



CAP's PROGRAMME from April to December

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 !

Join us in this CAP's 15th Year and enjoy the varied programme of activities we have lined up for you !

APRIL

Sun 22

!

NEW ... The RIVER WEY .. Newent Priory to Old Woking, Loop ... a NEW trip for all

Wed 25

CAP's 15th Birthday Social and Video evening + AGM , Do please join us ?

MAY

Sun 06

NEW ...Reel Paddle Film Festival”, Boat & SUP demo paddling plus Archery, come & try sessions, on River Medway at Yalding. Lot's of waterborne daytime fun , evening BBQ and then outdoor showing of Extreme Kayaking films followed by overnight camping.

Mon 07

CAP's Bank Holiday Monday paddle of The River Medway !

Sun 20

The River Loddon .. Winnersh to Wargrave in Berkshire, some wilderness paddling and tree dodging, then past riverside Millionaires houses and onward for a short section on the Thames.

JUNE

Sun 03

The Thames and Abbey Rivers ... Get on near Chertsey, paddle along the Thames and then head off into the “jungle wilderness” a tiny little stream meandering through the Woods, maybe bashing through the Jungle then two hours later we arrive at Chertsey Weir, where a few may wish to exhibit their skills riding the pour-over whilst others maybe watch and admire ?

Sun 17

River Thames .. Sonning to Wargrave .. A beautiful part of Berkshire, the majestic River Thames, and the smaller more intimate St Patrick's Stream and River Loddon !

SAT 30

CAP's Beach Party .. join us as we play in the waves, Swimming, Kayaking, Kayak Surfing etc. A 2.00pm high tide should ensure plenty of time for surfing and general wet fun !

JULY

- Sun 15** **The River Wey** ..Byfleet Mill to Shepperton, lunch stop opposite Brooklands Aircraft Museum. Chance to run a little stream with a couple of drops for some added excitement !
- 18 – 22** **Kite Surfing and Kite Buggy Festival at Camber Sands** .. camp and fly ! (Contact Will)
On Sat 21 July Will would also welcome people down who want to try out for the Day !
- Sat 21** **Cheese and Wine evening hosted by Jo and Lynne**, in Crawley Down,
Join us for a lovely Summer's evening get together, you can rely on these girls to make it FUN !
- 26 – 29** **Summer Whitewater Paddling**, a small scale trip to North Wales, some Whitewater Skills training on the River Dee and maybe a trip on the Lower Tryweryn (if running).
Probably camping , numbers will be very limited !

AUGUST

- 06 – 09** **NEW ...CAP's Inaugral Descent of the River Medway, from Source to Sea**,
camping along the way, finishing off visiting one of the wartime Estuary Forts. Join the expedition for a day, a few days or even take part in the entire expedition. (Sarah and Will)
- Sun 19** **Drinking & Eating around the World ...** Why not join us at The White Bear, near New Addington, a lovely country Pub, outdoor lunch & drinks, watch as The Red Arrows and other historic aircraft perform flypasts on to nearby Biggin Hill's "Festival of Flight...100yrs of the RAF"
- Mon 27** **Bank Holiday Monday ...** Join us for a lovely Sunny paddle, details too be confirmed !

SEPTEMBER

- SAT 08** **CAP's afternoon private hire of The Nene Whitewater Course**
Take your first steps onto moving water on this ever so friendly man made Whitewater Course near Northampton. Two hours to play, enjoy and improve your skills !
Good preperation prior to our Beginner's trip to Dartmoor in October !
- Sun 23** **Ride The Arun Loop... from and to Arundel**, we ride the incoming tide, stop for lunch, games, Bridge jumping etc. and then once the tide turns we ride it back around the other side of the island. If it's a hot Sunny day then lots of fun both on and IN the River, GET WET, WET, WET !

OCTOBER

- Sun 07** **Join us on a lovely River trip**, details to be confirmed !.
- Thu 18 – Sun 21 ... CAP's Beginners Whitewater Weekend to Dartmoor .**
We'll probably drive down Thursday evening and then enjoy 2 – 3 days of Whitewater paddling on Dartmoor's classic rivers, differing group and Rivers for varying abilities, raw beginners and up, a good old CAP family all hitting the Whitewater together, let's get the Adrenylin pumping !

NOVEMBER

- SAT 03** **CAP's Moonlight Paddle** ... Paddle the River Medway by night, hopefully witness the nearby Firework Display whilst gliding along in darkness, (plus Dinner in the local Riverside Inn) (This trip is subject to confirmation as details for Firework displays not yet released !)
- Sun 11** **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 !
- Thu 15** **Pub Quiz** at The Crown and Sceptre, South Croydon. Let's field a couple of CAP teams !
- Thu 22-Sun 25** **CAP's "Lower Intermediates" Whitewater Weekend to Wales.** For those who've been on a couple of Whitewater weekends & now want to kick up to Top end Grade 2, lower end Grade 3

DECEMBER

- Sun 09** Join us out on the River, a shorter Winter to paddle to keep you in practise.
- TBC** **The CAP Xmas night out, details, date and venue to be announced, CAP XMAS FUN !**
- Sun 30** **CAP's short End of Year paddle,** blow away the Xmas cobwebs then a hot tottie in the Pub !

Let's make this 15th Year of our lovely happy CAP family one that we will remember for years to come !

*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 but followed by motivation, encouragement, progression and generally having fun !

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

Mike

