Nicoll 1976 - 2003



Just before Christmas the paddling world was shocked by the saddest of news. Everyone's friend Andy "Niceboy" Nicoll had tragically been killed in a helicopter accident in Northern Ireland.

Andy was a qualified helicopter pilot in the Army. He lived a very full life. He enjoyed greatly his job as a pilot in the army, and most of all he enjoyed the outdoors... anything outdoors including climbing, skiing and paddling. He was a natural at everything he tried and quickly became annoyingly good at whatever he put his hand to.

Paddling was something he really excelled in. Andy was truly a world class guy. He was a member of the GB slalom and freestyle team, both at the same time, which is something not a lot of paddlers have managed. Niceboy became silver medalist in Freestyle Worlds 1999, in New Zealand. He pioneered C1 offside blunts for the first time, pulling off the move with his top hand. Outstanding! Along with fellow army friend Alex Burt, Andy paddled C2 slalom and the pair were well on their way to representing GB at the Athens Olympics later this year.

He enjoyed winter paddling on the local Trent weirs. Newark a favourite along with Sawley and Trentlock. Often with his girlfriend Liz, or Nicegirl as she became known. He was always keen to learn new moves and enjoyed every second of being out on the water.

I remember a couple of years ago when he dislocated his shoulder whilst river running in Norway. Watching his pain as we couldn't get his shoulder back in, but still smiling all the time. An ambulance came to pick him up and the driver when told he was number two in the world answered "not any more..." Still he Andy smiled... He was then taken to casualty, where we left him in good hands to go for a beer and pizza as we were starving. When we went back to get him we were told that he had been discharged. Later we found him, high on pain killers, staggering through the local streets with his shirt off and arm in a sling with an even bigger beaming smile!

Another funny story was at the recent NEC Wavebox rodeo. I received a complaint from the exhibition organiser about one of our C1 team paddler's irresponsible behaviour. Apparently, a Peak UK team C1 paddler had seal launched from the event pool, down the steps and into the exhibition hall, narrowly missing child spectators, then crashing into the barriers that lined the pool arena. My instant reaction was to deny that it could possibly have been Andy. "Not a chance...." I immediately dismissed the complaint as anything to do with Niceboy and blamed someone else, Lee Pike or someone (sorry Lee)! Later on I asked Andy if he knew who it was? Very embarrassed he apologised. It was him!



Here's a couple of notes I received from some of Andy's international friends:

"The first time I met Niceboy, I thought he was a hoot. The kind of person that you really want to be around, especially in a stressed environment like the world championships. As I got to know him better, so my opinion changed. He's not just a hoot; he was inspiring to be around and was certainly the sort of person that I would want to be associated with. Because of geography, we never became the best of mates, but each time I saw him, it was a renewed pleasure, that I'll miss."
Corran Addison. Riot Kayaks.

"I cooked Niceboy my countries traditional Nepali meal, called Dhal Bhat and in exchange he taught me his culture. He took me for my first meal at McDonalds! It was to be my new life love, thank you to him for that. I did not know him long or very well but I did know he suited his nick name to a T! In my culture we give the ones who have passed a red flower, I hope somebody will do this for me as my way of saying thank you to him for letting me be part of his life and one of his friends. He will be missed even as far away and as foreign as in Nepal. His reach was world wide. I'm sure nobody will be surprised by that if they knew him. Thank you Niceboy"

Min Magar from Nepal.

Niceboy will be remembered forever by everyone that met him. He is a real loss to paddling world and will be sadly missed. Our support now must go to his wonderful family and girl friend Liz (Nicegirl).

Pete Astles. Peak UK (Andy's Slalom Coach 1998, GB Freestyle Team Mate 2001 - 2003, Sponsor, and good friend.)

John Marriage



It is with sadness that we announce the death of John Marriage, one of the founder members of Chelmsford Canoe Club and instigators of the first Marathon canoe race.

In 1946 John with a small group of friends started the Chelmsford Boating Club and joined

the British Canoe Union as an affiliated club for the annual subscription of £1.1.0 plus 2/- per member.

In February 1997 John stood down as Chairman of the Canoe Club but continued supporting the Canoe club in the honorary role of Commodore.

Recently spotted on the Chelmer paddling a very old wooden kayak, which he had recently repaired, John proved to be an active canoeist in the broadest sense not only participating but also in the administration and supporting roles. By obtaining a Jubilee grant for work on the navigation in which he included improved landing stages at locks for portaging purposes. Entering into immediate correspondence with the Council and Environment Agencies, when they restricted access, by fencing off the weir at Victoria Road without prior notice or consultation and writing numerous articles for the local press always promoting canoeing. Keeping in touch with the present Chairman by email, thanking us for recent improvements at the Club and reminding us of the importance of a lower landing stage for those less able.

John will be remembered and greatly missed.



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River Access Campaign -

Interim Appointment
Canoe England has appointed Tamsin Phipps on a temporary basis to the end of April to launch a public access awareness campaign. Following recent advertising it is hoped to be possible to appoint a full time campaign organiser in the near future.

Environment Agency proposals for compulsory third party insurance

Canoe England access team have made representations to the Environment Agency to exclude or exempt canoes from the compulsory insurance provisions in their Transport and Works Order for harmonised registration. Whilst this does not directly affect members it has implications for the many independent paddlers. We await the outcome. British Waterways does not have a third party insurance requirement for un-powered craft.



Canoeists on the

(www.riversaccess.org)



FACT – Over 98% of rivers have NO access rights for the public.

The BCU is developing the Rivers Access Campaign (RAC) to raise public awareness to the access issue on behalf of **all** canoeists. BCU members and non-members alike are encouraged to actively support and contribute to the campaign as it develops.

We all have **freedom to roam**
But not **permission to paddle**

England and Wales are two of the hardest places to gain access along rivers where the legal situation is different to the rest of the world. The private ownership of rivers and the law does not give the public a right of use.

Scotland and most countries in the world do not have access restrictions along inland waterways where they are open to all. Canoeists are generally able to paddle large and small non-tidal rivers without the need to seek permission. Just taking Europe alone for example:

Finland

Everybody has the right, when avoiding causing unnecessary disturbance, to pass through the waters wherever they are open (if not closed by on the basis of legal rights). In practice this means that paddlers may move freely in Finland.

France

(BCU research 1991) There is a right of passage on all waterways classified as 'state domain', comprising those formerly used commercially by boats or for floating or rafting logs. Other rivers are private, but 'the Administration' by virtue of a law of 1964 has a role to protect the generality of usage and has introduced common sense rules so that owners, anglers and navigators can live together.

Hungary

Prohibitions only for extremely special cases. Sports boats are allowed to run on every other surface without restriction.

Luxembourg

Waters are in the public domain; private waters do not exist.

Norway

There are no restrictions on the use of canoes anywhere.

Poland

Difficulties in moving about on the waters inside Poland do not exist.

Sweden

There are no laws of navigation forbidding the use of Swedish waters.

Did you know?

- There are over 200,000km of public rights of way we can walk along.
- There are more than 65,000km of rivers in England and Wales.
- 98% of the rivers system has no public right of access along the water.
- Whoever owns the land along a river (the Riparian owner) also owns the property rights to the riverbed. They don't own the water itself, only the land it passes over.
- If a river doesn't have a public navigation and you haven't got consent from the riparian owner, you're committing an offence by paddling on it.
- Nearly all of the most beautiful and interesting rivers are not accessible to you.

Why do we need more access?

The ability to pass along rivers is a canoeist's lifeblood. We paddle over water quietly leaving no sign that we have passed. No harm is done to wildlife or the water environment.

We would like to regard rivers as public highways in the same way as we feel free to walk along footpaths and other public rights of way.

What has been done so far?

Canoeists have ensured that access to rivers is firmly on the government's agenda - more progress has been made in the last three years than the previous 30 years.

The BCU has been pressing the case for more access with re-newed effort for the past four years. As a result, the government commissioned the study "Water based Sport and Recreation: the facts" from the University of

the RAC (Rivers Access Campaign)



Brighton that confirmed the lack of access as stated by the BCU.

From the Brighton study findings, the BCU launched the "Action on Access" campaign to lobby MPs. Your efforts prompted over 70 MPs to sign an Early Day Motion that recognised - "the unique legal situation in England and Wales restricts water based recreation, the need to open more inland waterways for access needed for most sports and recreations, in particular the special access difficulties for canoeists etc".

The profile of the access issue was sufficiently raised to cause the government to charge the Countryside Agency to commission a further study into the feasibility of access agreements. This study commenced in 2003 and reports in 2004.

www.riversaccess.org further details this activity.

What next?

The British Canoe Union has renamed the Action on Access campaign and launched the Rivers Access Campaign at the London Boat Show in January this year. The BCU decided that this was the ideal place where thousands of the general public can be informed and share our concern on such limited access to the rivers in England and Wales. We are trying to get the support from as wide range of people as possible, canoeists and non-canoeists alike.

The RAC campaign is not only to raise awareness but also bring about a change in the access situation. This current campaign builds on the work of the earlier "Action on Access" campaign.

The BCU continues to lobby, raise questions concerning the access issue and promote canoeing at every opportunity. The Minister for Inland Waterways, Rt Hon Alun Michael MP (Minister for Inland Waterways) opened the International Canoe Exhibition in March 2003 and has met the BCU since on a number of occasions.

Now it is time for us to raise awareness of this issue to gain wider support. The next few months are the lead up to the University of Brighton reporting their findings for the Countryside Agency Access Demonstration Schemes. Raising awareness will be important for the BCU to capture the most public interest when we respond to the government's position on the findings. It is also essential to help keep the access issue alive and heading towards our aim.

The long-term aim is for a public right of navigation along rivers..

Visit the RAC website to view the BCU Access Strategy (including policy) and The Countryside Agency Access Demonstration Schemes progress reports.

- Countryside Agency Progress report 1 April 2003 - (Pdf doc 102kb)
- Countryside Agency Progress report 2 May 2003 - (Pdf doc 81kb)
- Countryside Agency Progress report 3 August 2003 - (Pdf doc 108Kb)
- Countryside Agency Progress report 4 November 2003 (Pdf doc 83kb)

How can You help?

Help support our campaign by

- Using our information (Lobby Pack) to lobby your local MP (available from the RAC website: www.riversaccess.org and the BCU).
- Raise awareness through local media e.g. TV/Radio.
- Write an article about the issue in your area and send it to your local paper, with accompanying photographs (photos really help to get things in the paper).
- Follow up the first article with others and maybe letters on the letters page.
- Ask the TV along to your local event.
- Canoeing along somewhere doing something unusual.
- Run a canoeing competition and/or invite your MP, councillors, community leaders etc to the normal annual events that you run.
- Raising money for charity doing an unusual stunt.
- Stage an event where the lack of access is highlighted (invite the press).
- Walking along the river bank which is a public right of way carrying canoe equipment because you are unable to paddle on the river.
- Go to the town fountain with your canoe equipment but put model canoes/boats into the water because there is nowhere else for you to go.
- Walk through the town with your equipment and carrying placards to highlight the issue.
- Take someone important canoeing... your MP, town councillor, mayor, etc and get them to talk about the issue .
- Invite your local councillor or MP along to your event to present the prizes etc.
- Organise a mass paddle to somewhere of note... take pictures and invite the press
Do contact us to let us know what you are doing - where you have been successful and where you might need assistance.
Keep an eye on our website www.riversaccess.org for latest news and information ●

Contact us at

British Canoe Union

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House, Adbolton Lane,
West Bridgford, Notts
NG2 5AS

Tel: 0115 9821100

Fax: 0115 9821797

www.bcu.org.uk

info@riversaccess.org

Visit our website

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Help us to achieve

equality of access by

supporting the Rivers

Access Campaign

FACT

over 98% of rivers
have no access rights
for the public



Support the

rivers access campaign
to secure greater access
to rivers

www.riversaccess.org



So what is the 5 Star (Inla

When I booked on to the 5 Star course with Tollymore Mountain Centre, I wasn't really sure what to expect. I had my 4 Star certificate. I wanted to expand my paddling. There's only so much The Roe and The Bann can offer. I saw this as five days paddling in Scotland, bigger rivers, a few drops, and plenty of instruction. I got all this and more.

I turned up on Monday night at the mountain centre to meet Oisín Hallissey, and Rodger Hamilton, the instructors, and some of the other participants.



Day 1

By 6.00am we were in the mini bus and on our way to the ferry, at the port our number swelled to five victims (sorry, course members!). A smooth crossing, and all too soon we were standing on a bridge over the lower River Orchy.

This was a great warm up paddle, nothing too testing, all grade 2/3, but a wonderful introduction to the volumes we were to paddle for the rest of the week.

Day 2

Guidebooks were pawed over during breakfast. In fact they were read on the way to rivers, on they way back from rivers, over breakfast, over

info

Northern Ireland has great sea kayaking, surfing and open canoeing, but it can be very hit and miss when it comes to whitewater river paddling. Sure, we have some great rivers, but Murphy's Law always ensures that they are never up when you need them! Tollymore (with financial assistance from the Canoe Association of Northern Ireland) run a 5 Star (inland) training / assessment course in Scotland on an annual basis. This offers more reliable whitewater, plus the opportunity for paddlers to travel to new areas.

Oisín Hallissey is Head of Canoeing at Tollymore Mountain Centre, Northern Ireland's National Mountaineering and Canoesport Centre. For more information on Tollymore Mountain Centre, visit www.tollymoremc.com, admin@tollymoremc.com or telephone 028 4372 2158

dinner, one was nearly always within arms length.

Today it was the River Roy. To get to the put in, you drive up a single-track road to the top of the glen, through some outstanding scenery, and then paddle back down.

We paddled the upper and gorge sections. The upper was a great warm up for what was to come. Everything was boat inspected, until Rooster tail rapid. We took turns as lead boater practicing hand signals and guiding the group downstream. As I discovered this is what 5 Star is all about, paddling as a group of peers, down a grade 3/4 river. I must admit on my first turn, as leader, I looked for the biggest eddy at the bottom of the section and headed straight for it. Only to turn around and see Rodger lead the rest down gracefully through the dozen eddies I'd missed. But I was here to learn.

Rooster tail was the first get out and inspect drop. The guidebook gives it a grade 4. I'll admit I wasn't confident looking at it, but with safety in place and having watched two others run it I set off. I did this with no pressure, and not everyone ran this. Each decision was ours, we were talked through lines, and given advice. I never felt pressurised to do anything.

The rest of the gorge was much of the same, with a portage around Headbanger, a grade 5 with an apt name, and later around a nasty slot. Back on the water, and all too soon we were at the get out.

Day 3

It rained heavily last night. Today the Arkaig, what an impressive put in, a beautiful clear deep Lough, a short paddle and you're on the river. With river levels high the grade 4 drop looked horrendous. This time even seeing clean runs by Oisín and Rodger didn't help. After some protracted looking we all walked. The rest of the river was fun and we used it for some safety and throw bag exercises. Surfing and squirt turns were the order of the day.

Day 4

Today was to be different; two of the group were being assessed. I decided not to try for assessment, feeling I needed more experience at paddling water at this level. We met the assessor Jaz Hepburn, and headed for the Findhorn.

We decided to run the top section. This proved to be quite shallow, the East coast having received less rain than the west, and it was also a lot colder. Still, a day on which a lot was learnt, different leading styles were used for different sections. And everyone ran Dulsie's bridge at the end. Below this proved a great spot for tail squirts. A short flat section took us to the get out under an impressive bridge.

nd) all about?

Day 5

We met Jaz at the Spean Gorge Mill; the put in is located below the car park. With a shop and public toilets this a great start point. The river was at 1 on the gauge so an ideal level. I had done this section of the river before, but when I did it the levels were much lower, I was not alone in this, more than once the words 'it wasn't like that last time' could be heard.

We portaged the Witches Cauldron (known to Jaz as Headbanger), a quick bite of lunch. A small seal launch and we were on our way again.

More rapids gave us some excitement. On the more difficult rapids the vocal support from the bank was tremendous. Knowing there was plenty of well set up bank safety, gave me extra confidence

The rest of the river was fun a few staircase drops, loads of eddy lines for squirts etc. We portaged the constriction, then had a fun run to the take out.

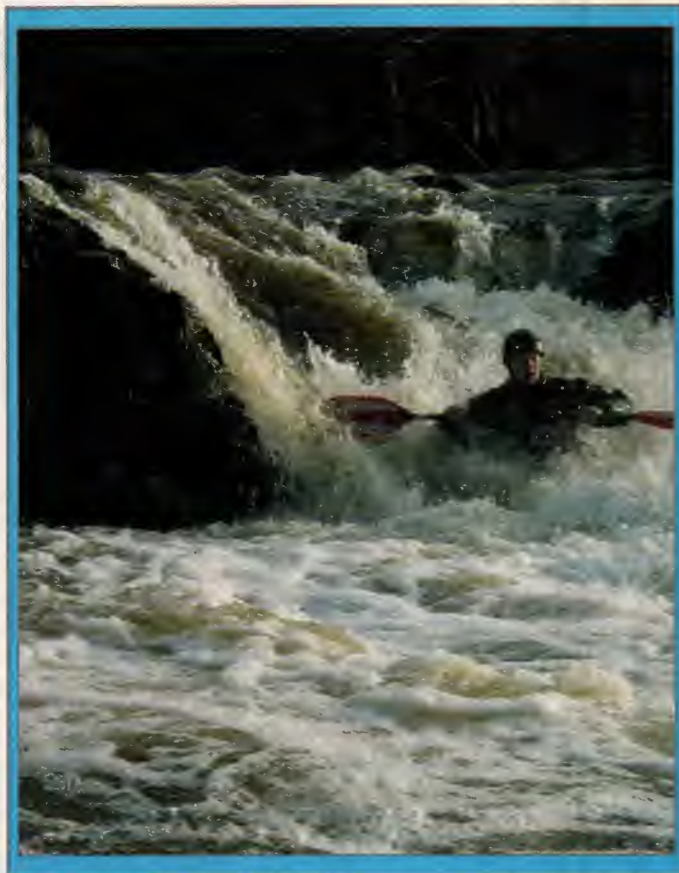
With the weeks paddling over, we retired to the Nevis Sports Bar for coffee, hot chocolate and debrief. During the week we had swimmers, rolls, and not everyone paddled everything, but for me the course was not about that, so I left them out.

So having survived the week, what do I think?

I would do this week again? Yes in a flash.

Now I have an understanding of who its for I'd recommend it to anyone who paddles with friends, or in a club, and wants to pick up their paddling. If you find yourself, the one, out in front of your group when it comes to a drop, it's for you. Do this course.

What it isn't, is a coaching award, your teaching abilities play no part. The course focused on leadership, improving your skills, reading the river, and setting up safety. The most commonly used phrase was "if you were



here with a group of your peers/friends/club mates...", and that's what the week felt like, a week on some great rivers, with friends, and loads of learning thrown in. ●

John Donnelly (Course Participant)



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Kayak coaches go to 'rolling school' at Plas Y Brenin

Four Kayak Coaches from Bedfordshire and Cambridgeshire Wing recently spent the weekend at Plas Y Brenin, the National Mountain Centre, Capel Curig, Wales.

Flight Lieutenant Mark Williamson takes up the story. "One of the problems when working as a coach, especially when also busy with Cadets is that you find very little time to work on your own skills. The four of us all felt we were suffering from a lack of confidence for tackling more challenging water, because we couldn't be sure that we would roll up. Despite arranging the occasional pool session, and attempting to teach ourselves we were not progressing. It was then that the leaflet from Plas Y Brenin dropped out of Canoe Focus.

The four of us tried to book places on the advertised 'Rolling Clinic' but it was full. However as there were four of us and the course usually runs for just 6, we were offered our own course the following weekend.

Arrangements were made and re made, the travel plan grew ever more complicated, but eventually three of us left home, with kit for all four of us, and picked up our missing man en-route.

The Journey was eventful, but just after 11pm; we arrived at the centre. We were made welcome, and were able to retire quickly to the comfortable accommodation for the night.

The following morning, after a hearty breakfast, we attended the introduction briefing, and met Deano, our instructor for the weekend. Deano gave us a tour of the facilities, before we sat down in the Canoeing Lecture room, for an initial chat about our level of experience and what we wanted from the course. Then it was straight down to the pool. PYB can lend you all the equipment you could wish for, but we had chosen to take as much of our own kit as possible, in order to be sure that what we learned would translate directly back to the 'real world'.

Deano had us just get onto the water and show him what we could (or couldn't!) do. Within ten minutes, he had got a pretty good handle both on our current level, and of our own particular learning styles!

Saturday was spent looking at various aspects of rolling, breaking things down and working in pairs. There was much video footage shot, which we later analysed in the classroom. There were also exercises out of the water, which saw us bracing on the classroom floor, and examining the impact of head up and head down positions. It must have looked very comical.

As coaches, we also asked Deano to share some tips on coaching rolling, which we can use to good effect on our students and ourselves!

Sunday saw more pool and classroom work, and as we were by now tired with a few aches



Above: Flight Lieutenant Marie Dicks sets up to roll.
Left: RC3 Squadron Leader Charles Dicks on the way up

and pains, the sessions were shorter, although this did mean more changing in and out of wet gear.

We had the option of moving onto the lake or the river, but the gale blowing outside dissuaded us from the option. 3 of us still had value we could get from the pool, and the fourth found that Deano's introduction to playboating would

keep him adequately amused, as well as providing additional rolling practice.

At the end of the course, we are all now much more confident rollers, we know what we need to work on, and we know what to look for to help each other and ourselves. What is important is to go away and practice to bed in the new found skill. As Deano says, Practice Makes Permanent, Perfect Practice Makes Perfect. The practice is up to us, but thanks to Deano we are a lot nearer perfection!

This was our first course at Plas Y Brenin, but it will not be our last! The Accommodation, (twin en-suite rooms) was good, the food was excellent, and there was plenty of it! The packed lunch provision in particular offers more in both choice and quantity than any of us have come across at an outdoor centre, and Tea and Cakes is an institution many could learn from!

Fit Lt Mark Williamson

info

The course cost for 2004 is £150, which is not cheap, but does include All Meals from Saturday Morning to Sunday Departure, accommodation, and kit hire if required.



Civilian Instructor Jamie Queen goes over



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PHCC declares UDI (

6th October 2003

In a move which has rocked the BCU, Poole Harbour Canoe Club has announced today, that it is scrapping the Star award scheme, in favour of Michelin-style Rosettes.

A spokesman said "As the club is now involved in more adventurous pursuits, such as birthday brunch paddles, BBQ's and the prestigious soiree, we need a more appropriate method of benchmarking our performance."

For a number of years, one of our most advanced sea trip planning exercises has been the 'Stone Island barbecue.' A hardy few have achieved the feat of getting to the island – only above sea-level for a scant couple of hours at low tide, preparing and eating a meal, and departing again before the waves extinguish the flames of the barbie.

Forget the PHCC Harbour Race! For the past two years we have held our most gruelling Pentathlon event, where dedicated teams compete to excel in the following five ruthless disciplines,

1. Canapés
2. Hors d'oeuvres
3. Entrées
4. Dessert
5. Fromages

Below: Which knife do I use for the fish? – Fionualla Hough, Vivien Nicholls and Victor Copeland set demanding standards in the all-comers **table-manners** event.



Above: Camp cookery - The "girls" that put the tart into tartan, and the hag into haggis, accompanying Club Chairman Geoff Goulden and Quartermaster Ian Buchannan are the delightful Peter Buchannan and Simon Griffiths.

It could only be – The PHCC Annual Soirée!



This is an event for advanced paddlers only, and is not mere **camp cookery**, although those of you who witnessed the tartan clad 'Ladies' at the last Soirée may think otherwise! The correct gear is absolutely essential. Black Tie for the gents, evening gowns for the ladies, music, candelabra, dessert trolley, plus aperitifs, Pimms, and wine of course! You also need full emergency kit and the ability to use it. You never know when you will be called upon to improvise pairs of cuff-links only using pieces of brightly coloured string! In this 'no holds barred' contest, the only rule is that everything has to arrive at a remote location by canoe or kayak.

A note about allergies. It should be assumed that all canoes or kayaks from PHCC contain nuts!

The awards explained

This is a progressive system. The average paddler should be able to progress through from Basic 1 Rosette, through Intermediate 2 Rosettes, to the coveted Advanced 3 Rosettes in about four years.

Basic 1 Rosette

The most important element of this is: **Lunching**

This forms the basis of a number of manoeuvres and you really need to get this right.

and RSVP)

Where to lunch? This is best done in secluded and sheltered coves, and on quiet beaches.

Preparation is essential. You need to balance the need for a sheltered location, against other unusual hazards. **Lunching** sheltered behind a large rock may mean that you can't see the oncoming large wave that breaks over the top and drenches your nether regions! (Coaches note: see also **salted nuts**.)

Using a cliff as a windbreak may result in someone abseiling down into your **lunch**. (Coaches note: see also **dropping in for lunch**)

For the intermediate level 2 Rosette you may try for the **seal lunch**, however as a seal's lunch usually consists of raw fish and the occasional bit of kelp, and since most seals in my experience take a dim view of people stealing their lunches, this is probably best avoided.

Intermediate 2 Rosettes

The **low braise**. This simple manoeuvre is the mainstay of many advanced techniques. It can be developed into the **low braised tern**, although this does leave a bit of a fishy taste in the mouth. (Coaches note: for a quick alternative, you could try the **sandwich tern** if it is in season.)

A further progression of this is the **high brace**. This applies to any pair of game birds that have been left to mature for a bit too long. This is really getting into 3 Rosette territory, and is not for the faint-hearted. (Coaches note: **terns** are best by the **brace** as one good **tern** deserves another.)

Advanced 3 Rosettes

At this level you need a good understanding of **rolls**.

Many of you will be familiar with the **pawlatta** roll, although fewer of you will be familiar with the correct spelling of the name – it is usually pronounced **polata!**

(Coaches note: this must not be confused with a **polenta roll**, which is an Italian dish made from maize flour.)

A slightly advanced version of this is the **chipolata roll**, which is perfectly acceptable in introductory level **lunching**.

Some coaches prefer not to teach this, believing that it may hinder the development of more advanced techniques, although some feel that it is a perfectly acceptable prelude to the **screw**. (Coaches note: if you subscribe to this practice, you may wish to check out the excellent videos by Nigella Lawson. If the recipes don't work for you, the videos themselves provide many stimulating ideas for those who prefer to paddle solo!)

There are many other variants of the **eskimo roll**, which include the **arctic roll** (coaches note: this is really a commercial version of the much tastier home-made **baked alaska**), the **spring roll** which is delicious with a stir-fry as long as it isn't too soggy, and the good old standard **bacon roll**. People who know me well, know that my personal preference is the **ciabatta roll**, drizzled with extra virgin olive oil, and possibly toasted in a frying pan.

Group awareness – this is a critical skill for all 3 Rosette paddlers. Use the **RSVP** technique to ascertain numbers for menu planning. Have a contingency plan in place to cope with the unexpected e.g. vegetarians. **Placement** is essential, some 3 Rosette paddlers go to extreme lengths to get the Boy-Girl-Boy-Girl placement right, but in these informal times, this is not always necessary, or even desirable. (Coaches note: see note on **camp cookery** above)

Terminology

It is important to note that the use of jargon can be confusing.

- **Breaking out** – This has nothing to do with crossing eddy lines, but could be caused by reaction to shellfish or even peanuts. (Coaches note: please see note on **allergies** above)



The group

- **Ferrero** – There are others who associate this name with the BCU, Plas Y Brenin, and books about sea kayaking and navigation, rather than with chocolate confectionary which may be welcome at an ambassador's reception, but wouldn't cut it at a PHCC Soirée!
- **Jam** – This is most confusing for open boaters who seem to think that it is some kind of turning stroke. **Jam** is unlikely to be found at a Soirée, but is a useful source of carbohydrate on a solo paddle.
- **Marathon** – PHCC has decided to retain this term, because, quite frankly, **Snickers** sounds a bit too silly even for us!
- **Soup** – There are still a number of surf kayakers amongst us who think that this is a term for the broken waters inshore of the main breaking waves, rather than a tasty and nourishing start to a wintertime **lunch!**
- **Stoppers** – These are excellent for keeping coffee inside flasks, and extra virgin olive oil in bottles. Once you have got to grips with the basic techniques and terminology, you will soon be able to hone your culinary skills and build up to the ultimate challenge of the Soirée! Who knows, you may actually get some paddling in as well. Nigel Rodgers is a trainee level 3 sea coach, and is also training officer, and gastronomic consultant to Poole Harbour Canoe Club. ●

Below: The disorganisers – Nigel Capsized Rodgers, Clare Fashionably-Late-Again Howard, Mark Sweet-Trolley Cook, Angie Canapés Ralph, and Dave Shark's-Head Harlow. Our other partner in crime Bill Cinderella Beetham couldn't be there because his kayak had turned into a pumpkin.



Words:
Pete Astles.
Pics:
Dave Humpleby

Peak UK/Equator Himalay

Overall Results:

International Mens:

1. Mikey Abbot (NZ) and Pete Astles (GB) (joint)
3. Herve Amalbert (FRA)

International Ladies:

1. Eleanor Rutter (GB)
2. Satu Vanska (SWE) and Hilde Klette (NOR)

Nepalese Men:

1. Min Magar
2. Madan Gurung
3. Indra Thapa

Nepalese Juniors:

1. Tirth Shretha
2. Sano Babu Sunuwar
3. Lila Mager

Bhote Kosi River. Nepal

80 or so kayakers from 15 nations gathered together at Sukute Beach, Nepal for the second annual Himalayan Whitewater Challenge. This unique one boat event combines extreme slalom with downriver racing and freestyle to find an overall whitewater champion. Nepalese locals competing for gear prizes including a Riot AIR 45 kayak, Robson paddles, Sweet Helmets, Peak UK gear and Teva shoes. International guys and girls competing for river supremacy.

Day one was the extreme slalom. A testing 15 move course was set on the last rapid of the Bhote Kosi "Dazed and Confused" close to the Tibetan border. A mixture of slalom gates and freestyle moves against the clock tested all participants. The boof at gate 15 was the highlight of the course. Peak UK's Pete Astles took the international win with a clean run. Min Mager won the Nepalese men's event with Tirtha Shretha top Nepalese junior. UK's Eleanor Rutter took top spot in the ladies event.

After an early breakfast on day two, paddlers rode the roof of the Tata bus to the downriver race start at Kohti beach. A Le Mans style start saw competitors scramble for boats before busting a hard 5km race down to the newly built Buddhist Stupa at Balephi. Much was decided in the first few frantic minutes as contenders fumbled with their spraydecks! In the international men's category Irish/Scottish paddler Ben Brierley powered his way to first place while Eleanor Rutter from Great Britain won the ladies event. Min Magar took top spot in a hard fought Nepalese Men's race and Som Mager was the fastest Nepalese junior.

Next up was the freestyle heats. A powerful feature tested even the most experienced competitors and allowed the bigger boats get some big air. After some great performances it was time to get fed and party hard. Day three, the final day of the event was judgement day for those competitors who had

made it through to the freestyle finals... but not before the 6km raft race. Team France took first place with Equator second and Drift third. With only one ladies team, the girls set a leisurely pace finishing behind a gallant Indian crew.

The freestyle finals saw some big moves from all competitors in all boat types (Andy Phillips barged his way into the final 5 with in his H3 creekboat). When the dust had settled however it was Peak UK's Pete Astles who once again claimed victory in international men, closely followed by Pete Scutt (UK) and Herve Amalbert (France). Eleanor Rutter once again proved the strongest international lady with Inca Trollas (Sweden) claiming second and Hilde Klette clinching third place for Norway. Competition was fierce in the Nepalese category as Indra Thapa squeezed into first place past Madan Gurung in second and Min Magar in third. Tirtha Shretha was the top junior, followed closely by Sano Babu Sunuwar and Surya Mager.

After all three events points were combined and overall prizes awarded. Pete Astles (GBR) and Mikey Abbott(NZ) took joint first place in the international event with GB's Eleanor Rutter top lass. Peak UK sponsored paddler Min Mager won the Nepalese men's



Top left: Down river

Middle left: The crowd

Left: Min Magar

Right: Mikey Abbott

Main Pic: Andy Phillips

Top right: Pete Astles



an WW Challenge 2003

event with Tirtha Shretha taking the top Nepali Junior prize – the shiny new Riot Air 45... Well done.

Special thanks to Equator Expeditions and Nara for doing all the ground work, food, accommodation, transport and other stuff. Thanks to the sponsors: Peak UK. Riot. Teva. Kayak Session, Sweet and Robson. Special thanks to Gulf Air for transporting all the event equipment. More thanks to all the volunteers and competitors that made this event a memorable one....

Checkout www.peakuk.com for full results and details of next years events. See you next year. ●



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WERNER

The early days of canoe surfing in the UK

Story No. 1 - How it all began

In 1948 Oliver was running through a number of 16mm silent black and white films. He was planning to make a library of them which members of the British Canoe Union could hire for their own entertainment and learning. In among these films were three, all made by Frank Sutton, a member of the Royal Canoe Club. Frank was an Austrian who had done a lot of wild water canoeing in the mountains of his country. He was very keen indeed on any form of canoeing, in particularly those dealing with either rapid rivers or the sea. The first film that he made was called 'International Ten Square Metre Sailing Canoes Racing in Chichester Harbour'. Oliver was not so very interested in sailing, but he put this film into the lists because he knew that others sailed other kinds of boat and they might be interested in sailing canoes. The second film that Frank made was called 'Wild Water Canoeing in the French Alps'.

Oliver was interested in this sort of canoeing, and he hoped to be able to get into the French Alps and run some of the rivers in this film.

The third film, the one that really matters here, was called 'Kayaking on the South Coast'. This showed members of the Royal Canoe Club kayaking along the south coast of the Isle of Wight, and also them trying to handle their canoes in a very untidy sea at Cuckmere Haven near Seaford. This one really did interest Oliver and he gathered

together a small bunch of friends of his who were willing to have a bash at it themselves. The kind of kayak which the Royal Canoe Club members were using was a copy of the Eskimo kayak. It was very long and very narrow, presumably so that it could meet any rough seas that it had to go through off Greenland. The canoes which our group were using were all folding canoes, made with a wooden frame and a canvas or canvas rubber skin. They were tough. The way that they were folded and put away made them much easier to travel with, either on the roof of your car or in the trailer.

Oliver knew enough about rough seas to know that the surf at Cuckmere Haven was very short; that is to say that they came ashore so close together that it was very difficult to find a single wave that was worth trying to ride. Oliver, having had holidays in Cornwall, knew that the waves came in from the Atlantic very much bigger and further apart, and this made the art of surfing very much more easy. He studied the maps closely and decided upon a little bay on the west coast of Cornwall, at the village of Polzeath, a tiny village in a small bay facing due west, north of the estuary of the River Camel, and south of Pentire Point. This bay looked due west and appeared to be well protected. The Atlantic rollers would consequently roll straight into the bay, unimpeded in any way and make for good surfing. He suggested to his friends that they should come together at his home in Woldingham on a Friday evening in the summer and then drive down to Cornwall to see what they could find. There were no arterial roads in those days, especially in Devon and Cornwall, and therefore the journey was going to take a long time. Oliver had a Standard 12 coupe in which all of them could travel with reasonable comfort, and behind they would pull an army trailer which he had and in which they could put all their packed up canoes. They arrived at 5am at the top of a long hill which dropped right down into Polzeath. Realising that the place

would be still fast asleep, they decided to find a spot where they were and doss down for a bit. They found a field which had just been cut of its corn, drove the car and trailer in the gate and set up a temporary camp just to sleep for the rest of the night.

Reckoning that the people of Polzeath would be waking up at about half past eight, they decided to pack up their own temporary camp and drive down into Polzeath to see if they could find any breakfast. The village consisted of a few shops right down at the level of the sea. A little bit of further searching and they found that there was a beach café, looking directly out over the sea. Looking at it, it was obviously a shop full of souvenirs and, up above in the first floor was the café. There was no sign of life when they arrived, so they sat down on the doorstep and waited for the shop to be opened. After a while, a man who lived in the flat above the shop and the café came down to open up. He looked extremely surprised and wondered

what on earth this odd quartet were, sitting on his doorstep. I may say that this group was one of the happiest little bunch of people that I had ever known, so, what he saw was a bunch of grinning faces trying to look hungry. When he saw them, he must have asked them what they wanted, and I am fairly confident that their only reply would be 'food'. After some further explanation their new friend said he would provide them with breakfast and they had a very good meal. Whilst they were at it they asked the



Incoming surf at Polzeath

proprietor about Polzeath and what they could find, in particular, a place overlooking the bay where they could camp.

This camp site turned out to be exactly what was wanted, on a slightly sloping field which was a car park for the villagers during the day. There was obviously plenty of room behind the car parking area where they could put up their tents. There was a public convenience which was extremely well appointed, so they could wash and brush up at any time during the day.

Oliver thought that he ought to make sure that camping there was perfectly alright and he went in to Wadebridge to see the officer in the Wadebridge District Council who was responsible for looking after the beach. When Oliver said that he as a member of the Camping Club of Great Britain the officer said, "You don't want any permission, you can camp where you like". As a result, the party had a wonderful weekend and resolved to repeat the operation in future. Oliver said that he would plan the tides correctly so that they would be out during the middle of the day, thus giving everybody much more room. Thus, come the end of the weekend, the party left Oliver to find a suitable date for the next year, and they would also ask their friends to come and join them at Polzeath. A weekend was obviously too short, so the result was to make it a whole week.

Thus over a period of years, this became a wonderful holiday for very many of our friends who wanted to learn how to surf. As nobody knew how to surf, there were no classes or anything like that, you just got in and tried, and gradually the art of canoeing in surf got better and better over the years. But, before we go rushing on to see what happened in the future, let us have a look at what was going on right at the beginning. ●

Oliver J. Cock MBE

A history of surfing part 2, will appear in the April edition.



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More ICE at the NEC!



Canoe 2004 – The BCU's International Canoe Exhibition is back at the NEC in Birmingham from 2-4 April (hall 9). For the second year, ICE is running alongside The Ordnance Survey Outdoors Show, offering visitors the opportunity to discover what's new in the paddling world before exploring the rest of the outdoors throughout four halls of competitions, have-a-go areas and great shopping.

It's a feature packed show this year with highlights including a diverse theatre timetable, have-a-go pool, an international freestyle competition, canoe polo and product trials on the lake. This is also your best chance to meet with manufacturers and retailers to discuss the latest products, and try before you buy!

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Adults - £12,
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Calls are charged at the national calling rate, and NEC car parking charges apply.



the Peak UK Indoor International Freestyle Competition, which is taking place in the pool (with wave-box to increase the white-water factor). There are top paddlers from Britain, Europe and the United States entering the event, so the level of competition will be high. Practice sessions are taking place on Friday 2nd April, heats on the Saturday, with finals on Sunday. In between the competition timetable, there are have-a-go sessions in the pool, and pro-paddling demonstrations so you can learn some great skills and techniques. Merrell have put up some fantastic prizes for this area of the show, so be sure to check out the action!

The Paddlesport Workshop features a packed timetable this year with highlights including films by Scott Lindgren, and talks by a range of people including Charlie Munsey. You can also hear of Debra Veal's achievements in the huge capacity Berghaus Super Theatre with Bose. There's lots of information on the new rights of access in the countryside throughout the seven different theatres at the event. See www.theoutdoorsshow.co.uk for full theatre and event timetable information.

Outside on the lake at the NEC is the first BCU Invitational Canoe Polo competition since ICE was held at Crystal Palace. The heats of this event will take place on Saturday 3rd April, with the grand final on Sunday the

4th. There's grandstand seating going up on the beach in front of the lake so you can watch the sport in comfort and cheer on your team. From here you can also keep up with the progress of the Renault Kangoo Adventure Racing which includes canoeing, running, and biking sections around the lake and woods as part of the three hour endurance race..

Don't forget a change of clothes because this year there are free product trials and a have-a-go area on the lake as well. The area is complete with changing rooms; making this the best place to try out that new boat you've had your eye on!

A ticket to Canoe 2004 also gains you admission to the rest of The Ordnance Survey Outdoors Show. All the best brands from the outdoors world are here sponsoring some great features including the Decathlon Introduction To...

Theatre, the YHA common Room, The Duke of Edinburgh's Award Challenge, The Wildlife and Photography Zone, and The Great British Pub. Specialty areas include the Sprayway Adventure Sports and Craghoppers Adventure Travel Shows, The BMC's Climb 2004 with The North Face Bouldering World Cup, and a whole new area called Go Diving! From diving with a robotic shark, to trying your hand at rock climbing, or a simulated paraglide over the countryside, the show promises a great day out!



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An epic a

Raleigh International's

Huw Jones joined youth development charity Raleigh International's kayak team on their Expedition 031 in Chile. Here he writes about volunteering for Raleigh for a kayaking adventure in Patagonia.

In September this year, I joined Raleigh's kayak team, made up of Australian Jason King and Brits David Henry and medic Kirsty Hogg for their three month expedition 031. After a period of staff induction at Raleigh's field base in Coyhaique, the capital of Region XI we set out on a brief recce to Canal Puyuhuapi, the fjord where we would be paddling. Shortly afterwards, over 80 venturers (Raleigh volunteers aged 17-25 from five continents) joined us and the other volunteer staff for their training prior to deployment on expedition.

We spent a hectic week covering all aspects of camp craft, everything from setting up and managing a campsite to lighting fires in wet conditions and constructing long drops. We briefed the groups on radio and navigation skills and supervised a water immersion test, where each individual had to plunge into freezing water to check their reactions, in the event of having to do river-crossings or capsize in kayaks.

Finally the groups were told which projects they were on and our staff team and 12 venturers set out very early one morning for Puerto Cisnes, a small fishing village about four hours north of Coyhaique, on the shores of Canal Puyuhuapi.

Our destination was a stretch of marine highway which runs from the hamlet of Puyuhuapi in the north to the small fishing village of Puerto Gaviota in the south. The land is heavily wooded, right up to the inter-tidal zone. The channel is used mainly by the passenger ferry service, salmon farm utility boats and small fishing boats. Overlooking this floating activity is the ever-present and well-equipped Chilean Navy or 'Armada', who have the last call on water borne activities including sea-kayaking. The channel varies in width from 4km to 1km and in depth from 100m to 400m! The potential for overfalls (when studying charts) are tremendous and plentiful. However, in practice, nothing too 'bouncy' was encountered.

Access and egress to the channel is limited by the tortuous terrain of Chile's Region XI and its limited road network, much of which is unsealed. Puerto Montt, Puerto Cisnes and Queulat/Puyuhuapi are the only significant and suitable locations from which to start a trip of this kind. Permission must also be granted by the Armada before any kayaking trip takes place. This proved a long and tedious process. Frustrating and unscheduled rest days occurred whilst we waited for a kit inspection from the local Port Master in Puerto Cisnes.

Amongst other things, each boat had to carry: clasp knife, signalling mirror, pump, compass, smoke and pinpoint flares, strobe torch, towline, map/route plan, spare paddles and drogues. Our lead boats additionally had to have HF and VHF radios, satellite phone and EPIRB, casualty evacuation plan and copies of personal details for all venturers. Daily updates on our progress had to be communicated via Field Base to the Navy.

After three days' training on the water with the staff team in single NDK Explorer Kayaks and the venturers in five double Valley Aleut Sea IIs, we were off. We had covered rescue techniques, basic paddling strokes, surf landings, loading equipment, use of the rudder, simple navigation, manual handling, care of equipment and campcraft skills associated with

kayaking, so we were prepared for most eventualities.

Our group were mainly novice kayakers so everything had to be done slowly however, we soon started making speedy progress, to the point that we were covering two days' planned paddling in one day.

Originally our plan for the trip was to paddle along the edge of Isla Magdalena up the Canal Puyuhuapi in search of the migratory killer whale or orca, which congregate at the southern end of Isla Magdalena. Some had been seen the previous month by local fishermen however, we were a little late (to the relief of some of the venturers!) and our paddle in search of them took us further and further westward. Once we reached the little fishing village of Puerto Gaviota, where we joined another Raleigh group engaged on a community construction project, we decided to do something no one else has ever done before, namely to circumnavigate the whole of Isla Magdalena.

Approval from the Navy

We sought approval from the Navy for our new plan and once we had this and the weather had cleared we set off again on what turned into an epic adventure.

The route we we are paddling was absolutely beautiful. We were surrounded by snowcapped mountains and volcanoes covered in dense forest and there were virtually no signs of human life, apart from the occasional fishing boat. Along the way we saw dolphin, fur and elephant seal, sea eagles galore, humming birds, parrots, sea lions, pelicans and flamingo, large sea otters, small Magellanic penguins and the occasional condor, one



Adventure

Expedition 031 in Chile



Left: A beach landing

Below far left: Huw and Andy Cheng from Malaysia 'going over'

Below middle: Drying out

Below: On dry land shows the whole kayaking team at Puerto Cisnes



of Chile's national symbols. We also saw many luminescent insects and glow worms, which kept our campsite paths waymarked at night.

I had done a similar sort of trip 15 years ago in the UK which was highly memorable. It was when three of us in single kayaks circumnavigated Anglesey. It was also a 100 mile round trip and we only had a set date to do it. It took us three days as we were kayaking against the neap tides, using even weaker eddies (the current record is 14 hours).

On this trip, we had a very different set of challenges. The Canal, whilst also affected by regional weather systems, possesses its own micro-climate. This is most noticeable on the lea shore of large islands such as Magdalena. Approximately 100 miles in circumference, the island is almost completely uninhabited, is covered in dense forest and has many peaks higher than Ben Nevis. It is on the whole steep sided, and has many deep fjords and inlets which channel strong winds from the slopes above. These winds often increased from Force 2 to Force 9 within ten minutes, catching us unawares on numerous occasions. It was near impossible to predict what the next hour had in store. A barometer was invaluable in giving us the general trend as to what was in store, but localised squalls came from nowhere, and it was only by watching out for the tell tale 'dimpled' areas of sea that a pre-warning shout to 'low brace' could be given.

Landing spots were infrequent, so where we stopped was determined

by the time of day. Unfortunately this meant that sometimes we had to clear areas of forest with machetes, saws and axes. The shoreline was generally covered in boulders, which made surf landings problematic and meant that it took eight to ten people to carry the loaded double kayaks over the rocks.

A standing joke

There was also a large tidal range within the Canal. A local tide table was unavailable, so over a period of two or three days, we devised our own. A simple 'stick in the sand' every half hour painted a reasonable picture for daylight hours. Night tides however, were a different matter! John Ramwell had advised that a keen eye should be cast on where the kayaks were stored on the shoreline. More precisely, we should be careful about how high up the beach or cove we carried them as at night, there was a tremendous jump in the high tide mark. This should not be underestimated. Being caught out by the night time tide became a standing joke - it came up even when we were camped way up on grass and caught us out at least five times. Moving five 22 foot kayaks into the dense forest at 3am kept us warm at least!

Sea levels were also affected by strong winds which seemed to hold back the ebb. Crossing many of the fjord mouths provided exciting giant ferry glides as large volumes of water ebbed back into the canal. Tide races

produced directly by the flood stream and also by the flood eddy, were present all along the Canal. The sea was almost brackish, when approaching some secluded campsites, as numerous streams and waterfalls feed the ever present rain into the non-tidal areas which provide shelter.

This area is at the moment pretty much unspoilt. There are certainly no tell tale signs of heavily used campsites, litter lying around or ground scored by fire pits. It was a great place to practice minimal impact camping. It was very satisfying for our group to replace the turf cubes into the extinguished fire place, backfill the long drop latrine, make use of a slops pit and take down our bivvy shelters scattered around the forest.

There is no shortage of driftwood along the shores of the Canal. We made larger pieces into outdoor furniture, such as a bamboo bed complete with head board, chairs, tables and a kitchen galley area, whilst the rest was placed amongst the kindling and tinder. Split bamboo and Old Man's Beard lichen proved itself to be a great natural fire starter. When it rained (often) or when the wood was wet, a 'log cabin' structure with a quarter of a candle in the middle never failed.

There was plenty of excitement along the way. We tried sailing using spare paddles as masts and small tarps or ponchos as sails suspended between two kayaks. GPS confirmed 3 knot heading. One day we were out pottering around little islands in the archipelago looking for thermal springs. The sea was flat calm and as we rounded a corner we saw the top part of a huge camouflaged submarine which blended in really well with the rocks and trees behind it. It cruised past us very close but without acknowledging our presence. It was quite sinister.

One time we had spotted fur seals on some rocks and as they looked quite docile, I thought I would paddle in closer to get a photo of them. As I looked through the viewfinder and was about to take the picture, a big bull seal jumped in and about another 15 of them followed. I had to do some very hasty backward paddling.

The locals were very good to us. Three days out from Puerto Gaviota, we had just started paddling when we met a boat with three fishermen who were long lining for salmon. They had come out from a mother ship

Boat home shows scenery at Puerto Gaviota



from Puerto Aysen which was anchored not far away round a point. They strongly advised us to turn back and took me out to the point in their boat to see six to seven foot overfalls. They then looked at the clouds and said mañana. The following day it was flat calm and safe to head on our way. During that day they came back to find us and cooked us fish soup and salmon with flatbreads and gave us maté, a type of tea, to drink. We provided the dessert from our rations of Mars bars and fig roll biscuits.

Our toughest time was mid-morning one day, when a squall came out of nowhere with thunder and lightning. Two of the doubles went over and I was trying to get one lot back in when I capsized myself but managed to roll encouraged by the fact that I was wedged in by the sleeping bag between my legs! We got everyone back into the boats and were on the way back to the shore when one set of doubles capsized a second time. This time they were in the surf zone so they had to swim for it as it was too rough to get back in. We landed on a river delta so had rivers either side, the surf behind and it was raining torrentially so the rivers were rising. We had to use river crossing techniques with ropes and slings to get off the delta.


Once we had found a place to stop, we spent two hours clearing an

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Kayak bivi

area for the tents. We also had to get a fire going but there was no dry wood so we did it with split bamboo canes and a dose of MSR fuel. We did hypothermia prevention on four people including Kirsty our medic. This involved

getting them into dry clothes in their sleeping bags under our bothy shelter with hot drinks, food and encouragement.

Because of all the training we do and the emphasis on safety, everyone in the group was very calm and we just worked through it as a team. We had to be patient to see the results of what we were doing.

We never actually managed to complete the full circumnavigation, owing to the bad weather which included six foot waves, hail, lightning, huge swells, rips and continuous rain. Although the group was keen to complete the task, we unfortunately ran out of time and had to be brought out by boat just 40kms from our destination. We certainly had some stories to tell when we made it back to Field Base for Changeover, when all the groups swap projects.

Our team had bonded really well and the venturers learnt a great deal about kayaking and living in the outdoors in an environment that was hostile from a weather, water and camping point of view. We were really pleased with their personal development, both in terms of practical skills but also leadership, responsibility and confidence. All of them felt they had had the adventure of a lifetime and are interested in kayaking in the future.

This was an epic trip in a really remote area and compares to paddling in Alaska and the South Island of New Zealand. It would be extremely hard to do without the support of Raleigh's Field Base, who man the radio 24/7 and are always there to deal with any eventualities. Would I do it again? Definitely! ●

Huw Jones

i n f o

Hugh camping

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Whitew

It may have been scientifically proven that only 7% of plans actually work out perfectly. Then again, it may not have been. Regardless of statistics, it was of little surprise to us that our proposed expedition to Uganda during July and August of last year did not go entirely as expected. It was, however, remarkable just how quickly things changed after stepping out of the airport. Quickly, as in instantly. And no matter how long you wait for your lift to pick you up, it won't come if the driver's forgotten about you.

Ignoring mere hiccups, the greater scheme of things involved seven students from Durham, Newcastle and Sunderland Universities spending a full month in Uganda, learning and developing our whitewater paddling and surfing skills on the rapid sections in the first 30kms of the White Nile.

Previous to this the group had undertaken three weeks of courses here in the UK. The first week in Anglesey, during Easter, focussed on basic skills on flat and slow moving water. During June, we then spent two weeks paddling in the East of Scotland around Fort William, where we moved up to tackling Grade 3 water on rivers such as the Awe and the Garry.

Kayakology is a newly formed kayak school that runs in close co-operation with Nile River Explorers (NRE), one of the three major rafting companies on the Nile, from NRE's campsite in Bujagali, just outside Jinja, the town situated on the point where the enormous Lake Victoria sources the Nile and thus begins its voyage north to the Mediterranean.

In the knowledge that several mothers of those in the group were getting little sleep over the thought of our bodies being fished out of the water somewhere around Cairo, with hippo sized mouthfuls of us missing, it was very reassuring, both for them and us, to find out that all the companies on the river have excellent safety records, whilst there has not been an animal attack on the this section of the river in living memory. As far as quality of instruction was concerned, it turned out that between our two instructors, Lisa and Rob, there was some 30 years of paddling experience, whilst Lisa had just finished in the top 30 for Canada at June's World Championships in Austria.

Sheer size

Having come pretty much straight from Scotland, the initial impression of the Nile when we saw it for the first time was its sheer size. Having got used to a five degree drop in body temperature upon entering the water, the delight of being able to actually roll without an ice cream headache was immense. And when that first roll inevitably happened, it was only then that you felt the incredible power of the water on you. There was no question about it. This trip was going to be massive.

The main route undertaken by the rafting companies can be thought of as being split into three sections, upper, middle, and lower. The upper, being relatively calm, is where the rafting guides train the people in their boats, and this was an excellent three hour paddle on which Rob and Lisa assessed our abilities. In relation to the rest of the water encountered later on in the trip, it was tiny, yet some massive ferry glides across the river between islands, and some exciting little sets of waves meant that it was an excellent opportunity to get back into the swing of it all. The strangest thing about paddling on big water, however, was the irregularity of it all. Water would suddenly boil up in front of you, spinning you backwards, before turning into a small whirlpool which would suck your

Our instructor, Rob on Nile special



ater

on the White Nile

tail under and invariably flip the unaware, all within a few seconds, and as far as we could tell, there was nothing you could do about it.

The wildlife along the banks of the river and on the islands was



Matt and Andy following their first run of Bujagali

glorious, little monkeys played in the trees; cormorants would pop up next to your boat to query your intrusion into their fishing, before diving back under the water again. Fish eagles soared above you, and flashing between bushes was the incredible blue of the African Kingfisher, African Otters would sun themselves on rocks, before slipping silently back into the water, and the enormous monitor lizards on the banks managed to terrorise us whilst we carried boats down to the water.

Superhole

'Superhole' was our first taste of real surfing, a half hour truck ride and a ten minute paddle led to an amazingly clear wave, at least 30ft long, and 4ft high. It was a great spot to really get to grips with the basics; remaining stationary, moving forwards and backwards across the wave, and after dozens of upsets, missed entrances and curses, basic turns on the wave, with the better members of the group managing an occasional

360. One of the most delightful aspects of Superhole was our spectators. Situated a few minutes walk from the nearest village, whenever a kayaking truck passed through it, the entire child population would flock down to the river, engrossed, to watch us get kitted up and set off. They would then run downstream to an enormous boulder on the bank opposite the wave, from where they would view our escapades for a couple of hours. I ought to point out that these children were by no means interested in the amazing talents shown off by Lisa and Rob. What really raised the applause and cheers of encouragement was when one of us, frequently myself, would make some hideous error, be flipped stern over bow in a flurry of pointless paddle waving, only to emerge some 20m downstream, spluttering, gasping for air and generally representing a drowned rodent.

After a week at Bujagali, we embarked on the second stage of our trip, that of climbing Mount Elgon. This peak is the 4th highest mountain in Africa, and happens to be the largest intact caldera in the world. At 4321m, there is little need to worry about altitude sickness, and the guides that are required to gain entry to the National Park, ensure that a suitable rate of ascent is always maintained.

Before heading back to Bujagali, we decided to take in one of the local beauty spots, Sipi Falls. A 100m drop from sheer cliffs into the valley below, it is certainly the most dramatic waterfall in the area, and signifies the end of the plateau surrounding Elgon, before reaching the flat valley that stretches to the horizon without a hill in sight. As a result of an Italian mountaineer's training and generosity, a company has been formed by the locals which offers rock climbing trips on the cliffs in the area, followed by the ridiculous notion of an abseil off the edge of the waterfall. Four of us did it, and it was without doubt perhaps the most terrifying experience of the trip, tons of water roaring past you, spray lashing at your face, and the only thing preventing you from succumbing to gravity and falling a very long way is a dangerously thin piece of rope. Absolutely bloody brilliant.

Turning up the heat

When returning to Lisa and Rob, we discovered that it was now time to turn up the heat a little. Following one session at a local wave to get back into it all, the four of us that felt ready for it made a direct line to the first big drop on the river, Bujagali falls. With a campsite on the banks of the rapid, there are guaranteed to be a good handful of picnickers and

Approaching Karibeesa Falls in the midst of a torrential hail storm



sightseers milling around, so it is certainly a very public way to take the step up from Grade 3 Scottish water to Grade 5 on one of the world's biggest rivers. As we scouted the route we'd take, word got around that there were some inexperienced fools heading down the rapid, and the crowds grew, this was going to be good. One by one we tried to put on a

Kris trying to work out the logistics of getting two people and a boat on perhaps the smallest motorbike in the world!



comfortable and confident air as we got back into our boats, one by one we failed. Two of us rolled up, two of us swam, it all looked messy. The crowds got their comedy photos of stupid Englishmen out of their depth, we felt enormous elation, and everyone was happy. The next rapid down was called 50:50, and this fairly accurately described our success rate on it. Three big steep waves in succession, you had to punch through one wave before you were able to see the next, and change your angle accordingly to avoid



Andy at surf city

getting wet. Not as easy as it sounds. Africa, being the scorching hot place that we all thought it to be, the torrential downpour and lightning storm that hit the river was not entirely expected. Apparently we were wrong. Uganda has a lot of rain, and it seems most of it decided to be on that day. Hailstones seemed ridiculous though, I can't think of anywhere else in the world where one has to wear factor 30 sun screen one minute, and be going underwater to avoid the hail stones and warm up the next. I freely admit that attempting Kaibeera falls with my eyes half shut to avoid the hail was an error, but the brilliant thing about the Nile is that there are so few rocks, and it's all so deep, that if you go over, or end up swimming, you'll just get wet. None of the rapids the companies run will hold either a person or a boat, and as long as you can get a deep water rescue done before reaching the next rapid, it's all fine.

Surf City was a big fast wave, difficult to get into on a slow boat, yet difficult to stay on in a long boat. Frustrating though this was, once you were on, no matter for how short a time, it was worth the wait. A brilliant spot to play, you could easily spend hours there without noticing, as indeed we did. The final rapid for us was Silverback. Like its namesake, this rapid is, again, big and powerful, in terms of sheer size and volume,



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definitely one of the biggest on the river. A 40m chute leading into a series of 4 enormous waves, there's a fair chance that you'll take off from any one of them. Just don't expect to land the right way up.

The journey back to the campsite was certainly basic. Scrambling up a mud bank we were met by local boda-boda drivers (taxi mopeds). Three boats or two passengers per bike, and we were off, still kitted out in helmets and buoyancy aids, with paddles under our arms, we trundled through tiny hamlets, with yet more children running out of their houses screaming "Helo hello, howaryuu,howaryuu?", waving, jumping and clapping with delight at the crazy mzungu foreigners that dared take on the Mighty White Nile.

And so the trip continued, endless rest days lounging in the sun, four hour boat rides on Lake Victoria to stay on privately owned islands, watching the sun drop over the edge of the lake whilst the millions of stars come out, meeting the fascinating and vibrant travellers on Overlander tours of the continent, the best curries outside India, and an awful, awful lot more water. ●

**Words: William Pope,
Pictures: Matt Fyjis-Walker
and William Pope**



info

The group consisted of l to r: Laura Bullen, Matthew Fyjis-Walker, Sam Adams, Tanya Clarke, Kristoffer Carpenter, Andrew Huxter and William Pope. We'd like to thank Uisden and PJ in Anglesey, Roy, Graham, Andy and Dusty in Ballachulish, Lisa & Rob in Uganda, and lastly the BCU for their kind support which helped to make this incredible adventure happen.

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London and South East region

Thanks from Paul Newman

As many of you will be aware, my contract with the BCU as PDO/CDO in London and the South East, has now run its course. Although not dropping off the scene completely, (I will still be available for coaching and other assistance to members within the region, and Maidstone CC), I will be using my time constructively, to complete the MSc in the Science of Coaching, started before the BCU comprehensively took over. Many thanks to all the people with whom I have come into contact, and also the many who I still have not reached and are showing enormous tolerance. I look forward to meeting you on the water somewhere.

Perception Wavehopper Challenge

New for 2004?

Going as fast as you can downstream, it's great for learning more about rivers and developing skills – even better as its challenging, fun and exciting! This season the challenge has developed further with the Wild Water Racing Committee taking a leading role supporting the events.

A fun series of events are held around the country, which are now run by the BCU WWR Committee supported by the BCU Youth Programme to introduce young people to Wild Water racing. The races are either over two short runs or one slightly longer run. The age categories are U12, 14,16 (1st January 2004)

Wavehopper Kayaks can be provided through the community boat scheme, contact your Regional Paddlesport Development Officer for details. To start with however, you may wish to use a kayak that you are more used to so long as it's under four metres in length, just bring along your buoyancy aid, paddle, helmet and spraydeck.

Paddlers should be at least 2 Star standard or Paddlepower One Level 3. Most events run along side national events catering for all ages. The events can include, free coaching, racing and great prizes for all, together with training opportunities to progress towards national junior races and beyond!

How it works...

- For each event points will be awarded according to placing - 25 points awarded to the winner of each event – 24 to second placed and so on. If two runs are attempted the fastest time counts.
- Double points will be awarded at the Final
- The Challenge Series Winner will be the paddler in each category with the highest score taking the sum of the two best events plus the final.
- The Challenge Winner will be the fastest time recorded in each category at the Final.
- The Challenge Series Club Prize goes to the Club with the highest score from the best two regional events plus the Final.
- The Club gaining the most point at the finals will be award the Club Challenge prize

Events:

Burrs, Bury 15th Feb; **Bala, North Wales** 3rd April; **Prudhoe, Hexham** 24th April; **Nene Northampton** 24th



April; **Calder Sowerby Bridge** 24th April; **Carlisle** 25th - April, 14th June; **Bexleyheath** 1st May - **Bingley**, 15th May - **Stone** 19th June **Chester** 20th June; **Goyt Marple** 4th Sept, **Ironbridge** - 12th Sept, **Bath** - 26th Sept
Finals: 9th Oct Nene White Water Centre, Northampton

To book into the Challenge series check out the 2004 BCU Yearbook or your local Paddlesport Development Officer, or Youth programme on youth@bcu.org.uk (0115 982 1100 www.bcu.org.uk

Tyne Tour Whopper event - November' 03

November the 8th may seem a smidge early to start the 2004 Perception Wavehopper Series but being able to run a junior event alongside the annual Tyne Tour based in Hexham which attracts approximately 1,000 paddlers from round the country is just too good an opportunity to be missed! Fortunately the weather was still mild at that stage which probably helped persuade the 16 participants from four N.E.Region clubs to 'come and have a go'. As always for some it was first time in a 'whopper' so some top class coaching took place with Mike Mason (Junior Team Coach) and Nigel Timmins (CDO) – who got off his crutches in time to help!

Once the 'wobble factor' had been reduced, contestants, safety cover and starters headed upstream on the South Tyne to Warden Bridge ready for the 3.5km paddle down to Tyne Green in Hexham. After the long hot summer the South Tyne was pretty low needing some careful manoeuvring in places. The participants raced down in four groups of four, with each group tailed by Safety paddlers. Despite the low water before the confluence with the North Tyne (which gets a dam release from Kielder) some excellent times were achieved. Of special note was the overall winner Sandra Hyslop aged 13yrs of Hexham Canoe Club.

My thanks to Mike, Nigel and all the other helpers who contributed to the day's success!

Bobby E.Timperley PDO N.E.Region.

BCU Young People's Programme Christmas card competition 2003

Once again, we received some excellent entries which shows that we have some pretty good artists as well as paddlers! Choosing the winner was a tough decision: each entry was considered without the judges knowing the artist's name, and we had to call in other judges from outside the Youth Programme for help in selecting the winner from the final four.



Finally the decision was made and the winning design was awarded to Katy Monaghan from Salford. The 3 runners up were: Emma Broadhurst from Doncaster, Olivia Churchill from London and Tom George from Eastleigh. Check out the youth pages of the BCU website for the final 4 – www.bcu.org.uk/youth

Mandy Delaney

Pyranha Lightning Cup

The Lightning Cup is a series of sprint and marathon events, timed to run alongside some of our main national sprint and marathon competitions, with clubs competing to win a Lightning K1.

The regattas are designed to cater for youngsters (boys and girls) under the age of 12 on 1st Jan 2004 and who are not competing in the main event. The marathons will follow the Hasler calendar, with the age groups based on age 1st Aug 2003. The aim of these events is to encourage the participants to train, improve and to compete together. Points will be awarded for each event culminating in the final event where double points will be awarded. Trophies will be awarded for the Sprint Cup and for the Marathon Cup to the best overall junior in each class and the club with the most points at the end of the series. The BCU Marathon Racing Committee have donated the Spanish Galleon Trophy which will be awarded to the club that wins the Lightning Club competition at the National Marathon Championships, many thanks to the Marathon Committee for their support.

Sprint Cup – changes 2004 season

The events will now take place on Sundays and not Saturdays on the following dates: 9th May, 6th June, 4th July and 5th September at the National Watersports Centre, Nottingham. The 200m races has now been replaced by a 500m race which will compliment the BCU long term paddler development plan, all other events remain unchanged. The cost per paddler will be £5.00 which will include a full day's activity.

The BCU Young people's programme are pleased to announce that Sam Witherall will be taking on the role of Lightning Regatta organiser with support from the Young people's programme.

Marathon Cup – changes 2003/4 season

Pyranha Marathon Lightning Cup series is now running from August to July (National Marathon Champs). Therefore the age categories are now based on age on 1st Aug 2003

Promotion to Division 9 – U12 Paddlers that have scored 40 points or more will be invited to compete in division 9 singles by the Lightning Marathon Co ordinator, Peter Jones 173 Longmore Road, Shirley, Solihull, B90 3EL.

These paddlers can continue to race in the Lightning Class for the rest of the season but will not be eligible for regional points, however these paddlers can still compete in the Pyranha Lightning Marathon Finals, provided that they have not gained promotion to Division 8. Lightning's may compete in Division 9 but will not collect Lightning points. Lightning paddlers may, as part of their long term development compete in Division 9 doubles without affecting their right to compete in the Lightning Class.

Howard Blackman



Coaching Young Paddler's Module

Rationale

Most prospective Level 2 coaches will probably spend a large proportion of their coaching career working with children and young people, it is therefore important that coaches understand that a different approach is required when coaching young people compared to coaching adults.

Children undergo massive changes in their physiological, psychological and cognitive development, the modern coach needs to understand how to utilise these changes in order to develop the talents of young potential athletes and to maximise their own coaching skills to enable them to provide stimulating, inspirational and fun sessions for young people which will whet their appetites for a future within paddlesport. This module is designed to help prepare coaches for this task and signpost them towards sources of assistance and advice.

The information contained in the module is a culmination of the combined efforts of the BCU Young Peoples Programme, and the coaches, volunteers and helpers who not only contribute to keeping our sport alive by nurturing and encouraging young paddlers, but by sharing their experience and knowledge are constantly improving the way we all teach and coach paddlesport. The module will be delivered at Regional Coach update days around the country.

Phil Hadley

Two more clubs gain Top Club and Club Mark awards

Chelmsford and Elmbridge Canoe Clubs have both been accredited for the BCU Top Club and Sport England Club Mark award. Congratulations to both clubs who are the first clubs to receive the Top Performance Club award and Chelmsford is the first club to receive both Top Performance and Top Community Club awards (Tandridge Canoe Club received the Top Community Club award in July 2003).

The Club Mark and Top Club awards recognises clubs that are safe, effective and child friendly and there are currently 59 BCU clubs and centres working towards the awards with three clubs already accredited (see column) Full details of the awards and how to register are on the BCU web site www.bcu.org.uk/youth/youthindex.

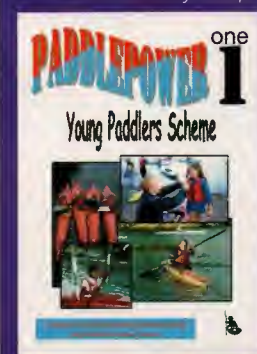
In this Canoe Focus we have an article from Chelmsford Canoe Club and in April we feature an article from Elmbridge Canoe Club. The clubs on the right are registered and are working towards accreditation:

Mandy Delandy

Paddlepower logbooks – change in price

Please note that as of 1st January 2004, the price of Paddlepower logbooks have been increased to include the cost of post and package. Logbooks and sticker sets can now be ordered separately. Prices are as follows:

- Complete set (logbook and set of stickers) - £2.00
- Logbook only - £1.25
- Sticker set only - 75p



There are no restrictions on order quantities as before. Please note that only registered Paddlepower deliverers can order the stickers. If you are not registered then you can only order the logbooks. Please contact Mandy Delaney for further information. Tel: 0115 982 4220 or email: mandy@bcu.org.uk

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LETTERS

Your chance to put forward your point of view

Please send letters either by email to peter@canoeofocus.co.uk or post to: Canoe Focus, 49 Greenfields, St Ives, Cambs PE27 5HB

Older peoples' activities on the web?

We are new members who have rejoined after a 50 year lapse. I have returned to canoeing in retirement, having sailed, owned six boats, travelled a lot, and finally settled in Granada, Spain. Where the mountain club and the nearby coast suit us very well.

I thought your magazine a good read and particularly enjoyed the Irish Sea account as we did our youthful canoeing criss-crossing the Bristol Channel. My wife whose only preparation for canoeing has been our mountain walking club, joined me on the Danube to go from the upper reaches to the Serbian border; a distance of about 750 miles. Our Klepper Expedition served us well and with 130 years in our boat (more of them mine than my wives!) seemed no disadvantage.

Clearly from your magazine content, you are very much orientated towards young peoples' activities, and rightly so, but where do we find trips similar to the Danube (which can be up to 2,700 spectacular kilometres long). We heard of this trip by chance when we did the Thames Millennium cruise... from Australians! They have also told us something about the Ukon and the Murray River has been in our sights as a possibility.

Maybe there's a web site out there somewhere that you know of listing these events?

Regards Charles Gautier, Granada, Spain
Does anybody out there no of such sites? Ed

Excitement in open canoeing

I have to write to say how much I agree with Richard Knisely-Marpole on the lack of 'canoeing' features in the magazine. Apart from the odd letter (like Richard's) or some information on access, very seldom can an open canoeist find any articles of interest to warrant holding onto the magazine rather than take it straight to the club for the kayakers to read.

Although as you say you can only print articles that you receive, canoeists have to feel somewhere that the magazine is there for them as well as the kayakers, so that they feel it's worthwhile submitting an article. Until this happens I fear our 'competition' magazine will continue to feature just kayaks and more kayaks.

Although the popularity of the open canoe has taken off dramatically in the last decade or so it still has a long way to go in being recognised as being as exciting to paddle as a kayak. Unfortunately, without wishing to knock the excellent article on the Hampshire to Westminster Canoe Cruise in December's *Canoe Focus*, the canoe remains a craft eminently suitable for beginners to use to raise money, or for young people to play at dragon boats or raft racing.

When you can show pictures of canoeists kneeling in their craft through white water, paddling with the blade deep under the gunnel, or in a hole supporting with the gunnel at water level, then some may believe there is excitement in open canoeing and be encouraged to submit articles of their own canoeing experiences. Lots of canoeists surely have run the Ardeche, or even paddled some of the steep rivers that we see on the 'How to Roll your Canoe' videos.

Perhaps even I should think about writing something?

Chris Wright
Go on, why don't you! Incidentally, we have a very informative article on open canoes in the April edition. Ed

Me vs Leptospirosis

An excellent article on Leptospirosis in the October *Canoe Focus*. It brought back vivid memories of a year ago when I contracted the disease after paddling on the Dart Loop. A lovely clean river but my mistake was to paddle the day after having a wisdom tooth removed leaving an ideal entry site for the bacteria.

My symptoms unfolded almost exactly as Mike described. The uncontrollable splitting headaches marked this illness as worse than flu. I also took to the Internet after being told it was flu and would pass. The next day I took the printed data sheets to the doctor and was immediately given antibiotics and blood tests.

I lost more than half a stone in one week and my liver and kidney function were temporarily 'messed up' according to the doctor.

Peter Meares

Jacstrap elbow support

Dear Amber, I was intrigued to read your letter in the October issue of *Canoe Focus* as I too have had my enjoyment and participation of canoeing hampered by tennis elbow pain. I tried numerous commercially produced products but they did not seem to help especially when canoeing, as I found them restricting and uncomfortable to wear, so I designed my own.

After numerous trials and a considerable input from medical professionals I came up with the Jacstrap elbow support. It is made of neoprene and is ideal for canoeing and all other activities.

I am so sure that it works I have had the design patented and now have my own website from where I sell the product. (www.jacstrap.com). I have a wide variety of people who wear the product including canoeists and other sports participants, physiotherapists, rock climbers, office-based staff and many, many more.

Canoeing can be elbow pain free and I am now back out of the water five times a week, and you can be pain free too. I do hope this information helps.

Jacqui Mullins

Anyone for Canada?

I am in the process of organising a two week canoeing expedition to North-West Ontario, Canada. The expedition will be on mainly flat water, but will include several small rapids. For the expedition to go ahead we need an instructor with BCU level 2 for open canoe.

The expedition is called Canadian Caribou Canoe 2004 and will take place in Woodland Caribou Provincial Park. The party will leave the UK on the 15th August 2004 and return on the 5th September 2004. The party will consist mainly of young officers from the Royal Navy who will all hold the Royal Navy Open Canoe Proficiency award, similar to BCU 4 Star Open Canoe. The cost of the expedition will be £500-650 approximately. Apart from canoeing, there will be a few days spent in Winnipeg, Manitoba and Red Lake, Ontario.

I was wondering if anybody out there would be interested. If you are could you please email me on the address below?

Jonathon Wright
Midshipman Royal Navy
jsw43@cam.ac.uk

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- **Senior Instructor:** Based at Frontier Centre in Northants, the senior instructor is responsible for a team of activity staff ensuring appropriate training, rotering of staff and maintenance of activity equipment. Min quals L2K or OC / SPA and GNAS
- **Multi Activity Instructors** to be based at either centres. Experience and /or qualifications essential.

Barnabas Adventure is a Christian Charity and requires all staff to be willing to share this with groups and other staff members through their lifestyle, words and actions.

INTERESTED?... Don't just sit there.... Get in touch with Rachel Allen, Barnabas Adventure, Caroty Wood, Higham Lane, Tonbridge, Kent, TN11 9QX 01732 363995 Rachel@barnabas.org.uk

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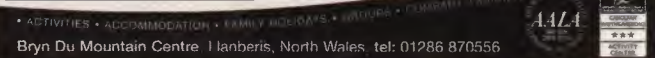
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Churchtown is one of a kind; it is an outdoor activity centre in Cornwall (near Bomin) providing breaks for disabled people and their carers. Guests are offered a wide range of activities including: rock climbing, wheelchair abseiling, canoeing/sailing and orienteering. In addition to the outdoor activities there are varied social events such as shopping and visits to local tourist attractions. Evenings at Churchtown are rarely quiet featuring quizzes, parties and trips to the local pub. On site is a heated swimming pool, working farm, nature reserve and ropes course.

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Churchtown offers an exciting and diverse working environment and applicants should have experience of working with disabled people and assisting them in outdoor activities. Flexibility is a must as some weekend and evening working is required. Full training to NVQ level is available.

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For further information and an application pack please contact Paul Summerton, Centre Manager on 01208-871930, or email your details and the vacancy you are interested in to Churchtown@wft.org.uk

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Pay Scale JNC 2 £17,000 - £25,000 depending on qualifications and experience

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Start Date : March/April 2004

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Email: mail@harlowoutdoors.co.uk
www.harlowoutdoors.co.uk

GRAFHAM water centre

Senior Instructors, Instructor and Trainees

For 2004 and beyond we require enthusiastic staff who are able to deliver programmes of exciting and educationally valid activities for schools, youth groups and individuals.

Activities include Sailing, Windsurfing, Canoeing, Kayaking, Rowing, Climbing and Abseiling, Archery, High and Low Ropes Courses, Mountain Biking and Team Building. NGB qualifications are required but training is given.

Salaries for Instructors are £201.60 per week plus accommodation and meals.

Catering staff are also required.

For further information and an application form, please ring Christina Butler at Grafham Water Centre, Perry, Huntingdon, Cambridgeshire PE28 0BX on (01480) 810521

www.grafham-water-centre.co.uk



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Youth & Community

SENIOR INSTRUCTOR

JNC level 2 point 4 - £14,181

**Bewl Water Outdoor Centre,
near Tunbridge Wells**

You will be responsible for coaching a range of outdoor and adventurous activities to young people and the wider community. Additional responsibilities include deputising for the Head of Centre in his absence, maintenance of a range of outdoor equipment to a high standard and PR and marketing of the Centre. You must hold the RYA Senior Instructor Award and ideally BCU Level 2 Coach and the MLTB Single Pitch Award.

For further details of the post or details of Sessional Instructor vacancies, please call Richard Retallick on 01892 890716.

For an application form and job description please email: youth.jobs@kent.gov.uk or telephone 01622 221212 or write to: Youth & Community, Education and Libraries Directorate, Invicta House, Maidstone, Kent ME14 1XX.

Please quote reference EP/03/538R.

Closing date: 27 February 2004.



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HATFIELD WATER PARK EMPLOYMENT OPPORTUNITIES

Hatfield Water Park is a residential activity centre with BCU, RYA and AALA recognition.

We are currently looking for seasonal and instructional staff for the coming season April – September. You must possess a current first aid certificate and hold one or more coaching qualifications.

For an application form please contact Doris Hardy on 01302 735177, or e-mail tradserv.recruitment@doncaster.gov.uk

Senior Instructor

The successful applicant will be:-

- A Trainee
- Passionate about the Outdoors
- Qualified in two or more relevant NGB Qualifications (e.g. BCU, RYA, SPA, ML, B4S)
- Comfortable with the implementation of change

01302 735177 or 011797



Applications to:- James Woodhouse
Compass Christian Outdoor Centre
Glenshee Lodge
By Blairgowrie Perthshire PH10 7QD
Tel 01250 885209 Fax 01250 885309

office@compasschristian.co.uk



Calvert Trust

K E S W I C K

Cumbria, CA12 4QD Tel: (017687) 72254/72255
Outdoor Activities Centre for people with disabilities
Requires

DEPUTY HEAD OF CENTRE and INSTRUCTOR

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Job description and application form are available from the above address



INVESTOR IN PEOPLE



Heatree Activity Centre

Following a period of successful expansion at Dartmoor's premier residential outdoor pursuits & Christian conference centre, we are looking to fill the following positions, offering good salary with on-site accommodation. We provide multi-activity courses, primarily to residential school groups.

Senior Instructors

Min 3 years prior experience as a multi-disciplinary adventure activity instructor. Applicants ideally should hold most of the following SPA – BCU L2/L3 Kayak – ML Summer.

Trainee Instructors

Voluntary basis for 12-18 months with full-board & lodging and other direct expenses provided. Possibility of transferring to full-time salaried Instructor position on completion. We fund training, relevant awards & qualifications.

Apply with full CV and motivational covering letter to:
Director, Heatree Activity Centre, Manaton, Devon TQ13 9XE
Tel 01647 221307 Email heatree@aol.com

Low Wood Watersports & Activity Centre

Require qualified and experienced instructors in canoeing, sailing, water-skiing...

Join the team at this busy centre catering for the public, corporate entertainment & teambuilding.

The Centre is situated on the shores of Lake Windermere, a few minutes from the lively towns of Bowness and Ambleside.

Offering a good financial package, great perks and opportunities for expanding your outdoor qualifications.

Send your CV now to Mike Coates, Centre Manager, Low Wood Watersports and Activity Centre, Low Wood, Windermere, Cumbria LA23 1LP –Tel 015394 39441

or e-mail Watersports@elhmail.co.uk

LAKESIDE

NATIONAL CENTRE
YMCA

Instructors required for dynamic outdoor centre on Lake Windermere.

We want experienced and enthusiastic staff to work with school and youth groups on our outdoor education and personal development programmes from 26th March 2004

Must have a minimum one NGB assessment, and one NGB training from the following Summer ML, SPA, or BCU L2 Canoe/Kayak Coach, plus one season's prior experience of working in the outdoors.

Outstanding training package offered

For further details and application form contact :

Seasonal Staff Coordinator,
Lakeside YMCA National Centre
Newby Bridge, Cumbria LA12 8BD
Tel 08707 273927 ext 106
Email sylva@lakesideymca.co.uk



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Wydean Canoe & adventure centre

www.wydean.co.uk

Do you want to work for a quality centre that works on the beautiful river WYE at Symonds Yat, with rapids on the doorstep to play and work on! With no baby sitting of groups, own free time, no stoppages for accommodation etc.

2004 job Vacancies for Canoe/kayak,climbing,ropes course,archery,caving,etc

All positions include accommodation, staff trade discount from our outdoor shop and further training available.

Level 3 instructors/coaches, which must have min of level 3 Kay or Canoe coach award, along with another ngb award such as SPA/LCLA/GNAS etc. Basic pay starts from £220 per 5 days.

Level 2 instructors/coaches, which must have min, level 2 canoe or kayak coach award, or training depending on experience. Along with an ngb training or award such as SPA/LCLA.etc. Basic pay starts from £185.00 per 5 days.

We are also looking for a more senior person or persons to help out with a busy canoe hire business, assisting with the logistics and dropping people and canoes off with our mini buses & trailers. A clean mini bus driving licence is essential.

Please apply by either email or in writing with your CV ASAP to Wydean@btinternet.com or send to Wydean canoe & Adventure Centre, Symonds Yat East, South Herefordshire HR9 6JL. Or tel Paul on 01594833238.

Outdoor Instructors

Apr-Nov Season
Llain Activity Centre
Ceredigion, west Wales
Download an application from
www.llain.co.uk or phone:
01545-580127
Llain Activity Centre,
Llanarth,
SA47 0PZ

Center Parcs

Level 2 coaches and Sailing/
Windsurfing Instructors
required for seasonal work in
our busy centres. Good soft
skills essential.
Oasis Forest contact Heather
Meek 01768 893000 ext 3127
Sherwood Forest contact Steve
Robinson 01623 827563/
07793 626787

SITUATIONS VACANT



Mount Severn Activity Centre is a residential centre in Mid Wales. We have an excellent opportunity for an Instructor or Assistant to present multi-activity programmes

to a varied client base including schools, youth groups, colleges, families and adult clients.

We positively support staff development through in-house training and NGB awards, and as such do not require a minimum qualification level. However, we are looking for a well presented, enthusiastic and self-motivated person who is capable of working as a team member, by themselves or with others and who has a love and relevant experience of a range of outdoor activities.

The post is available from the beginning of March 2004 to September 2004

Salary depends on age, qualifications and experience, accommodation and food can be provided. A current First Aid qualification is essential and CRB clearance is helpful.

In return for enthusiasm and a positive attitude we offer excellent conditions, competitive wages, relevant training and the opportunity to contribute and develop the activities we offer.

Applications should include CV with referees and a covering letter, these can be submitted electronically or in writing to Simon Hobbs: info@mountsevern.co.uk or Mount Severn Activity Centre, Mount Severn, Glan-y-nant, Llanidloes, POWYS, SY18 6PQ



SITUATIONS VACANT



PADDLERS WANTED
MINIMUM LEVEL 2 KAYAK OR CANOE
In house training provided in other activities.

Positions available from March
For an application package send a CV and covering letter to:

Graeme Chapman
Newlands Adventure Centre, Stair, Keswick, Cumbria CA12 5UF

e-mail jobs@activity-centre.com
Website: www.activity-centre.com



Senior Instructor in Llangollen

Working with adults on multi activity, single activity and corporate courses.

Driver with SPA and BCU Level 2 minimum.
Kayaking, climbing, gorge walking, team building, mountain biking etc.

Working five days a week including weekends.
Start Date is ASAP

Wage is £1000 per month live out. Apply ASAP
Apply to pete@adventureholiday.com with CV and references
Phone 01978 860605 or Post to
ProAdventure, 23 Castle Street Llangollen, LL20 8NY.

Kayaking / Senior Instructor @ the United Kingdom Sailing Academy

A senior kayaking instructor is needed to head up the development of kayaking within the Academy and be responsible for training and development of career based customers.

The UK Sailing Academy requires a BCU level 3 kayaking Coach or above.

Additional coaching qualifications in Surfing or Sea Kayaking or another water sports discipline would be a distinct advantage.

If you would like to be considered for this position, please apply in writing or forward your C.V to the Personnel Department, UKSA, Arctic Road, Cowes. Isle of Wight, PO31 7PQ. Tel : 01983 294941 Fax : 295938

Email : info@uksa.org

TAIN ADVENTURE CENTRE BALLYOONAN, OMEATH, CO LOUTH IRELAND Full & Part-time Vacancies for the 2004 Season Instructors Required

For a busy multi-activity centre providing a wide range of activities to schools, youth groups and universities throughout the UK and Ireland.

NGB Qualifications Required

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Please forward applications to
Mr William Ward,
Adventure Centre Manager,
Tel: 00 (353) 42 9375385
Fax: 00 (353) 42 9375417
E-mail: tainhol@eircom.net
www.tainvillage.com



STAFFORDSHIRE COUNTY COUNCIL OUTDOOR EDUCATION SERVICE

Temporary Instructors required at our 4 Residential Centres

- 8-10 month contracts available (40 working weeks a year)
- National Governing Body experience/qualifications required in Outdoor Activities
- Board and accommodation available whilst at work.
- Salary £9,371 - £11,173 (dependant upon age and qualifications)
- 37 hour week including one evening duty

Contact Shugborough OEC, Shugborough, Stafford, ST17 0XA (01889 881357) for application pack or email
ewart.gardner@staffordshire.gov.uk



INVESTOR IN PEOPLE

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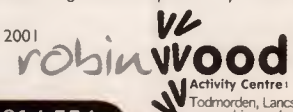
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Activity Centre
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www.robinwood.co.uk



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We are looking for vibrant, energetic people for our centres in the **UK, France and Spain**. Whether you are experienced but unqualified, or qualified and looking to increase your leadership skills, we have the ideal opportunity for you.

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www.nstjobs.co.uk

NST
Adventure



STUBBERS

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Upminster, Essex

Vacancies for 2004 season Instructing staff

required for a busy multi activity centre that provides for a wide range of clients. All activities are within 130 acre site with 3 lakes. Close to London
 More details on website: www.stubbers.co.uk

Applications with CV to Bob Edwards (Centre Director) at:
Stubbers Adventure Centre, Ockendon Road, Upminster, Essex RM14 2TY
 Or email: stubbersac@aol.com
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CULTURE, LEISURE AND LIFELONG LEARNING

Relief Watersports Instructors

£11.59 per hour • Ref: ECLo402/CF

We require a register of Instructors to teach a variety of disciplines at Rother Valley Country Park. In addition to your experience of working at a recognised teaching establishment, you must have National Governing Body qualifications in one or more of the following: Sailing, Windsurfing, Kayaking/Canoeing, Powerboating or Personal Watercraft.

It is essential that you have the ability to remain calm and professional under pressure and to work alone or as part of a team. You must also be able to undertake practical tasks with a minimum of supervision. You must be aged 18 or over.

Other seasonal and relief vacancies available throughout the park.

Watersports Assistants (Six posts)

£5.5295 per hour • Ref: ECLo401/CF

37 hours per week (temporary from 29 March - 30 September 2004)

Based at Rother Valley Country Park, you will be responsible for safety and issuing of equipment with a customer-focused approach. It is essential that you are able to remain calm and professional under pressure and to work alone or as part of a team.

You must also be able to undertake practical tasks with a minimum of supervision. Experience of a watersports environment and a current full driving licence is desirable.

Relief Watersports Assistant

Ref: ECLo400/CF

Hours as and when required (between 1 April and 30 September 2004)

All of these posts involve working with children/vulnerable adults, therefore if successful you will be required to apply for a disclosure of criminal records at an enhanced level. Further information about the Disclosure Scheme can be found at www.disclosure.gov.uk

For an informal discussion for all the above posts, please contact the Park Manager or Administrator on (0114) 2471452.

For an application pack please contact Rotherham Connect, quoting your name, address and the appropriate reference number(s) via: Telephone 01709 336001 between 8am & 8pm Monday to Friday, e-mail jobline@rotherham.gov.uk or text 07781 485111 (charged at normal tariff).

Closing date for all posts: 25 February 2004.

Interview date for all posts: w/c 8 March 2004.

www.rotherham.gov.uk



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We need qualified and/or experienced Kayak, Rocksport and Expedition Instructors for the April to September Season at our Multi-Activity Adventure and Survival Training Centre. We can offer you full board and accommodation in a fantastic wilderness environment, with a good wage, and excellent wild island exploring and sea paddling all around. Great opportunities to add to your logbooks and increase your qualifications.

Real adventurers, please apply with your CV to...
**Wild Island (CF), Solwaybank, Canonbie,
Dumfriesshire, Scotland DG14 0XS.**
e-mail rubhafiola@hotmail.com

LEARNING FOR LIFE

Play Youth and Community Services

Part-time Youth Worker and Canoe Coach

£9.53 per hour

Ref: LFL113

The London Borough of Sutton Youth Service's 'Adventure Project' provides Adventure Education opportunities for Young People (aged 11-21) in the Borough. The Project intends to enhance this provision by launching a Canoe Club in the spring of 2004. A part-time youth worker is needed to lead the club, which will meet regularly and will include evening and weekend sessions (mostly during term-time).

The project is well equipped with both kayaks and canoes, with trailers and minibus. You will hold a BCU level 3 Coach Award in either Inland Kayak or Canoe, as well as having experience of youth work, and hold a valid first aid award (where additional NGB qualifications are held, other work may be available). All water based activities take place outside of the Borough so the ability to drive a minibus with trailer, along with holding a clean driving licence with entitlement to drive a minibus in the UK, is essential. Familiarity with local waters (particularly the Thames and Wey) would be an advantage.

For an informal discussion about the post, please call Mick Bradshaw (Adventure Education Worker) on 020 8687 0239.

➤ **Application forms and further details from: Learning for Life,
Stonecourt, 2 North Street, Carshalton,
Surrey SM5 2HU. Tel: 020 8770 6570
(24 hour answerphone).**

Closing date: 13th February 2004.

www.sutton.gov.uk



In promoting equal opportunities, Sutton welcomes applicants from all sections of the community and guarantees an interview to disabled people meeting the job requirements. All our full-time posts are available for job-share unless otherwise stated.



Sutton

MENDIP OUTDOOR PURSUITS

Qualified instructors required for
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2004

Full Time and Freelance contracts available, applicants must
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Tel. 01934 820518

Contact Dan Thorne

E-mail: Info@mendipoutdoorpursuits.co.uk

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▶ Email jobs@tjm.co.uk

▶ Apply on line www.tjm.co.uk/jobs

▶ By Post
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For an informal chat ring, please call 01708 855228.

To obtain an application pack, please call our recruitment line on
0870 787 1176 between 8am-7pm, Monday-Friday and 9am-
2pm Saturday, quoting job title/post number.

Thurrock Council is committed to equal opportunities and welcome applications from all sections of the community. People with disabilities will be offered an interview where they meet all essential criteria on the person specification. Job share applications are also welcome. Most Departments operate a flexible working hour system.



Apply on-line at

www.thurrock.gov.uk



**THURROCK
COUNCIL**

Hillingdon Outdoor Activities Centre Seasonal Instructors for 2004 season

Kayak, Sailing or Windsurfing Instructors required
for a rural non-residential centre to the west of London
Bosun position also available

Variable duration contracts available. Pay £165-£265pw
Onsite accommodation available

Please forward a CV to Neil Maddock
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CHALLENGING POSITIONS IN ONE OF IRELAND'S
MOST POPULAR ADVENTURE CENTRES

Senior Watersports Instructor/ Outdoor Pursuits Instructors

Opportunities for energetic, enthusiastic and qualified Instructors to
join our professional team.

Prerequisites for Senior Watersports Instructor:

Level 3 Coach in three activities with a number of year's instructional
experience together with a broader qualification base.

Prerequisites for Outdoor Pursuits Instructor:

Level 2 Coach in kayak/ canoe, sailing instructor and rock-climbing
instructor.

Salary: Commensurate with experience and qualifications.

Positions to commence early 2004.

Please send CV with details of experience and qualifications to:

Tom McArdle, Carlingford Adventure Centre, Tholsel Street,
Carlingford, Co.Louth

Tel:00353 42 9373100 Fax: 00353 42 9373651

Email: info@carlingfordadventure.com

Web: www.carlingfordadventure.com

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SPA Trained or Assessed
Facilitation/Developmental experience

Contact: Aaron Miller on

01298 767 917

amiller@world-challenge.co.uk

www.world-challenge.co.uk



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Essex, CO155SP

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Castlewelan Forest Park, County Down,
Northern Ireland
TEL: 028 4377 0715 Email: info@mountainandwater.com

Whitewave: Skye's Outdoor Centre

Requires instructional staff

Requirements:

Kayaking level 2 coach (essential)
Canoeing, MLTB, SPA, Windsurfing, Archery (desirable)
Various opportunities possible
House and Café staff also needed

Whitewave : Skye's Outdoor Centre, 19 Linicro, Kilmuir Isle of Skye, IV51 9YN
TEL: 01470 542 414

EMAIL: info@white-wave.co.uk

Thames Young Mariners

Riverside Drive, Ham, Richmond, Surrey
TW10 7RX



SURREY
COUNTY COUNCIL
Community Services

We are looking for Instructors from 22 March to October 2004, both long & short-term contracts. Applicants should have broad experience and preferably either BCU Level 2 Coach Kayak and/or RYA Sailing Instructor qualifications.

We are also looking for Lead Instructors who should hold either BCU Level 3 Coach Kayak or RYA Senior Instructor.

Benefits include:

- Free Accommodation
- 38 hour week or time off in lieu
- Salary £228 to £260 per week
- Excellent training / qualification opportunities.
- Wide range of sessions, not just tasters!
- Extensive range of equipment and activities on land and water.
- For paddlers, close to Thames weirs.
- For sailors, close to Queen Mary's and Datchet.

For more information and an application form contact TYM on:
Tel: 020 8940 5550

E-mail: tym.enquiries@surreycc.gov.uk



Singing in the rain

The 3-megapixel Pentax Optio 33WR is Pentax's first waterproof digital camera.

The Optio 33WR is a compact and durable 3.2 megapixel digital camera with a 2.8X zoom lens and a JIS Class 7 water resistance rating. This means in reality that the Optio 33WR remains watertight when the camera is rinsed or splashed with water. However, this does not mean it should be used underwater – it is not an underwater camera.

The Optio 33WR operates with an SD memory card or MultiMediaCard (MMC) and power sources include two AA alkaline batteries or optional CR-V3 lithium batteries and AC adaptor. The camera outfit includes the latest version of ACDSsee™ 5.0 software to allow users to retrieve, view, manage, print, enhance and share photos on Windows and Apple computers.

The camera is nearly square shaped with rubberised corners. Most of the other characteristics of the Pentax Optio 33WR could be considered to be common to a large group of near "entry-level" digital cameras. The 33WR would normally be in competition with others that have roughly

similar specs and possibly slightly sleeker looks. However, the real difference between the Optio 33WR and others is its water resistance. This is a camera that survives drizzle and rain plus accidental splashes from the river or the pool. If it gets wet, simply wipe it dry and it's happy to keep on shooting. While it might not survive underwater for an extended period, it can



be rinsed under a slow running tap as long as soap, which would reduce the effectiveness of its water resistant features, is not used.

The 16MB Secure Digital Card included with the Pentax Optio 33WR can only store 7-9 images at the camera's highest JPEG resolution, so I would strongly recommend purchasing at least a 64MB card, allowing the storage of a minimum of 28 best-quality JPEG images. Since the Optio 33WR ships with non-rechargeable batteries, which drain very rapidly, I would also recommend the purchase of 4 AA NiMH batteries and a recharger.

The Optio 33WR is a great camera to use. It feels comfortable in the hand and takes excellent pictures and can of course be taken almost anywhere – so it's perfect for open canoeists. My only gripe with the camera was its amazing appetite for batteries, hence the recommendation to buy the rechargeables.

Peter Tranter

Specifications:

- 3.2-megapixel CCD for images up to 2048 x 1536 pixels
- 2.8x optical zoom with 4x digital zoom
- Macro mode focuses as close as 3.93"
- 1.6-inch colour LCD monitor
- Movie mode 320x240 with audio
- Built-in flash with Auto, Fill and Red-eye Reduction modes
- Digital Filters: B&W, sepia, red, pink, purple, blue, green, yellow, soft, and brightness
- Adjustable ISO speeds: 50, 100, 200, 400
- USB Mass Storage compatible for PC and Mac OS
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Fax: (01753) 792794

Strap it on

There are many advantages to having a permanent roof rack, such as always having the extra carrying space when you need it. There are drawbacks though as well. If you own one of the current tall 4x4s or SUVs you can sometimes forget they are there. It's only after you've taken half the multi-story car park sign with you up the ramp or when the car wash brushes shy away from the top of your car do you remember. Then of course there is the whistling noise when they are not in use.

So the simpler solution is the Kayak Carrier imported from the US by The Family Boat Shop. This involves a couple of rubber like cushions that cradle the kayak and ropes and clips that can hold the kayak down in a variety of ways, clipping either to the underside of your car or by the roof sills. The downside is you have to know how to tie ropes, if you don't, then I recommend trying one of the other versions with the all-weather webbing straps with buckles. Either way, when you get home, they come off with the canoe or kayak and you don't get invoiced for new car park signs.

Andy Pearson



www.thefamilyboatshop.co.uk

Bambi to the rescue

Innovative Helly Hansen KidSafe Lifejacket sets new standards thanks to Pioneering Simulation Doll

People wishing to take young children boating can now be more assured of their safety thanks to Helly Hansen's innovative KidSafe lifejacket. They will also be safe in the knowledge that this unique lifejacket has exceeded international safety standards due to the use of a pioneering life-size test doll. This is an international first in the field of buoyancy aids.

KidSafe has a large, foam-filled head support (collar), which keeps the head out of the water and prevents water from entering the mouth and nose. The front of the lifejacket is shaped to ensure stability when the child is floating on its back. This unique feature, which resembles a keel, makes the lifejacket extremely unstable when floating face down and initiates the rapid turning process, to turn the child safely onto its back.

KidSafe is available in two sizes: for infants and children from 5-15kg and 10-25kg.

The KidSafe lifejacket has benefited from a new method of testing with the development of the new life-size test doll, which has been nicknamed 'Bambi'.

'Bambi' was developed for ethical reasons. Due to the danger of endangering life by testing lifejackets on children, infant and junior lifejackets have never been properly tested to CE regulations. This prompted independent tests and resulted in the EU launching a project to develop a test doll following some of the principles used in the car industry, where dolls are used for collision tests.

"I have often expressed my concern at the lack of quality in the testing of lifejackets for infants and children," says Arvid Paasche, Director at Thelma. "Testing Helly Hansen's prototypes on the 'Bambi' doll provided some interesting challenges - but the result is that the brand has now developed a lifejacket with scientific results that far exceed anything you will find in the children's lifejacket industry today."

Technical details

- Colours: fluoro orange, water print
- Sizes: 5-15kg and 10-25 kg
- Fabric: 100% nylon with foam
- Suggested retail price: £40.00
- Approved according to CE standard EN395 Life Jacket
- Unique construction and flex system in the one-piece collar turns the baby/child in the water, to a stable position on their back.

All Helly Hansen's clothing and accessory ranges are available through sports retailers and chandlers. For details of stockists visit the web site at www.hellyhansen.com



Reed Chill Cheater Bank Jacket

As popularised by Loughborough and Leeds Canoe Club, the winter 2003 /4 Bank Jacket has all the features essential for everyone hanging around on the river bank. This cosy jacket has a durable heavy textured waterproof, PU coated nylon outer with thick, buffalo fleece lining throughout for extra warmth. It has reflective tape across the chest, back and hood. It comes with secure, zippered pockets, cuff adjusters and a chin guard. Saving the best bit till last, this jacket has an extended lower back to sit on. Colours: Navy. Sizes: S. M. L. XL. Price £75.00.

Reed says that if you would like to find out more about group discounts and personalising these jackets for your club then please call. Reed Chill Cheater have brought out their latest brochure featuring the full 72 items of their range. This contains all their latest thermal layering systems with new developments for every area of paddling. Take this opportunity to take a look at their exciting new sea kayaking range of kit developed in association with Nigel Dennis Kayaks.

For a free brochure please contact Reed Chill Cheater on 01271 815828 or go and see their new website on www.chillcheater.com



Absolute protection from Explorer Cases

Buoyant, watertight to 10 metres, airtight and crushproof – they are perfect for all extreme conditions. Explorer Cases encompass a complete range, which meets the needs of the most sophisticated and diverse of applications.

The Explorer case range is expanding with a range of sizes and applications available. Bespoke to your specific requirements, they offer protection being unbreakable in the most extreme environments.

With optional foam insides, a complete pull out soft bag, wheels and padlocks for the more valuable equipment, it meets the needs to keep photographic, IT and electronic items 100% protected.

For further information contact Julie Saunders at Forward Diving on 01202 677128. Email julie@forwarddiving.com or go to www.divingshop.com



Doggy Paddle

Sunday 9th May
2004

This year's Doggy Paddle will take place on Sunday 9th May 2004 and is a sponsored paddle in aid of the Guide Dogs for the Blind Association organised by Royal Leamington Spa Canoe Club. The trip begins in the beautiful town of Royal Leamington Spa and proceeds for 19 miles along the Rivers Leam and Avon to the historic town of Stratford-upon-Avon. This is the only opportunity of the year to paddle this beautiful stretch of water, which passes through the magnificent grounds of Warwick Castle and Charlecote Manor.

For further details please visit the website www.doggypaddle.org.uk or email info@doggypaddle.org.uk.

Details can also be obtained by sending a SAE to Mr C Williams, 144 Leam Terrace, Leamington Spa, Warwickshire, CV31 1DN.

National Boat Caravan and Outdoor Show

Birmingham, 14-22 February 2004

- The biggest outdoor show in the UK
- Over 600 exhibitors – more than ever before
- Over 250 boats of all types of display – from jetbikes to large offshore cruisers

Sail and Canoe Zone

For people of all ages who have never tried sailing or canoeing but have always wanted to have a go then Hall 5 is the place to go. A specially built pool will enable newcomers to take to dinghies and canoes under the supervision of qualified RYA volunteers. The zone also includes regional sailing clubs, surf kiting, jet biking, and sub aqua clubs offering advice on where you can take part in these great recreational watersports.

Tickets: 0870 730 0963
www.boatandcaravan.com

Jersey CC 7th European Seakayaking Symposium

28-31st May 2004

The Jersey Canoe Club is again organising its bi-annual seakayaking symposium in Jersey Channel Islands, UK.

This non-profit event is now firmly established on the European kayaking calendar. It offers sea kayakers from across Europe the opportunity to paddle one of the largest tidal ranges in the world. With tide ranges of up to 40ft, an enormous diversity of paddling experiences is assured. Ranging from huge inter-tidal seascapes, to cliffs and sea caves an exciting and enjoyable week is planned for all levels of experience.

Following the three days of workshops and paddles the extended paddling programme will commence. This will offer paddlers the chance to paddle the coast and, weather permitting, undertake offshore trips to the amazing islet of Les Ecrehous seven miles offshore. For more experienced paddlers longer offshore trips may be possible to Sark and Les Minquiers reefs 12 miles distant with the clubs experienced sea kayakers.

Closer to shore those who enjoy surf will have the opportunity to practice their surfing skills at St Ouens' Bay, while the spectacular North coast offers the chance to undertake moving water skills where river and sea skills interlink. Night paddling will be available.

As well as the paddling programme a range of social events will also run including the keynote lecture, buffet, entertainment and sea kayak slalom competition.

The cost of the symposium is £85. This includes the three day symposium, programmed social events and access to the extended paddling programme during the next four days. Further information may be obtained from: Kevin Mansell 01534 745936 e-mail kmansell@itl.net

BCU "Silly Hat" Medway tour

Sunday 25th April 2004

Celebrate Spring once again with a casual paddle on the Medway in countryside of outstanding natural beauty. Just to get the event into the right mood we would like all participants to wear a hat... The sillier the better!

Arrangements:

Travel to Yalding (Grid Ref 690498) where you can either park on the road just to the north of the bridge or pay for parking in the field just to the south of the bridge.

We will meet at Yalding Automatic Sluices (by The Anchor pub) at 10.15am for a 10.30am start. The aim is to paddle a figure of eight course in four stages. All grades of paddler are welcome. The tour format has been chosen to provide you with options on distance (with the idea that it will allow juniors to join in) and to avoid shuffling cars (with the exception of the Stage 1 only option).

There will be an entry charge (on the day) of £2.00 per BCU member on production of a current BCU membership card and £4.00 for all other paddlers which provides Third Party Liability Insurance up to £2m for the duration of the event.

At the time of writing, it is assumed that the BCU/NRA Medway Licence arrangement will still be in place. Non BCU members can obtain Medway River licences prior to the event from The Environment Agency, Kent Area Office, Orchard House, Endeavour Park, London Rd, Addington, West Malling, Kent. ME19 5SH (Tel. 01732 875587)

For further information please contact Norman Brooks on Tel. No. 01634 241350. E-mail: norman.brooks@delphi.com

Europe Cup 2004

Saturday 20th - Sunday 21st March

The Idroscalo Club, after the success of last year is organising the 10,000 meters Europe Cup 2004. As usual, we are working with enthusiasm and attention for the success of this new event.

We decided to confirm the period we chose last year for the competition, since everybody agrees that spring is the time that suits the Europeans for the development of their athletic preparation.

The hotel is located next to the hydroport, and we want to remind you that also this year we are arranging camping facilities for whom would like to choose this option.

The camping ground is just adjoining the gallery, and other facilities like showers and dressing rooms are available in the building of our Club, that is 200 metres away from the gallery.

Last year we had 300 athletes coming from 17 countries and 24 Italian sport clubs. In that number there were famous champions, but we are reasonably persuaded that this year the participation will be even better in terms of quality. Our aim is to bring the 10,000 meters race back to the European and the World Championships.

For further info contact: tel +39 02 75 60 379, fax +39 02 75 60 364. Email: info@idroscaloclub.org

**Luciano Buonfiglio,
President of Idroscalo Club**

Whitewater Consultancy open day

February 28th 2004

Based on the banks of the River Gwilli, Whitewater Consultancy have 10,000 square feet of shop and warehouse space, half an acre of parking and a launching area for boat testing.

The Open Day

The plan is to have a fun day at our shop, whereby paddlers of all ages and abilities can come along and meet the manufacturers, paddle and chat to pro-paddlers. Take the opportunity to learn new tricks, ask advice from the professionals and meet other members of the Welsh paddling community. Test new boats on the water and check out the new releases from Wilderness Systems, Wave Sport and Mad River, talk to the in house 'canoe builder' for the very best in 'care and repair' advice and quiz the gear manufacturers on their latest designs.

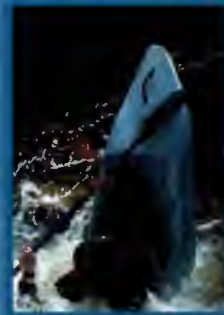
The day will officially start at 10.00 am and finish at 18.00; we will be running a shuttle service on the Gwilli from the shop downstream to Abergwilli from 12.00pm until dusk. There will be workshops running on the water during the day as well as informal lectures around the shop. At 17:00 we will finish the day with an illustrated lecture, title yet to be announced. Come for the day with your family, friends, club members or fellow instructors!

Workshops

All workshops will be organised on a first come first served basis so all you need to do is turn up in the morning and put your name down for anything you are interested in. All participants take part at their own risk and White Water Consultancy will accept no responsibility for any paddlers.

For further information please contact us by e-mail: sales@wwc.co.uk or by phone on 01267 223555 for further information.

To improve your paddling, make sure you feel comfortable in your boat. (And out of it.)



Whether you're learning to paddle for the first time or fine tuning your technique, it pays to feel at you best.

That's why we make you as comfortable as possible during your stay at Plas y Brenin.

At the end of every day's paddling you'll enjoy a hot shower, a hearty meal in great company and a pleasant evening in our well stocked, scenic bar.

And when you've finished swapping tales in the bar you'll be able to climb into a warm, comfortable bed, waking the next morning eager to get back on the water.

What's more, we'll make sure you're well equipped too. At no extra cost. Our stores are packed with the latest boats and gear, all meticulously looked after.

Of course, these unusually high standards take nothing away from the quality of coaching. In fact, we can boast more level five coaches than any other centre, with every one of our instructors a true enthusiast.

So the next time you book a paddling holiday or course make sure you feel comfortable with your decision.

For our free 56 page colour brochure e-mail brochure@pyb.co.uk or phone 01690 720214.



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photograph | Clive, the Poly

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