

## **Event: Introduction to White Water Safety and Paddling Skills at Symonds Yat**

### **Why to go: including information on AOAC-type activities**

White water kayak and open canoe WW safety and skills training for Improvers level. To provide progression in preparation for grade II and III winter river trips.

### **When - best time of year:**

Summer and September

### **Where to do activities:**

Symonds Yat rapids - River Wye

### **Where to stay:**

Normally a day trip, but would be better over a camping weekend.

### **How to get there, with information ideally on timing, cost, phone numbers; how long to stay**

- Meet at the club store off Muller Road, Eastville 9.00 am, load and leave by 9.30.
- Access point: Symonds Yat East. Grid ref SO (562,159) OS Map 162  
M32, M4, M48 to Chepstow exit, take A466 to Tintern, then Monmouth, take A40 towards Ross on Wye, just pass Whitchurch (by passed) take the A4137 exit sign posted Symonds Yat East and Goodrich, turn immediately right back over the A40 to get on the B4229 towards Goodrich, take next right onto minor road to Symonds Yat East and Coleford, continue over Huntsham bridge, take first turning right down narrow road to Symonds Yat East. Park in the Wye Dean car park. Parking charges £3 per car, boat launch £1.50 per boat. Drive time one hour thirty minutes. Public toilets behind canoe shop.

### **Past visits by AOAC**

Many times a year.

### **Canoeing Information:**

**Type of Canoeing:** White water training and practice

**Grade:** 2

**Access:** No problem

**Minimum Level of competence:** 2 Star or equivalent experience in chosen craft.

**Length of trip:** Miles 1 Hours 4 **River description:** [UK Rivers Guide](#), [WCA - Welsh Rivers Guide](#)

**Kit list:** [White water touring](#) + packed lunch and hot drink / water **Facilities:** Public toilets, pub, tea shop

**Timings:** Meet at club store: 9am Leave Bristol: 9.30am, Get to access point at: 10.45 am Ready for shuttle at: NA, Get on water at: 11.10 am, Get off water at 4pm

**Session planner:** available from Keith Chant