

Cumbria  
Outdoors

Hawse End Centre

## Paddlesports Residential

Saturday  
17th August –  
Wednesday  
21st August 2019



## 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 £389 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 sessions 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.



## Meet your instructors and plan your week

Activities will include the following:

- Canoe and Kayak skills session
- Rescue skills sessions
- Expedition and overnight camp
- Journeys on the lakes and rivers in the locality
- Swimming and jetty jumping
- Games and challenges
- Evening activities

*Some activities may be substituted due to weather conditions*

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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