



X Adventure Activities

Canoeing - River Bure

Info Sheet

Where

The canoeing is located on The River Bure, Norfolk. The nearest postcode for the location on the river is NR12 7JR. Directions: If driving from Horstead; drive along Great Hautbois Rd towards Coltishall, at the end of the road turn right onto Old Cromer Rd, travel past a farm on your left, don't cross the river, just before the white bridge turn left into a small car park where you will see the canoes and trailer.

If travelling North, travel down Old Cromer Road, past the recycling centre, cross the white bridge and take your first immediate right into the small car park, where you will see the canoes and trailer.

Please be on time as we cannot accommodate late comers once we start down the river. If you have any problems on arrival or will be late please contact 07973 616588 on the day.

What to bring

Please come prepared for the weather, it can get reasonably cold in the wind on the water even on a hot day so we would advise bringing a fleece or warm top. We would advise bringing a complete change of clothes; including footwear. You will need to have footwear on when canoeing and would advise closed toed shoes as we cannot guarantee what is on the river bed. We supply a spray top if needed, a buoyancy aid, a helmet, a waterproof bag or container to take personal possessions onto the water.

Please don't wear jeans as these become heavy and cold when wet; sports trousers are more suitable.

Please bring any medication you require for the day. It is essential that you bring inhalers if you suffer from asthma.

What to expect

If you could be at the canoeing location between 09:00 - 09:15 (morning session) and 13:15 - 13:30 (afternoon session), this allows us time to check vouchers and for everyone to help launch the canoes. We will give you a safety Brief, a demonstration of canoeing and with a little coaching at the start we will soon be on our way.

We will paddle as far as we can and back in the time we have (please bear in mind we will paddle as a group so we must stay together whilst on the water).

The morning session concludes at 12:30, the afternoon session at 16:30.

If you have any questions or concerns about the day please contact us on 01603 893200 or email on Info@xadventureactivities.co.uk

www.xadventureactivities.co.uk

