

## **FRENCH ALPS Improver WW Kayak Info and booking form**

**Why paddle in the Alps?** Well paddling in the Alps has always been a favourite venue with British paddlers due to guaranteed white water during the spring/summer months, great scenery, no access problems and a whole different feel which you have to experience to explain. Most of the rivers are glacier fed so when the winter snows start to melt in the spring months high up it all runs into the valleys below, during May/June you get big volume (sometimes to big) but in July the levels drop to a more acceptable level giving you reliable white water for us all to enjoy.

**Am I good enough for the Alps?** A lot of people think that the Alps is only for confident grade 3/4 paddlers and get scared off by stories that the rivers are a grade harder than our grades. Now this isn't true they are not harder they just require a different style of paddling which we Brits aren't used to which our guides will be able to build your skills and confidence to this style of paddling. As for your course we will be running Classic Rivers like the Durance, Guil, Guisane etc, but these will be friendlier at that time of the year and we will look at the easier sections for you to get used to Alpine river running and build on your confidence. You should be confident on grade 2+ and be comfortably running grade 3+. A WW Roll would be an advantage but not essential.

**What can I expect from the course?** On the improver course we will throw lots of coaching at you to build on your personal skills and confidence. This will be from Andy Holt BCU level 5 coach or one of Andy's top leaders/coaches. We don't have a set itinerary, we coach you to suit your needs whatever they will be. So be rest assured you will be coming away feeling more confident, skilful and have a whole new set of tools to add to your development. And of course you will run fantastic rivers in warm sunshine with a glass of wine to look forward to.

**The Rivers!** All the rivers are within a 30 mile radius of Briancon giving the paddler lots of choices and minimum travelling time. There are lots to offer the paddler whether you are just getting into your white water on grade 2/3 or the intermediate paddler who's happy on grade 3/4 to the adrenaline junkies who wants none stop action.

**Your Instructors** With over 18 years' experience level 5 coach Andy Holt will be accompanying you on your trip along with one of Andy's A-team coaches who already have many years of previous experience on Alpine rivers in France. We keep our ration low with no more than 1 to 4 so you will get lots of instructional time and feedback from you instructors.

**Accommodation and Catering** you will be based in the village of Le Monetier Les Bains which is about 5 miles northwest of Briancon the chalet accommodates 10 people it is very comfortable and spacious and has all amenities including two bathrooms and a fully equipped kitchen. Food and drink is not included in the price of this trip, however there are shops, bars and restaurants close by (300m away).

**Dates** 7<sup>th</sup>-14<sup>th</sup> July 14<sup>th</sup>-21<sup>st</sup> July 21<sup>st</sup>-29<sup>th</sup> July

**Typical Itinerary** Arrive under your own steam, accommodation is available from Saturday. You get 6 full days of boating (Sunday to Friday), we leave the following Saturday.

**Cost** £595 which includes excellent self-catering accommodation and all guiding and coaching.

We need a minimum of 3 people to run this trip. Places can sell out fast, secure your place by sending your completed booking form and deposit. The outstanding balance must be paid in full 4 weeks prior to the commencement date of the trip.

### **Things you need to provide for yourself:**

**Transport** - Here are some suggestions for travelling

**By Car** Fill your car with paddlers, put the kayaks on top, jump on the ferry (Dover to Calais) then drive down. this is by far the cheapest option it is about 600 miles from Calais to le monetier which should take you about 10 hours if you travel on the motorways you will have to pay motorway tolls which will be around 80 euros but this is by far the quickest way, you can avoid the motorways but will probably end up using more fuel. We can also give you contact details of other paddlers on the course so you can arrange to travel together.

**By Air** You can get some fantastic deals nowadays with the low budget airlines (I use Easy jet or Ryan air) some will allow you to take your boat as well but please check with the airline first and get conformation beforehand if any problems when you turn up. The best destination to fly into is Turin in Italy about 1.30 hours away. We can also pick you up from Briancon railway station if so required. There are other Airports like Grenoble but has limited UK flights or Geneva but is around 4 hours away.

**By Train or Bus** You can travel by euro tunnel to Paris then down to grenoble by train or bus but this is an expensive option and takes time also it would be difficult to transport equipment. My advice is go with the top two options.

**Other Useful Information** If you are travelling by car your best route from Calais is head towards Reims then Dijon followed by Lyon and Grenoble.

**Personal Insurance** It is essential that you take out proper insurance that covers you for rescue and medical expense as an accident and medical care in the Alps can be very costly. There is a number of specialist insurance providers you can use who cover kayaking and rescue. These can be found on the internet, a standard 10 day kayaking trip in Europe will cost you about £60.

Equipment A good river or creek boat is best for France. You should have good solid footwear, BA and helmet as well. France can be hot at that time of the year and I found myself in my shorty cag a lot on previous trips, however you can get the odd colder and rainy days so a decent drycag and warmer layers are advisable as well.

## Kit List

Kayak and Paddle	Leisure wear for off the water
Buoyancy Aid	Towel and personal hygiene kit
Helmet	Your insurance details
Spraydeck	Passport and money (euros)
Solid Kayak shoes or boots	Camera (optional)
Personal paddling clothing (underlayers,wetsuit, cag ect)	Sun block and sun glasses
Throw line	The chalet doesn't provide bed linen bring your own if you require it
spare paddle if you have one	
Drybags	

## Maps and Guidebooks (optional)

White Water south Alps by Peter Knowles

Gems of the Alps by Joseph haas

Maps Briancon I/R IGN map number 35360T scale 1:25 000

Questions and Answers please do not hesitate to ring or email me if you require any additional information

## BOOKING FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

TELEPHONE DAY \_\_\_\_\_ EVENING \_\_\_\_\_

EMAIL \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ OCCUPATION \_\_\_\_\_

ANY MEDICAL CONDITIONS, ALLERGIES OR SIGNIFICANT DISABILITIES

\_\_\_\_\_

\_\_\_\_\_

**FEEES** the balance of your course fee is due 4 weeks prior to the start of your course in the meantime you should send your deposit of £150 along with this form. Leaving an outstanding balance of £445, payable by bank transfer or cheque.

THE FULL COURSE FEE IS £595

I have paid my deposit:

online (paypal)       bank transfer       cheque enclosed

Please make all cheques payable to **ANDREW HOLT** or if you wish to pay by Bank transfer please let me know and I will send you the details.

I confirm:

I am fit to take part in the course - I have included any medical conditions or other concerns on the form above

I have read and accept the terms and conditions of booking

I am over 18 years of age

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

\_\_\_\_\_

## **TERMS AND CONDITIONS** please read this section carefully before filling in your booking form

Escape to Adventure is a trading name of Andrew Holt.

All courses require a minimum of 3 people to run. Places can only be secured by submitting a completed booking form together with your deposit. We will confirm the course as soon as minimum numbers are met. The full balance is due no less than 4 weeks prior to the course start date.

### Cancellations by the client

All cancellations must be in writing. Once the course is confirmed your deposit is non-refundable. After the course is confirmed we will book accommodation, our own transportation and any additional guides needed for your course. If you cancel after the course is confirmed, we will invoice you for a proportion of the course fee to cover costs we have already incurred. If you cancel 4 weeks or less before the start of the course the full course fee will be payable. We are happy for you to transfer your place on the course to another paddler, provided he/she meets the minimum pre-requisites and pays any outstanding balance due.

### Cancellations by Escape to Adventure

We are fully committed to ensure that your course/activities will actually run, however Escape to Adventure will notify the client if we believe that the course has to be cancelled due to dangerous/unsuitable conditions or other situations beyond our control. Escape to Adventure may cancel the course where numbers fail to reach a workable level. We will give no less than 4 weeks' notice of this. In any situation where the course has to be cancelled by Escape to Adventure we will offer the client a full refund of the course fee paid by the client or an alternative course and date.

### Safety & Insurance

Escape to Adventure only employ fully trained and qualified instructors to undertake the activities we do and we will do our utmost to limit the risk of injury during an activity. However, participation in adventurous sports entails some risk, water sports and adventurous activities are hazardous by nature and participants in such activities must accept that there is some element of risk or injury. Under 18s must be accompanied by a parent or guardian over the age of 18. A reasonable level of physical fitness is needed. Escape to Adventure will not be responsible for loss or damage to clients' own equipment or injury caused by the clients' own equipment being defective. Advice will be given on the suitability of personal equipment before any activities take place.

Pre-requisite paddler experience is put in place for the safety and enjoyment of everyone on the trip. Whilst we do our best to accommodate clients' wishes, our instructors will tailor the itinerary to suit the skills and abilities of the group. Where an individual does not meet the advertised pre-requisite standard we may not allow him/her to paddle some rivers or sections of rivers. Anyone deliberately or recklessly failing to follow our reasonable instructions on the river, or whose behaviour is affecting the safety or enjoyment of the group, may be required to leave the trip.

We emphasize that the course fee only covers arrangement of accommodation, guiding/coaching. All clients must put their own personal insurance in place to cover days lost due to illness or injury, delayed arrival, lost luggage or equipment etc. Clients must ensure their personal insurance includes comprehensive medical cover for the activities to be undertaken.