



**Wilderness Development
Outdoor Pursuits Instruction**

www.wilderness-development.com

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

Introduction to White Water Kayaking at the River Irwell, Bury

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 receives personalised coaching, aimed at helping you improve your existing skills as much as possible. Whether you are above or below the "average" kayaker, we will 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.



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Venue

The meeting point for the Burrs section of the river Irwell is the public car park adjacent to the Brown Cow pub

Brown Cow Pub
Woodhill Road
Bury
Lancashire
BL8 1DA

A location map can be viewed at

<http://maps.google.co.uk/maps/place?cid=3865821555903096381&gl=uk>

Directions from M66

- Leave M66 at junction 2, onto A58 Bury ring rd (signed Bury, Bolton)
- In about 1¾ miles, at traffic lights (end of dual c'way) turn right onto road sign posted as B6213 Tottington
- In about 250yds at traffic lights turn right (signed B6214, Ramsbottom) & follow Burrs Country Park signs
- In about 200yds turn Right into Woodhill Rd
- Follow road to end and continue on over the bridge (cobble)
- The pub and car park are immediately after this bridge over the Irwell.

Directions from Bolton / A58

- From Bolton take the A58 towards Bury
- As you come into Bury turn left at the traffic lights onto road sign posted as B6213 Tottington (2nd left after National Tyres)
- In about 250yds at traffic lights turn right (signed B6214, Ramsbottom) & follow Burrs Country Park signs
- In about 200yds turn Right into Woodhill Rd
- Follow road to end and continue on over the bridge (cobble)
- The pub and car park are immediately after this bridge over the Irwell.



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Car Parking

There is free car parking, but the car park is public and so you're advised to be wary about security; leaving valuables on display etc.

Public Transport

The closest rail station is Bury. You will need a pickup from here, so please contact us to arrange this.

Lunch

We'll try to have a relatively short lunch break, and this may be on the riverbank, so there won't necessarily be time to buy lunch anywhere during the day. Please remember a packed lunch.

Dates and availability

For more information call 07941 645 520. Alternatively, you can see a full list of course dates and availability at <http://www.wilderness-development.com/booking-information/availability>

Timings

Please come on time for a 10am start. We'll finish at around 4pm. The full course fee remains payable even in the case of your late arrival or absence from any session.

Pre Course Learning

You don't need to do any written preparation or homework. It would be helpful if you could bring along your canoeing logbook and BCU membership information if you have it. Otherwise, just practice your paddling!

Facilities

At the Burrs site on the Irwell, there are toilets and changing facilities for before and after the activity.



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Course Duration & Cost

The cost is from £75 per person per 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 Burrs country park. Introductions, kit loan and get changed.

Morning session begins with a flat water section of canal to paddle from the car park to the top of the rapids section.

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

1pm Lunch on the riverbank

4pm Arrive back at the burrs country park and get changed.

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.