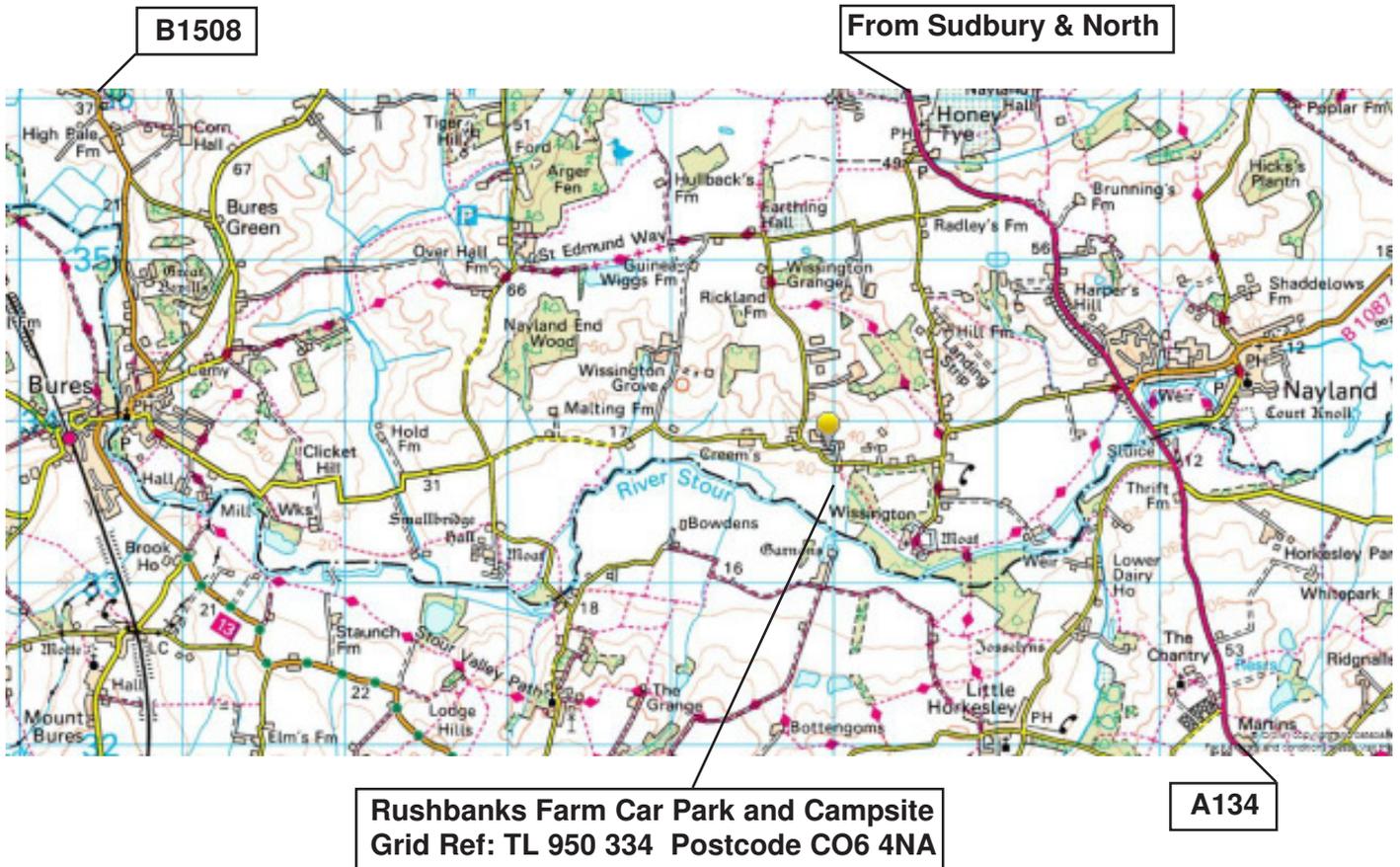


Joining Instructions



**Please arrive at the Campsite car park at Rushbanks Farm at 8.00am
Call 07746 803943 if late or lost**

Rushbanks Farm Campsite is on a minor road between Bures on the B1508 and Nayland on the A134.

From Nayland, at Nags Corner crossroads turn West, away from Nayland and follow signs for Bures on the Suffolk side of the river. Follow this road for about one mile, past a signpost for Wissington Church and a line of cottages, both on the left. After about a further 600m, turn left at the sign for the campsite just before two chalet-bungalows.

At the campsite, go very slowly down the track and park on the cinder car park just before the toilet block and the RSB marquee.

From the North, A14 and Bury-St-Edmunds, take the A134 to Sudbury, on towards Colchester and to Nayland.

From the East and South West on the A12, at Colchester, leave at Junction 28 (Football Ground) and follow signs to Sudbury (A134) through Great Horkeley to Nayland.

From Bures, in the centre of the village by the Church take the road East, signposted Nayland, on the Suffolk side of the river. After about 2 miles the road climbs and by a small lane on the left it starts to fall. After about a further 250m, the sign for the entrance to the campsite is on your right past two chalet-bungalows.

Equipment

What we provide:

- Fully equipped two man Canadian canoes, with room for a child on centre seat.
- Automatic life jacket or buoyancy aid for each person.
- One large “dry bag” per canoe for spare clothes and personal kit.
- Gripseal sandwich bags for wallets, car keys.
- Waterproof poncho for each person.
- Two river guides, in their own canoe, who provide support all day.
- Drinking water in the canoe.
- Upper River/Gainsborough Tour – Lunch at riverside pub, tea & cake at finish.
- Optional overnight camp for additional charge covering campsite fees, two-man tent, thick foam sleeping mat. Use of large marquee for cooking & dining. Feel free to bring your own camping equipment, BBQ & food.
- Lower River/Constable Tour – Lunch at riverside pub, tea & cake at finish.
- Minibus transport to/from start & finish of trip

What you need to bring:

On the boat:

- Comfortable clothes suitable for hot & cold weather. Avoid denim jeans – they stay cold when wet.
- Waterproof jacket & trousers.
- Deck shoes/trainers for use in the canoe. We may need to get out and wade with canoe through shallows.
- Sun hat, sunglasses & sun cream.
- Thin gloves - to avoid blisters.
- Spare clothes to put in the dry bag.

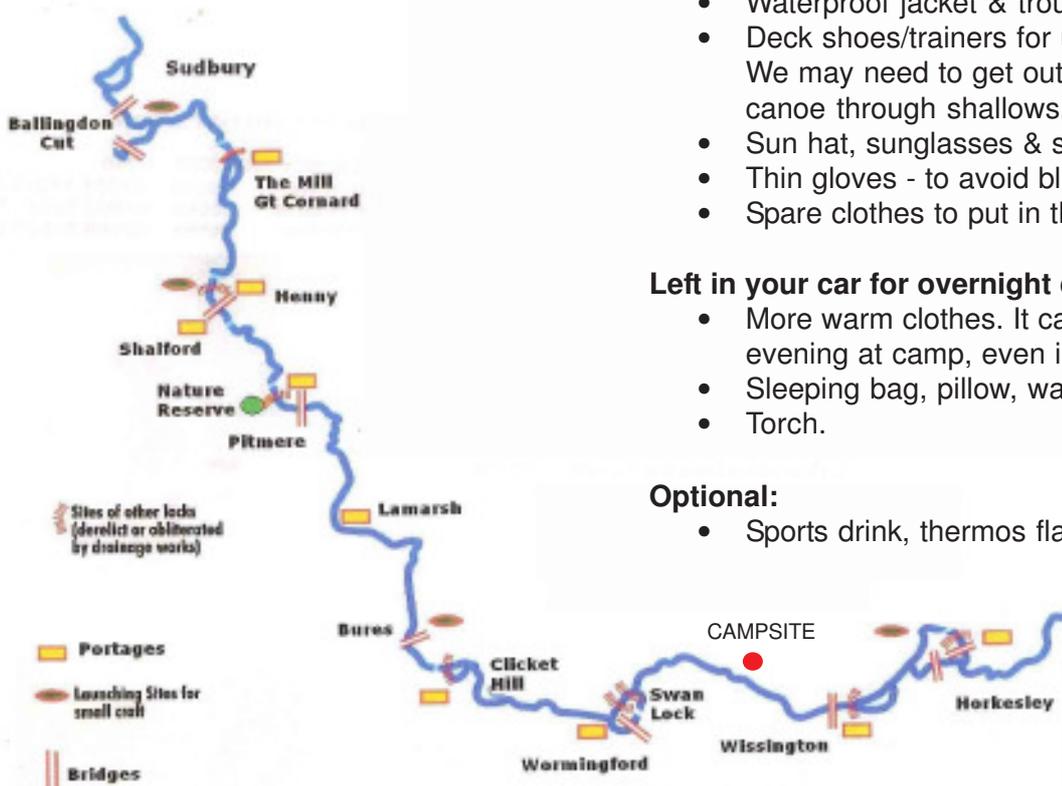
Left in your car for overnight camp:

- More warm clothes. It can be cool in the evening at camp, even in the summer.
- Sleeping bag, pillow, wash-bag, towel.
- Torch.

Optional:

- Sports drink, thermos flask, binoculars, tent.

The Upper River



The Lower River



Paddling Guide

Preparation:

- Wear comfortable, loose clothes and soft shoes such as trainers. You will probably get your shoes wet.
- Leave any rings safe at home - they can give you blisters when paddling.
- Bring some spare clothes, waterproofs, sunhat, sun-cream, sunglasses and some soft drinks/water.
- Put all spare clothing and food into the large dry bag provided.
- Car keys can be left in the minibus or in zip-lock sandwich bags inside the dry bag.
- Do some gentle muscle stretches before paddling.
- **ALWAYS** wear a life-jacket or buoyancy aid when near the river, in the canoe, getting in/out or operating locks.
- Kit out your canoe with: 2 mooring lines, 1 large sponge, 1 paddle per person, drinks bottles, cereal bars. (Foam cushions & thin gloves are also available)

Getting In/Out:

- Launch the canoe by sliding it across the jetty at right angles to the river – keeping hold of a mooring line.
- Hold the canoe against the jetty using lines or by hand. Only one person at a time should get in/out. Follow the instructions of the guides. Step in the middle of the canoe and sit down as soon as you're in.
- Strap the dry bag to the middle of the canoe and pull in the mooring lines.

Paddling:

- The river guides will brief you about each stretch of the river.
- The person at the front just paddles, the person at the rear paddles and steers using the paddle as a rudder. Try to paddle opposite sides to each other and don't keep changing sides. It'll be difficult to start with....but it gets easier!
- Leave plenty of room between you and the other canoes on bends, narrows and the approach to portages.
- **NEVER** paddle over any weirs or flumes (risks capsizing, damage or injury).
- If you're heading for a collision, you should stop paddling or paddle backwards and the person at the front should use their paddle to fend off the bank, tree or other canoe.
- **NEVER** stand up or swap seats while on the river (risks capsizing). Wait for the next portage.
- Avoid overhanging branches, especially on bends. Don't grab onto them (risks capsizing), either fend them off or put the paddle in front of you and let the branches slide over the paddle to protect your head.
- Avoid sudden movements. The most common cause of a capsizing is when both paddlers lean the same way to avoid nettles on the bank!
- If you do fall in, in most places you'll be able to just stand up and make your way to the riverbank.
- **NEVER** try to get back into the canoe in deep water (risks further capsizing), head for the bank or shallow water
- Swans are very protective of their young. Give them plenty of room and don't canoe through a family group. If a swan becomes aggressive, just point your paddle at the swan and hold it still – the swan can't reach you then.
- Don't have too much alcohol at lunch – it won't improve your paddling!
- If you hear one blast of the guide whistle, wait where you are for others to catch up. If you hear 2 blasts, make your way to the whistle – which may be upstream.

After Paddling:

- Help pack away all the gear, recover personal belongings.
- Wash out the canoes with bucket & sponges provided.
- Wash your hands before eating food.
- Reflect on a great experience!