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Canoe Trips from Lerryn - Instructions to participants

Many thanks for booking your trip with us. We want you have a safe, fun and enjoyable trip on the river and to make this happen we need you to read this information before your trip and make sure all of your group are aware of it.

Before you arrive -

Equipment we provide. We use a mix of very stable sit in and sit on top, double kayaks which you can paddle in pairs or on your own for larger adults. We have a small number of single kayaks which are much less stable. Because of this they are only offered to adults with previous river kayaking experience / kayaking qualifications. Single Kayaks must be booked in advance with the office. We provide everyone with a suitable buoyancy aid and paddle and our safety boats carry emergency and first aid equipment for the group.

Health Issues If you have any medical conditions that could be an issue or which may affect either your paddling or an open group trip, then please make sure the office know in advance. If you have any concerns on the day just talk to one of the staff running the trip for advice.

Heavier and Taller Adults Larger Adults over 6'2 and / or over 16 stone, must use double kayaks. You will be more comfortable and stable in a double kayak which has more room. Please let the office know in advance if you are a larger or heavier paddler so that we have the right equipment set aside for you.

What to Bring

A spare set of clothes This is the most important thing – you are not likely to fall in but you will get wet paddling, possibly very wet if you are new to canoeing. Everyone should have a change of clothes for use after the trip.

Waterproofs Bring waterproof jackets and also waterproof trousers as you will get wet with water dripping onto you as you paddle. To keep trip prices as cheap as possible we do not include waterproofs in the price of the trip as nearly everyone has their own. IF you do not have waterproofs we stock sets of jackets and trousers for teenagers and adults which you can buy for £4.00 per set. These are tough, reusable waterproofs and are a good investment for anyone on holiday in Cornwall without waterproofs. If you do arrive without anything you may be required to buy a set to make sure you don't get cold on the trip so please come prepared.

Snacks and a drink – On longer ½ day trips it's always worth bringing along some snacks and a drink – you can pick these up from the Lerryn Village Shop if you need to. Bring some snacks and a drink if you are coming with younger children on any length of trip as it's a great incentive if they get tired.

In Hot Weather If it is very hot then make sure you protect yourself from the sun, ideally by having a hat & wearing long sleeved shirts / trousers or at least by using plenty of Sun Protection Cream. Water reflects the sunlight and you will get badly sunburnt if you do not use protection. The village shop stocks Sun Protection Cream or ask us if you have forgotten yours. If the sun is strong bring some shades / sunglasses or you will be squinting all the way down the river

In Cold Weather / Evening Paddles - You should wear comfortable and warm clothes - Tracksuits, fleeces and jumpers etc. If the weather is a bit chilly then a hat and gloves are ideal. On evening paddles as the sun sets it can suddenly get very cold so bring warm clothes particularly for children, even if it's nice and sunny when you leave.

Footwear Remember you will need to get in and out of your kayak at the water's edge and may end up putting your foot in the water so wear footwear that would cope IF it does get wet – not your best shoes !

On the Day

Where and When to Meet – Your confirmation paperwork will have stated the time for meeting us for your canoe trip, if you are not sure then please call us to confirm. **We will meet you at the Canoe Slipway marked on our Lerryn Map.** We will issue your equipment, go through the plan for your trip and give a basic briefing on how to canoe safely.

Arriving Early or Late - The Lerryn section of the river is very tidal and there is only a limited “window” of water for your canoeing. It is vital that you meet us at the agreed time for your trip – if you are late, sorry - but we will have to leave without you to catch the tide and to make sure others on the trip are not delayed. If you arrive early you may not see much water don't worry, the tide comes in very fast and will be there for your trip!

Bags and valuables

You can put small or valuable items in the safety boats. If you are on a longer one way trip then bring your dry clothes with you – if you are paddling out from and back to Lerryn then leave your dry clothes in your car.

Changing and Toilets - You are best off coming dressed to paddle. There are public toilets in the car park, the village hall when it's open and in the Ship Inn who are happy for anyone using the pub to change in the toilets there.

Your Safety- Our safety boat staff are all experienced operators on this river, first aid trained and fully licensed on an annual basis by Fowey Harbour Commission for this work. If you have any concerns or questions on the day just ask them for help. We will give you a full briefing and make sure you are happy with your equipment and what to do with it before you go onto the river. Every trip has at least one and often two safety / support boats running with it and everyone is supplied with and must wear, their buoyancy aids.

Staying out of the water

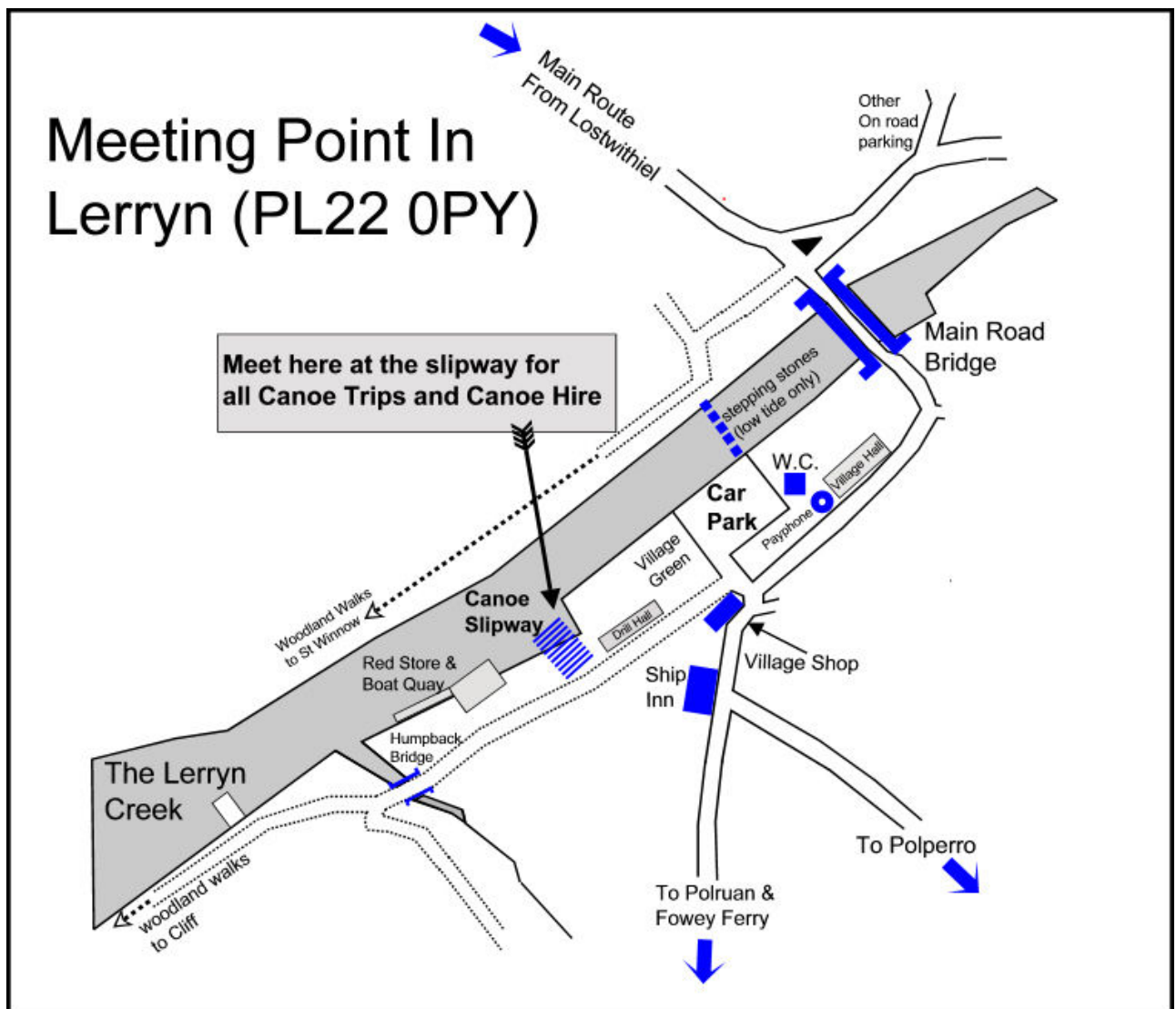
The Lerryn River is very safe to paddle and you will have good support from our staff and safety boats on your trip. However it is a wild environment and a tidal river with potentially strong currents in places and it is also used by other boat traffic. In the interests of everyone's safety and to ensure as enjoyable trip as possible we have a policy of avoiding capsizes wherever possible, these are river expeditions NOT kayaking training sessions. IF anyone is keen to experience capsizing a kayak tell us and we can arrange this at the end of the trip in a suitable and safe location. For the trip itself we ask you to follow instructions to avoid capsizes and on no account to attempt to paddle in a manner which may capsize you or anyone else on the trip.

Weather Conditions - We only operate our trips when it is safe to do so. In conditions of strong winds or persistent heavy rain we will not operate trips.

Where we think a trip is likely to be cancelled we will try and contact you to advise this. To save wasted journeys it is therefore vital that when booking you have supplied us with contact mobile phone numbers or a telephone number where you are staying so we can contact you 24 hours earlier if there is a poor weather forecast. Check your mobile before you set off in poor weather or if you have any concerns yourself with the weather forecast, please call the office to check if the trip will be running. If we are unable to contact you in advance we may have to turn you away at the river if conditions are unsafe on the day. Very occasionally the local weather may be much worse than forecast or is deteriorating and we reserve the right to cancel a trip or alter its destination at any point before or during the trip if the safety of participants is an issue.

For your peace of mind, in any situation where we have cancelled a trip we will try and move you to another session to suit you or where this is not possible we will refund any advance payments in full. This applies to conditions of strong wind, persistent / heavy rain and low temperatures, note that we do still operate in light rain and drizzle.

Don't forget your spare clothes and waterproofs..... and we look forward to seeing you on the river



Getting to Lerryn

You are best off having a road map with you as there is a maze of tiny roads around the village if you take a wrong turn. The easiest signposted route is by turning off the main A390 at Lostwithiel.

From St Austell (A390) turning off at Lostwithiel

Just after crossing the main road bridge on the A390 in Lostwithiel there are signs for Lerryn and the Ship Inn, (right turn). Follow the road over a cross roads by the Earl of Chatham pub and it's a straight 3 miles along the back road to Lerryn.

From Liskeard (A390) turning off at Lostwithiel

Just as you reach the Lostwithiel Village sign on the A390 Lerryn is signposted on your left, 100 yards down this road just before the Earl of Chatham pub take a left turn before the hill drops steeply. It's a straight 3 miles down this road to Lerryn.

The Car Park can get quite busy in summer if it's full you can usually park along the main road by the Village Hall. If you park anywhere along the lane by the river where we meet make sure you check this with our staff otherwise you may well come back to find the car underwater! If you arrive early there is great walking either side of the river on forest paths from the Car Park area and the village shop sells basic books of walks if you want to explore further. Refreshments can be bought at the Village Shop or from the Ship Inn.

Remember - If you park on the back lane by the river foreshore, check with staff or you may return to find your car underwater on very high tides.