

We Love Whitewater

Pyrenees trip



Introduction

We Love Whitewater is running a week long trip in the Spanish Pyrenees.

We'll be based in Sort on the Noguera Pallaresa river, which offers 50km of whitewater of all grades from easy class 2 to technical class 4.

And we'll be running the trips under the same ethos as the weekends: quality coaching in a constructive, supportive atmosphere.



Is this suitable for me ?

This trip is suitable for grade 3 paddlers. A roll is useful but not necessary.

Coaches and ratios

There will be 2 coaches and a maximum of 6 clients on the trip.

The coaches will be Glenn Jarman and Bruce Jolliffe for the first week, and Glenn Jarman and Adam Ramadan for the second week.

What might the weeks look like ?

The Noguera Palleresa has everything from easy grade 2 through to continuous grade 3+/4 and we will pick and choose the sections each day depending on the needs and wants of the clients. The coaches can work independently and we would expect to have a mix of combined and smaller groups.

As such the itinerary below is intended to give you a flavour of what the week might look like. It will almost certainly look a little different !

Saturday	Arrive, unpack and settle in to your accommodation. Optional chance to meet up in the evening.
Sunday	Introductions and a chance to discuss expectations and objectives for the week; easy river day to shake out any cobwebs from the journey.
Monday	Time to start some more technical coaching. Stepping up from Sunday, we'll be looking for some easy grade 3 rapids to test our skills.
Tuesday	Morning on the slalom site in Sort, and a longer afternoon run.
Wednesday	Rest day: Short but challenging blast in the morning and then a chance to revisit expectations and objectives to make sure we're on track. Ice creams and R & R in the afternoon.
Thursday	Either more grade 3 sections, or stepping up into 3+. Finish the day in the spectacular Collegats gorge.
Friday	Write your top choice on a piece of paper...
Saturday	Pack up smiles and head home.

How much will it cost ?

£600 per person. This is the coaching fee only and does not include other expenses such as travel and accommodation and food.

Refunds and cancellations

Payments will be refunded if we can fill the cancelled place but are otherwise non-refundable.

Some FAQs

Can I bring non-paddling partners ? Yes, absolutely. Non paddling-partners are welcome to join us. The area is great for cycling, mountain biking, walking and generally relaxing.

What about accommodation ? The coaches will be camping in Sort, and participants are very welcome to stay at the same site. Sort is a decent sized town, and plenty of accommodation will be available.

What about travel ? Participants are responsible for their own travel arrangements. We will put participants in touch with each other to help facilitate liftshares. Please also see the notes below on travel information.

What about equipment ? Participants will need to bring their own equipment.

Travel information

Participants are responsible for travel to and from the venue and travel during the week.

Distances from Sort

Calais	750 miles
Toulouse airport	150 miles
Barcelona airport	140 miles

Example journey plan – driving

Assumes multiple drivers and minimal stops

Fri 12pm	Arrive Eurotunnel terminal
Fri 1pm	Depart Eurotunnel
Fri 2.30pm	Arrive in Calais (taking account of time difference)
Fri 8pm	Drive to overnight stop (eg Orleans)
Sat 9am	Depart overnight stop
Sat 6pm	Arrive Sort

Time	2 days
Approx cost per vehicle	£500 (£300 Eurotunnel + £60 tolls + £140 fuel)
Approx cost based on 2 ppl sharing	£250

Example journey plan – flying

Assumes other participants will be able to take boats to Sort

Sat 9am	Arrive London Luton
Sat 11pm	Depart Luton
Sat 2pm	Arrive Barcelona (taking account of time difference)
Sat 3pm	Depart Barcelona in hire car
Sat 6pm	Arrive Sort

Time	1 day
Approx cost per person	£450 (£150 flights + £250 hire car + £50 fuel)
Approx cost based on 2 ppl sharing	£300