

# CANOE FOCUS

**Members  
invited to British  
Canoeing  
Roadshow**

Read more on page 6

**Kim Woods' journey  
into Canoe  
Slalom**

Read more on page 11

**Could you  
inspire  
other women  
to Paddle?**

Read more on page 17

# We've been where you're going

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# Welcome

This is a big year in so many ways: it is Olympic and Paralympic Year, we are hosting the European Slalom Championships at Lee Valley, hosting the Freestyle World Cup in Nottingham and beginning to put together our next set of milestones and targets as we refresh our Strategic Plan. It is also the year of opportunity for our Clear Access, Clear Waters campaign to get real traction and action.

The countdown to Tokyo has well and truly begun. For those selected, their winter training camps and hard work has been focused to ensure that everyone is in the best shape possible. With all boats qualified for Slalom, most Paracanoe boats qualified and Liam Heath assured for Sprint, there is a lot to play for early in the season as we seek to secure final and further sprint boats. I am confident of further success with our paddlers' dedication deserving of reward.

We are well on track for the events we are hosting and what an exciting spectacle there is in store. We would love to have as many of our members supporting our paddlers so please get your tickets early and come along to support our team in full voice. The World Cup Freestyle in Nottingham is a precursor to the World Championships in 2021. We shall host those World Championships on the 35th anniversary of the White Water course opening in 1986. It will be something special.

One thing we are assured of in our community is the discovery of extraordinary people doing extraordinary things and it is always a delight to showcase them in Canoe Focus. This edition is no exception with Alex Hill's amazing (almost disastrous) paddle in Africa leading to a wonderful educational legacy. The way Alex turned adversity into positive action is a lesson to us all. Another extraordinary person featured here is Kimberley Woods – a fine ambassador for our sport and a genuine medal prospect for Tokyo. So often and in so many ways extraordinary paddlers do extraordinary things so if you have a story - let us hear it.

To continue to serve our members well and to provide and extend opportunities we need to ensure that we are clear in our ambition and efficient in our execution. We want to be 'best in class' at serving our diverse membership and we need to assure ourselves that what we are seeking to do is what you value. As we refresh our plans and look to build upon current achievements we hope that as many members as possible will attend the 'roadshows' listed during March and April. We have tried to ensure a geographical spread to make it as easy as possible for people to attend. Please come along – your voice is vital to help us shape the future you want.

This is an exciting year in prospect –  
make sure you are fully part of it.

Good paddling,

**Professor John Coyne CBE**

Chair British Canoeing





# NEWS

Receive regular updates plus exclusive discounts for our partner products with a British Canoeing membership.

[www.britishcanoeing.org.uk/membership/join-us-online-here](http://www.britishcanoeing.org.uk/membership/join-us-online-here)

[www.britishcanoeing.org.uk/news](http://www.britishcanoeing.org.uk/news)

## ICF Paracanoe Committee hosted by British Canoeing

British Canoeing were pleased to have hosted the ICF Paracanoe Committee meeting in London in January. As part of our international relations programme, supported by UK Sport, British Canoeing hosted Committee members from all continents for the annual face to face meeting followed by the Classification Sub-Committee meeting.

Not only is the hosting of such meetings important in us playing our part to support the ICF but it provided the opportunity for British Canoeing representatives to informally meet with ICF Paracanoe delegates to build relationships and collectively discuss our sport.

## Energy Generator Hire to power British Canoeing Events

British Canoeing has announced that Energy Generator Hire has been appointed as an event partner for three of its major events over the next 18 months.

Energy Generator Hire will provide high quality event equipment for the ECA 2020 European Canoe Slalom Championships at Lee Valley White Water Centre as well as the 2020 ICF Canoe Freestyle World Cup and the 2021 ICF Canoe Freestyle World Championship, both of which will be held in Nottingham at the National Water Sports Centre.

## Award winning Eilidh Gibson selected onto groundbreaking programme

Canoe Slalom athlete Eilidh Gibson has been announced as one of 40 participants to take part in a unique campaign led by women's sports charity, the Women's Sport Trust.



## Angela Hannah retires from competitive canoeing

Two-time Olympian Angela Hannah has announced her retirement from competitive racing after a fantastic career in Canoe Sprint.



[www.britishcanoeing.org.uk/news/2020/two-time-olympian-angela-hannah-retires](http://www.britishcanoeing.org.uk/news/2020/two-time-olympian-angela-hannah-retires)

## Two golds for GB Ocean Racing Team

GB's Ocean Racing team picked up a fantastic two gold medals as they competed at the 2020 Ocean Racing World Cup in Lanzarote.

On a 40km ocean course where over 200 competitors from 19 countries were in action across the events, Tom Mason picked up gold in the 60-64 category and Jon White also won gold in the para race - backing up his silver medal won at the 2019 World Championships.



[www.britishcanoeing.org.uk/news/2020/two-world-cup-gold-for-gbs-ocean-racing-team](http://www.britishcanoeing.org.uk/news/2020/two-world-cup-gold-for-gbs-ocean-racing-team)

## New Coaching Podcasts Launched

British Canoeing Awarding Body is pleased to share the NEW Coaching Podcast which explore different coaching topics with the Coach Developers from British Canoeing, with the aim of helping you develop your coaching practice.

Lee Pooley, Sid Sinfield and Pete Catterall host episodes talking about all things coaching. The team will explore a range of topics and invite guests to join them in various episodes.



[www.britishcanoeingawarding.org.uk/resource/british-canoeing-coaching-podcast/](http://www.britishcanoeingawarding.org.uk/resource/british-canoeing-coaching-podcast/)



# Members invited to British Canoeing Spring Roadshow

British Canoeing is inviting members to attend consultation events, being held across the country this spring, to help us shape the next strategic plan for paddle sport.

The roadshow will visit 14 locations in March and April and aim to provide members with an opportunity to:

- > Hear about the progress made towards the ambitions within the current four-year strategic plan, **Stronger Together**
- > Comment on what should be included in the next strategic plan for 2021-25
- > Meet with and raise questions with British Canoeing CEO David Joy, senior staff and Board Members
- > All events start at 7.30pm, with refreshments served from 7pm.




For further information  
please email  
[info@britishcanoeing.org.uk](mailto:info@britishcanoeing.org.uk)



Please register  
your attendance  
in advance for the  
events. To register:

**[britishcanoeing.  
formstack.com/forms/  
stronger\\_together](https://britishcanoeing.formstack.com/forms/stronger_together)**

Date	City/Town	Venue
Tuesday 17 March*	 <b>Maidstone</b>	Maidstone Canoe Club Mill Meadow, St Peter's St, Maidstone ME16 0SN * New date to replace Friday 20 March
Wednesday 18 March	 <b>Aldershot</b>	Runway's End Outdoor Centre 1 Forge Lane, Aldershot GU11 2RE
Thursday 19 March	 <b>Lee Valley</b>	Lee Valley White Water Centre Station Road, Waltham Cross EN9 1AB
Monday 23 March	 <b>Birmingham</b>	Ackers Adventure Golden Hillock Road, Birmingham B11 2PY
Tuesday 24 March	 <b>Northampton</b>	Nene White Water Centre Bedford Road, Northampton NN4 7AA
Tuesday 31 March	 <b>Liverpool</b>	Crosby Lakeside Adventure Centre   Crosby Coastal Park Cambridge Rd, Waterloo, Liverpool L22 1RR
Wednesday 1 April	 <b>Stockton-on-Tees</b>	Billingham Forum   The Causeway Billingham, Stockton-on-Tees TS23 2LJ
Thursday 2 April	 <b>Kendal</b>	Kendal Wall   The Lakeland Climbing Centre Unit 27, Lake District Business Park, Kendal LA9 6NH
Tuesday 7 April	 <b>Castleford</b>	Greywood Hall Altofts Lane, Whitwood, Castleford WF10 5PZ
Wednesday 8 April	 <b>Nottingham</b>	British Canoeing Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU
Tuesday 14 April	 <b>Bristol</b>	Canoe Avon   Saltford Rowing Centre Bath Road, Saltford, Bristol BS31 3JS
Wednesday 15 April	 <b>St Austell</b>	St Austell Arts Centre 87 Truro Road, St Austell PL25 5HJ
Thursday 16 April	 <b>Bournemouth</b>	Poole Harbour Canoe Club 33 Newmans Close, Wimborne BH21 1XA
Wednesday 22 April	<b>Norwich</b>	Norwich Canoe Club Whitlingham Lane, Norwich NR14 8TR

# Stronger Together Highlights

Since Stronger Together was launched in March 2017 great progress has been made across our 11 ambitions and 67 action plans. Here are just a few of the highlights:

Our membership categories have been updated **we launched our new membership platform**



**Over 250 international medals** across the competition disciplines have been won



Go Canoeing was rebranded to **Go Paddling** and we launched the **new Go Paddling website**



Our Star Awards have been reviewed and **the new Personal Performance Awards** have been launched



Our **Clear Access Clear Waters** Campaign launched in Westminster

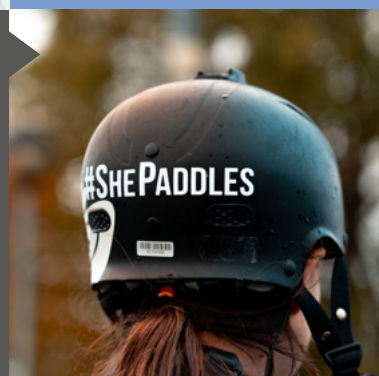


We've published **175 Canoes Trails** and our online resource **Paddlepoints** is now available for you to find places to paddle.

New e-learning opportunities have been established with **46,000 coach engagements** since 2019



We have recruited **20 #ShePaddles ambassadors**



We secured the rights to **host five international events** between 2019 and 2023



Member communications have **improved in satisfaction rates** annually since 2017

# MALAWI KAYAKING DISASTER

**It was a kayaking expedition that went wrong and nearly cost a young man his life. Now he's thanking the villagers who saved him by building a brand new nursery school for the small village of Chazuka in Malawi.**

With no previous experience of paddling, it was an ambitious aim for Cheshire born Alex Hill to kayak the length of the three Great Lakes of Africa. The windy season had just begun and Lake Malawi was producing swells of up to 15 foot high. Despite the advice of the local people, ever the optimist Alex, continued with his mission and launched his boat into the water.

The blissful scenario of paddling a serene lake didn't last long. Violent waters exploded around his boat, spinning him in all directions and flooding the insides of his yak. Forced to abandon ship, Alex had no choice but to try and swim back to the safety of the shore.

Washed up on the sands of the Malawian fishing village, Chazuka, Alex was met by a gaggle of startled children. Trying to ease their fears of his surprise arrival, Alex sought to befriend the villagers. Soon he was kicking a ball crafted from recycled plastic bags and string around with the children, and unbeknownst to him, was being taken under the wing of the locals.

As the evening of his ordeal came around Alex was invited to dinner with the village Chief who formally introduced him to his people.

**"I WAS MADE TO FEEL SAFE AND PROTECTED BY THE KIND AND GENEROUS PEOPLE" HE SAID.**

For the six months following his near-fatal expedition, Alex stayed in the village, which would soon become his second home, immersing himself in the community and learning the local language of Chichewa.

Wanting to return the kindness of the people of Chazuka, Alex began teaching the children English underneath the shade of a mango tree. It was only when a young man came to Alex to ask if he could be a teacher at Alex's school, that he realised he had somehow unintentionally begun a school in the village.





In the three years since, Alex has worked with the local community to build The Chazuka School, which officially opened its doors in February 2019 providing education to 25 pupils and work for two teachers, who have become role-models to the young children. The school belongs to the community and aims to empower the children and families of Chazuka, to gain the knowledge, skills and confidence, to create life-changing opportunities for themselves.

Over the last year, Alex has been lucky enough to build a strong team of dedicated volunteers and trustees and in November 2019, the team achieved recognition as an official, registered U.K. charity. Known as The Chazuka Project, they provide strategic and financial support to the school.

The team has ambitious goals for 2020. There is still some building work to be completed, uniforms to provide and educational resources to buy. Providing access to clean water is a top priority as currently the school staff have a 40 minute round trip to collect water for the children. A recent trip to Malawi enabled the team to build relationships with key stakeholders in the region and a focus on creating a progression pathway for the children to progress their education after nursery is being established.

Alex never set out to start a charity; it was all rather accidental, serendipitous perhaps. It came from a genuine desire to return the love the village people had shown him, but he hasn't looked back.



**The Chazuka Project, alongside The Chazuka School now stands as a beacon of hope in the village as education gives a child a brighter future.**



Find out more at:  
[thechazukaproject.org](http://thechazukaproject.org)

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**jaffa**®

2020 ECA : LONDON  
**CANOE : SLALOM**  
**: EUROPEAN**  
**: CHAMPIONSHIPS**  
15-17 MAY



EUROPEAN  
CANOE  
ASSOCIATION



[britishcanoeingevents.org.uk](http://britishcanoeingevents.org.uk)

# KIMBERLEY WOODS

**Kimberley Woods has been a member of the British Canoe Slalom teams since 2012, has won a total of nine individual international medals and has been part of the World Championship gold medal winning team three times. With a home European Championships in May and the Tokyo Olympics in July, this summer is set to be huge.**

We sat down with Kim to find out about her journey into the sport.

"I got into the sport after being inspired by my auntie who was a paddler and won a silver medal at the 1994 Junior World Championships. I used to watch videos of her racing and as soon as I could swim I was allowed in a boat and was hooked."

## **What are you looking forward to the most about the European Championships?**

"The atmosphere. It was incredible at the World Cup last year, competing on home soil is always a special feeling. We are truly grateful for the support we receive from UK Sport and the National Lottery to fund these events. Racing at home gives us a huge advantage over other nations."

## **What does it mean to you when you see spectators cheering you on?**

"It means a lot. To see so much interest in the sport is amazing – and shows how much it's growing. I hope the European Championships will inspire even more people to get involved whether it's kids taking part or parents becoming volunteers."

**Watch Kimberley in action at the 2020 ECA European Canoe Slalom Championships, presented by Jaffa**



Tickets are on sale now at  
**britishcanoeingevents.org.uk**



# WHAT MAKES AN ADVENTURE?

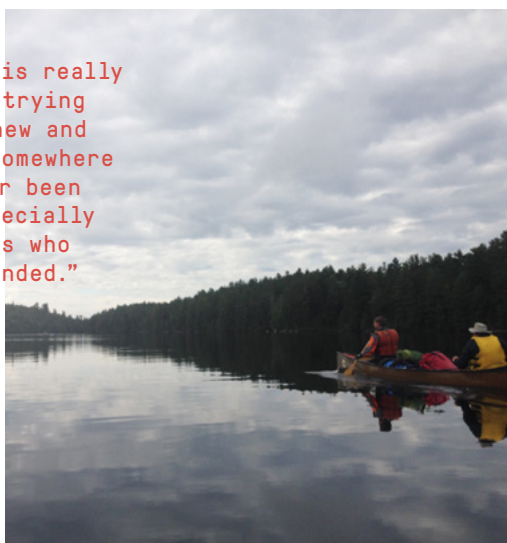
## Jaye Thornhill

Cotswold Outdoor Store Expert  
Kingston upon Thames

Cotswold Outdoor know a thing or two about adventure. They've been preparing people to explore the great outdoors since 1974; for Store Manager Jaye, preparing for an adventure out on the water is what he does best.

If you're looking for advice, inspiration or the right kit before heading out on the water, speak to the experts at Cotswold Outdoor and receive **15% off** the very best brands as a member of British Canoeing. Read the full interview and learn more about Jaye's paddling journey at [cotswoldoutdoor.com](http://cotswoldoutdoor.com)

"Adventure is really just about trying something new and exploring somewhere you've never been before, especially with friends who are like-minded."



*We've been where you're going*  
[cotswoldoutdoor.com](http://cotswoldoutdoor.com)

"I first got into paddling through the Scouts. Ten years later, I now have my own boat and help to introduce more people to the sport."



## 01. The right kit

Jaye's paddling essentials

**Salomon Speedcross 4  
GTX Shoes**

Available in men's and women's

**Rab Nucleus Pull-On Fleece**

Available in men's and women's

**Icebreaker base layers**

Available in men's and women's

**Lifesystems Waterproof  
First Aid Kit**

**Black Diamond Headtorch**

**Exped Drybags**

## 02.

The best destination



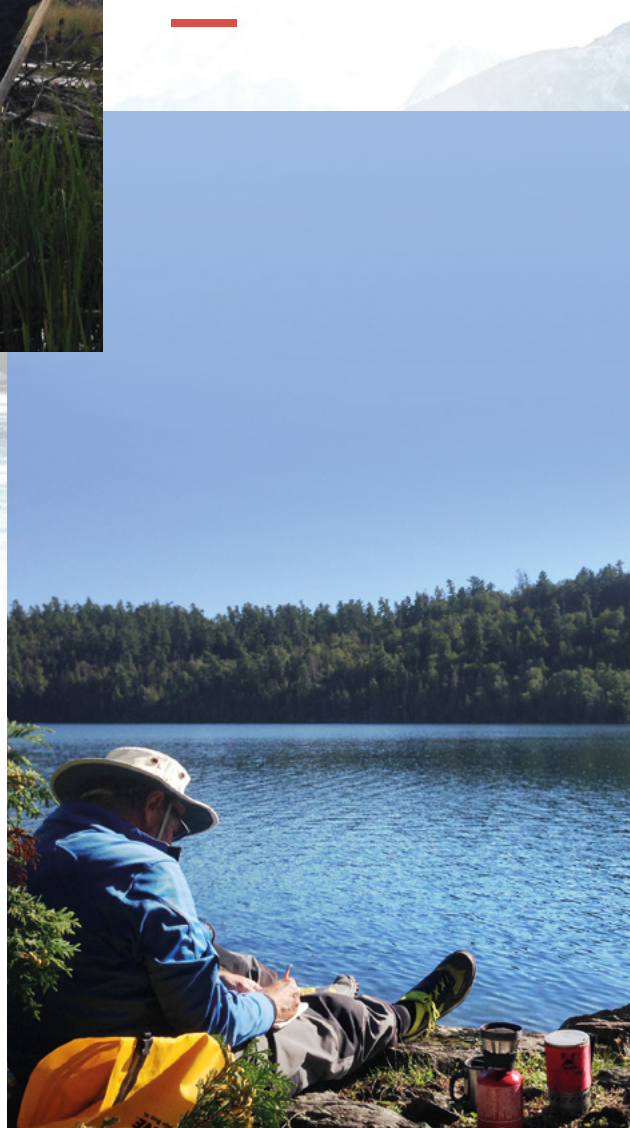
“My all-time favourite paddling experience was doing the Brent Loop in Algonquin National Park in Canada, spending 8 days out on the water with a really good team. Going on a trip like that has taught me so much about paddling, teamwork and even myself; I will never forget it.”



## 03.

The perfect fit

“Working for Cotswold Outdoor has really helped me with my own outdoor adventures, especially in terms of the training I receive. That kind of experience allows me to assist customers with choosing new kit or help them to get the most out of their existing kit.”



**COTSWOLD**  
outdoor

Let's go somewhere

# Get ready for Go Paddling Week 2020

**GO**  
*Paddling!*  
**WEEK**

**23RD MAY**  
— TO —  
**31ST MAY**



**Are you ready to Go Go Tokyo?! We're kicking off the Olympic and Paralympic fever in style with Go Paddling Week.**

**From 23rd - 31st May, Go Paddling Week is your chance to get take part and experience the thrill of paddlesport in the run up to the biggest sporting event in the world.**

But, you don't need to be an athlete or even experienced on the water to get involved in Go Paddling Week. All you need is a love of the great outdoors, and the inquisitiveness to jump in a boat to explore the amazing places paddling in nature can take you.

We need to share our sport with those who share a love of adventure, the outdoors and nature. Got someone in mind? Then bring them along! This week relies on the paddling community coming together to show strength in numbers and showcase the wide variety of ways people love to paddle.

### **So, what do you have to do to be a part of Go Paddling Week?**

The simple answer is, get in a boat and go paddling! But we want to inspire you a little more than that, so rather than giving you a list of ideas we thought we'd let the pictures of your time at last year's Go Paddling week do the talking....

Now it's your turn to get creative, think outside the box and plan your paddle for Go Paddling Week 2020. Where will you go?



**For events, activities and adventure ideas visit: [gopaddlingweek.info](http://gopaddlingweek.info)**

## #SHEPADDLES CLUB CHAMPION FUNDING ANNOUNCED



British Canoeing are excited to have secured funding for a new **#ShePaddles Club Champion** programme.

The funding, which comes from the **Sport England Workforce Diversity Fund**, provides a fantastic opportunity for clubs to engage more women and girls, particularly from **BAME (Black, Asian and minority ethnic)** backgrounds.

“We are lucky to have a sport which in itself is hugely diverse. This funding gives us the chance to reach and engage with those who are currently underrepresented in paddling.” **Cadi Lambert, Go Paddling Engagement Officer**

The funding allows British Canoeing to extend their current #ShePaddles project into clubs, by recruiting 100 #ShePaddles Club Champions. The club champions will be mainly chosen from clubs in high population areas, such as large towns and cities. They will be taking the lead on ensuring there is excellent provision

for engaging with and developing female paddlers within their club. In return the champions will have the opportunity to qualify as a Paddlesport Instructor. Ten of the club champions will have a further chance to take the Paddlesport Leader qualification.

“This Sport England funding allows us to develop current female club paddlers, by providing the training and assessment for a recognised British Canoeing qualification. They, in turn, will become inspiring role models for future paddlers.” **Chris Earle, Head of Participation and Club Services.**

**Applications for the #ShePaddles Club Champion role opened on International Women’s Day, March 8th.**



You can find out more about the role and **apply here**

**GO Paddling! WEEK**

**2020**

**TOKYO**

**東京**

**23RD MAY TO 31ST MAY**

For events, activities and adventure ideas visit [gopaddlingweek.info](https://gopaddlingweek.info)

# COULD YOU INSPIRE OTHER WOMEN TO PADDLE?

For the last two years our British Canoeing Women's Paddling Ambassadors have been doing a fantastic job of sharing their love of paddlesport and inspiring others to do more.

We want to continue their awesome work by choosing our ten new #ShePaddles Ambassadors for 2020.

Applications opened on March 8th - International Women's Day- and will close on Sunday 12th April.

All applicants must be available to attend the Ambassador Induction Day at the ECA Canoe Slalom European Championships at Lee Valley. You guessed it, the successful applicants get to go to the European Championships for free!

## What makes a great

## #ShePaddles Ambassador?

Our paddling ambassadors go beyond just having a passion for paddlesport. They all have a great story to tell about why they paddle and how it has helped to change their lives.

We are looking for women with an engaging social media presence, who want to help us to grow female participation in paddlesport, both online and in their local community. It's your chance to share your successes, failures, top tips and awesome images - we want the reality of the sport to shine through.

Whether you're a recreational paddler, a coach or an athlete it doesn't matter. You could have been on the water all your life or only just started on your paddling journey. Maybe your paddling compliments all your other fantastic outdoor adventures. Whatever stage you're at, you just need to be super keen on sharing your adventures with your social media followers and love our sport!



To learn more about becoming an ambassador and to apply **click here.**

Applications opened on **March 8th** - International Women's Day- and will close on **Sunday 12th April.**

BRITISH CANOEING AWARDING BODY

# ANNOUNCES THE NEW PERFORMANCE COACH AWARD



**Ideal for experienced coaches looking to improve their coaching provision for the paddlers they work with, the new award is focused on applying sophisticated practices for the performance and long-term development of paddlers.**

This new qualification follows an extensive four year review of all Coaching and Leadership awards. This included a full review of academic research, feedback from learners on the programme and an industry wide consultation.

**Aligned with the Coach Award Pathways, 21 coaching qualifications will be available within the Performance Coach qualification, across all of our main disciplines and environments.**

The learning journey is personalised to every coach who undertakes the programme and as an experienced coach, you will steer the direction and focus of your learning based on the most relevant areas to you.

No workbook or portfolio will be required and support will be provided through mentoring interventions and developing your coaching in context.

During the extensive review and consultation process, the review highlighted a requirement for training and recognition of the work that Heads of Paddlesports, Chief Paddlesport Instructors and senior positions within clubs and centres carry out. Further work will be carried out to support the development and learning of individuals within these positions.



To find out more  
watch our video:

[youtu.be/f\\_ipOrHY-Xo](https://youtu.be/f_ipOrHY-Xo)

**BRITISH CANOEING AWARDING BODY WILL LOOK TO ROLL OUT  
THE AWARD FROM 29 JUNE 2020. THE FOLLOWING MILESTONES  
WILL BE COMPLETED OVER THE COMING MONTHS:**

**FEBRUARY 2020**

British Canoeing  
Awarding Body  
will be training the  
Facilitators, Mentors  
and Assessors

**29TH JUNE 2020**

British Canoeing Awarding  
Body and National  
Association websites  
will be updated with  
course documents



**29TH JUNE 2020**

The NEW Performance  
Coach Award will be available  
throughout the UK



Further updates will be  
promoted via the **British  
Canoeing Awarding Body  
website**, Delivery Centre  
websites and the 'Catch up  
with Coaching' newsletter.

# THE TAY DESCENT RETURNS FOR 2020!

Scottish Canoe Association is delighted to announce the return of the Tay Descent later this year. Supported by EventScotland's Year of Coasts and Waters events fund, the Descent forms part of Scotland's year-long programme of events and activities aimed at shining a spotlight on these vital elements of our landscape.

'Your Tay, Your Adventure'; is a programme of events celebrating Scotland's longest, most scenic river and all it has to offer, which the Tay Descent is part of.

First run in 2010, the Descent follows the River Tay into Perth and showcases the diverse forms of paddlesport with all types of paddlers taking part. Previous events have seen unusual crafts including coracles and 2013 was the first year which saw the use of Stand Up Paddleboards.

This year's event will take place on the 30 August during what we hope to be a hot and sun drenched weekend! Paddlers from far and wide are invited to participate and whilst some will be out to break records, others will be taking a slower pace, enjoying the majestic scenery that the River Tay offers.

Stuart Smith, SCA CEO, said: "It is fantastic to have the Tay Descent back in the calendar - the event is such a great opportunity for paddlers to experience the Tay and celebrate the diversity of paddlesport."

"We look forward to welcoming paddlers from across Scotland and the UK as well as further afield, to share in this experience and are delighted to broaden our partnership with Willowgate Activity Centre. We also very much appreciate the support from EventScotland and Perth & Kinross Council to enable the Tay Descent and the wider Your Tay, Your Adventure programme of events to take place - celebrating the River Tay and Scotland's Year of Coasts and Waters."



Marie Christie, Head of Development at Visit Scotland, said:

**"Scotland is the perfect stage for watersports and this exciting programme of summer events will showcase the opportunities for adventure on and around the River Tay."**

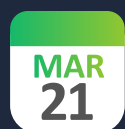


To find out more  
and register your  
interest head to:

**[www.canoescotland.org/tay-descent](http://www.canoescotland.org/tay-descent)**



# What's On?



**Slalom Senior, U23  
and Junior first round  
of National Selection**

Holme Pierrepont

**Sat 21<sup>st</sup> March 2020**



**British Rafting 2020  
National Selections**

The National White Water  
Centre - Canolfan Dŵr  
Gwyn Genedlaethol

**Sat 28<sup>th</sup> - Sun 29<sup>th</sup>  
March 2020**



**Extreme Slalom National  
Championships and  
National team selection**

Lee Valley

**Sat 18<sup>th</sup> April 2020**



**PADDLE TO  
TOKYO**

**Slalom 2020 ECA Canoe Slalom  
European Championships**

Lee Valley White Water Centre

**Fri 15<sup>th</sup> - Sun 17<sup>th</sup> May 2020**

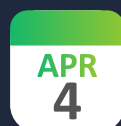


**PADDLE TO  
TOKYO**

**Sprint Regatta - Open  
and National Senior  
Championships – including  
Senior Sprint Selection**

Holme Pierrepont

**Sat 28<sup>th</sup> - Sun 29<sup>th</sup> March 2020**



**Slalom Senior, U23 and  
Junior second round  
of National Selection**

Lee Valley

**Sat 4<sup>th</sup> - Sun 5<sup>th</sup> April 2020**



**PADDLE TO  
TOKYO**

**Sprint Open and National Junior  
and Paracanoe Championships  
– including Paracanoe National  
and Paralympic Selection**

Holme Pierrepont

**Sat 25<sup>th</sup> - Sun 26<sup>th</sup> April 2020**



**Sprint Open & National  
U23 Championships**

Holme Pierrepont

**Sat 6<sup>th</sup> - Sun 7<sup>th</sup> June 2020**

# TOP FIVE PLACES TO EXPLORE BY BOAT IN NORTH WALES



**British Canoeing are excited to announce they are working with Plas y Brenin National Outdoor Centre, bringing a range of special offers and discounts for both individual members and affiliated clubs.**

From preferential prices on a range of carefully selected courses, to discounts on accommodation, instruction and equipment hire, there is something for everyone at Plas y Brenin. With that in mind, get your paddles at the ready and explore with Plas y Brenin's guide to some of the best places to paddle in North Wales...

## 5 great paddling routes to explore in North Wales

### Afon Dwyrdd

From Minffordd to Tan Y Bwlch, this serene jaunt begins in the open and exposed countryside before winding along narrow and twisty water travelling inland. This route is perfect for paddlers of all abilities.

**Craft:** Any

**Technicality:** Simple (keep an eye on wind direction and tides)

### Bala Lake

One of the biggest inland expanses of water in North Wales complete with tributaries to explore, Bala Lake is a canoeists dream to paddle around.

**Craft:** Touring craft (Canoes and touring kayaks/sea kayaks)

**Technicality:** Simple in easy conditions, open and exposed when windy

### Upper and Middle Conwy

For the more experienced paddler, the River Conwy, set just outside of Betws Y Coed, has stretches of moving water up to grade five test pieces and stand-alone drops.

**Craft:** Any

**Technicality:** Simple touring journey (if the tides in your favour, potential for a hardcore mud wade if it's not....)

### Mawddach Estuary

For confident and capable tourers the Estuary is a beautiful trip through southern Snowdonia.

**Craft:** Any

**Technicality:** Confident and capable tourers

### Upper Afon Mawddach

For experienced paddlers the Upper Mawddach is arguably one of the most enjoyable white water trips in North Wales.

**Craft:** River Craft (White water kayak or Specialist Canoe)

**Technicality:** Grade 4 (two drops of grade 5 one drop of grade daft)



For information about paddling trips in North Wales can be found on the **Plas y Brenin website**

### British Canoeing Members Offer

- > Access to preferential prices on a range of carefully selected Plas y Brenin courses across the year
- > Privately book a Plas y Brenin Coach, Leader or Instructor, from just £270 for a full day out.
- > 10% discount on climbing and mountaineering equipment hire

### Clubs can also access

- > Hire of Moelwyn Bunkhouse (sleeps 16) at £195 per night (usual price £276).
- > Train the Trainer days, or multi-day courses, tailored to meet the needs of club members.

Full details of the offers will be promoted through the British Canoeing member and clubs e-newsletters.

Check out all British Canoeing member offers: [www.britishcanoeing.org.uk/membership](http://www.britishcanoeing.org.uk/membership)



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