

## **Bideford Canoe Club**

### **Winter River Paddles, 2011/2012**

Last season was the first for some years to have a published programme and we follow it up with another. We have learnt from experience and your valuable feed-back, so hope this season will be better than ever. There are ten qualified river leaders available and we intend to provide at least one led trip each week through to the end of March. On the programme we indicate the day and level of experience needed for each trip. We are not going to specify the river at this stage, as river levels need to be assessed in the week before. Use the categorization below to assess if the trip is for you.

Please print off this programme and keep it handy. Last season we published a list of trips and sent it to everyone, following up with an email in the week before the trip. But quite a few people said there wasn't enough notice, as sometimes we had not been specific which day was intended. We will work hard on our communication so you can plan your diary.

For each trip we need a viable group size, so if only one or two people respond the trip may not go ahead. If there is not enough river water we may substitute a surf trip, subject to conditions. If there is too much we will look for easier options. Or you may end up mountain biking if all else fails!

Below is a loose categorisation of rivers. If you are new to the sport, then it's vital you progress logically from easy onwards. We don't want you to have a bad experience by unwittingly taking on something you don't yet have the skills for. If you are already skilled and experienced, we can discuss with you what you want to do and help make it happen.

Easy river trips:

- Introductory paddles from Bideford steps on the Torridge estuary, using the tide.
- Torridge descents from Wear Gifford etc
- Taw upstream from Barnstaple, using the tide flow and ebb to 'go with the flow'.

**Note; these trips tend to be organised as conditions and demand require, so not part of the main programme.**

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### Improver river trips

- Torridge from Beaford or Sheepwash
- Taw from Kings Nympton to Umberleigh. Both these trips feature stronger flows, riffles and simple class 1 rapids
- Bolham to Tiverton or Bolham to Bickleigh (Exe)
- Black Cat to Bolham (Exe)
- Lower Exe, from Four Pines into Exeter
- Lower Dart, from River Dart Country Park to Buckfastleigh
- Tamar from Horsebridge to Gunnislake. Long flat sections with several optional weirs.
- Barle, from Tarr Steps to Dulverton (These stretches of the Exe and Barle are class 1 to class 2. See Appendix for classification system)

### Proficient river trips

- Dart Loop, from New Bridge to RDCP. Class 2 with some class 3.
- Middle Tavy, class 2 to 3+
- Middle section of East Lyn, Watersmeet to below Myrtleberry, class 2 and 3, with portage of one drop.
- Teign, from Dogmarsh Bridge to Fingle Bridge or on to Clifford Bridge. Described as 'slightly easier than the Loop but more adventurous' class 2/3
- Walkham, from Huckworthy Bridge all the way to the Tavy confluence, class 1-3
- Plym from Shaugh Prior, class 2/ 3, 3+ in higher flows,
- Any of the Improver trips in higher water flows. i.e. faster currents and less thinking time.

### Expert river trips

- Upper Dart, class 3 to 4
- East Lyn, class 3 to 4+.
- Erme, class 3 to 4 (All these rivers get harder with high water)
- East Okement, Upper Teign, Upper Walkham, Avon etc....all harder rivers which only work in high water for small expert groups  
Note, these trips tend to be organised among known expert paddlers rather than widely advertised, but new people with proven skills are welcome.

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## HOW DO I GET ON A TRIP?

The best thing is to come to the club pool sessions and chat to Sue or Pete, or other leaders shown below. Otherwise, email or ring the River Leaders, shown below, who can assess with you the best options. Check that the clothing and gear you are proposing to use is OK. The club has good kit for hire at nominal cost if you don't have everything, including boats.

**The cut off time to book your place will be the Thursday night for a weekend paddle. We have difficulty coping with extra people turning up without notice.**

## RIVER TRIPS PLANNED

(note these are all subject to change, subject to weather and water levels)

Experienced paddlers, who may not have 4 Star, would be most welcome to join these trips to assist and gain leadership experience

DAY	DATE	RIVER	RIVER LEADERS	CONTACT DETAILS
OCTOBER Saturday	1	Improver trip – see list of possible rivers above	Pete Thorn Clive Doe	07870 207262 07807 658713
Sunday	9	Proficient trip – see list of possible rivers above	Colin Steinlecher and Fin Finlayson	07862 276213 07597 543300
Sunday	16	Improver trip – see list of possible rivers above	Chris Nias and Kevin Ballard	07877 699889 07818 042569
Saturday	22	Proficient trip – see list of possible rivers above	Steve Chivers Katherine Smith	07771 824645 07977 431534
Saturday	29	Improver trip – see list of possible rivers above	Mark Drury and Fin Finlayson	07723 329362 07597 543300
NOVEMBER Sunday	6	Proficient trip – see list of possible rivers above	Jody Diamond Pete Thorn	07853 105691 07870 207262
Saturday	12	<b>Swift Water Rescue training aimed at Proficient paddlers</b>	Pete Thorn and others	07870 207262
Sunday	13	Improver trip – see list of possible rivers above	Colin Steinlecher Katherine Smith	07862 276213 07977 431534

Saturday	19	Proficient trip – see list of possible rivers above	Clive Doe Chris Nias	07807 658713 07877 699889
Saturday	26	Improver trip – see list of possible rivers above	Steve Chivers Jody Diamond	07771 824645 07853 105691
DECEMBER Sunday	4	Proficient trip – see list of possible rivers above	Kevin Ballard Mark Drury	07818 042569 07723 329362
Sunday	11	Improver trip – see list of possible rivers above	Pete Thorn Fin Finlayson	07870 207262 07597 543300
Saturday	17	Proficient trip – see list of possible rivers above	Colin Steinlecher Clive Doe	07862 276213 07807 658713
Tuesday	27	Improver trip – see list of possible rivers above	Kevin Ballard Jody Diamond	07818 042569 07853 105691
JANUARY Monday	2	Proficient trip – see list of possible rivers above	Mark Drury Steve Chivers	07723 329362 07771 824645
Sunday	8	Improver trip – see list of possible rivers above	Katherine Smith Clive Doe	07977 431534 07807 658713
Saturday	14	Proficient trip – see list of possible rivers above	'Fin' Finlayson Chris Nias	07597 543300
Saturday	21	Improver trip – see list of possible rivers above	Colin Steinlecher Chris Nias	07862 276213 07877 699889
Sunday	29	Proficient trip – see list of possible rivers above	Pete Thorn Kevin Ballard	07870 207262 07818 042569
FEBRUARY Saturday	4	Improver trip – see list of possible rivers above	Jody Diamond Katherine Smith	07853 105691 07977 431534
Saturday	11	Proficient trip – see list of possible rivers above	Steve Chivers Clive Doe	07771 824645 07807 658713
Sunday	19	Improver trip – see list of possible rivers above	Mark Drury	07723 329362

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			Colin Steinlecher	07862 276213
Sunday	26	Proficient trip – see list of possible rivers above	Fin Finlayson Kevin Ballard	07597 543300 07818 042569
MARCH Saturday	3	Improver trip – see list of possible rivers above	Pete Thorn Steve Chivers	07870 207262 07771 824645
Saturday	10	Proficient trip – see list of possible rivers above	Clive Doe Jody Diamond	07807 658713 07853 105691
Saturday	17	<b>Introduction to Swift Water Rescue training, aimed at Improvers</b>	Pete Thorn and others	07870 207262
Sunday	18	Proficient trip – see list of possible rivers above	Katherine Smith Mark Drury	07977 431534 07723 329362
Sunday	25	Improver trip – see list of possible rivers above	Fin Finlayson Chris Nias	07597 543300 07877 699889
Saturday	31	Proficient trip – see list of possible rivers above	Colin Steinlecher Jody Diamond	07862 276213 07853 105691

## **APPENDIX RIVER GRADING SYSTEM**

Class 1:

Moving water, unobstructed and without technical difficulties. There may be small waves and riffles to amuse the paddler.

Class 2: Waves, small stoppers and other minor obstructions to avoid. Eddies and cushion waves may be strong. Route finding straight forward.

Class 3: Waves, stoppers and technical difficulties are more severe. There may be drops and powerful constrictions. The main distinguishing factor of Class 3 water is that the paddler will have to follow a recognisable route to avoid obstacles and hazards.

Class 4: Severe waves, drops, stoppers and other obstructions. The route is not easily recognisable and will usually require careful inspection from the boat or bank and confident white water skills. Class 4 encompasses a wide range of rivers, from those with pool-drop rapids to those with extended continuous rapids; so there is a huge variation in difficulty. It is common to distinguish easier grade 4 rapids by grading them as 4- and harder rapids as 4+ (or in some cases, 3/4 or 4/5).

Class 5 and class 6.....well we will leave those to your imagination! See UK Rivers Guide Book online for detail.