



## Information sheet for The Massif Central

**We have introduced the information sheets in order to make our website easier to navigate by not 'over-filling' each page with information. The structure of each information sheet should make it easier for you to find exactly the information that you are looking for. The simple format without images is not a drain on printing resources and the document can either be easily forwarded or the content copied and pasted into another format for sharing with friends, family and colleagues.**

If you cannot find the information that you are looking for then please get in touch via the contact page on the website and we will do our best to answer your questions and include any relevant information in an update of this sheet.

If you have not downloaded this sheet from our website then please visit [www.canoecontrol.com](http://www.canoecontrol.com) for further information and resources.

The Haut Allier is located south of Clermont-Ferrand. The river lies within a series of deep wild gorges cutting through the green rolling hills of the Auvergne region of southern France. This adventures trip is suitable for the progressive grade 2 and developing grade 3 paddlers in Kayak or Canoe. The perfect environment for the new BCU 4 Star Leadership Award, there will be plenty of opportunity to build in the training and, with the possibility of including an assessment. For less experienced boaters this great trip can be experienced in inflatable white water boats.

We run the time spent on the river almost as a wilderness trip because once in the gorges it's like being on a mini expedition, as roads and villages are far away. We do plan a day-by-day program, however this is not too rigid because you may want to run the same section the following day? What we do offer is 6 days of fantastic boating on the Gem of the Massif Central.

### **Day 01)**

Meet us either At Clermont-Ferrand Airport or Join us in the village of Alleyras on the banks of the Allier (travel and accommodation details below) Settle in then join us in the evening discussing the week ahead over Dinner with a glass of the wine and the blue cheese the area is famous for.

### **Day 02)**

Langeac to Lavoute Chilhac.

A day's preparation on one of the lower mellow sections near the picturesque market town of Langeac. This day will be spent on developing paddling skills and river awareness, in readiness for the more challenging/fun sections of river in the higher gorges. We will be met for lunch by our mini bus and driver. Finish the trip and on the drive back call into our favourite café in Langeac for a coffee or beer.

Free time in the evening before our evening meal where we can chat over the day.

### **Day 03)**

Prades to Langeac.

This is a great section for tweaking your boating skills, mostly grade 2 but with a couple of positive moves. The section is very scenic and well away from it all with wooded banks basalt cliffs and even an old Romanesque Church. We take our lunch with us in readiness for our mini expeditions in the gorges on the higher river. On all the trips there will be time to do coaching sessions on all the techniques to improve boat and paddle control.

Finishing in Langeac gives the opportunity to have look around the town or just relax in a café.



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Back to our Hotel and freshen up before Dinner.

### Day 4)

Chapeauroux to Alleyras.

This section of the Allier certainly is the jewel in the crown. Continues grade 2 with the occasional grade 3 rapid. Clear water, pink granite boulders, yellow beaches all against a backcloth of low cliffs and pine covered hills. There is plenty of wild life, fish and birds in abundance and wild boar roaming the shores. Little of the modern world infringes into this world, after ruined Roman bridge (where we have lunch) the gorge becomes even more dramatic as the river twists and turn below high cliffs. Play full waves takes us down to the take out next to the campsite at Alleyras. Here is a beautiful river pool for swimming, load the boats and a short ride or walk takes us back to our country Hotel, where a warm welcome awaits.

### Day 05)

Monistrol to Prades.

This is an interesting section with grade 3-3+ rapids pool drop and fun route finding between big boulders, just right for our 4 Star candidates. Once again the run is in a deep gorge, and the river is perfect for playing and some teaching sessions. The run is a little shorter than the others so lunch will be at the take out with an earlier finish. Time perhaps to do some shopping, read a book go for a relaxing walk or snooze under a warm French sun.

For dinner tonight we have a beach bar-b-q

### Day 06)

St. Etienne to Chapeauroux.

This section is the most challenging 2-3-4+ (5) part of the Haut Allier. It certainly is more demanding than the other sections we have paddled. However all the harder rapids can be carried/portaged. This section can also be divided into two sections. The lower section is easier except for one 4+ (5) to portage, its mostly grade 2-3. The top section is mostly 3 with some grade 4 rapids. If members of the group want to run this section. The decision of the descent of either or both sections of the river will depend on the groups or individuals performances.

However it will be a fantastic day whichever section we do.

After another great day we travel to our residence for a welcome evening drink and a chance to freshen up before Dinner.

### Day 7)

To day is the chance for the group to chose which river section they would like to paddle. This decision could be made earlier in the week if the group preferred it.

Perhaps a change of Dinner venue tonight, as we sample the nightlife of Langeac?

### Day 8)

After a relaxed breakfast pack up your gear for the trip home.

If there are clients on the airport transfer we will leave for your flight from Clermont-Ferrand in plenty of time.

Perhaps see some of you on another of our many world world trips.

All the best and thanks for a great week.

A safe journey and Bon Voyage



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**Date. 10-17 April.**

Cost. Full catered Hotel £835. Camping £510 (your own camping equipment).

Travel. Flights to Clermond-Ferrand, Flight price guide £115 to £150 return?

Fly hire car or airport transfer £40.

Route driving. A71 Paris > Clermond-Ferrand > N102 Le Puy turn before Le Puy onto D906 > D34 > Bains > Montbonnet > Pont d Alleyras and Hotel de Haut Allier. Or Camping Municipal Alleyras.

Transport. Dedicated mini bus and driver.

Equipment hire. Full gear £15 per day, just boat paddle £10 per day.

Accommodation cost is per person. F/C covers breakfast/lunch/Dinner does not include any alcohol soft drinks etc.