

Cairngorm Canoe Weekend **SYHA Hostelling Scotland Activity holiday**

Canoe Weekend – aimed at

Skill level – Novice

Age restrictions 16+

Experience required – None

Fitness Level – Basic fitness

Key Aim – Introduction to rivers

Experience Cairngorms National Park from a unique natural vantage point most tourists never see...and Loch Morlich Watersports makes it easy. Although activity is the focus of our adventure, we rarely paddle for more than four or five hours each day.

We offer small personal groups so we can pay special attention to your needs. Your professional instructors trained in rescue and first aid will guide you through all the steps. After a short instructional session on the beach you'll be gliding across the loch.

The first day of this two day course is for those people who have never canoed before or have only canoed a few times and want to learn paddling and rescue skills you need to get ready for the river trip on day two. When you arrive at the boathouse at 10.00am you will be welcomed and provided with your equipment. The instructors will teach you the basics you need to be a safe and competent paddler.

On day two, you will be at Loch Morlich Watersports at 10.00am. You will meet and get to know your guide(s) as you get ready for the days adventure. A short shuttle to the launch site at Kincaig, on the upper River Spey. Once on the water, we'll take some time to offer paddling techniques that will help you become more comfortable in your boat. There are plenty of bird watching and wildlife opportunities along this stretch of river. An hour or two of paddling brings us to our lunch spot, where you will eat the packed lunch that you have brought with you. After lunch, we'll continue down the River Spey to arrive at the Old Bridge Inn at Aviemore. After getting changed at river bank (bushes, trees and a strategically placed towel to cover your modesty!) There is then a shuttle back to the centre and the day should finish about 4.00-4.30pm.

Although all the activities are aimed at novices, bear in mind that we are paddling on a river and weather will be a factor. Poor weather may force us to change our paddling plans – for example, we sometimes do different sections of the river. Expect to be in the canoes about four hours each day.

Guests should arrive Friday afternoon and make their own way to Loch Morlich Watersports (just a short walk over the road from the hostel) the following morning for their activity days. Activities are Saturday and Sunday – finishing around 4-5pm on the Sunday.

The weather in the Highlands of Scotland is varied to say the least. We will provide all the specialist equipment but do bring a waterproof jacket

and a woolly hat. Of course the weather may be the complete opposite so remember the suncream and shades!

How big are the groups?

Small groups of up to 8 participants ensure we maintain the highest standards.

Do I need experience?

No prior experience is necessary. You should be in good health and have a basic level of fitness. As with most activities, the fitter you are the more you will enjoy the trip. If you have any doubts about your suitability for a particular trip, please contact us.