

## **FRENCH ALPS WW 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 and it all runs into the valleys below. During May early June you get big volume (sometimes to big) but in mid-June to end of 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 have experience 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 Andys 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.

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 very warm at that time of the year and I found myself in my shorty cag most of the time on previous trips, however you can get the odd colder and rainy days so a decent drycag and warmer layers are advisable as well. A drysuit would be overkill. You can also rent a kayak out there for around 150 euros for the week.

Accommodation and catering you will be based near the town of Briancon in the Ecrins Alpine national park. Your accommodation will be an Alpine chalet or Apartment and can accommodate up to 10 people it is very comfortable and spacious and has all amenities including two bathrooms and a fully equipped kitchen. It is self catering however there are shops, bars and restaurants close by.

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**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. I use Snowcard who can be found on the net, a standard 10-day kayaking trip in Europe will cost you about £60.

**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 who have had many seasons in the Alps with an excellent knowledge of the rivers you will be paddling. 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.

**Dates** See website page under guided trips

**Travel by yourself**

**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) and some will even take your kayak (check first with their sports equipment rules) The best destination to fly into is Turin in Italy or Grenoble & Chambéry (France) about 2 hours away from there you can either get a train or hire a car. We can also pick you up from Briançon railway station if so required.

**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.

If you are travelling yourself, we may also be able to meet you before hand and take your boats across for you in our vehicle (For a small fee) if you are finding it to much hassle to take it yourself.

**Maps and Guidebooks** White Water south Alps by Peter Knowles

Gems of the Alps by Joseph Haas

Maps Briançon 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

## Kit List

Kayak and Paddle

Buoyancy Aid

Helmet (good ww helmet)

Spraydeck

Solid Kayak shoes or boots

Personal paddling clothing

(underlayers,wetsuit, cag ect)

Throw line

spare paddle if you have one

Drybags

Leisure wear for off the water

Towel and personal hygiene kit

Your insurance details

Passport and money (euros)

Camera

Sun block and sun glasses

The chalet doesn't provide bed linen bring your own  
if you require it

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## BOOKING FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

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

Name and contact number in case of emergency \_\_\_\_\_

ANY MEDICAL CONDITIONS, ALLERGIES OR SIGNIFICANT DISABILITIES

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**FEES** the balance of your course fee is due 6 weeks prior to the start of your course in the meantime you should send your deposit of £150 along with this form

THE FULL COURSE FEE IS £650

Deposit can be payed via bank transfer

Account name A Holt

Sort code 772228

Account 63248968

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

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

## UNDERTAKING

The signing of this form signifies that

- A I am confident in water
- B I am physically fit to take part in the course
- C I am over 18 years of age
- D I am willing to accept the terms and conditions of booking

## 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 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

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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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