



Information sheet for Provence

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 for further information and resources.

Provence dates on current dates and prices page.

Provence

Makes for a great get away from the UK. In April we can offer early season fully guided trips including all equipment. We cater for both novice and experienced paddlers. We will pick you up from Nice Airport, and transfer you to your accommodation, either camping or Chalet. We are based near to the fantastic medieval town of Entrevaux, with its narrow streets and hidden small bars and restaurants.

Provence is an area far greater in size than the UK West Country. Stretching from the Italian boarder and the Maritime Alps in the east, to the salt marshes of the Camargue in the west Its Northern borders with 3000m peaks reach into the Southern French Alps and the Massif Central.

The area is known mostly for its food, fine wine and beach resorts along the rich Cote d'Azur. However away from the frantic coast, the inland areas abound with a multitude of rivers running down quiet sunlit valleys, under a blue Mediterranean sky.

Here paddlers can find every grade of white water. The season usually begins at the end of March and extends well into May however April is the best month.

Before the alpine season begins this is where you will find Canoe Control. We may-be paddling open boats down warm valleys and lazy rivers, or pulling a Kayak into the last eddy in order to check the next class four drop. The number and variety of the rivers found in the area is almost endless. The Var has around 60km of top white water ranging from grade 2 to 5. It also has the best class three trip in Western Europe, the Gorge Daluis.

The River Verdon features the 'Gorge du Verdon', the Grand Canyon of Europe, which most paddlers are aware of but not aware of the fantastic grade 2-3 open boating further upstream in the mountains. The Grand Canyon of the Verdon is another of the many river



Information sheet for Provence

options available. Because the Canyon is like a mini expedition it has a separate description on this site.

The Journey to your springtime paddle is easy; you can just fly from London to Nice. We provide a minibus transfer to meet you on Saturday afternoon and return you to Nice for your departure (no transfer fee). Flight prices range from around £60 and upward for a single return. Driving to us, just follow the auto routes to Lyon then onwards direction Marseille, go past Aix-en-Provence, then onto the auto route to Nice then onto the RN202 to Entrevaux.

Additional information on courses and accommodation

Most courses below include both 6 river days and 7 nights of the accommodation option you chose.

Arrive the day preceding your course either FREE transfer from Nice or self-drive.

Depart the day after your course either FREE transfer to Nice or self drive.

All prices are per person unless stated otherwise.

Discounts are available for return bookings, couples, groups/schools & clubs etc.

We are pleased to offer advice on travel. We have travel info on this site.

Please ensure you have adequate travel, accident and health insurance.

We have our own river shuttle buses.

Payment can be made direct using the Pay Pal facility on this website.

Also by cheque payable to Canoe Control International Ltd.

Or directly to our Bank

Canoe Control Introduction (fundermental) to Kayak/Canoe/Sit-on-top.

(New BCU 1-2 Star can be included)

Course description

This is a course designed to give you the core skills needed to progress with confidence in your new sport. Learn under expert tuition from professional coaches who spend their lives running rivers around the world. Our coaching is very structured and educational based however; a great deal of what you learn will come from you. By applying the use of experiential learning and led discovery techniques, knowledge is imparted to you the learner faster and more effectively. There are no strict syllabi; if your progression is fast we will develop your paddling on beyond the boundaries of other courses.

Itinerary

Day 01 Arrive and settle in.

Day 02.

09-00. All courses meet for morning coffee and the weeks briefing.



Information sheet for Provence

09-30. Boat check or boat fit out. Gear check or gear fit out.

10-30. Load up boats and head for your first Alpine boating location.

Safety brief and activity. A great location that all paddles or novice will have fun on. This will give myself and staff chance to assess and finalise plans for the week ahead. However these plans may change as you progress.

12-30 to 13-15 River lunch.

Activity. A short river trip for everybody lots of play for experienced boaters and some thrills and spills for our new starters.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19-30. Dinner

Day 03.

09-15. Start.

Day one was a taster session. Today on a nice warm lake we will apply the use of experiential learning and led discovery techniques. In no time, guided by us you will learn and understand a great deal from your own progression.

12-30 to 13-15 Lunch.

This after-noon's session will be on a short gentle fun river trip in soft shell solo boats. Because they are so forgiven you will be able to access moving water safely, enjoy and have great feeling of achievement at the end of your day. Using some easy moving water enhances your learning.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19-30. Dinner

Day 04.

09-15. Start. Then head off to our course location.

The day will be spent building on the level of comprehension achieved. We are not governed by syllabi; you will learn at your own pace and practise what is needed to control your boat perfectly.

12-30 to 13-15 Lunch.

Because in a short time a high level of understanding and competence has been achieved, we can move onto some moving water in a hard-shell boat. This will help your paddling to become more reactive and improve performance.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Review of the week and chat about the next couple of days.

19-30. Dinner

Day 05.

09-15. Start.



Information sheet for Provence

By seeking adventures sports in the out doors we may be exposing ourselves to a certain amount of higher risk. However if you become more aware of this environment you are entering, you lower the risk. More awareness will also produce more fun and enjoyment. This morning's lake session will concentrate on how to manage and deal with a number of risk situations.

12-30 to 13-15 Lunch.

This after-noon will be a full on fun session. Have a rest from the formal coaching sessions and let your self go. We will set off down river and hit some waves and holes in our double inflatable, or as our French friends call them La Hotdog.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. This evening we will plan an all day river trip. As we have said if your progression is fast we will develop your paddling forward, not held back by boundaries of a set course. The next day will give you more chance to develop individual skills.

19-30. Dinner

Day 06.

09-15. Start.

This will be an all day easy river trip. We will take our lunch with us so being completely independent of the out side world. You will find the river has a whole series of workshops of varying difficulty. This will give us the opportunity to develop your individual skills.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day. And reflect on the week.

19-30. Dinner.

Day 07.

09-15. Start.

This morning is one of consolidation. A warm lake given you the chance to go back and confirm what you have learnt. We now you will be pleased just how fast you have progressed. We will join one of the other groups for a combined lunch. Perhaps a relaxing afternoons river play where it started almost week before, a chance of a pool session on rolling your Kayak. Or just the opportunity to relax with a book in the shade.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Finalising your personal action plan for the future.

19-30 Dinner.

Day 08. Depart.

Accommodation available

Self-catering Chalet 6 river days 7 nights accommodation. (Seasonal availability)

The accommodation is well fitted out however please bring your own sleeping bag.

Self-catering camping 6 river days 7 nights accommodation



Information sheet for Provence

Unlike in the Alps we do not offer a fully catered camping option. The camping cost includes campsite fees and the use of a dining/cooking tent as well as cooking equipment, hiking tents and camp bed if required.

Seven nights full-catered Country Hotel accommodation. However does not include last evening's restaurant meal.

Canoe Control intermediate (Progressive) Kayak/Canoe/Sit-on-top.

Provence

(New BCU 3 Star can be included)

Course description.

This course is designed, for people following on from their fundamental course, or paddlers who have already acquired some skill but feel they need to develop a greater understanding of just what is going on. This course will help you to establish that understanding of the relationship between your body, boat and blade. As well as calm water, we use suitable moving water venue's to highlight the practical use of paddling technique. This helps the learner to grasp the nature of their boat, relative to the water they are on. By using moving water early on in a paddler's development, it helps the paddler to recognize paddle strokes and boat control that is, efficient, effective and safe. Once again there are no strict syllabi; if your progression is fast we will develop your paddling on beyond the boundaries of other course.

Itinerary

Day 01. Arrive and settle.

Day 02.

09-00. All courses meet for morning coffee and the weeks briefing.

09-30. Boat check or boat fit out. Gear check or gear fit out.

10-30. Load up boats and head for your first Alpine boating location.

Safety brief and activity. A great location that all paddles or novice will have fun on. This will give myself and staff chance to assess and finalise plans for the week ahead. However these plans may change as you progress.

12-30 to 13-15 River lunch.

A short river trip for everybody a lot of play for experienced boaters and some thrills and spills for our new starters.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day. And the week ahead.



Information sheet for Provence

19-30. Dinner if on a Canoe Control F/catered week.

Day 03.

09-15. Start,

This morning we use a nice warm lake to look at detail, how to develop your paddling to become more efficient hence more effective and safer.

12-30 to 13-15 Lunch.

This after-noon's session will be on a short fun section of river. We use suitable moving water venue's to highlight the practical use of paddling technique. Flowing water helps the learner to grasp the nature and movement of their boat, relative to the water they are on. Using easy moving water enhances and speeds up your learning capabilities.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19-30. Dinner if on a Canoe Control Full/catered week.

Day 04.

09-15. Start. Once again we are using a moving water site to gain a greater level of understanding, about the paddle and body usage and how boat movement is achieved. We are not governed by a syllabus at your own pace you will learn and practise what is needed to control your boat perfectly.

12-30 to 13-15 Lunch.

If needed we will move back to a flat-water site to improve understanding in a more stable environment.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Review of the week and chat about the next couple of days.

19-30. Dinner if on a Canoe Control Full/catered week.

Day 05.

09-15. Start.

By seeking adventures sports in the out doors we may be exposing ourselves to a certain amount of higher risk. However if you become more a where of this environment you are entering, you lower the risk. More awareness will also produce more fun and enjoyment. This morning's moving water safety session, will concentrate on how to manage and deal with a number of rescue issues.

12-30 to 13-15 Lunch.

This after-noon will be full on fun. Have a rest from the formal coaching sessions and let your self go. We will set off down river and hit some waves and holes in our double inflatable, or as our French friends call them La Hotdog.

17-00. Head for base. arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. This evening we will plan an all day river trip. As we have said if your progression is fast we will develop your paddling forward, not held back by boundaries of a set course. The next day will give us an even greater chance to develop



Information sheet for Provence

individual skills.

19-30. Dinner if on a Full/catered week.

Day 06.

09-15. Start.

This will be an all day river trip. We will take our lunch with us so being completely independent of the out side world. You will find the river has a whole series of workshops of varying difficulty. This will give us the opportunity to develop your individual skills.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day.

19-30. Dinner if on a Canoe Control Full/catered week.

Day 07.

09-15. All vehicles ready and off to your location.

We will paddle a shorter section of river. This will make the morning session one of consolidation. We now you will be very surprised how fast you have progressed. We will join one of the other groups for a combined lunch. Perhaps a relaxing afternoons river play where it started almost week before, a chance of a pool session on rolling your Kayak. Or just the opportunity to relax with a book in the shade.

17-00. Head for base, arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Finalising your personal action plan for the future.

19-30. Dinner.

Day 08. Depart.

Accommodation available

Self-catering Chalet 6 river days 7 nights accommodation. (Seasonal availability)

The accommodation is well fitted out however please bring your own sleeping bag.

Self-catering camping 6 river days 7 nights accommodation

Unlike in the Alps we do not offer a fully catered camping option.

The camping cost includes campsite fees and the use of a dining/cooking tent as well as cooking equipment, hiking tents and camp bed if required.

Seven nights full-catered Country Hotel accommodation. However does not include last evening's restaurant meal.

Canoe Control Introduction (Fundamental) White Water Kayak/Canoe/ Sit-on-top.

Provence.

(New BCU 3 Star can be include)



Information sheet for Provence

Course description.

This course is designed for paddlers with some elementary skill, our professional expertise will gain you access onto a fast track into this exciting sport. Through our progressive teaching of elementary techniques, your skill level and understanding of moving water will develop quickly and naturally. Feeding off our experience of paddling rivers worldwide will help you develop a high level of understanding of moving water. With our coaching and guiding your appreciation of the river environment will be greatly enhanced. Our coaching methods are dynamic, but have structured elements build into its core teaching practices. You learn from your success not mistakes.

Itinerary

Day 01. Arrive and settle.

Day 02. The week's operational river remit will be around grade 1-2.

09-00. All courses meet for morning coffee and the weeks briefing.

09-30. Boat check or boat fit out. Gear check or gear fit out.

10-30. Load up boats and head for your first Alpine boating location.

Safety brief and activity. A great location that all paddles or novice will have fun on. This will give myself and staff chance to assess and finalise plans for the week ahead.

However these plans may change as you progress.

12-30 to 13-15 River lunch.

Activity. A short river trip for everybody a lot of play for experienced boaters and some thrills and spills for our new starters.

17-00. Head for base arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19-30. Dinner.

Day 03.

09-15. Start.

This morning we access a section of river, which will be perfect for the elementary issues of this course. The flow of water and low technical difficulty will develop your paddling to become more efficient hence more effective and safer.

12-30 to 13-15 Lunch.

Information sheet for Provence

The after-noon's session will be an extension of the mornings. Time will be spent on developing styles and techniques to improve boat control and performance. Using moving water relative to the student's ability enhances and speeds up learning capabilities.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day. And the week ahead.

19-30. Dinner.

Day 04.

09-15. Start.

By seeking adventures sports in the out doors we will be exposing ourselves to a certain amount of higher risk. However if you become more a where of this environment you are entering, you lower the risk. This morning's white water site will pose a number of questions for us. We will resolve them by practicing a number of simple rescue methods, which will mostly involve the use of a boat and a throw rope. Expect to get wet but unlike the UK the bank side temp will be around 30c.

12-30 to 13-15 Lunch.

This after-noon will be full on fun. Have a rest from the formal coaching sessions and let your self go. We will set off down river and hit some waves and holes in our double inflatable, or as our French friends call them La Hotdog.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Look back and review the day. This evening we will plan an all day river trip. As we have said if your progression is fast we will develop your paddling forward, not held back by boundaries of a set course. The next day will give us an even greater chance to develop individual skills.

19-30. Dinner.

Day 05.

09-15. Start.

This will be an all day river trip. We will take lunch with us. The river will present us with a whole array of practical workshops, giving you the opportunity to develop your individual skills. This trip will also allow us to expand upon different leadership styles, and look more closely at group dynamics and management.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Personal 1x1 discussion/debrief on how you feel about your personal performance. Plan together the next day's full river day trip which will be the result of development over the last few days.

19-30. Dinner.

Day 06.

09-15. Start.



Information sheet for Provence

Each day the rivers technical difficulty has increased. The water is faster there are more rock to get around, holes to paddle hard though and small drops to boof. The experience is very exciting, rewarding and fun because you have control of your boat and the ability to use the river.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion, review of the week and your progress

19-30. Dinner.

Day 07.

09-15. Start.

We will paddle a familiar short section of river to gauge your progress. This will make the morning session one of consolidation. We now you will be very surprised how fast you have progressed. We will join one of the other groups for a combined lunch. Perhaps a relaxing afternoons river play where it started almost a week before, a chance of a final pool session to perfect your kayak rolling. Or just the opportunity to relax with a book in the shade.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Finalising your personal action plan for the future.

19-30. Dinner.

Day 08. Depart.

Accommodation available

Self-catering Chalet 6 river days 7 nights accommodation. (seasonal availability)

The accommodation is well fitted out however please bring your own sleeping bag.

Self-catering camping 6 river days 7 nights accommodation

Unlike in the Alps we do not offer a fully catered camping option.

The camping cost includes campsite fees and the use of a dining/cooking tent as well as cooking equipment, hiking tents and camp bed if required.

Seven nights full-catered Country Hotel accommodation. However does not include last evening's restaurant meal.

Canoe Control Intermediate (Progressive) White Water Kayak/Canoe/Sit-on-top.

Provence

(BCU 4 Star can be included)

Course description.

With our coaching, your river awareness and paddling skill will develop at a fast rate.



Information sheet for Provence

However as working professionals we coach our clients as individuals, designing teaching programs that maintain learning within each person's comfort and learning zone. This course will also develop an expose on differing leadership styles to suit the ever, changing river environment. Monitoring progression will be on going, ensuring that core fundamental skills are not compromised. River paddling sessions will concentrate on what works best for the learner not just following a prescribed formula on a piece of paper. The ability to recognize and use water features is fundamental to the improvement of your river running and playing skills, this course will highlight and improve. We will improve the control of your riverboat by enhanced perception of the relationship between your boat, body & blade. Improved body posture will make you a more dynamic active boater.

Itinerary

Day 01. Arrive and settle.

Day 02. The week's operational river remit will be around grade 2-3.

09-00. All courses meet for morning coffee and the weeks briefing.

09-30. Boat check or boat fit out. Gear check or gear fit out.

10-30. Load up boats and head for your first Alpine boating location.

Safety brief and activity. A great location that all paddles or novice will have fun on. This will give myself and staff chance to assess and finalise plans for the week ahead. However these plans may change as you progress.

12-30 to 13-15 River lunch.

A short river trip for everybody a lot of play for experienced boaters and some thrill and spills for our new starters.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19-30. Dinners .

Day 03.

09-15. Start.

This morning we will look at group dynamics and leadership styles. As the river is very much a moving class room, this will be very much a on the move, hands on day The flow of water and technical difficulty (relative to the groups ability) will develop your paddling to become more efficient hence more effective and safer.

12-30 to 13-15 Lunch.

The after-noon's session will be an extension of the mornings. Time will be spent on developing styles and techniques to improve boat control and performance. Using moving water enhances and speeds up learning capabilities. Though the day confidence and competent will improve quickly

17-00. Head for base. Arrive dry gear and freshen up.



Information sheet for Provence

18-00. Afternoon tea/coffee relaxed discussion/video about your day. And the week ahead.

19-30. Dinner.

Day 04.

09-15. Start.

By seeking adventures sports in the out doors we will be exposing ourselves to a certain amount of higher risk. However if you become more a where of this environment you are entering, you lower the risk. This day will be a full rescue day containing elements of the BCU ww safety and rescue but designed primarily by Canoe Control. Many bank and boat based rescue methods will be practiced in a real river environment. The white water site chosen will pose a number of practical problems for us to resolve. Expect to get wet but unlike the UK the bank side temp will be around 30c. Lunch will be taken sometime in the day. At the end of the day full equipment review. What worked and how much gear do we really need to carry?

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Look back and review the day. This evening we will plan an all day river trip. As we have said your progression will be fast we will develop your paddling forward, not held back by boundaries of a set course. The next day will give us an even greater chance to develop individual skills.

19-30. Dinner.

Day 04.

09-15. Start.

This will be an all day river trip. We will take lunch with us. The river will present us with a whole array of practical workshops, giving you the opportunity to develop your individual skills. This trip will also allow us to expand upon different leadership styles, and look more closely at group dynamics and management. The technical difficulty of the river will increase, creating fresh demands and improvement on forward paddling and body posture.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Personal 1x1 discussion/debrief on how you feel about your personal performance. Plan together the next day's second full river day trip, which will reflect the result of development over the last few days.

19-30. Dinner.

Day 06.

09-15. Start.

We take lunch with us. The section of river today will be around the same standard as the day before. But there will be a couple of sections where river water will be faster and there are more rock to get around and use, harder holes to paddle through and drops to boof. The day will be exciting, rewarding and fun. We may even get to practise some of



Information sheet for Provence

those improved rescue skills. But boat control and paddle skill and technique will be seen to have improved immensely.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion, review of the week and your progress

19-30. Dinner.

Day 07.

09-15. Start.

We will paddle a familiar short section of river to gage your progress. This will make the morning session one of consolidation. We now you will be very surprised how fast you have progressed. We will join one of the other groups for a combined lunch. Perhaps a relaxing afternoons river play where it started almost a week before, a chance of a final pool session to perfect your kayak rolling. Or just the opportunity to relax with a book in the shade.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Finalising your personal action plan for the future.

19-30. Dinner.

Day 08. Depart.

Accommodation available

Self-catering Chalet 6 river days 7 nights accommodation. (Seasonal availability)

The accommodation is well fitted out however please bring your own sleeping bag.

Self-catering camping 6 river days 7 nights accommodation

Unlike in the Alps we do not offer a fully catered camping option.

The camping cost includes campsite fees and the use of a dining/cooking tent as well as cooking equipment, hiking tents and camp bed if required.

Seven nights full-catered Country Hotel accommodation. However does not include last evening's restaurant meal.

Canoe Control Advanced White Water Kayak.

Provence.

(Included within the core course structure will be the present day New BCU 5 star training and ww safety and rescue.)

Course description.

This is the ideal course for the progressive Kayaker wanting to step up and dramatically improve their ability. Our course days will be spent on grade 3-4 white water. At this level of boating technical flaws can quickly be identified. To resolve any paddling issues,



Information sheet for Provence

the first morning will be used to analyze students boating skills. To this end a non-remote site, specific to the course standard will be used. The course group, will then descent a section of river, chosen for its suitability. Numerous types of rapids will be run, rocky steep technical, pool drop and continues, slides, drops, slots etc. Differing styles and merits of running each rapid will be reviewed. What are the seen dangers trees, stoppers, pinning rocks. What about the unseen dangers undercuts, siphons and entrapment etc? The consequences of all will be examined discussed. Safety will be applied if its felt warranted. On the river there will be sessions on group and self-awareness. At the end of each day there will be a video and review. Students will have a full debrief on their day. This course will be presented by river professional's guides/coaches who work their life on the rivers of the world

Itinerary

Day 01. Arrive and settle.

Day 02. The week's operational river remit will be around grade 3+ 4.

09-00. All courses meet for morning coffee and the weeks briefing.

09-30. Boat check or boat fit out and gear check. A full appraisal will be made of the gear you wear and carry in your boat? As with all courses good serviceable equipment is very important. However this course will put greater demand on you and your gear.

10-30. Load up boats and head for your first Alpine boating location.

Safety brief and activity. A great location that all paddles or novice will have fun on. This will give myself and staff chance to assess and finalise plans for the week ahead.

However these plans may change as you progress.

12-30 to 13-15 River lunch.

A short river trip for everybody a lot of play for experienced boaters and some thrill and spills for our new starters.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19-30. Dinner.

Day 03

09-15. Start.

For this morning we will build our session around a clean grade 3 rapid. Here we will apply the old maxim, go for hard moves/eddies on the easier rapids, rather than easy moves on hard rapids.

Here we will be able to look more closely at group dynamics and differing leadership styles. What are the seen dangers trees, stoppers, pinning rocks. What about the unseen



Information sheet for Provence

dangers undercuts, siphons and entrapment etc? The consequences of all will be examined discussed. Safety will be applied if its felt warranted.

12-30 to 13-15 Lunch.

The after-noon's session will be an extension of the mornings. Time will be spent on developing styles and techniques to improve boat control and performance. Body posture, active blade the and still evolving importance of forward paddling.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Relaxed discussion/video about your day, and the week ahead.

19-30. Dinner.

Day 04.

09-15. Start.

This day will be a full rescue day on a specific site (not a slalom course). The rescue equipment you carry in your boats will be used, hence the first day appraisal. We will be looking and dealing with issues created by paddling grade 3-4 water. Bank and boat based rescue methods will be practiced in a real river environment.

12-30 to 13-15 Lunch.

All members of the group will be completely involved in the management of the sessions. Expect to get wet but unlike the UK the bank side temp will be around 25-30c. At the end of the day we will carry out a full review on performance and equipment. What worked and how much gear do we really need to carry? It will be a great learning day and a lot of fun.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Look back and review the day. This evening we will plan an all day river trip for the next day. The trip will give us all a great chance to develop our individual skills.

19-30. Dinner.

Day 05.

09-15. Start.

This will be an all day river trip on grade 3 and 4 water. We will take lunch with us. The river will present us with a whole array of practical workshops, giving you the opportunity to develop your individual skills. This trip will also allow us to expand upon different leadership styles, and look more closely at group dynamics and management. The technical difficulty of the river will increase, creating fresh demands; these demands may expose areas of technique that can be improved upon.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Personal 1x1 discussion/debrief on how you feel about your personal performance. Plan together the next day, which will reflect the result of development over the last few days.

19-30. Dinner.



Information sheet for Provence

Day 06.

09-15. Start.

We take lunch with us. On today's paddling trip the core element is grade 4. You will develop your skills on a couple of rapids that you can easily repeat a couple of times. This will help you to consolidate your boating, and for you to analyse the progression made.

17-00. Head for base.

Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion, review of the week and your progress

19-30. Dinner.

Day 07.

09-15. Start.

We will paddle a familiar short section of river. This will make the morning session one of further consolidation. We now you will be very surprised how fast you have progressed. We will join one of the other groups for a combined lunch. Perhaps a relaxing afternoons river play where it started almost a week before, a chance of a pool session to perfect your kayak rolling. Or just the opportunity to relax with a book in the shade.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Finalising your personal action plan for the future.

19-30. Dinner.

Day 08. Depart.

Accommodation available

Self-catering Chalet 6 river days 7 nights accommodation. (Seasonal availability)

The accommodation is well fitted out however please bring your own sleeping bag.

Self-catering camping 6 river days 7 nights accommodation

Unlike in the Alps we do not offer a fully catered camping option.

The camping cost includes campsite fees and the use of a dining/cooking tent as well as cooking equipment, hiking tents and camp bed if required.

Seven nights full-catered Country Hotel accommodation. However does not include last evening's restaurant meal.

Itinerary for Verdon trip. Operated from Provence

For more details ([click here](#))

Day 01

09:00. Meet for briefing at Entrevaux. Travel to and paddle The Gorge Daluis.



Information sheet for Provence

This will be a day-long paddle to look at skills etc. We will lunch in the Gorge.
15:30. Egress return to Entrevaux review day. Finalise next day.

Day 02

Leave Entrevaux at 08:00. Our driver drops the group at Pont de Carajuan. This will be a full on day-long boating adventure, in about the most dramatic setting for any river trip in Europe.

For most of the trip we will have radio contact with our driver. We finish the trip at Pont du Galetas, where our vehicle and driver will meet us, with much needed food and drink. After loading and finding the nearest bar, we will drive back to Entrevaux.

Includes shuttle fees and travel but not meals (unless on a F/C Canoe Control course)

Cost does not include use of boats (unless already on a Canoe Control course)

Boats/gear can however be hired at our standard rate.

Trip Guides judgment disclaimer.

As with all river trips the suitability of group members are entirely at the Guides discretion. However this trip makes special demands on the Guide and the group. If at the end of the preparation day the guide feels a client's skill is not suitable, an alternative venue will be offered.

Please consider this when booking, as no refund will be available, unless Canoe Control cancels the whole trip.

(Also operated from the South French Alps within the summer season
June/July/August).

*Release dates (Tuesday/Friday) from the barrage at Castellane are subject to EDF (French Electric) However dates of releases are published in advance. Ideal release 15 – 20 Cumecs

Canoe Control Family Adventure.

Provence.

For years many families have shared great adventures with us rafting, canoeing and kayaking on some of the most exciting white water rivers in Europe. Over these years we have gained a great deal of experience, providing families with lots of fun and giving them a special experience. The professional Coaches and Guides who work on our advanced river courses are the same highly skilled practitioners that will look after you



Information sheet for Provence

and your family. So you can rest assured that you are all in very safe and capable hands.

We supply all the river equipment and have a range of white water craft that will ease you all into the adventurous world of white water boating.

We also have a range of accommodation options from Country Hotel, self-catering studio apartments or just camping.

Your family frame tent is situated on a very quiet campsite on the banks of the Var. Tents are fitted with electric light and camp beds.

All the options above are based on 6 days whitewater activities and 7 days accommodation. However Canoe Control can tailor your course/holiday to suit your family's needs, please contact us at any time for further help and information.

The area has a plentiful number of Bars and good Restaurants. All the essentials can be acquired in the town of Entrevaux only 10 minutes away from our campsite by car.

Guiding Service.

One or Two Days Guiding service. Minimum of 2 clients each trip.
For those paddlers simply requiring 1 or 2 days river guiding.

On class 3-4. Three clients to 1 Guide. On class 2-3 four clients to 1 Guide.
This is purely a guiding service not a coaching course. Also on the guiding service we do not provide the use of our shuttle vehicle.

One to one coaching.

Provence.

This type of coaching can prove money well spent, development is fast for the amount of time spent on the water. For busy people who want fast progression, this could be for you.

Dates and costs

Also available by arrangement.

Boats and Equipment.

Boats are reserved for clients on full 6-day courses.

Reductions.

Course Price Reductions as follows:



Information sheet for Provence

Return booking by valued clients 10%
2-3 persons 5%. 4-7 persons 8%. 8-10 persons 10%.
For under 16 years 30%.