

Scotland Classics and Creek Course

Dates

25th -28th April (4 day course)

28th April – 5th May (6 day course)

5th 12th May Bank holiday week (6 day course)

Venue & Rivers You will be based in or around Fort William which is a popular base for paddling Scotland's whitewater Classics with all the rivers within easy reach, The nature of Scotland's rivers are mostly pool drop and technical and there is plenty of steep creeking to be had, you have such delights as the Spean Gorge, Roy, Etive and Orchy all classics in their own right along with dam release rivers such as the Morrison, Garry and Lyon with plenty of other good rivers in the area to be sampled as well.

Itinerary. We always pitch the course to suit your needs. So can throw in as much coaching as you want or perhaps it's as many runs as possible you are after. The programme will be 4 full days of paddling on some of Scotland's Classic White Water Rivers where you can expect big drops, slides, gorges and technical bolder runs and by the end of the week you will be going home with a whole new set of skills to play with along with big smiles.



Programme You will get 4 or 6 full days of paddling depending on what course you have signed up for being guided down some of Scotland's Classics where we will focus on your personal skills like boofing and flares , Active blade and key strokes all needed for Scotland white water (or for any other white water for that matter. .) You should be already happy on grade 3+ and a good WW roll is a advantage but not essential.

Accommodation we will be stopping in a self-catering cottage or Chalet in or around Fort William that can sleep upto 6 to 10 people. The cottage is very comfortable and accommodating and has all amenities including a full catered kitchen, bathrooms and great views of the mountains. Accommodation is available from the Tuesday night to Saturday Morning (4 nights course) Or Sat to Sat for 6 day course.

Cost £450 for 4 day course or £575 for 6 day course which includes self-catering accommodation and all guiding and coaching. All you will need to buy is your food and drink also personal and kit insurance is a good idea.

Kit to bring Due to the nature of the rivers a good river running boat or creek boat is best and also at that time of year Scotland can be very cold and rainy or even snowy so a good dry cag/trousers or drysuit and plenty of warm layers underneath are essential. Along with good WW helmet, BA and solid water boots/shoes. A throw line, long/tape and screw gate Karabiner along with a river knife is also recommended. Other safety kit is your choice

Your Guides 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 (If over a group of four) who are highly qualified and very experienced. They already have an excellent knowledge of the rivers you will be paddling having spent many years paddling in Scotland. So you can be rest assured that safety and local knowledge is paramount. We intend to have a 1 to 4 ratio. More than 4 and we will have 2 guides.

Useful Information Guidebooks for the area Scottish White Water by the SCA or British WW by Terry Storry. Maps Ben Nevis and surrounding area Landranger 41 1:50,000

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.

Deposit paid online _____ Bank transfer _____ Cheque _____

THE FULL COURSE FEE IS £450 (4 day) or £575(6 day)

Please make cheques payable to the name and address below or if you wish to pay by bank transfer details are Account A Holt, Sort code 772228, Account 63248968

Andrew Holt. 7 Keytes Lane, Barford, Warwick, CV358EP

Please read the undertaking, terms and conditions of booking before signing.

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.