



**Wilderness Development
Outdoor Pursuits Instruction**

www.wilderness-development.com

Whitewater Paddling :: Mountain Sports :: Dinghy Sailing :: First Aid Courses

Introduction to White Water Kayaking at the River Lune

If you have some flat-water kayaking experience under your belt, then take the next step onto kayaking white-water rapids!

After a quick session teaching you the fundamental new skills you'll need to survive on the river, you'll descend the rapids under the watchful eye of a fully qualified white-water instructor. You'll need to put all your new skills to use if you want to stay dry- a clear head and lots of perseverance will help you become rock steady on the water. White water kayaking is a great adrenaline rush, we're sure once you've tried it you'll be hooked!

Suitable for me?

You'll need ample flat-water kayaking experience under your belt to make the transition onto white water, equal to BCU 2* or at least several hours of kayaking.

White Water kayaking is not suitable for young children under the age of 14. The maximum group size we will safely accept is 4. You should be aware that this is a more extreme activity, and to stay safe you will need concentration, physical strength, and to follow the instructions given.

Location

We'll meet at Devils Bridge over the River Lune near Kirkby Lonsdale.

[Download directions to Devil's Bridge from google](#)

Equipment

All specialist safety equipment is provided free of charge, including boat, buoyancy aids and helmets. We can also offer you wetsuits or waterproof kayaking Cags (waterproof tops) for a small fee, if you want to stay a bit warmer and dryer!

Please bring warm sports clothing to wear on the water. Tracksuit type clothing is ideal, along with a waterproof jacket or kayaking Cag. There's a chance you could get totally soaked, so don't wear anything on the water that can't get totally drenched.



**Wilderness Development
Outdoor Pursuits Instruction**

www.wilderness-development.com

Whitewater Paddling :: Mountain Sports :: Dinghy Sailing :: First Aid Courses

We'll need to use your car to drop off at least one extra person at the start of the river section we're using, so if you're not coming in your own car, please ensure you let your instructor know.

Facilities

On the Lune, there are public toilets, but no formal changing facilities.

Course Duration & Cost

The cost is from £75 per person per day, with discounts available for group bookings. A full pricing list can be found at <http://www.wilderness-development.com/booking-information/costs>

Dates and availability

For more information call 07941 645 520. Alternatively, you can see a full list of course dates and availability at <http://www.wilderness-development.com/booking-information/availability>

Provisional Course Outline

10am Meet at Devil's Bridge. Introductions, kit loan and get changed.

At least one car will drive everyone to the start of the river.

Descend the river, taking in the rapids on the way.

1pm Lunch on the riverbank

Continue down the river taking in the progressively trickier rapids and building on the skills you've learnt.

3.30pm Arrive back at Devil's bridge and get changed.

4pm At least one car will drive back to the start of the river to reunite drivers with their own vehicles!

Car Parking

There is free car parking, but the car park is public and so you're advised to be wary about security; leaving valuables on display etc.



**Wilderness Development
Outdoor Pursuits Instruction**

www.wilderness-development.com

Whitewater Paddling :: Mountain Sports :: Dinghy Sailing :: First Aid Courses

Lunch

Lunch will be on the riverbank, so there won't be anywhere to buy lunch during the day. Please remember a packed lunch.

Timings

Come on time for a 10am start. We'll aim to finish for 4pm. The full course fee remains payable even in the case of your late arrival or absence from any session.

Gratuities

If your course has exceeded your expectations, tips will be gratefully received.

Can I send my kids on their own?

Sorry, we only take unaccompanied kids on [Kids Summer Camps](#). On other activities, they must be accompanied by their own parent.

Problems? Questions?

If you're lost, confused, or just want a chat, don't hesitate to get in touch. Email will@wilderness-development.com, or call 07941 645 520. On the day of your activity, you can also try the Emergency Phone on 07785 936 075.