

Tay in the Spring (Wild Camping)



A+ 'Active Retreats': 'Out there - in Him'

Itinerary: Sunday 11th - Friday 16th May 2025

(Draft)

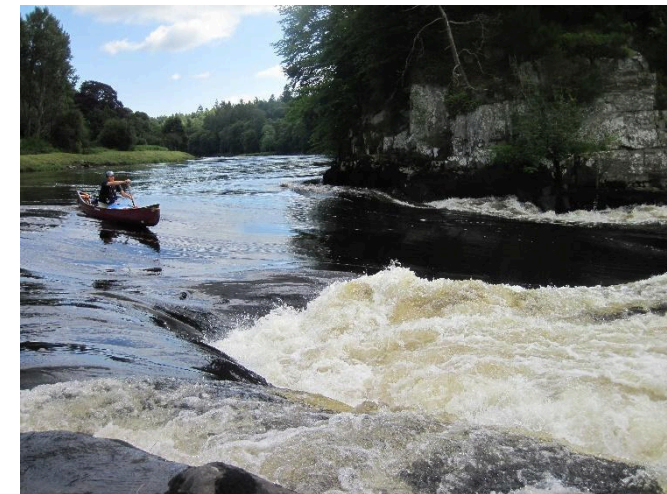
Sunday – Travel day:	Meet at A+ 9am. Gather kit. Drive to Killin. Exped shop en route: Lesmahagow ML11 0HY F&C Killin. Evening paddle to Island at top of Loch. Set up camp. Rest well.
Monday – Loch Day:	Open water paddling to Island east Loch Tay. Set Camp. Team 1 Cook Dinner Intro to 'Out there – In Him' - Water. Rest well.
Tuesday - River Day:	Breakfast & River briefing. Strike camp. Canoe out of Loch and begin River Tay descent. Arrive Aberfeldy SCA Camp site (with showers :). Team 2 Cook Dinner. <i>OTiH</i> : Rock Sleep.
Weds. - River Day:	Breakfast River briefing. Strike camp. Continue River Tay descent. Arrive Bridge of River Isla camp site. Team 3 Cook Dinner. <i>OTiH</i> : Fire & Future. Rest well.
Thursday - River Day:	Breakfast River briefing. Strike camp. Continue River Tay descent. Arrive at Perth – Racecourse camp site. Celebratory Dinner. Rest well.
Friday	Travel day: Breakfast. Shuttle back via Killin and home. Arrive A+ 9pm. Rest well

£345 pp includes all canoe kit hire, coaching in canoe & campcraft skills

See Camping kit list below. All food provided & cooked by participants. Travel in A+ minibus is included in the price. Camping fees and food are not included **Live the Adventure!**

A+ Active Retreats: *an island in the fast flow of modern life. Take a rest and learn new outdoor skills. Some will also want to take the opportunity to reset priorities & their focus before returning to home, church and work life as we journey together...*

Out there – In Him: *Getting out into the beauty of this wonderful world God has given us to enjoy... to be refreshed & encouraged. A chance to **reflect on the characteristics of the Creator God, revealed in His wonderful Creation and as described in the bible.***



Canoeing Kit list provided by A+: Boat Buoyancy Aid Helmet Paddle & Spare Kneeling mat Bailer & Sponge
Head torch (spare batteries) & waterproof camera

Camping/journeying kit list:

Comfortable clothes for canoeing (not cotton) in warm & cool weather
Watersports shoes (not open toe sandals) and dry spare shoes for evenings
Waterproof socks (optional for the evenings), wide-brim sun hat & warm hat
Waterproof coat & trousers & warm fleece
Thermarest/karimat*, Sleeping bag & pillow case (Hammock?)
Lightweight breathable, waterproof bivy-bag
Light weight camping tarp* (10x12'), 10 pegs and assorted line for bivy:
(*Bivy lines: 1 x 6m x 4-5mm, 6 x 1m 3mm, 6 x 40 cm x 3mm)
Bush craft (*Mora style) knife: approx. 4" blade.
Midge head net & repellent (Avon 'Skin-so-soft' is recommended)

Camping cutlery, crockery, tea towel & washing up sponge
Day water bottle, 2 x larger (2l) plastic bottle & lunch bag or lunch box
Water filter or Puri-tabs. NB: Any soaps/shampoo to be bio-degradable
Personal 1st aid kit/meds, wash bag, light towel, skin cream, lip balm, tissues
Small Bible & diary / notebook to record thoughts as we go
Large (>60 l)* and small (20 l) dry bags (plus thin 'lining' dry bags)
Battery Pack (tho let's aim to keep phone use to a minimum whilst on the river)
* Can be hired from A+

A+ Provides: Group Cook kit, Light weight Trowel

FAQs.

How does cooking work? A+ will provide a basic 'cook over the fire' kit for our chef to use each night & breakfast. Chefs will pick the menu for an evening meal (& breakfast). Each chef will have a co-chef to support the cooking & wash-up. We will aim to leave each site as if we had never been there. Participants are responsible for their own food (& one group evening meal & group breakfast). We will eat out on the last evening and need to purchase food on the final day once we are off the river (and of course en route to and from the UK). Food is not included in the price of this trip.

How about sanitation? This is wild camping – there are no WCs. We will set a place for our small 'pit latrine' each evening. A+ will bring a Light weight Trowel. Participants bring tissues and hand/gel/soap etc.

Will we have enough water? We are on a river... so we will cook (& wash) using river water. We should each also bring a couple of large water bottles for your fresh water needs, and puri-tabs/water filter. We will be able to refill our bottles at some point most days.

How about camping kit? See kit list above: Most items are also available to hire from A+, but many expeditioners choose to purchase and use their own kit on the trip, so they really get familiar with it and develop the skills and 'their system' which, we hope, will stand them in good stead for many future trips.

Is it possible to travel to Scotland in the A+ minibus? The A+ minibus will be leaving on the Sunday and used for the 'canoe shuttle' with one other vehicle. Participants are welcome to travel with the A+ team. A contribution to fuel and ferry fare would be added. We may stop to sleep in the van en route.



Moving water skills Training Weekend: April 26-27th 2025. River Wye



Saturday 26th

- 9am Meet at A+ to leave at 9.15am
- 11am Meet Kerne Bridge: Canoe to Ye Olde Ferrie Inn above Symonds Yat
- 7pm Set up tents in pub garden and dinner at YOFI
- Rest well

Sunday 27th

- 8am DiY Breakfast & pack down tents
- 9.30 On river: moving water training on Symonds Yat. Bring packed lunch with us in boats.
- 4pm Back at YOFI to leave for A+
- 6.30 Pack kit away & head home

All canoe kit provided by A+

Camping kit provided by participants. Camping kit is also available to hire, as required, at cost to cover Ware & Tear.

Training Cost* (inc canoe hire): £125

* Training fee for this additional training event is covered in the price for those joining us for the Tay Descent in May