

Cumbria  
Outdoors

Hawse End Centre

## Paddle Sports DofE Gold Residential

Saturday 18th-  
Wednesday 22nd  
August 2018



## Paddlesports Adventure Week with Cumbria Outdoors



Join us at Hawse End on the shores of Derwentwater for an action packed, and sociable week experiencing a range of paddlesport activities and challenges which will include: **canoeing, kayaking and canoe rafting.** The residential culminates in an exciting overnight camp and river trip expedition.

The activities will take place on Derwentwater, located in the World Heritage Site of the Lake District, within walking distance of the centre, and the river trip expedition will conclude on Bassenthwaite Lake.

All activities and venues used will be subject to weather conditions, and may be adjusted on the day to ensure safety, and maximise experience and enjoyment. Our instructors are experienced and well-qualified so you are in the best possible hands.

The price is only £385 per person which includes activities, instruction, full board accommodation, food, use of all specialist equipment, and pick-up from Penrith Railway Station (time to be advised). Evenings will include activities led by our instructors and also provide time to spend with new friends.

Participants do not require any previous experience, just an eagerness to Paddle!

**This is a fantastic opportunity to work towards your Paddle Power and British Canoeing (BCU) certificates.**

**Hawse End Centre** - is a large Victorian country mansion, having the benefit of direct access to the lake and mountains - set on the shores of Derwentwater.

Our centre offers a warm, homely, comfortable base for groups to return to after a day in the outdoors. All food is homemade - beginning with evening meal on day of arrival.

Facilities include bunk bedded rooms, with communal and recreational rooms, drying room facilities and ample toilets and showers.



### Outline programme

Saturday 18 August 2018	Pick-up/familiarisation/getting to know the team Canoe raft/fun session
Sunday 19 August 2018	Canoe, Kayak and Rescue skills sessions
Monday 20 August 2018	Expedition preparation/travel Derwentwater to St Herberts Island/BBQ and overnight camp
Tuesday 21 August 2018	Continue expedition to Scarness/return to Keswick for fish and chip supper
Wednesday 22 August 2018	Skills session/Final course review and presentations/ Depart

To find out more about the week or to make a booking please telephone Cumbria Outdoors on: **01768 812280** or email: **[cumbriaoutdoors.enquiries@cumbria.gov.uk](mailto:cumbriaoutdoors.enquiries@cumbria.gov.uk)**



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