

CORSICA White Water Info & Booking Form

Corsica is a beautiful Mediterranean island situated about 90 miles away from the French Riviera Coastline. The Island itself is around 100 miles in length and 50 miles in width and has the highest mountain range with peaks over 2000 metres (Highest peak is Monte Cintu at 2710m) and the most rivers of any other Mediterranean island. The best time to go to Corsica for the rivers is during the early spring snow melt from late March to late April and the climate can be similar to a typical British late spring where you could have anything from blazing sunshine to torrential rain with average temperature around about 12-20 degrees.

The Rivers Corsica is one of the most exciting destinations I have ever paddled in with a good mixture of rivers from the high mountain low volume steep creek runs to bolder garden middle sections to more relaxed lower sections, with its Granite bedrock You can expect everything from slides, shoots, Ledge drops, twisting chicanes, bolder gardens and waterfalls and is a must destination for any intermediate to advanced paddlers.

Pre-Requisites Due to the nature of the Corsican rivers you must be physically fit as a couple of the rivers can take time and you may find yourself on the river for 4-5 hours. Also there could be some steep portaging. You must be happy on class 3-4+ with a good white water roll.

Dates The courses runs from the 24th - 31st March (Easter good Friday week) 31st March - 7th April (Easter Monday week) and the 7th-14th April.

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 is £725 Which includes excellent Self Catering Accommodation and all Guiding & 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.

Your Instructors With over 20 years' experience level 5 coach Andy Holt will be accompanying you on your trip along with some of Andy's A-team coaches. We have an excellent knowledge of the rivers you will be paddling already having many years previous experience in Corsica. We work on a 1.4 ratio so you will get lots of instructional time and feedback from you instructors.

Accommodation You will be based in Excellent Self Catering Accommodation situated in the central/eastern part of Corsica which will be an excellent base to access all of Corsican Rivers. We use 3 properties which each can accommodate up to 12 people and will have all amenities with a bathroom

and a fully equipped kitchen. No food or drink is included in the price of this trip, but you will be close to a main town where there are supermarkets, Shops Bars & Restaurants.

Things you need to provide for yourself

Travel

Flying to Corsica unfortunately there are no direct flights from the UK into Corsica at that time of the year as most don't start till the end of May when the holiday season starts. However you can fly into Marseille or Nice then get a ferry direct to Corsica. There is also the possibility of flying into Sardinia (the island just below Corsica) and then getting a ferry to Corsica but flights are limited. The other way is to fly into France or Italy and get a second flight direct to Corsica. If you are flying to any of the French/Italian Airports please take into consideration your ferry journey to correspond with your flights.

Ferries to Corsica There are a number of operators you can use to get over to Corsica from Mainland France. I use Corsica/Sardinia ferries (found on the net) which sail from Marseille, Toulon or Nice in France into the ports of Calvi, L'Île-rousse, Bastia or Ajaccio in Corsica. There are usually around 2 a day which sail. Average ferry journey time to Corsica is 5-7 hours depending on which French port you go from.

Driving to Corsica Fill your car with paddlers, put the kayaks on top, jump on the ferry (Dover to Calais) then drive straight down through France to your chosen Ferry port which should take you about 10-12 hours from Calais. If you travel on the motorways you will have to pay motorway tolls which will be around 100 euros but this is by far the quickest way, you can avoid the motorways but will probably end up using more fuel and time. We can also give you contact details of other paddlers on the course so you can arrange to travel together.

Most Airlines nowadays will accept Kayaks (please check first with your airline) however a sports equipment fee may be charged extra on top of your flight price. You should have no problems with the ferries but again check first. Failing that I will be going out in my van and could possibly take your boat over for you for a small fee.

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 Europe can be very costly. There are a number of specialist insurances you can use who cover kayaking and rescue. There is a number of insurance providers who can be found on the net, a standard 10 day kayaking trip in Europe will cost you about £60.

Equipment A good River/Creek boat is advised for Corsica along with solid footwear (Granite is super slippy) good WW helmet and BA.. It can be quite warm in Corsica at that time of the year but

also colder and rainy so I have found myself wearing everything from my shorty cag and also occasionally putting on my drysuit in previous years. I would say it's like paddling in Britain in spring fairly warm but also unpredictable.

Kit List

Kayak and Paddle	Leisure wear for off the water
Buoyancy Aid	Towel and personal hygiene kit
Helmet	Your insurance details and your European health insurance card
Spraydeck	Passport and money (euros)
Good Kayak shoes	Camera
Personal paddling clothing (underlayers, cag ect)	
Throw line/Sling & Karabiner	
Dry bags	

Maps & Guidebooks - optional

Maps Michelin 345 Corse-de-sud, Haute Corse 1cm=1,5km covers the whole island in Detail There are also more detailed mountain maps available however I found that a general tourist map is just as good.

Guidebooks Currently there are no guidebooks for Corsica, however there are a couple of DVDs out there that are excellent one is the " Corsica Whitewater Guide by Florian Petry " This DVD is in German with English subtitles but is quite hard to get hold of

Easier DVDs to get are 2 Corsica guides produced by the Kayak Session Magazine These DVDS cover most of the classics in Detail and are a excellent resource almost as good as a guidebook available by Emailing or going online through Kayak Sessions website. They have these guides available free on Vimeo

There are also a few guides online what paddlers have produced themselves, which can be helpful, however there are 1 or 2 that are a little suspect on the river grading

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 £575 made payable by bank transfer or cheque

THE FULL COURSE FEE IS £725

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 up most 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.