



### **River Stour Canoe Journey 24 - 26 Mar 2017**

Explore two stunning Areas of Outstanding Natural Beauty just an hour from London. Canoe along the River Stour through picturesque countryside then hike along the Stour Estuary on the Suffolk Coast.

On Saturday we'll spend all day on the river journeying along the River Stour in the Dedham Vale Area of Outstanding Natural Beauty. This is the landscape that inspired the painter Constable, so expect tree-lined waterways meandering through wide open spaces and past pretty traditional villages. Our route will take us past Flatford Mill, made famous by Constable's painting The Haywain. We'll be in stable Canadian canoes with an experienced guide so it is extremely unlikely anyone will go in the water and no prior experience is necessary.

On Sunday we'll explore the estuaries of the Suffolk Coast and Heaths Area of Outstanding Natural Beauty on a guided walk. Our route will depend on the group and conditions on the day, but expect wildlife and big skies.

We'll stay together in a simple, 'away from it' all bunkhouse with a wood-burning stove and based within a working farm. Expect home cooked meals (let us know of dietary requirements in advance) and hanging out with like-minded people. If you've never come on an EC Adventure before, they're informal, friendly and great fun. We generally have singles, couples and small sets of friends coming along, from complete beginners to adventure professionals - what we all share is a love for adventure. Ages tend to range between mid 20s and mid 40s but anyone over 18 years old and young at heart is welcome.

#### **WEEKEND ITINERARY**

##### **FRIDAY**

Arrive at our accommodation from 7 pm at the address below:

Stour Valley Bunkhouse  
Brantham Hall,  
The Chase,  
Brantham,  
Nr Manningtree,  
Suffolk,  
CO11 1PT

**Please note:** if using a satnav that there are two lanes on the same postcode – we are on The Chase. Also, access via Newmills Lane is strictly prohibited - this is a private access road. Please access the Bunkhouse via The Chase

**Directions:** The driveway to the bunkhouse (The Chase) is off the A137 Manningtree - Ipswich road. Coming from the direction of Manningtree - after driving through the village of Brantham,



turn right through white gates set back in the trees onto The Chase. Follow this to the crossroads, turn left and the bunkhouse is on the edge of the farmyard.

### Getting here:

The nearest train station is Manningtree, only 3 miles away with central London just an hour away. You could arrange a taxi-share on the facebook page (below). Additionally, many people lift share. If you can offer or need a lift (or just want to say "hi" to fellow attendees), then you can do this on the event facebook page here:

<https://www.facebook.com/events/328170574220830/>

Closer to the time if you are still struggling then if you let us know where you will be coming from and we will give out your details to others in the group by email. We find this works really well people are often able to find someone to share a lift with, especially coming from Bristol/SW or London/SE.

### SATURDAY

On Saturday we'll spend the day canoeing on the River Stour through the Dedham Vale Area of Outstanding Natural Beauty. Please be sure to bring a packed lunch to eat en-route, though we may be able to stop for refreshments en route depending on how the day goes. We'll be out all day so bring suitable clothes and dress for the weather.

### SUNDAY

On Sunday we'll explore the local area on foot. There are several options nearby and our route will depend on the group and on conditions on the day. The Suffolk Coast Path runs along the Stour Estuary just a few hundred meters from our accommodation so we could continue Saturday's journey following the River Stour from the Dedham Vale to the sea.

### ACCOMMODATION

We'll be staying in a simple but comfortable group bunkhouse. Rooms will be shared (max 6 to a room) with comfortable, adult-sized bunkbeds. If you haven't done 'communal living' for a while it is lots of fun but you might want to bring earplugs just in case!

### FOOD

We don't provide food on Friday as people arrive at different times and many eat en-route. We'll provide a cooked breakfast on Saturday & Sunday morning and a group home-cooked dinner on Saturday evening. Please bring a packed lunch with you for Saturday and Sunday to save time, however there is a small supermarket just over 1 mile away should you need this.

Please let us know ASAP if you have any dietary requirements.



## WHAT TO BRING

Waterproofs (waterproof jacket and trousers ESSENTIAL)  
Walking boots with proper ankle support (NOT trekking trainers/approach shoes)  
gaiters (non essential)  
Suitable base layers (thermals)  
Fleece/woolly jumper  
Walking trousers (non-cotton preferable, NOT jeans)  
hat, gloves, scarf/buff  
At least one other full set of dry clothes

Rucksack to carry all your kit  
Rucksack liner or tough bin liners to waterproof all your kit

Washkit + Towel  
Personal first aid kit (non essential)  
Any medicines you normally take  
Ear plugs  
Water bottle/thermos (at least 2litres)  
Torch (head-torch preferable)  
Map and compass (non essential)

Please note:

- If you do not have the right kit you may not be able to participate. We do have some equipment to lend out so contact us well in advance if you need anything.
- On arrival you will be asked to sign a medical declaration form and provide us with next of kin/emergency contact details. If you have a medical condition or injury that we should be aware of please let us know in advance. Please contact us asap if there is anything you think may affect your participation.

## PAYMENT SCHEDULE

### Price includes:

- 2 nights accommodation
- 2 x breakfasts
- 1 x group dinners
- Full day canoeing in 2 person Canadian Canoes including all specialist equipment
- Guided walk
- EC Host

**Thank you for booking onto this trip. If you booked your place by paying a £75 pp deposit for this trip then unless otherwise arranged the remaining balance for this trip is due Friday 10th Feb 2017.**

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Adventure shared



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Please see below for the details of how much to pay. If you are unsure of how much you owe please email [amy@explorersconnect.com](mailto:amy@explorersconnect.com)

- Remaining Earlybird BALANCE (if you booked on/before 23rd Jan 2017 and your balance is paid on time) is £109 for non-EC CLUB Members
- Remaining Standard BALANCE (if you booked after 23rd Jan 2017 and your balance is paid on time) is £124 for non-EC CLUB Members
- EC CLUB members receive a £15 discount

**Paying your balance:**

You should have received an email from our booking system with the subject:

Booking confirmed - 'Explorers Connect' Friday, 24 March 2017 19:00

This email will contain a link which you can simply click to pay your balance. You will automatically be taken to a page with the correct details on for your booking where you can pay online. If you have any problems email [amy@explorersconnect.com](mailto:amy@explorersconnect.com).

**Please note if we have had neither payment nor contact from you regarding payment by the Friday 10th Feb 2017 then we will assume you are not coming in which case you will lose your place and your deposit.**