



**Wilderness Development
Outdoor Pursuits Instruction**

www.wilderness-development.com

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

Introduction to White Water Kayaking on the Manchester Mersey

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.

Everyone is offered instruction, aimed at helping you improve your existing skills where possible. Whether you are above or below the "average" kayaker, we can make sure you still get the most from the course, either by teaching new useful skills and technique, or consolidating your existing basic skills.

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.

Jeans and shorts aren't suitable – instead go for tracksuit trousers and old trainers.



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Venue

The meeting point for the Manchester section of the river Mersey is usually Burnage rugby club. Your course director will confirm this before the start of your session, (often the day before) based on the height of the river and the rain forecast:

Battersea Road
Heaton Mersey
Cheshire
SK4 3EA

A location map, along with full directions and public transport information can be viewed at

http://burnagerugby.co.uk/index.php?option=com_eventlist&view=venueevents&id=131&Itemid=56

Directions From the M60:

Leave the M60 at Junction 1 and follow the A5145 in the direction of Didsbury. Drive uphill for approximately 1.5 miles, passing the 4 Heaton's pub on your left at the base of the hill and Didsbury Road school as you reach the top. Continue through the traffic lights, go past the Crown pub on your left, several shops on the right and then turn left at the next set of traffic lights onto Station Road. Follow the road round to the left and then sharply to the right, then turn right into Battersea Road. Drive through the industrial estate and the club is at the end of the road.

From the M56:

Leave the M56 at Junction 1 signposted Didsbury, and head down Kingsway (A34) for approximately half a mile. At the major junction where the Parrs Wood Leisure Complex (cinema, bowling, hotel, pub) is on your right hand side, turn right onto Parrs Wood Lane (A5145). Continue straight on, past the Dog & Partridge pub on your right, climbing uphill past the Griffin pub on your left and at the traffic lights turn right into Station Road. Follow the road round to the left and then sharply to the right, then turn right into Battersea Road. Drive through the industrial estate and the club is at the end of the road.



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White Water Kayaking by Public Transport

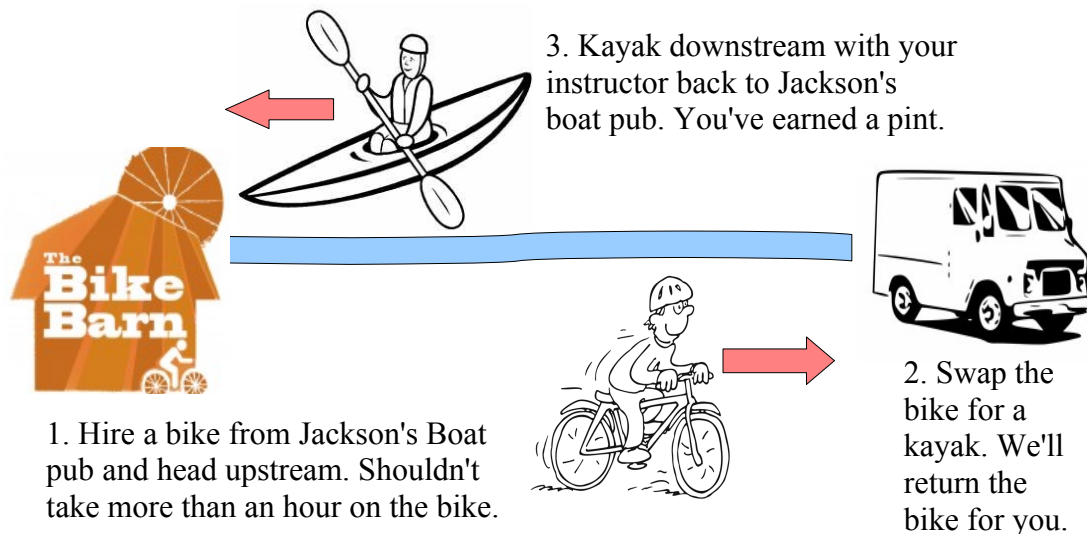
Did you know there's no need to use a car to take part in the white water kayaking sessions? You can use either your own bike or a hired bike for the "upstream" journey. Here's how:

Drive, Walk, get the bus, or swim to Jackson's boat pub, opposite Sale water park on the outskirts of Chorlton and Sale.

Hire a bike from the friendly guys at Arek's Bike Barn at Jackson's Boat: <http://www.manchester.the-bike-barn.co.uk> 0788 5458473. You'll need a two hour hire.

Bike up the good path along the Mersey to the meeting point for the kayaking. Your kayaking instructor can tell you where that is.

Swap the bike for a kayak – we'll return your bike to the bike barn for you on time and for no charge.



Car-free kayaking takes a half day.

Lunch

Lunch on full-day sessions will be on the riverbank, so please remember a packed lunch. For half day sessions, a post-kayaking pint would be well earned!



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Dates and availability

The quickest way to find a date that suits you is to book online at <http://www.wilderness-development.com/booking-information/online-booking> Alternatively, for more information call 07941 645 520.

Timings

Please come on time for a 10am start. We'll finish at around 3pm.

Facilities

There are toilets and changing facilities for before and after the activity.

Course Duration & Cost

The cost is £75 per person per day, or £45 per half day, with discounts available for group bookings. A full pricing list can be found at <http://www.wilderness-development.com/booking-information/costs>

Provisional Course Outline

10am Meet at Burnage Rugby Club. Introductions, kit loan and get changed.

At least one car will need to be dropped off at the chosen "finish point" on the river, and the driver collected.

Morning session begins with a flat water section of river on which to learn crucial survival skills for the upcoming river.

Transfer from the flat on to the white water section. Descend the river, taking in the rapids on the way.

12pm Lunch on the riverbank

3pm Off the water and get changed.

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



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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.