

# We Love Whitewater Pyrenees trip

20<sup>th</sup> – 27<sup>th</sup> June 2026 (full)

27<sup>th</sup> July – 4<sup>th</sup> July 2026

## Information Sheet

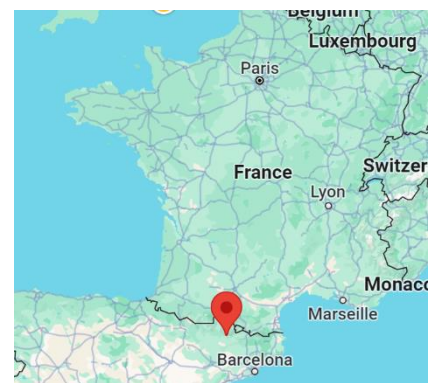


### Introduction

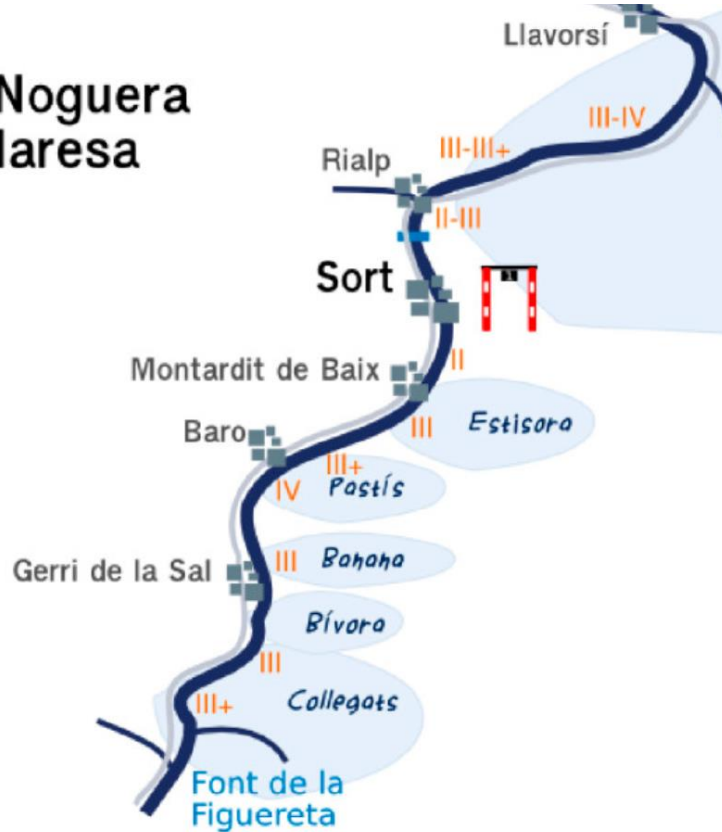
We Love Whitewater is running a week long trip to the Spanish Pyrenees.

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 for bookings made prior to 31<sup>st</sup> September 2025; £650 thereafter. This is the coaching fee only and does not include other expenses such as travel, accommodation and food.

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

## What might the week look like ?

The Noguera Pallaresa 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 ?** Participants will need to arrange their own 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, both in terms of getting to and from Sort and during the week. 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. Kayak hire is available from a local outfitter at €250 for the week.



## Travel options

	Eurotunnel	Ferry to Calais	Ferry to Caen	Flying
Route summary	<ul style="list-style-type: none"> <li>• Drive to Eurotunnel terminal at Folkestone (Jct 11A on M20)</li> <li>• Eurotunnel Folkestone to Calais</li> <li>• Drive Calais to Sort</li> </ul>	<ul style="list-style-type: none"> <li>• Drive to Dover</li> <li>• Ferry Dover to Calais</li> <li>• Drive Calais to Sort</li> </ul>	<ul style="list-style-type: none"> <li>• Drive to Portsmouth</li> <li>• Ferry Portsmouth to Caen (overnight)</li> <li>• Drive Caen to Sort</li> </ul>	<ul style="list-style-type: none"> <li>• Fly to Barcelona</li> <li>• Hire car Barcelona to Sort</li> </ul>
Typical leaving time (to arrive Sat evening)	Friday midday	Friday midday	Friday evening	Saturday morning
Cost pp (Return, based on 2 ppl)	£325	£315	£350	£280
Cost breakdown	Eurotunnel            £240 Tolls & fuel            £350 Overnight accom       £60	Ferry                    £220 Tolls & fuel            £350 Overnight accom       £60	Ferry                    £370 Tolls & fuel            £260 Overnight accom       £70	Flight                   £160 Tolls & fuel            £80 Car hire                £160
Timings & distances (from departure terminal, each way)	E/tunnel      30 mins Driving       13 hours / 1,200 km	Ferry           1.5 hours Driving       13 hours / 1,200 km	Ferry           6 hours Driving       10 hours / 1,050 km	Flight           2 hours Driving       3 hours / 225 km
Notes			Overnight accom is berth on ferry on outward journey.	The costs above do not allow for kayak transport – either local hire costs or contributing towards another participant taking it.