

Kayaking, River Taw

Hello!

Thank you for booking on to one of our adventures. We really hope that you have a fantastic time and will make sure that we do everything we possibly can to ensure that you have an adventure to remember!

There will be a consent form to fill out on the day, but if there are any medical or dietary issues that you think we need to know beforehand, then please just let us know on the booking form. We have brownies and hot chocolate so just let us know any dietary requirements.

Meeting point

Castle Quay behind the Old Railway Station, Barnstaple



Pick Up point

Fremington Quay car park at the far end by the Tarka trail parking.

Preferred option

Someone who is not on the trip drops you in the morning at Castle Quay and picks up at Fremington Quay. Make sure they have your change of clothes at the end of the trip.

Option 2

If you can't do this please phone Mike 077945 58945 to discuss arrangements before hand.

Logistics are always tricky on a river trip, but worth it!!

Some tips on what to wear/bring on the next page....



What to wear/bring

- What you wear does depend on the weather forecast!
- On a cold day Kids (or adults!) may enjoy wearing your own wetsuit (or borrowing one from us) as they may enjoy getting a bit wetter. **Please let us know if you would like to borrow a wetsuit on the booking form and your height.** If you chose to do this wear your swimmers under your clothes ready to put on your wetsuit.
- However, it is also OK to wear shorts/joggers and a T shirt/jumper if it's a bit warmer. If you are doing this we would advise wearing waterproof trousers (we have some you can borrow if needed) and bring a thin waterproof coat as you will get splashed and it can feel cold.
- Wear old trainers you are happy to get wet and muddy
- Bring a complete change of clothes including shoes, a towel and a plastic bag for wet clothes. You will or may (!) need this at the end of the session.
- **Bring any medication including asthma inhalers and give to your instructor to put in their dry bag.**
- If it is hot put sun cream on before the session and bring it with you
- No need to bring a drink or snacks as we will provide hot chocolate, blackcurrant and a brownie to keep you going!
- Lastly and most importantly, come ready for a challenge with a smile on your face 😊

Get ready for a Great Adventure and see you there!

Jo and Mike

Telephone number in case of problems on the day 07794 558945