

# Canoeing

Moorland Adventure can provide the whole range of Canadian (open boat) canoeing, from introductory sessions on flat water to river trips and canoe camping trips on moving water.

## Introductory Session

As with all our activities we want them to be a challenge, safe and FUN.

We concentrate our coaching on safe basic paddling skills and play a few games to make the learning a bit more relaxed.



## River Trips

When you have developed the basic skills to control and manoeuvre a canoe, it is time to venture onto moving water. Here new techniques come into play, gliding across rapids, breaking in and out of moving water and staying dry make the day.



Working together makes canoeing life a lot easier, and we will ensure that this happens. This means that as part of a development training course, corporate event or a family day out, you will have a great day with **lots** of good memories.

## Courses

Introduction to canoeing (at Rudyard Lake) 10th, 25th April 2nd May, Cost £44.00 per day

Introduction to river trips 10th, 25th April 2nd May, Cost £49.00 per day

We are also running 2 evenings with the East Cheshire Council Open Air Programme on 22nd and 23rd June. Contact the ECC offices at Macclesfield for details.

A minimum of 4 participants is required for the course to run. If the numbers are not reached a full refund will be given.

Other courses will be available later in the season, check the website for updates.