

FRENCH ALPS WW 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 it all runs into the valleys below, during May early June you get big volume (sometimes to big) but from mid-June and July the levels drop to a more acceptable level giving you reliable white water for us all to enjoy.

The Rivers! All the rivers are within a 30-mile radius of Briancon giving the paddler lots of choices and minimum travelling time. You have the Durance which is a friendly bouncy river with lots of small wave trains and play waves and of course it's famous Rabioux rapid. Then you have such rivers like the Ubaye famous for its racecourse and the Guil which is one of the best grade 3/4 river in the Southern Alps, classy continuous pool drops and easily scouted from the road. There are lots to offer the paddler whether you are just getting into your white water (grade 2/3) or the intermediate paddler who's happy on grade 3/4 You should be happy on grade 3+ water and had some experience on grade 4 water and a good reliable WW roll an advantage but not essential as you will be well looked after regarding safety..

Costs are £650 which includes excellent self-catering accommodation and all guiding and coaching.

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 hot 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 and warmer layers are advisable as well.

Accommodation and Catering you will be based near Briancon which is central to all the rivers you will be paddling. We don't do bunkhouses or gites only the very best self-catering Alpine chalet or apartment for your comfort that can accommodate upto 10-12 people they are very comfortable and spacious and has all amenities.

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 several 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 year's experience BC level 5 coach Andy Holt will be accompanying you on your trip along with one of Andy's A-team coaches who already have many years of previous experience on Alpine rivers in France. Our safety track record and experience is second to none!. We keep our ration low with no more than 1 to 4 so you will get lots of instructional time and feedback from you instructors.

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Dates

French Alps Classics for grade 3/4 paddlers.

12th-19th June 2021

19th-26th June 2021

26th June - 3rd July 2021

3rd -10th July 2021

Cost: £650

French Alps improvers for grade 2/3 paddlers

10th - 17th July 2021 FULL

17th 24th July 2021

24th - 31st July 2021

Cost £650.

Here are some suggestions for traveling

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) some will allow you to take your boat as well but please check with the airline first and get conformation beforehand if any problems when you turn up. The best destination to fly into is Turin in Italy about 1.30 hours away. We can also pick you up from Briancon railway station if so required. There are other Airports like Grenoble but has limited UK flights or Geneva but is around 4 hours away.

By Train You can travel by Euro tunnel to Paris then train right into Briancon

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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 Briancon 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

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 (optional)

Sun block and sun glasses

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

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

BOOKING FORM

NAME _____

ADDRESS _____

POSTCODE _____

TELEPHONE DAY _____ EVENING _____

EMAIL _____

AGE _____ DATE OF BIRTH _____ OCCUPATION _____

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. Leaving an outstanding balance of £500

THE FULL COURSE FEE IS £650

Deposit can be payed by bank transfer to

Account Name A Holt. Sort code 772228. Account 63248968

Paypal andrewholt99@yahoo.co.uk (Please add 10% if paying this way for their charges)

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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.

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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
