



## Phoenix Canoe Club 20<sup>th</sup> Anniversary Adventure Weekend

To celebrate our 20<sup>th</sup> anniversary, we are running an adventure weekend to North Wales that is open to all of our members, whether an experienced white water paddler or more comfortable on flat water. We have arranged an exciting programme with additional adrenaline-filled activities that everyone can enjoy. We have arranged it on a “pick n’ mix” basis that can be flexible to suit your abilities and wallet.



**Activities** – Canyoneering and White Water Rafting are being lead and run by Rhos y Gwaliau Outdoor Centre and National Whitewater Centre respectively. They will provide all necessary equipment including helmets and wet suits. You will need to bring a swimming costume to wear under the wetsuit, some old roomy shorts to wear on top and some old trainers. Don't forget a bath towel to assist with changing outside and some dry clothes and shoes to wear afterwards. There are showers at Glan Hirnant and NWC.

**Kayaking** – Kayakers should be at the appropriate level of training for the Lower Tryweryn trip (6kms) at Grade 2(3) with one Grade 4 section that can be portaged. The Upper Tryweryn is shorter but more demanding, with plenty of Grade 3(4) water running at 9-10 cumecs (cubic metres per second). Kayakers can use the Club boats, paddles and spraydecks, however we

recommend that you provide your own white water specific helmet, cagoule and buoyancy aid. Kayaks and gear will be transported on canoe trailers.

**Accommodation** – We are staying at Glan Hirnant, a comfortable hostel style, country house opposite the Rhos Y Gwaliau Outdoor Centre, near Bala lake. Rooms will be shared and allocated age and gender appropriate. Everyone will need to help tidy and clean the accommodation on Sunday morning before leaving for the activities. All kit and equipment will need to be packed on the trailers / minibuses after breakfast.



**Catering** – We will provide a cooked breakfast on Saturday & Sunday (packed breakfast for Canyoneering); packed lunch on Saturday & Sunday; Dinner on Saturday evening. Let us know any dietary requirements / allergies etc. Help with cooking and washing up appreciated.

**Transport** – We will be taking 1 or 2 17 seat minibuses to keep our carbon footprint low. Parking is limited at the accommodation, canyoneering site and National Whitewater Centre. We meet at Phoenix Canoe Club on Friday evening at 6pm and should be back around 7pm on Sunday. Cars can be parked in the locked compound or in a nearby residential street at your own risk. We normally stop for a break in Telford services on Friday evening where you can buy snacks or a meal. On the return journey we stop at either Rugby or Watford Gap services where you can buy refreshments.

**R&R** – There will be opportunities after the activities on Saturday to grab a coffee and cake or look around Bala or relax at the bunkhouse. There will be plenty of time to catch up on the day's events in the evening.



**Base Cost** - Weekend Trip including transport, accommodation and food £105.00

**Saturday**

**WW Kayak trip** on Lower Tryweryn -Min. Level 2 with WW experience £15.00

**OR**

**Canyoneering** – no experience required (min age 12) £60.00

Packed breakfast (very early start) and packed lunch provided

**Sunday**

**WW Kayaking** on Upper Tryweryn - Min. lots of WW experience £15.00

**OR**

**Whitewater Rafting** on Upper Tryweryn, no experience required (min age 12) £60.00

