

Paddlepower & Adventure Programme 2011/2

Canoeing/Kayaking Courses (2011/12)

Date	Description	Location	Duration	Cost	Spaces left
7/10/11	Intro to River Kayaking	TBC	1 Day	£40	1
8/10/11	Intro to Kayaking	Luss, Loch Lomond	2 – 4 pm	£20	2
19 th & 20 th Oct '11	Open Canoe Expedition	TBC	2 Days	£100	8
29/10/11	Intro to Kayaking	Luss, Loch Lomond	2 – 4 pm	£20	5
12 th – 16 th Mar '12	Intro to River Kayaking	TBC	5 Days	£250	6
26 th – 30 th Mar '12	Intro to open canoeing on the river	TBC	5 Days	£250	6
16 th – 20 th April '12	River Kayak Tour Grade 2/3	Tour of Scottish Rivers	5 Days	£300	4
30 th April – 2 nd May '12	Sea Kayak Expedition	Near Oban	3 Days	£150	6
17 th & 18 th May '12	Open Canoe Expedition	TBC	2 Days	£100	6

Canoeing/Kayaking Courses (2011/12) (Cont)

Date	Description	Location	Duration	Cost	Spaces left
21 st – 24 th May '12	4 Day Sea Kayak Expedition	Rum Cuillins from Skye	4 Days	£200	6
31 st May – 1 st June '12	Sea kayak Expedition	Near Oban	2 Days	£100	6
20 th – 24 th Aug '12	Open Canoe Expedition to a Remote Munro	Loch Nevis	5 Days	£250	8
3 rd – 7 th Sept '12	Spey Descent	Spey	4 Days	£200	8
19 th – 21 st Sept '12	Open Canoe Expedition	Loch Ericht (Walk Ben Alder)	3 Days	£150	8

Scottish Canoe Association Courses (2011/12)

Date	Description	Location	Duration	Cost	Spaces left
22 nd & 23 rd Oct '11	4* White Water Leader Training	River Tay	2 Days	£150	6
5 th & 6 th Nov '11	White Water Safety and Rescue Training	River Tay, Grandtully	2 Days	£100	5
12 th & 13 th Nov '11	4* White Water Leader Assessment	River Tay	2 Days	£200	6
26 th Nov '11	3* White Water Assessment	River Tay	1 Day	£80	6
31/3/12	3* Open Canoe Assessment	River Awe	1 Day	£80	6
14/4/12	3* White Water Assessment	River Awe	1 Day	£80	6
26 th & 27 th April '12	4* White Water Leader Training	Rivers Awe and Orchy	2 Days	£150	6
28 th & 29 th April '12	White Water Safety and Rescue Training	River Tay, Grandtully	2 Days	£100	6
10/5/12	Foundation Safety and Rescue Training	Luss, Loch Lomond	1 Day	£60	6

Scottish Canoe Association Courses (2011/12)

Date	Description	Location	Duration	Cost	Spaces left
11 th – 14 th May '12	Level 1 Coach	Helensburgh	4 Days	£200	12
9/6/12	3* Sea Kayak Assessment	Oban	1 Day	£80	6
18/8/12	3* White Water Assessment	River Tay	1 Day	£80	6
1/9/12	3* Sea Kayak Assessment	Oban	1 Day	£80	6
14 th – 17 th Sept	Level 2 coach training	Helensburgh/Loch Lomond	4 Days	£200	12
10/11/12	3* Open Canoe Assessment	Loch Etive/River Awe	1 Day	£80	8

Rock Climbing, Hillwalking and Gorge Walking Courses (2011/12)

Date	Description	Location	Duration	Cost	Spaces left
29/10/11	Gorge Walking	TBC	9am – 1pm	£20	7
25/6/12	Hillwalking Expedition	Ben Alder	3 Days	£150	6

Winter Courses (2012)

Date	Description	Location	Duration	Cost	Spaces left
9 th & 10 th Jan '12	Intro to Winter Hill Skills	Ben Lawers	2 Day	£80	4
12 th & 13 th Jan '12	Intro to Winter Hill Skills	Ben Lawers	2 Day	£80	4
16 th – 20 th Jan '12	Intro to Winter Hill Skills	TBC	5 Days	£200	4
5 th & 6 th Mar '12	Intro to Winter Hill Skills	TBC	2 Days	£80	4
8 th & 9 th Mar '12	Intro to Winter Hill Skills	TBC	2 Days	£200	4

Key

Green – Easy - Beginners course

Blue – Intermediate - 3 or 4 sessions of flat water paddling experience needed
Moderate walks

Red – Difficult – 5 to 10 sessions of paddling experience required – Maybe long distances, tough conditions/environments
Long walks over rough terrain

Purple – Advanced – Experienced people only – Maybe hard rivers, Difficult sea conditions