

# OUTDOOR ED VENTURE

## Canoeing & Kayaking

### What is it?

Canoeing uses "open boats" that you sit in and can carry two or three people. It is propelled using a paddle which has one "blade". Kayaking uses a craft with a "closed cockpit" that you sit inside and is propelled using a paddle with two "blades". We have a venue to suit all ages and abilities.

### What can I expect to experience?

You will enjoy traveling by a different mode of transport in some of the most fantastic scenery in Britain. You will learn to control the boat, often using amusing games to reinforce skills and build confidence.

### What will Outdoor Ed Venture provide?

Outdoor Ed Venture will supply a fully qualified and experienced instructor in addition to the following:

- Canoe or Kayak
- Paddle
- Helmet
- Wet suit (depending on weather and water temperature)
- Buoyancy aid

### What will I need to bring?

- Suitable footwear such as trainers or Wellington boots
- Warm socks to wear with the above
- Warm and comfortable clothing such as tracksuit bottoms, Fleece tops or sweatshirts - No Denims please
- Complete change of clothing including underwear and footwear
- Towel
- Lunch and a drink (unless you have requested lunch from Outdoor Ed Venture)
- Any personal medication that you need to have with you (eg. Asthma inhalers)
- A sense of adventure!

### CONTACT US:

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