

## AUSTRIA & SWITZERLAND WHITE WATER

### Info and booking form

**Why Austria?** Austria is a great Northern Alpine destination for White Water Kayaking due to guaranteed white water during the spring/summer months, great scenery and no access problems and is a lot quieter than the normal Southern Alpine destinations. Most of the rivers are snow and glacier fed and also dam controlled with daily releases all the way into September.

**The Rivers!** All the rivers are within a 30 mile radius of Landeck giving the paddler lots of choices and minimum travelling time. You have the River Inn which has a big volume feel and has over 12 sections of white water from grade 2 to 4. Then there are other rivers in the area like the Oetz , Sanna and Rosanna all classics in their own right. There will also be the chance to nip over the border and do rivers such like the Schouls, Gairsun and Ardez Gorges in Switzerland plus the Loisach and Rissbach in Germany. You should be happy on up to class 3/4 water with a good reliable roll.

**Your Instructors** With over 20 years' experience level 5 coach Andy Holt will be accompanying you on your trip along with one of Andy's A-team coaches who are highly qualified and very experienced in Austria, France, Germany and Switzerland. We intend to have a maximum of eight clients (1 to 4 ratio) so you will get lots of instructional time and feedback from you instructors.

**Accommodation and catering** you will be based in Landeck either in a studio or chalet which can accommodate 10 people they are very comfortable and spacious and have all amenities including 2 bathrooms and a kitchen. Food and drink is not included in the price of this trip, but the accommodation has a fully equipped kitchen for catering yourselves and there are plenty of shops, bars and restaurants close by.

**Dates** See website

**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 £675** 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 boats on top drive down to Dover and jump on the ferry across to Calais then head towards Reims on the A26 from there head south east towards Metz then Stasbourg on the A4 from Strasbourg its then A5 and A7 to Landeck. It's about 600 miles to Landeck from Calais and will take you around 10-12 hours. You will have to pay motorway tolls at around 70 euros each way but this compensates for accessibility and speed, you may find an alternative route that avoids the motorways but will probably spend more on fuel.

We can give you names and addresses of other paddlers on the trip to share cars with if you want to fill your car.

**By Air** You can now fly quite cheaply with the low budget Airlines to most destinations in Europe. The nearest Airports to fly into for Landeck is Innsbruck however airlines are limited from the UK or alternative is Memmingen (2 hours away) or Munich Airport (3 hours away) where you can get cheap budget flight from the UK. From here you could hire a car to drive the rest of the way or you can get a train to Landeck. Check your airline first to see if they will take a kayak.

**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 who can be found on the net, a standard 7 day kayaking trip in Europe will cost you about £60.

**Equipment** A good river or creek boat is best for Austria. You should have good solid footwear, BA and helmet as well. Austria can be quite warm 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 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
Good WW 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 & Karabiner/Sling	
Spare paddle if you have one	
Drybags	

Guidebooks (Optional)

White Water North Alps by Pete Bandtock.

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 £525 payable by bank transfer..

THE FULL COURSE FEE IS £675

Deposit bank transfer to

Account name A Holt

Sort code 772228

Account 63248968

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 refund of what has already been paid by the client minus any cost already incurred for the course which has been paid out by Escape To Adventure 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.

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