

Italy, Valsesia white water

Why paddle in the Italian Alps? Valsesia is a group of valleys in the North East of Piedmont in the province of Vercelli, Italy. The principal valley is that of the river Sesia with Monta Rosa 4638m (the second tallest peak in the Alps) at the head of the valley feeding early season melt water into the Sesia below. It is a very popular destination with many European paddlers visiting its classic white water runs due to its unique granite slides, numerous perfect boofing drops and continua's technical rapids. You will wine and dine in the unique culture of the region which will attract you back for many years.

The Rivers! All the rivers are within a 30 mile radius within the Valsesia valley giving the paddler lots of choices and minimum travelling time. You have the Sesia itself with lots of sections ranging from class 3 to 5 which is why paddlers are attracted to the region The Sesia is a delight to run and has something to offer everybody from fast typical Alpine water in its upper sections to technical drops and more continua's sections in the middle and bigger volume bouncy wave trains lower down. There are also some excellent steeper creeks in the area like the Egua a fantastic steep pool drop creek with long slides and many drops a must for any boofing god. Along with this there is also the Sermenza and Mastallone with their tight technical canyons and of course the famous Sorba Slides that should not be missed. You should be happy on up to class 4 water with a good reliable WW roll.

Your Instructors With over 18 years' experience level 5 coach Andy Holt will be accompanying you on your trip along with one of Andys A-team coaches We have excellent local knowledge of the rivers you will be paddling already having previous experience in Italy. We intend to have a maximum of eight clients (2 to 8 ratio) so you will get lots of instructional time and feedback from you instructors.

Accommodation and Catering you will be based in the region of Piedmont in one of the many quaint villages along the river Sesia Your accommodation will be in an excellent self-catering chalet that can accommodate up to 10 people which will be 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, but there are shops, bars and restaurants close by.

Dates 5th-12th May (Bank Holiday week) 12th-19th May,
19th-26th May 26th May - 2nd June (Bank holiday week)

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 £625 which includes excellent self-catering accommodation and all guiding and coaching.

Things you need to provide for yourself:

Travel

By Car Fill your car with paddlers, put the kayaks on top, jump on the ferry (Dover to Calais) then drive down. It is about 1,100km from Calais to the Sesia which should take you about 12 hours if you travel on the motorways you will have to pay motorway tolls which will be around 80 euros 1 way but this is by far the quickest way, you can avoid the motorways but will probably end up using more fuel. The quickest route is from Calais to Reims then Dijon to Chamonix and through the Mont Blanc tunnel (about 40 euros return) and from there about 2 hours more to Piedmont. 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 and most will let you take your Kayak for a small fee especially if you put it in a large bag and say it's a surfboard but please check with your airline first. The best destination to fly into is Milan (Malpensa airport) from there you can either get a train or hire a car. Turin airport is another option but about 1 hour further away than Milan.

If you are travelling yourself we may also be able to meet you beforehand and take your boats across for you in our vehicle

We will as well put you in contact with others on the trip if you are interested in car sharing to cut down your travel costs.

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 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 £40.

Equipment a good river or creek boat is best for Italy. You should have good solid footwear, BA and helmet as well. Italy can be quite warm at that time of the year so shove in a shorty cag as well as your normal decent drycag or drysuit 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
Spray deck	Passport and money (euros)
Solid Kayak shoes or boots	Camera (optional)
Personal paddling clothing	Sun block and sun glasses

(underlayers,wetsuit, cag etc.)

Throw line

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

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 £475, payable by bank transfer or cheque.

THE FULL COURSE FEE IS £625

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.