



RIVER WAVENEY CANOE TRIP SUFFOLK / NORFOLK BORDER



A fantastic experience paddling on the River Waveney, found on the border between the County of Norfolk and Suffolk. The river is slow moving and meanders through some beautiful country side. We are met with challenges on the way and a number of locks to portage (carry) around but the views and the wildlife certainly make up for this.

WHAT TO EXPECT?

Canoes are a great way to watch wildlife and The River Waveney on the Suffolk and Norfolk border allows you to see swans, herons and kingfishers as you paddle the slow moving river. The journey is a mix of great locations, wildlife, meandering river bends, narrow river sections and water reeds; sometimes a challenge but a great journey for those wanting to learn the basics of canoeing. You don't need to have any canoeing experience as coaching is given at the start of the journey and you are accompanied on the river by an experienced canoe coach.

THE CANOEING

DAY ONE

We start the journey from a small bridge at Brockdish. The launch site isn't the biggest but it will still give us the opportunity to practice some paddling strokes (forwards, backwards and turning). We run through the theory of a capsize but we don't ask you to complete one, our intention is to keep you dry. We paddle a distance of 12 km to the Black Swan at Homersfield, canoeing past a number of mills, including; Syleham Mill, Needham Mill, Mendham Mill and Limbourne Mill. The river meanders and twists along the valley floor, through grazing marshes. We do at times need to portage (carry) the canoes around some of the river locks and paddle through some narrow reed sections.

Day Two

We start the day from the Black Swan pub and continue downstream towards Bungay. Frequent meanders characterise the river as it twists and turns to Earsham, we canoe past Flixton air museum and Earsham Mill. The river takes a long loop North West at Bungay around Outney Common, with some great views and conditions to paddle. We continue to Outney campsite where we finish our trip and drive back to the Black Swan to sort equipment, kit and depart for home.

TRANSPORT

We will meet you on the Saturday morning (09:45) at the black swan, Church Lane, Homersfield, Harleston, IP20 0ET. We will issue equipment for the canoeing and organise personal kit for the journey. We will then Transport you in a VW shuttle van back up river to Brockdish. We will need help with transport at the end of the first day to collect the van from the start and transport the van the next morning to the finish point of the trip, we will organise this when we meet on the Saturday morning.

ACCOMMODATION

We use tented accommodation, we usually have two participants to a tent; however we don't expect you to share a tent with somebody you don't know. If you have booked on your own you will have your own tent. The campsite we use is next door to the pub (there's nothing better than a cold drink at the end of a day's canoeing). The campsite has toilets and very minimal washing facilities, unfortunately there aren't any showers at the camp site.

CATERING / FOOD

We don't offer a catering service on this adventure trip. We will however provide you with a stove, pots and pans, gas and utensils to cook simple camp food. We can give you some suggestions for meals and what to bring; you can be adventurous as you like, however the stoves are limited on size and heat and it is sometimes better to heat food rather than cook from scratch.

The other option is to use the pub, they do some nice food with a large menu to choose from, alternatively there are some pubs and takeaways in Harleston. Breakfast can be made on the stoves or brought from a local cafe or petrol station. You will need to have a packed lunch and drinks to take on the canoe journey, could you arrive with food and water for the Saturday (ready to go onto the water), perhaps some sandwiches, snacks, fruit and a drink.

MEDICATION AND INSURANCE

If you are on any medication it is important you bring this with you and inform us of any medical conditions on your booking form. If you suffer from asthma it is important you bring your inhaler.

X Adventure Activities has 10 million employers and 5 million public liability insurance, however we do not offer you personal insurance.

GETTING THERE

The campsite address is:

Black swan, Church Lane, Homersfield, Harleston, IP20 0ET, To get there from the South East; follow the A 12 North towards Ipswich, turn onto the A 14 towards Stowmarket, just before Needham Market take the A 140 towards Stonham and Yaxley. Continue towards Scole and turn onto the A 143 towards Harleston. Continue past Wortwell and take the next right onto the B 1062. Continue about 500 m and turn right into Homersfield, turn right at the grass triangle and continue to the bottom where you will find the pub car park.





ITINERARY

SATURDAY

- 09:45 Meet and greet at the Black Swan, Homersfield
- 10:00 - 10:30 Equipment issue, Canoe briefing and demonstrations at the Black Swan
- 10:30 - 11:00 Drive in VW shuttle to Brockdish to launch canoes
- 11:00 - 17:00 Canoe journey back to the Black Swan (13.5 km)
- 17:00 - 17:30 Pitch tents and sort camp site

SUNDAY

- Sort personal equipment and camping equipment before 09:00
- 09:00 - 10:00 De - camp, organise tents and move transport to the get out point
- 10:00 - 15:00 Canoe journey to Outney Common, Bungay and our get out point
- 15:00 - 15:30 Sort canoe equipment onto trailer, travel back to the Black Swan and depart
- 15:30 Travel home





WHAT TO BRING?

All specialist equipment is provided for the canoeing; including canoes, paddle, waterproof bags, buoyancy aids, helmets, spray cags. We don't provide wetsuits as these aren't that suitable to paddle in. Wetsuits work when they are wet by warming a small layer of water between your skin and the suit. The intention of a canoe session is to keep you dry and the only time you should end up in the water is through an accidental capsized (or intentionally if you're feeling a little warm). The continual movement of the arms when paddling can also produce a rub under the arms when wearing a full wetsuit.

Whilst canoeing you need to wear comfortable clothing, with several layers in case of a cold wind, extra warm clothes (fleece) for the colder months. The extra layers can be carried on the water in a water proof bag (provided). It is also advisable to bring a spare set of clothing with you onto the water in case of a capsized. We can provide you with a spray cag that will keep the water off with neoprene cuffs; however this does not include a hood, so on rainy days we would advise you to bring and wear a waterproof top and trousers. The best footwear would be either trainers (can be a little cold when wet - but fine for the summer), wet boots (neoprene boots, usually about £15.00 to buy) or wellies (good for getting in and out of boats - not so good if you fall in as they can come off and sink!)

You will also need to bring a **sleeping bag** and a **torch** for the camping.

KIT LIST

- Three sets of clothing for canoeing (one for each day and a spare set). This should include layers of clothing for the top half (base layer, thin fleece, warm fleece, trousers (no jeans) that dry quickly.
- A surf rash vest can be useful to wear under a fleece as a thermal layer
- Foot wear for canoeing (trainers, wet boots or wellies)
- Water proof jacket and trousers
- A towel for the wet activities (separate to a wash towel)
- Black bags to put wet clothes in
- Warm hat and gloves
- Warm clothing to change into after canoeing and for the evening (including footwear)
- Sleeping bag, sleeping mat (or blow up bed) and pillow
- Wash kit and towel
- Sun glasses, sun hat and sun cream (lets hope so)
- Torch

If you are unsure of any of the personal kit required or have questions about the trip, please contact us on: info@xadventureactivities.co.uk