

RIVER EDEN GRADE 3 WHITE WATER CANOEING DAY



0191 903 9936

WWW.ALEXANDERADVENTURES.CO.UK



SPEND SOME TIME ON THE RIVER EDEN

The River Eden varies from Grade 2-3 White Water with some smaller rapids to give you a small introduction into what white water paddle sports has to offer! You will learn some great skills whilst having fun along the way.

Canoeing on the River Eden offers a peaceful and scenic experience through some of England's most beautiful countryside. Whether you're a beginner or an experienced paddler, the river provides opportunities for exploration and relaxation in a tranquil natural setting. Enjoy your canoeing journey on the River Eden!

Our fantastic Alexander Adventures instructors will make sure you have a fantastic time and stay safe.



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ITINEARY

THE RIVER EDEN

PREREQUISITE (WHAT EXPERIENCE SHOULD I HAVE)

SUITABLE FOR AGES 18+

This adventure is for people with some canoeing experience. You will have completed one of our canoeing courses or trips already. Chat to us if you're unsure that you have the right experience.

You will be comfortable paddling in grade 2 conditions

WHAT'S INCLUDED

We provide you with all the canoe and safety equipment. Wetsuit – please check your wetsuit requirements, you will be asked to provide your required wetsuit size during the booking process.

- Buoyancy Aid
- Helmet
- Canoe & Paddle
(in wet and windy conditions you will be supplied with a cagoule)
- Pictures from your session
- Transport
- Hot beverages and snacks

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KIT LIST

THE RIVER EDEN

WHAT SHOULD I BRING TO THE ADVENTURE?

- Big fluffy towel
- Swimwear for under your wetsuit,
- Soft shoes to wear in your kayak that might get wet!(no flipflops or sandals)
- Full change of clothes, including warm jumper
- Personal Medicine
- Water Bottle (Min 1L), (Hip Flask Optional)
- Roll of heavy-duty bin bags (for any wet gear)
- Lunch, snacks and drinks

This itinerary promises a full day of sea kayaking in one of Northumberland most beautiful coastal areas, complete with breaks for sustenance and rest. It's a great way to explore the stunning landscapes and marine environments that Northumberland have to offer while under the guidance of the experienced Alexander Adventures team.



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WHAT DO I NEED TO KNOW

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INCLUDES TRANSPORT:

Unit C, Wellington Road, West Dunston, Gateshead,
NE119HS

KIT LIST:

- Canoe, wetsuit, helmet, buoyancy aids and paddle will be provided!
- Water bottle
- Appropriate shoes for the water (trainers, not sandals).
- Swimming costume for under wetsuit.

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