

# TALES FROM THE RIVERBANK



*September/October 2011*

## ***River Elle Brittany***

*Gemma Coleman*



When a canoe trip starts with patching up the several holes in your free hire boat with food packaging, you're allowed to be a little apprehensive- but before you get excited as you await to hear a comedy of errors, I warn you that this was the only mishap and what is to follow is simply the story of a wonderful few days of canoeing.

My family, (Dylan Stewart Luan Stewart, Nick Coleman) and I holidayed in a campsite in Brittany which the River Elle flows through and, so, naturally, we got paddling as soon as possible.



We took the canoes down the gentle course and allowed ourselves to be enveloped in the wildlife that nature offered, with the only disturbance to the timeless still being the occasional screech of “KINGFISHER!” as we spotted the electric blue wings graze the water, and a few salmon popping up from the water to say hello.



Meandering down the river, a rather German-looking house came into sight with a startling black horse galloping through the grounds. We sat and marvelled at the horse's Black Beauty-esque features until I pointed out that the house looked rather like something out of Hanzel and Gretel- needless to say, onwards we went.

We started to paddle back up the river but before long, Luan realised that she was having to put in a little more work than usual.

It appeared that Dylan had stopped for lunch a little earlier than expected and was lounging in the canoe, sipping coffee! No change there then.



The final part of the mini-trip saw Nick and I climbing out of the canoe to drag it up some rapids whilst Luan and Dylan watched... and then realised that they were missing out on the fun so soon followed suit!

On part of the river there were some slalom gates so we had a go at negotiating them.



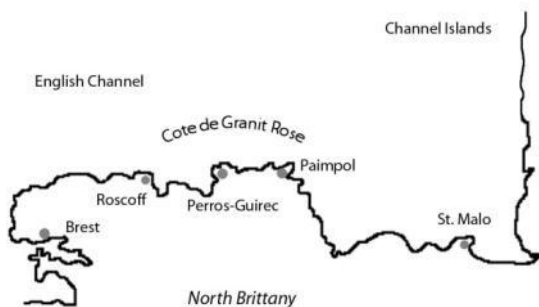
It was a great day and a fab river for beginners like ourselves.

**Gemma Coleman**

# A Summer in Brittany

**Andy Biggs**

This is not a tale of high seas drama, fighting off wild monsters and surviving great surf landings. But rather, a collection of memories and notes that may help those who are considering a holiday abroad.



The Brittany coast is one of the most tidal in the world and at some points it speeds past headlands that would excite the most enthusiastic white water paddler. However, as the tide drops and flows out to the west it exposes a rocky coastline, which is beyond even the most committed portage exponent.

Our journey started with the usual traffic jam dodging as we headed south on the M5 to take an early morning ferry from Weymouth to St. Malo, with Condor Ferries. This included a very pleasant 4 hour stop-over in Guernsey; this was long enough time for a drive, walk along the coast and cup of coffee.

This enabled us to arrive early evening and drive west towards Paimpol, where we found a coastal family campsite near the village of Pleubian. This was an ideal location, which enabled us to launch directly from the site, either paddling west to the town of Treguier, or heading east towards the 4km long natural spit called, Sillon de Talbert. This feature is very similar to Spurn Point that extends into the Humber Estuary.



Other destinations worth launching from include Loguivy, which gives easy parking and access to a small group of islands, Ile de Brehat. These are quite popular and a regular line of ferries ply their trade across the tidal narrows that separate them from the mainland.



The success of any sea trip along this coast is an understanding of the tide. Unlike the UK, it is easy to pick up free tide tables and from these to work out when it is possible to set off on an adventure, even if it may be a small one.

With a range of over 13 metres in height, get the planning wrong and you are left with a long wait or climb. Due to the rocky nature of the coast it is vital to take some time and watch what channels are left as the tide falls.



Access is normally available 3 hours either side of high water, but go outside this time and you are taking a risk. There are exceptions.

A small natural harbour at Port Blanc is worth a visit.

After a week, we moved further west to another coastal campsite at Treleven, on the outskirts of Perros-Guirec.

Heading further west from here you come to the spectacular Cote de Granit Rose, which is formed by red granite, and under the correct light will glow like embers in a fire. The small island of Ile Grande can be reached by a causeway and provides a pleasant walk for the day.

Another 4km along the coast will bring you to Trebeurden, which has a small harbour, and does give access at all states of the tide. From here there are several opportunities for day paddles, especially exploring the offshore islands that lie only 1 km from the shore.

With a series of small villages spreading themselves along the coast, it is easy to find a friendly café to break the journey.



The whole coast can be explored by following the GR34 footpath. This hugs the sea at every opportunity and when the wind is too strong or your legs too cramped, gives another opportunity to explore.

The French produce a 1:25,000 series map, recognised by their blue covers, similar to the UK's OS maps. These provide plenty of detail for both paddling and walking. However, the local tourist board produce a number of free maps that are quite detailed and we were quite surprised at how much we used them.



The main roads that linked St. Malo to the west were easy to use, free to use and free of jams! The smaller road network that linked the villages did need a bit more careful use. A number of the villages held street markets and festivals that enabled us to experience more of the French culture.

Our return ferry departed from St. Malo in the evening, via the Channel Islands arriving in Poole around midnight. It was only whilst waiting on the dock-side did we realise my car Sat-Nav covered France; it is worth checking before you leave!

Another option to get to Brittany is take an overnight ferry from Plymouth to Roscoff. This gets you further west by driving in the UK and saves the need to find overnight accommodation. Arriving early in the morning wide awake will give you another full day away from the day job.

The Brittany Coast provides endless opportunities for a relaxing holiday with a chance of a bit of adventure. It's not Scotland's West Coast but it must be remembered that the UK is one of the premier sea kayaking venues and people travel from all over the world to experience a coast that is on our doorstep.

**Andy Biggs**



## **CHRISTMAS DINNER AND DISCO**

on  
**SATURDAY DECEMBER 10th**  
at  
**THE NEW DROP INN**  
(Longridge Fell)

**COST: £24.95**

**TIME: 7.00 for 7.30**



**BOOKINGS ASAP BUT NO LATER THAN FRIDAY OCTOBER 15th  
PLEASE**

### **Starters:-**

DEEP FRIED GARLIC MUSHROOMS WITH GARLIC MAYONNAISE  
TROPICAL MELON WITH SEASONAL FRUITS AND RASPBERRY COULIS  
HOME MADE CHICKEN LIVER PATE WITH A PORT WINE SAUCE & TOAST.  
WARM BROCCOLI AND STILTON TARTLETS WITH MIXED LEAVES  
HOME MADE VEGETABLE SOUP SERVED WITH CROUTONS.

### **Main Courses:-**

TRADITIONAL ROAST TURKEY WITH ALL THE TRIMMINGS,  
POACHED SALMON SERVED WITH HOLLANDAISE SAUCE.  
ROAST DUCKLING WITH APPLE SAUCE AND STUFFING  
SHOULDER OF MINTED LAMB CUSHION SERVED OFF THE BONE.  
CHICKEN BREAST WITH A MUSHROOM AND CREAM SAUCE.  
MEDITERANIAN VEGETABLE LASAGNE.

**Choice of Sweets including home-made Christmas Pudding with Rum Sauce**

**Coffee & Mints**

PLEASE RETURN THE FORM BELOW, AS SOON AS POSSIBLE, BUT NO LATER THAN  
TUESDAY 11th OCTOBER. PLEASE SEND WITH CHEQUE (**made payable to Ribble Canoe  
Club**) FOR THE FULL AMOUNT TO:

NAME/S \_\_\_\_\_

STARTER/S \_\_\_\_\_

MAIN COURSE/S \_\_\_\_\_

**Sweets to be chosen on the night**

**I ENCLOSE A CHEQUE MADE PAYABLE TO: RIBBLE CANOE CLUB**

FOR \_\_\_\_\_

# ***The Lee Valley Experience***

***Roy Booth***



***The course from the top***

It all started some time ago when someone posted on the Club Forum that the Lee Valley White Water Olympic Course was open to the public and it would be a blast to go and paddle it, yes sounds fun to me.

The post went on for a while with moans about the cost and what level of kayaker you had to be to get on it and so on. Then one fine day it was announced you had to do an assessment at the course at the cost of £10.00 and if you did not make the grade you could only paddle the legacy course.

Now this seemed to put an end to the forum discussions but I was heading down south for other reasons, so I had a look at their web site and found that the assessments were only on

Saturday or Sunday 10am till 2pm. A quick juggle of my holiday, and a bit of sweet talking, and I found a suitable day and time slot so booked on.

As people who know me, will know my confidence has taken a knock and my paddling has not been as good over the last few months (must find a paddling partner to help me out), so it was with great trepidation that I pull up in the car park of the Olympic stadium.

I arrived early so that I could have a look round before my time slot but did not think I would get a chance to see the course before it had water in.



I later found out it cost £450.00 an hour just to run the pumps on the Olympic course so they leave it till the last minute to switch them on.



***Three of the 4 pumps running***

The legacy course was running so I went and looked round. The first thing you notice is that there are no big eddies, most are just big enough for 2 boats so there are no big groups of people waiting to get on the play waves.



***Waiting to go – that is the look of fear.***

Well my time slot came so with boat and kit I lined up with two others and a 'would be' instructor.

The first thing you do is get on the lake and warm up, that's when you notice how clear the water is, a full paddle depth and you can see the bottom clearly.

We then have to paddle back to the steps and do flat water roll – no problem.



***The lake and office***

Next we get on the legacy course via the escalator and we paddle down it first time, second time we have to make some eddies and play on a wave or two.

Next time you have to make 5 gates that are set up on the course, well I made 4 and flipped and had to roll getting to the last one.

The assessor says no problem just go down again and make the last 2, I get them this time.

Now the question 'Do you want to try the Olympic course?'

With one gent saying he didn't fancy it we crossed to the only point accessible after the start, this is about half way down and it is where all the rafts play but there is room for a few boats in the eddy.

The assessor says 'seal launch down the steps and make the eddy on the other side come back above the hole make the next eddy above the drop then down to the end' sounds ok But!!!

Seal launch ok got to the other side coming back, yep in the hole and flipped made my roll just in time to go over the drop. By the time I'd got my breath I was over the next drop and heading for the end of the course Game Over.

So when the assessor catches up with me he says 'what do you think?' 'Too much for me' I say 'I just cannot get around on something that big and quick.'

He agrees and says 'You have 15mins of your hour left, spend it on the legacy and I will sign your pass for that course.' So that's what I did, I then paid another £5.00 for an extra hour on the course.



*The legacy course*

**Summary:** Great place, great course. If you are ever down that way do the assessment, it's just about ability, and being able to move around on grade four water with skill and confidence. This will enable you to avoid the rafts as there are loads of them.

When I did my assessment there were 5 rafts on the water, and 2 of them were upside down, so that's 16 swimmers and 5 rafts. You have to be able to get out of the way – SIMPLE.

The legacy is a good course no rafts and some nice play spots. It's like Teeside without big eddy and acid drop. I just wish it was closer and I would be there every weekend!



*The legacy course*

**Roy Booth**

## ***Booking Equipment***

A reminder to any members wanting to borrow club equipment

**Please remember to follow the standard booking procedure, which is:**

Email Me (Any time before Tuesday evening) or ring me on a Monday evening

(see contacts page for address & telephone number)

Collect and return kit at H&D on a Tuesday evening

**SIMPLE!**



**Happy Paddling**

**Graham Kingaby**

**The following boats are being offered for sale to club members:  
3 Freestyles and 2 Rotobats £10 each**



# Midsummer's Day Dream

**Debra Bookbinder**

Not that we're desperate, but when the opportunity came to be outside, in a boat, with more than a paddles depth of water, it proved too enticing to resist so a bunch of the most addicted turned up to test out a new venue at Brockholes. Roy Booth, AKA, "Detective Clouseau", had discovered a new "discovery centre" at the handiest of locations at the junction of the M6 and Preston South M6 exit and negotiated a day's access.

A little tricky to find at first the area is identified with brown 'Brockholes' signs on the roundabouts. These signs have a Badger on them. A hard right turn immediately after the southbound exit of M6 will bring you to a road that parallels the slip road, as you get to the T junction facing the river, you turn immediately hard left back on yourself and with a bit of luck the gate is open, this track is then followed to a drop off point to take off the boats.



On returning through the gate and turning left you can then follow the signs to the car park and for £4, you get to leave your car for up to 5 hours.

The lake is clean and deep enough to practice rolling, paddle strokes and rescue in a more realistic, less chlorinated environment than a pool, but without the moving water or risks of a river. Perfect.



There's also a café and Wi-Fi

The day we chose was the end of July and the sun accommodated us. More than a dozen people turned up to turn over or at least watch others turn over from their boat!

It also provided an ideal opportunity for capsizing and rolling practice with plenty of room for the sea kayaks!



Here's an example of how not to do it. Note the BODY is ABOVE the boat...



With a bit of practice it got a bit better, here the BOAT is ABOVE the body....



Ego was salvaged, with a better show in river re-entry, which some found easier than others...



Overall conclusion: It's not Teeside or Cardiff, or the Tryweryn, or the Leven. But it's closer and cleaner than HPP! When there isn't any water anywhere else, it's a good deal better than nothing.



*Looks like a near miss for the accident book*



For those interested in visiting the Brockholes Centre here is a map



***Do you want to look as snazzy as Terry?  
Then read on***

**Order your Ribble clothing today (or at least by 4th October)**

I have the order form from [www.asterisk-direct.co.uk](http://www.asterisk-direct.co.uk). Their current catalogue can be found here too.

There are two sets of garments, the normal ones and ones we are having done for when we are on tour. These will have the words, 'Ribble Rabble on Tour' around the boat on the front and your own appropriate lettering on the back, for example 'Binky Boo'.

Please make your orders clear and make cheque payable to Ribble Canoe Club.

Any queries see me at the H&D.

Ideally hand me your order form and cheque so we can check them together.

I will be at H&D Tuesdays until 4th October.



## ***Ribble Canoe Club Clothing – Sept 2011***

### ***Polo Shirts – £16.26***

Colours - black, white, pure gold, winter emerald, sky, French navy, bright red, yellow, burgundy, bottle green, purple, birch, bright royal, classic red, graphite, light oxford

***X Small (34"-36") Small (36"-38") Medium (38"-40") Large (40"-42") X Large (42"-44") XX Large (44"-46")***

### ***Sweatshirts – £17.46***

Colours - black, white, birch, purple, bottle green, bright royal, bright red, French navy, burgundy, grey, winter emerald, sky, classic red, pure gold, light oxford, yellow, brown

***X Small (34"-36") Small (36"-38") Medium (38"-40") Large (40"-42") X Large (42"-44") XX Large (44"-46")***

### ***T-Shirt – £10.20***

Colours - black, bottle green, birch, French navy, orange, classic red, sky, slate grey, pure gold, bright red, bright royal, olive, lime, mint, pink, combat khaki, natural, Kelly green, light oxford

***X Small (34"-36") Small (36"-38") Medium (38"-40") Large (40"-42") X Large (42"-44") XX Large (44"-46")***

### ***¼ zip Fleece - £24.06, full zip fleece £26.58; zip neck micro Fleece £24.60***

Colours - black, deep navy, smoke, red, forest green, bottle green, royal blue, navy blue

***Small (35"-37") Medium (38"-40") Large (41"-43") X Large (44"-46") XX Large (47"-49")***

### ***Rugby Shirt – £25.32***

Colours - white/navy/navy, navy/sky/navy white/black/black – the first colour is the left hand square colour (where the logo is) and the latter colour is the collar colour in each case.

***Small (34"-36") Medium (37"-39") Large (41"-43") X Large (44"-46") XX Large (47"-49")***

### ***Jerzees Hoodie – £20.28***

Colours – birch, black, bottle green, bright royal, burgundy, classic red, French navy, light oxford, pure gold, sky

***X Small (34"-36") Small (36"-38") Medium (38"-40") Large (40"-42") X Large (42"-44") XXL (44"-46")***

### ***Child's Classic T-Shirt –£8.50***

Colours- birch, black, bottle green, bright red, bright royal, burgundy, citrus, classic red, French navy, mandarin, natural, pure gold, purple, sky, white, winter emerald, yellow

1-2yrs (20"-22") 3-4yrs (22"-25") 5-6yrs (25"-28") 7-8yrs (28"-30") 9-10yrs (30"-32") 11-12yrs (32"-34")

**All sizes quoted on order form are approximate and for guidance only.**

# ORDER FORM DETAILS

Name: \_\_\_\_\_

Contact No: & Email \_\_\_\_\_

Garment	Size	Colour				Price
		<i>Garment</i>	<i>Lettering</i>	<i>Boat</i>	<i>Wave</i>	
						£
						£
						£
						£
						£
						£
						£
				TOTAL COST		£
N.B. All monies to be settled when order is placed. Cheques payable to Ribble Canoe Club.						

*Tour clothing: If you want any clothing to be for when we are on tour, with the words 'Ribble Rabble on Tour' around the logo and your own wording on the back, e.g. 'Ace Paddler' this can be arranged for £6.60 extra for embroidery (washes better and lasts longer) and £4 extra Transfer; price may increase for longer wording. On the form below please use the first line to record your normal garment parameters and the second line for the wording – hopefully it's clear*

EG Garment	Size	Colour				Price
		<i>Garment</i>	<i>Lettering</i>	<i>Boat</i>	<i>Wave</i>	
hoodie	XL	Blue	red	orange	pink	£20.28+£6.60
Ribble Rabble on Tour' colour		Purple	Back Lettering	Binky Boo	Back Lettering Colour and type	Purple Embroider
				TOTAL COST		£26.88
N.B. All monies to be settled when order is placed. Cheque's payable to Ribble Canoe Club.						

*This will get me an XL Blue hoodie with the boat orange, with red lettering round it and a pink wave with purple 'Ribble Rabble on Tour' round the boat for £20.20 and on the back purple embroidered lettering that says Binky Boo for an extra £6.60 = £26.88*

Garment	Size	Colour				Price
		<i>Garment</i>	<i>Lettering</i>	<i>Boat</i>	<i>Wave</i>	
						£
Ribble Rabble on Tour' colour			Back Lettering		Back Lettering Colour and type	
						£
Ribble Rabble on Tour' colour			Back Lettering		Back Lettering Colour and type	
						£
Ribble Rabble on Tour' colour			Back Lettering		Back Lettering Colour and type	
						£
Ribble Rabble on Tour' colour			Back Lettering		Back Lettering Colour and type	
						£
Ribble Rabble on Tour' colour			Back Lettering		Back Lettering Colour and type	
						£
Ribble Rabble on Tour' colour			Back Lettering		Back Lettering Colour and type	
				TOTAL COST		
N.B. All monies to be settled when order is placed. Cheque's payable to Ribble Canoe Club.						

**I will be placing an order for the very popular and much requested Ribble Canoe Club Clothing shortly. If anybody would like to order any clothing could you please send the completed order form and correct payment to me at the Hand & Dagger or at:**

**Cheques made payable to Ribble Canoe Club**

The on line catalogue can be found at: [www.asterisk-direct.co.uk](http://www.asterisk-direct.co.uk).

If you have any queries you can email [paul.anthony.binks@btinternet.com](mailto:paul.anthony.binks@btinternet.com) and hopefully I will be able to answer your questions.



# ***Halton Rapids Update***

Paddling starts on the 1<sup>st</sup> November, but there is not likely to be any access from the North Bank this season

Building work has commenced on the side of the river, there is fencing across both sides of the mill preventing vehicle and pedestrians from entering the area. This means that we

will have to park on the south side of the river by the University Boathouse and paddle up to the rapids. I will post on the forum as and when I have any further updates.

**Pat Green**

## ***Chairman's Chat***

It must be something in the water. Everyone's getting married – well, not everyone, but quite a few. Graham Kingaby and Elizabeth in April, Dave Hull and Sarah in August, Will Body and Rache at the week-end, and Beth and Michael next month.

Perhaps it's not something in the water so much as a lack of water meaning there's not much else to do! I'm sure we all wish them congratulations and all the best for the future – as long as it doesn't result in curtailed paddling but perhaps more members for the club in the long run 😊.

Rhosneigr was an outstanding success, with the best surfing waves I've ever seen there (or anywhere else – I don't get out much). There were loads of members camping despite the iffy weather and barbecues were achieved albeit occasionally under tarps and brollies.

The Ullswater camp (historic reference there), held at Bala again this year was another success. The Three Amigos paddled like ducks on the Tryweryn international course, only getting off for food or when it got too dark to see.

A second highlight was described by Norman of the North as "Camp fire tourettes" when Rache attempted to light the paper thrown onto the barbecue.

Aidee Blackburn had soaked it in what he called "frame cleaner" and the resulting Whuuumph blew Rache backwards with \*\*\*\*\* and \*\*\*\*\* (expletives deleted). As she said when she'd calmed down/sobered up, if she'd lost her eyebrows two weeks before her wedding she'd have been a bit miffed.

Incidentally we may be having next year's West Tanfield Camp at Cardiff White Water Course.

We're struggling to get enough committee members to our meeting tonight (14<sup>th</sup> September), so if there's any member out there who'd like to become part of the bun-fights known as committee meetings please put yourself forward – we need all the help we can get.

Debbie's arranged the Christmas Dinner & Disco at The New Drop again this year on Sat 10 December and a booking form and menu should have appeared somewhere in this Newsletter. It's always a good do with good food, good drink and good company – what more could you ask for. Oh yes, good dancin', and that's there in a-bun-dance 😊.

**Terry Maddock 077 333 86704**  
[Chairman@ribblecanoecub.co.uk](mailto:Chairman@ribblecanoecub.co.uk)

# ***Editor's Bit***

Thanks to Gemma Coleman and Andy Biggs for their articles, let's hope that more follow from their keyboards.

Well we know where everyone went for their Holidays – France.

Well not all of you, just the ones who know how to write newsletter articles. With the exception of Roy and Debra of course who have provided a steady stream of articles of late. Thank You.

Wonder why Debra called Roy “Detective Clouseau?” If memory serves me right **HE** was a bungling kind of chap who always got himself into trouble.

I must confess that when Pat informed me that “we have 2 articles about Brittany” I thought, **Britney Who?**

Anyway on a different subject altogether, there are a lot of people with a lot of paddling experience within the club. We also have a constant stream of new members (I am happy to say).

Should we have a list of useful paddling related tips to pass on to our new members? This could be as a new page on the website, or as regular feature in the newsletter. New tips can be added or old ones deleted as required.

As an example of the kind of thing I have in mind, here is one I overheard recently. If you borrow a club kayak which has a full plate footrest, check that the footrest is the right size when it is adjusted for your leg length. If it is too small when adjusted, there

is a small chance that your feet could overshoot the plate and become trapped.

Apparently some club kayaks are supplied with two different sizes of footplate but as is the case with club kit, accessories become separated and lost or misplaced. Ribble Canoe Club has addressed the issue for our own kayaks, but you may at some time borrow one from another source, so it is worth knowing about this.

Let us know what you think about this idea; we could call them RTT's (Ribble's Top Tips).

As newsletter editors we are prepared to act as “Top Tip” collators.

**Dates and Deadlines** The next committee meeting will be on Wednesday 2<sup>nd</sup> November at 7:00pm at the Hand & Dagger. The next newsletter will be published on 16<sup>th</sup> November. We would appreciate all submissions by Wednesday 9th. Please send your submissions by email, to [newsletter@ribblecanoeclub.co.uk](mailto:newsletter@ribblecanoeclub.co.uk). When we receive them we will send you an email acknowledgment. If you don't receive one you will know it hasn't been received

**Disclaimer** Please note that the opinions expressed in this and every other Ribble CC newsletter are those of the author of the article. They do not necessarily reflect the opinions of the newsletter editor or the committee, or the policies of Ribble Canoe Club

***Pat & Norman Green***  
[newsletter@ribblecanoeclub.co.uk](mailto:newsletter@ribblecanoeclub.co.uk)

# ***Pool Sessions***

The following lists the pool sessions booked at Fulwood Leisure Centre, the contact for the courses and the Supervisor and Committee member on duty.

<b>Date</b>	<b>Session</b>	<b>Contact</b>	<b>Supervisor</b>	<b>Committee</b>
23 Sept	Rolling Course 1	Gary Fishwick	Katy Fishwick	Gary Fishwick
30 Sept	Rolling Course 1	Gary Fishwick	Albert Risely	Richard Collins
7 Oct	Rolling Course 1	Gary Fishwick	tbc	Paul Binks
14 Oct	Paddle Skills	Allan Hacking	Rachel Body	John Kington
21 Oct	Open	n/a	Tony Morgan	Terry Maddock
28 Oct	Possibly a demo night	tbc	David Nelson	William Body
4 Nov	Open	n/a	Rick Turner	Terry Maddock
11 Nov	Paddle Skills	Allan Hacking	William Body	Rachel Body
18 Nov	Polo	Rachel Body	Mark Dillon	tbc
25 Nov	Safety Session	n/a		
2 Dec	Open	n/a		
9 Dec	Paddle Skills	Allan Hacking		
16 Dec	Dumbongo	Paul Binks		

## **Please note prices for pool sessions:**

Rolling Course £20 plus club membership.

Freestyle £5.

All other sessions £4.

Open sessions are open access, no need to book. Please book in advance for ALL other sessions by phoning the named contact.



# ***Ribble CC Library***

To borrow a book or video, contact Cynthia Conway or see her at the Hand & Dagger. Donations of books or videos are always welcome.

## ***Technique:***

BCU Handbook  
The Practical Guide to Kayaking  
Canoeing & Kayaking  
William Nealy's "Kayak"  
Bombproof Roll and Beyond!  
Eskimo Rolling for Survival  
White Water Safety & Rescue  
Weir Wisdom Rapids  
Canoe & Kayak Games  
The Playboater's Handbook  
Complete Book of Sea Kayaking  
Sea Kayak Navigation  
Path of the Paddle  
Canoeing  
Open Canoe Technique  
Rowing it Alone  
The Handbook of Survival at Sea  
BCU Coaching Handbook  
Sea Safety: The Complete Guide  
White Water Kayaking  
The Art of Freestyle

## ***Guidebooks:***

English White Water  
Scottish White Water  
White Water Lake District  
An Atlas of the English Lakes  
Canal Companion: Cheshire Ring  
Anglesey Sea Paddling  
Welsh Sea Kayaking  
Touring 100 Paddles in England  
Scottish Sea Kayak Trail

## ***General:***

The Rough Guide to Weather  
The Liquid Locomotive  
Many Rivers to Run  
Norwegian rivers  
Canoe Focus  
Working out of Doors with Young People

## ***Expeditions:***

Travels with a Kayak  
*Whit Descher*  
On Celtic Tides  
*Chris Duff*  
Blazing Paddles  
*Brian Wilson*  
Dancing with Waves  
*Brian Wilson*  
Paddling to Jerusalem  
*David Aaronovitch*  
The Last River  
*Todd Balf*  
Paddle to the Arctic  
*Don Starkey*  
Canoeing across Canada  
*Gary & Joanie McGuffin*  
The Canoe Boys  
*Sir Alastair Dunnett*  
Odyssey among the Inuit  
*Jonathan Waterman*  
Barbed Wire & Babushkas  
*Paul Grogan*

## ***Videos:***

Liffey Descent  
Deliverance (18)  
Extreme Sports Canoeing  
A Taste of White Water  
Wicked Water 2  
Drill Time  
Destination Nowhere

Path of the Paddle: White-water

## ***DVDs:***

Tony Morgan - Grand Canyon  
LVM Lunch Video Magazine  
Ribble Newsletters (CD)  
The Martin Years RCC Newsletters 2002-2009  
Without a Paddle (13)  
White-water Kayaking  
The Cockleshell Heroes (U)  
Mags Brayfield in Nepal  
Tatshenshini/Alsek 2007  
Mountain River Movie  
*By Michael Allender*  
Jackson Kayak Promo  
It's Different Every Time  
Halton Rapids  
*Norman Green*  
Fort William 2005/06 Trip  
My Tartan Adventure (VCD)  
Ribble Canoe Club, Scotland 2007  
Thistle Float Your Boat  
RCC, Scotland 2007 & 2008  
*Norman Green*  
Locks and Quays  
Featuring Ribble Canoe Club  
The Politics Show  
Featuring Ribble Canoe Club  
Open Canoeing  
*Reg Blomfield*  
EJ's Rolling and Bracing  
This is the Sea - 1<sup>st</sup> ever action sea kayak video  
*Janet Robinson*  
The Call of the River - 100 years of White-water Adventure (USA)  
Sea Kayak with Gordon Brown  
Instructional Journey along Skye Coast



NOTE: Last minute trips are often arranged on the forum on the website ([www.ribblecanoeclub.co.uk](http://www.ribblecanoeclub.co.uk)), at the Hand & Dagger on Tuesdays or at Fulwood on Friday (RCC pool nights). If you have any dates for the calendar please contact **Terry Maddock**

Ribble CC development trips are in **bold**

Ribble CC recreational events (assumed risk) are in ***bold italic***.

Other Ribble CC events are in *italic*.

Events in normal type are external events listed for information only.

## SEPTEMBER

**Fri 16**  
**21:00 – 22:15**  
**Paddle Skills Pool Session -**  
**Fulwood Leisure Centre**  
**Contact: Allan Hacking**

**Sat 17**  
**Beginners trip – Brown Howe Cark**  
**Park, Lake Coniston**  
**Contact: Paul Binks**

**Fri 23**  
**Rolling Course Pt 1 - Fulwood**  
**Leisure Centre**  
**Contact: Gary Fishwick**

## OCTOBER

**Tues 4**  
**Introductory sessions for**  
**new/prospective members - Hand**  
**and Dagger**

*Wed 5*  
*19:00 – 21:00*  
*Coaching Forum – Hand & Dagger*

**Fri 14**  
**21:00 – 22:15**  
**Paddle Skills Pool Session -**  
**Fulwood Leisure Centre**  
**Contact: Allan Hacking**

*Fri 21*  
*Open pool session – Fulwood leisure*  
*centre*

Fri 21 – Sun 23  
Tay Descent – Perth Scotland

**Fri 28**  
*Open pool session – Fulwood leisure*  
*centre*

## NOVEMBER

**Tues 1**  
**Introductory sessions for**  
**new/prospective members - Hand**  
**and Dagger**

*Start of paddling season at Halton*

*Fri 4*  
*Open pool session – Fulwood leisure*  
*centre*

Fri 4 – Sun 6  
Tyne Tour - Hexham

**Fri 11**  
**21:00 – 22:15**  
**Paddle Skills Pool Session -**  
**Fulwood Leisure Centre**  
**Contact: Allan Hacking**

Fri 11 – Sun 13  
English Canoe Symposium  
Lakeside YHA, Windermere

**Fri 18**  
**Polo pool session -Fulwood Leisure**  
**Centre**  
**Contact: Rachel Body**

**Fri 25**  
**Safety pool session – Fulwood**  
**Leisure Centre**

## DECEMBER

*Christmas meal at Hand and Dagger*  
*– Date to be confirmed*

*Fri 2*  
*Open pool session – Fulwood leisure*  
*centre*

**Tues 6**  
**Introductory sessions for**  
**new/prospective members - Hand**  
**and Dagger**

**Fri 9**  
**21:00 – 22:15**  
**Paddle Skills Pool Session -**  
**Fulwood Leisure Centre**  
**Contact: Allan Hacking**

*Sat 10*  
*Christmas Dinner and Disco- New*  
*Drop Inn, above Ribchester*

**Fri 16**  
**Dumbongo games night – Fulwood**  
**leisure centre**  
**Contact: Paul Binks**

This data is extracted from the Google calendar on the RCC website. Google Calendar amendments may be made after this one has been printed. Trips may be changed or cancelled at short notice. Always get in touch with the trip organiser the day before to check! If you don't, and you have a wasted trip, don't blame us.