



CAP's SUMMER & AUTUMN PROGRAMME 2016

Activities shown in BLUE are our fun Flatwater activities

Activities shown in RED are our challenging Whitewater activities

Activities shown in PINK are our fun Social activities, off the water !

NEW ... Trips that are either new to CAP or are **NEW** to most of our current members ENJOY !

MAY

Sun 15 **River Arun, Stopham Bridge..** Sussex Downs, eight arched bridge and time to play on the weir

Sun 29 **River Loddon,** we start with the wilderness of the River Loddon, play on the sloping weir then we paddle past the millionaire's houses and finish off along the Thames to Wargrave

JUNE

Sun 12 **Summer Whitewater ..** How's about a Club outing to The Lee Valley Whitewater Centre For those of you with your Lee Valley certificates a chance to enjoy ourselves en masse & maybe a chance for those of you wanting to take your Legacy or Olympic Course assessment

Sun 26th **NEW The Lowe Mole and River Ember** A new trip for CAP, help us explore these stretches of river previously unvisited by CAP and only recently opened to Kayakers

JULY

Fri 01 – Mon 04 **NEW** Join us for a Summer's weekend in glorious Pembrokeshire. Drive down anytime Friday and then weekend runs **Saturday to Monday inclusive.** Camping in the sunshine hopefully beside the coast, possible options of Coaststeering, Paddling round the craggy coastline, Surfing, sunbathing, walking etc , maybe a fast Rib ride to watch Kayakers playing the tall waves of the Bitches then zoom round St David's Island and see the Seals and myriad of birds hiding in their island caves, maybe a Summer's eve Barbie, a nice meal out, pick and choose from various options/costs over the weekend, CAP in the Sun !

Sat 09 **NEW ...** "Possible trip to Paddle the new waterways around the Olympic Park A regionally organised trip, subject to confirmation and maybe restricted numbers ?

Fri 22 – Sun 24 **... Summer Whitewater ... The Tryweryn Fest . Two days of guaranteed Whitewater** possible skills classes and a Saturday eve Kayakers party, riverside camping & Barbie.

AUGUST

- Sun 14** **NEW ... The River Cuckmere ...** We join the River at Alfriston, where the river is only about a Kayak's width, it widens out as we paddle down through the lovely Cuckmere Valley and end up on the beach overlooked by the Seven Sister's White Cliffs, riding the Tide, maybe one way or maybe both? Upon arrival a chance to chill on the beach and or play on / in the waves.
- Sun 28** **Chertsey Weir and The Abbey River ...** A Bank holiday w/end trip in two parts, take your pick, Either spend the your time playing on the pour-over at Chertsey, loops, blunts etc OR firstly join us on the jungle exploration of the narrow wilderness that is the Abbey River. Start off along the Thames, then battle our way through the Abbey Wilderness and finally pop out about Chertsey Weir, maybe have a little play or watch the others showing off their skills ?

SEPTEMBER

- Fri 02 –Sun 04th** **Sarah's 40th Birthday Weekend Bash ...** based at Yalding, alongside the Medway. Camping, Bonfire, Boats, BBQ, Beer, Silly Games, Demo boats, 40 Bumps, a mad CAP Birthday Come for the weekend, a day or even just an evening, help Sarah celebrate getting **OLD** 😊
- Fri 09** **FIRST Pool Session at New Addington**, a chance to practise your skills and to have fun !
- Sun 18** **Basingstoke Canal .. Winchfield Hurst to Odiham Castle.**
Paddle thru scenic leafy Hampshire countryside, a tranquil and very easy paddle together with a visit to beautiful remains of 12th century Odiham Castle & then to a lovely waterside Pub garden !
- Fri 23** **Pool Session at New Addington**, a chance to practise your skills and to have fun !

OCTOBER

- Sun 02** **FUN PALACE .. Volunteers needed to run the Community FUN DAY at Brockwell Park Lido.**
We need a large team of helpers to do shifts on and in Brockwell Lido. For the past two years we've been the star attraction getting about 400 kids afloat during the seven hour session.
We DO NEED lot's of helpers please, don't leave it to others, please put this date in your diary and do come along to help please, to provide for others, enjoying yourself as well !
- Fri 07** **Pool Session at New Addington**, Whitewater Skills training session ...
- Fri 15 – Sun 17 ...** **Grade 2 - 3 Weekend on Dartmoor.** Hopefully paddling The River Teign and Dart Loop, exciting Whitewater action for our intermediate and developing paddlers.
- Fri 21** **Pool Session at New Addington**, a chance to practise your skills and to have fun !
- Sat 29** **Fireworks Paddle by Moonlight ..** Pub Dinner then paddle the River Medway by night, Experience paddling by moonlight and see the Hop Farm Firework Display from the water !

NOVEMBER

- Fri 04** **Pool Session at New Addington**, a chance to practise your skills and to have fun !
- Sun 13** **The River Wandle ..** Help us explore this favourite Urban river, flowing nicely, Rocks, shopping trolleys, bicycles, tunnels, limbo pipe, play-waves, a unique River to enjoy !
- Fri 18** **Pool Session at New Addington**, a chance to practise your skills and to have fun !
- Sun 27** **NEW River Thames and Hurley Weir ...** Come ride the waves at Hurley Weir, for the more sedate paddlers a chance to watch the others in action as well as a peaceful trip along the beautiful and majestic River Thames. Stopping then for drinks on the way home

DECEMBER

- Fri 02** **CAP's "Early Xmas" Pool Session at New Addington**, fun, games and crazy feats to enjoy !
- Fri 09 – Sun 11 ..** **Intermediate Whitewater Paddling Probably Mid or South Wales ?**
- Fri 16** **A more relaxed pre Xmas Pool Session at New Addington then pre Xmas Drinks ??,**
???? **The CAP Xmas night out, details, date and venue to be announced, CAP XMAS FUN !**
- Sat 31** **A short New Year's eve paddle, blow away the Xmas cobwebs,**
maybe a CAP New Year's eve party afterwards, let's see what we can organise ????

**A full programme of Social events, such as pub quizzes, Drinking around the World”
“Eating around the World” evenings etc; will be added to the programme
Adrian will forward further details very soon**

**Please do support the programme, a lot of effort is put into making this work, so please do join us !
Events are subject to change and as always water levels will often dictate which Rivers can be paddled !
Generally trips will only run if there is sufficient support from club members !**

On some trips we will need to set minimum criteria for paddlers abilities and numbers may need to be limited !

Some of the flat water trips may not have a qualified coach in attendance and on others the coaches may be acting above their official coaching remit. Safety will however always remain our number one priority !

I look forward to meeting up with you all on during our 2016 CAP Year of activity !

Mike