

## Paddling Local Rivers for Novices and Improvers



The weekend is aimed at adults who wish to increase their skills and paddle moving water.

The weekend will introduce you to the excitement of negotiating white water. We'll explore different types of clothing and equipment and introduce some fundamental moving water skills.

We'll hopefully use sections of the River Usk, dependant on river levels, which is on our doorstep.

During the course you will grow in confidence enabling you to understand how to read the water and move onto tackling rapids on your own.

*The Courses will start on Saturday morning and finish when we get off the river on Sunday afternoon.*

*Included:* The course fee includes necessary specialist equipment, instruction, transport whilst on the course, course administration and catered accommodation.

*Not included:* Transport to and from Plas Pencelli or personal accident insurance (The Centre holds Professional Indemnity and 3rd party liability insurance policies).



*Completed application forms along with payment should be forwarded to:*  
**Specialist Courses, Plas Pencelli OEC, Pencelli, Brecon, Powys, LD3 7LX**

Email: [office@plaspencelli.co.uk](mailto:office@plaspencelli.co.uk)  
[www.plaspencelli.co.uk](http://www.plaspencelli.co.uk)