

## Pyrenees White Water Kayaking

**Why paddle in the Pyrenees?** Since visiting the Pyrenees some years ago i was just taken back by tranquillity and the outstanding natural beauty of this whole area. Spiking the skyline for over £430km the French/Spanish boarder with peaks over 3400m is a sight to behold and still takes my breath away every time I see it. The weather can be very hot but the landscape green as we are still in the backdrop of the mountains. The town of Sort where you will be stopping is the activity centre of the Spanish Pyrenees with bars and cafes to watch the world go by and several excellent restaurants showcasing some of the best of Catalonia's proud culinary traditions. So if you want warm sunshine, reliable white water and cheap food and wine then this is for you.

**The Rivers** We will be stopping in the valley of the river Noguera Pallaresa which is no doubt the largest river in the Pyrenees over 50 kilometres it is dam controlled with regular daily releases right up to the end of September. The Pallaresa is fun, fun, fun with multiple sections at a friendly grade 2 with some grade 3 (It even has a spectacular gorge section). In the past it has seen world famous freestyle and Rodeo events at its slalom site in Sort (where you will be stopping). Along with the Pallarasa we have some excellent smaller more technical rivers in the area which have a more Alpine and steeper feel about them. . Pre reqs are that you should be happy on grade 2/3. (example Dart loop, Lower Tryweryn etc) If you have a WW roll great! if not don't worry.

**Dates see website**

**Accommodation & Location** You will be stopping south of the Andorra region (Spanish side) of the Pyrenees in a small town called Sort or close to. Your accommodation will be a self-catering style chalet or apartment in town where there are plenty of shops (supermarkets) bars and restaurants there is even a Kayak shop. As we are also on the Spanish side so the cost of living is a lot cheaper than the French side for food, wine and beer. There is also an option to camp as well where i can reduce the trip price for you. (own camping equipment required).

**Cost £675 pp** this price includes excellent self-catering accommodation and all Guiding.

**Not Included** is travel, personal insurance and food and drink.

**Travel** If by car. Jump on the Euro tunnel or ferry Dover to Calais then drive down through France to the Spanish border crossing beautiful mountain passes to Sort. This takes about 12 hours (None stop) and you will have to pay some French motorway tolls as you journey down through France. However, the motorways are by far the quickest route. You can avoid the motorways and tolls but this will increase your time and fuel.

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**Travel by Air** If you don't fancy sitting in a car for 12 hours then you can fly over yourself. British Airways, Easy jet and Bmi Baby all fly to Toulouse which is the nearest city to the location being about 150km away where you can hire a car to complete your journey.

**Equipment** It is best if you can try and bring a creek or river running kayak along with a good white-water helmet (No cheap £30 helmets please) solid footwear. BA and deck. As for clothing as mentioned the Pyrenees can be super-hot and i have found myself in a normal cag or my shorty cag and three-quarter paddling strides or shorts most of the time. Occasionally it can thunderstorm so prepare for some warmer inners as well. I think a drysuit would be overkill. I have also included a kit list; see below

**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 can be very costly. There are a number of specialist insurances you can use who cover kayaking and rescue and loss of equipment.

**Your Instructors** I will be your main guide/coach and i have been in the industry now for over 20 years I hold the highest British Canoeing level 5 coaching award so rest assured with my experience you will be well looked after. I work on a 1,4 ratio with no more on my own, this allows plenty of instructional time and feedback. If I get more than 4 wanting to sign up then I will hire in another guide/coach from my A team that I regularly use who are very professional and highly qualified leaders/coaches. They also have a good knowledge of the rivers you will be paddling.

**Guidebooks and Maps for the area** There only seems to be one English translated guidebook for the area which is "White Water Pyrenees by Patrick Santal" however this guide is now very dated and i have found it not to be that reliable on river descriptions, access & egress. My own local knowledge is far better.

**Maps;** There are detailed Mountain maps for the area, however these are best to be purchased whilst over there and for a general map that shows put ins/take outs I have a Michelin 1/400.000 Cataluna/Andorra map which seems to do the job.

**Questions and Answers** please do not hesitate to ring or email me if you require any additional information

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## Kit List

Kayak and Paddle	Leisure wear for off the water
Buoyancy Aid	Towel and personal hygiene kit
Helmet	Your insurance details
Spraydeck	Passport and money (euros)
Kayak shoes or wetboots	Camera (optional)
Personal paddling clothing (underlayers, cag ect)	Sun block and sun glasses

Camping tent and kit if going for that option.

Safety kit

Throw line

Piece of tape (4/5meters long)

Couple of screwgate karabiners.

Small personal first aid kit.

Drybag to carry lunch etc

Whistle

River knife.

Don't worry to much if you don't have all these items as i carry full safety kit along with any other guides in employ.

## 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

THE FULL COURSE FEE IS £675

Please pay deposit via bank transfer to A Holt, Sort code 772228, Account 63248968

Or paypal to [andrewholt99@yahoo.co.uk](mailto:andrewholt99@yahoo.co.uk) but please add 10% if paying through this for the charges\.

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

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

Emergency contact name & number \_\_\_\_\_

## 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

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- 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 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.

