

We Love Whitewater Pyrenees trip

Sort, Catalonia

7th – 14th June 2025

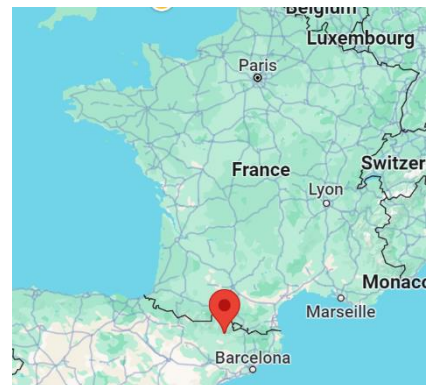


Introduction

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

We'll be based in the town of Sort on the Noguera Pallaresa river, which offers 50km of whitewater from easy class 2 to continuous 3+.

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



La Noguera Pallaresa



Is this suitable for me ?

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

Coaches and ratios

We will work with ratios of 1:3. The coaches will be familiar faces from the weekend trips.

How much will it cost ?

£620 per person. This is the coaching fee only and does not include other expenses such as travel and accommodation and food.

50% payable on booking with balance due two months before the trip.

What might the weeks look like ?

The Noguera Palleresa has everything from easy grade 2 through to continuous grade 3+ and we will pick and choose the sections each day depending on the needs and wants of the clients.

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.
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+.
Friday	Write your top choice on a piece of paper...
Saturday	Pack up smiles and head home.

Refunds and cancellations

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

FAQs

Can I bring non-paddling partners ? Yes, absolutely. Non paddling-partners are welcome to join us. The area is great for cycling, rafting, mountain biking and walking. Or for good wine, excellent food and topping up the tan.

What about accommodation ? The coaches will be camping in Llavorsi, 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.

Useful travel information

Participants are responsible for travel to and from Sort and shuttles 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	£600 (£250 Eurotunnel + £100 tolls + £250 fuel)
Approx cost based on 2 ppl sharing	£300

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