

CANOEING/KAYAKING

Whether on the rivers or canals in the local area, canoeing and kayaking is an excellent activity in which we can experience the environment from a different perspective. Good teamwork is essential if you want to get where you want to go!

Full or nearly full days are recommended.

At Trewern we offer a range of water sport activities including kayaking, sit on tops and canoeing; we can also arrange raft building. Of the activities we offer, this one is perhaps the most familiar, and many people may have already had the chance to have a go in some form. Our superb location gives us access to rivers, canals and inland waterways to provide a safe and enjoyable experience for everyone. Whether it is a gentle paddle for an afternoon, a team activity with specific aims or part of an experiential outdoor course we can offer exactly what you need. The sport is accessible to all ages and



fitness levels, can be done solo or with family and friends and offers something for everyone. We also offer expeditions and camping options which is regularly taken up by our Duke of Edinburgh's Award students.

Our local waterways, the rivers Wye and Usk, or the Brecon and Monmouthshire Canal have huge potential for learning about geography, history and ecology from the water. These environments are extremely dynamic and varied, so offer something for everyone and are never the same twice. The rivers offer great opportunities to experience the thrills and spills of white-water rapids as well as the peace and tranquillity of more open water. If we're on the canal it's a lovely chance to take on a more leisurely journey, developing skills, refining teamwork and playing games along the way.

Being on the water is perfect for



the mind and body, offering a range of health benefits. Being a low impact sport, it is achievable for everyone and can improve strength, flexibility and aerobic fitness – even the most leisurely paddle can be a good workout. If you want to progress there is a lot of variety in the sport, we can offer a range of disciplines, distances and types of water to get capture the minds of any adventurer.

There are many benefits to engaging in paddlesport at Trewern: who knows you may come back for more? This is one activity you can do (almost) anywhere there's water, so why not consider taking up canoeing as a hobby? We have a range of options here at Trewern that are perfect to get you started. We can also offer developmental paddling courses for groups from the first time setting out on the water to honing the skills for running rapids and completing expeditions.

We always try to choose the right venue and vessels for each group to reflect

their needs, the weather conditions and the environment for any given day so we can't guarantee where we'll go or what we'll do for a given session. Each instructor is well qualified and highly experienced in their boat and at the venue of choice, and carries all the safety equipment that might be needed for any given trip.

We can offer a full or long half day on one of our local venues as part of your programme. This is an excellent activity for skill acquisition, teamwork and engaging in the natural environments of the Brecon Beacons and surrounding areas.



What kit do we need for paddlesports?

We provide:

- helmet
- buoyancy aid
- wetsuit when necessary
- wellies (if needed)
- waterproofs as required
- boats and paddles.

You need to bring:

- warm clothing (even in summer)
- swimming costume (not essential)
- old trainers that may end up wet.