

Outdoor + Active

- 1 **Stithians Lake**
- 2 Argal
- 3 Porth
- 4 Crowdy
- 5 Colliford Lake
- 6 **Siblyback Lake**
- 7 **Tamar Lakes**
- 8 **Roadford Lake**
- 9 Meldon
- 10 Lopwell Dam

- 11 Burrator
- 12 Avon Dam
- 13 Venford
- 14 Fernworthy
- 15 Tottiford & Trenchford
- 16 Wistlandpound
- 17 **Wimbleball Lake**
- 18 Wheal Martyn

Outdoor+Active Centre



European Agricultural Fund for Rural Development: Europe investing in rural areas

Outdoor + Active



- Tasters
- Beginner's Tuition
- RYA Training Courses
- Professional Instruction Courses
- Hire, Self Launch, Clubs
- Fun Activities

swlakestrust.org.uk

- Outdoor + Active Roadford, nr Launceston
- Outdoor + Active Siblyback, Bodmin Moor
- Outdoor + Active Stithians, nr Redruth
- Outdoor + Active Tamar, nr Bude
- Outdoor + Active Wimbleball, Exmoor



Outdoor + Active

Welcome

Welcome to the 2011 programme of activities for our five Outdoor + Active Centres around the South West.

The main programme runs from 2 April - 25 September and provides a variety of activities for everyone. Some of the activities are available all year, depending on weather conditions. Give us a call or drop in and we'll make every effort to fit you in for the activities you wish to do.

When you've chosen your activity, you can find locations and prices in this leaflet. Then you can book online at swlakestrust.org.uk or contact the Centre of your choice.

Outdoor + Active Roadford 01409 211507
roadfordwatersports@swlakestrust.org.uk

Outdoor + Active Siblyback 01579 346522
siblybackreception@swlakestrust.org.uk

Outdoor + Active Stithians 01209 860301
stithianswatersports@swlakestrust.org.uk

Outdoor + Active Tamar 01288 321712
tamarwatersports@swlakestrust.org.uk

Outdoor + Active Wimbleball 01398 371460
wimbleball@swlakestrust.org.uk

The information in this leaflet is up to date at the time of printing. However, some changes may occur. No liability can be accepted for any errors, omissions or deletions.



Taster Sessions

These fun 2 hour sessions for children and adults give a brief taste of your chosen activity, choose from... sailing, windsurfing, multihull, kayaking or rowing.

These sessions run throughout the season on a regular basis. For further details please contact your chosen Centre.

2 hour taster £34 per person
Kayak 1 hour taster £23 per person

Cadet Week

Course duration 5 days, prices from £150 per person - Action-packed activity week for young people aged 8 - 16. (Monday – Friday 10.00 -16.00). Five days of sailing windsurfing, kayaking, raft building and land-based activities. (Activity type depends on the weather).

Wet 'n' Active

Course duration 1 day. A session for children aged 8 years and over and adults in which you get the opportunity to try out three activities from windsurfing, sailing, kayaking and rafting. Activity type depends on the weather.

Visit our website for details of packages and prices





Multi-Activity Days

These sessions give you a taste of a variety of watersports, you can then take further courses if you wish.

Group Multi Activity

3 hrs or 5 hrs - £160 plus VAT or £220 plus VAT - Full and half days can be arranged for schools and charitable organisations (8 people per group).

Corporate Days

Bespoke packages from £50 per person. Why not mix business with pleasure by using our conference facilities at any of our centres.

Stag & Hen Days

Tailored packages to suit all tastes from £50 per person. Make it a day to remember with adrenalin filled water and land based activities to enjoy.

Birthday Specials

Kids can enjoy their birthday and have a splash around on the water or try archery, climbing and other land based activities. Birthday parties can also be catered for in our cafés. There are BBQ and picnic facilities, children's play areas, changing facilities and showers available to use afterwards. Contact the centres for more details on bookings.



Go Sailing

The lakes are the ideal venue for sailing, with no tides to worry about leaving you free to learn in a safe and fun environment.

RYA Junior Stages 1 - 4

Have fun while learning to control your own boat.

Junior Club (8 years - 16 years)

For complete beginners to the more advanced. The Junior Club gives youngsters the opportunity to learn to sail or windsurf in a fun & safe environment. Saturday mornings.

Annual membership fee £40 and £9 per session, or £15 per one-off session for non-members.

Oppie Sessions - (1½ hours) (6 years – 10 years)
£12 (Or £9 for Junior Club members.)

Contact or drop in to your nearest Centre for more details.

RYA Sailing Courses (Course duration 2 days):

RYA Level 1

Learn how to sail in all directions. By the end of the course you will be able to launch, land and sail a simple course.

RYA Level 2

Having conquered Level 1 now learn new skills and improve your technique, skills & manoeuvres.

RYA Sailing with Spinnakers

Course duration 2 days. Learn the art of sailing with a spinnaker

RYA Seamanship

Course duration 2 days. Once you have mastered RYA Level 2 Sailing, this course introduces lots of new and more advanced manoeuvres.

Improvers Clinics

Polish your skills with expert tuition.





Go Windsurfing

Learn and develop your windsurfing skills. A sport for adults and children alike with instruction for those aged 8 and over.

RYA Youth Stage 1 - 2

Introduction to windsurfing. Improve your skills, learn to sail upwind and downwind.

Team 15

Windsurfers aged 15 and under get together every week to sail and have fun.

Junior Club (8 – 16 years)

For complete beginners to the more advanced. Saturday mornings throughout the season.

RYA WINDSURFING COURSES (Course duration 2 days)

RYA Start Windsurfing Learn the basics of this exciting sport by windsurfing in all directions and mastering rescue techniques.

RYA Intermediate Non-planing Improve your skills.

RYA Intermediate Planing Learn advanced skills.

Personal Training

Suitable for all levels from beginners to advanced. We can arrange private tuition to suit you.

Women's Windsurfing

Session with a qualified RYA windsurf instructor available to give tips.

This session is suitable for women who have some basic windsurfing experience.



Go Kayaking

The Lakes provides an ideal venue for learning the sport of kayaking. We offer recognised courses and awards through the British Canoe Union.

BCU 1 Star (Course duration 1 day)

Learn basic paddle skills to move the boat in all directions. For children aged eight years plus and adults.

Powerboats

Safety & Powerboat Courses

Whether you want to gain experience of using a boat for the first time or are considering becoming an instructor.

RYA Powerboat Introduction (Course duration 1 day)

This course is aimed to give an introduction to power boating in a safe and fun environment.

RYA Powerboat level 2 (Course duration 2 days)

Develop all the necessary skills to operate a powerboat independently.

RYA Safety Boat Course (Course duration 2 days)

Suitable for experienced powerboat drivers looking to improve their skills. The course will concentrate on rescue techniques for a range of craft and elements of race management.





Events & Activities

Open Days

Fun packed days for everyone, great activities on and off the water. Whether climbing shoes or wetsuits are your preference our Open Days have something for everyone. All you have to bring is a pair of shoes to get wet in and a towel.

Over 50s

Weekly sessions: Learn to sail in a comfortable, peaceful atmosphere with experienced instructors.

Have-a-go-Evenings

Try our activities after work for just £15 per person for non members (only £9 for members, £45 membership).

Disabled Sailing

Some of our centres are equipped with specialised boats.

Wheelyboat Hire

In conjunction with The Wheelyboat Trust, all our Centres have a Wheelyboat available to hire. The boat is ideal for less able groups (including wheelchair users) to get on the water. £30 half day, or £45 full day.

Drascombe Lugger is a very stable boat available at Stithians, Roadford and Siblyback - ideal for group tuition.



Land-based Activities

Cycling

Family friendly off-road cycle paths are available at all our Outdoor + Active Centres. Take a picnic or stop at our cafes and enjoy the views.

Archery

Indoor and outdoor facilities for groups and individuals to learn or practice this relaxing sport.

High Ropes

Face your fear, swing like a monkey from the treetops on our 40 foot high challenging course for all ages.

Climbing

Enjoy climbing in a safe environment, practice your skills on our bouldering walls and move on to more challenging routes.

Archery, High Ropes and Climbing available at Siblyback Lake, Roadford Lake and Wimbleball Lake, Archery and Climbing available at Stithians Lake.



1sw.org.uk





Camping

All Outdoor + Active sites offer camping with modern showers, wash-up facilities, chemical disposal points and barbecue areas.

Some hard standings and electric hook-ups are also available. The unique benefit of our sites is the location next to the lakes where you can find activities for all the family or just simply relax.

Tents, caravans and motor homes are welcome.

They are all dog friendly sites, but please note that they must be on a lead at all times.

On site cafes/refreshments

Our cafes offer a wide range of delicious light lunches, refreshments and locally made ice cream in a friendly and relaxed environment. You can enjoy the stunning views and they are the perfect starting point to explore the extensive walks around the lakes.

RYA Instructors Courses

RYA Dinghy Instructor Course

Roadford - (Course Duration 5 days)

RYA Start Windsurfing Instructor Course

Stithians and Siblyback - (Course duration 5 days)

RYA Intermediate Windsurfing Instructor Course

Stithians and Siblyback- (Course duration 4 days)

Passionate about Watersports?

Why not make it a career?

Looking for a fun, exciting and rewarding career opportunity? Why not book on one of our Instructor courses at Stithians Lake. We have programs designed for complete novices to give you the skills needed to become a multi qualified Watersports instructor.

Call Outdoor + Active at Stithians on **01209 680301** and ask for our 18 week Professional Watersports Instructor Training Course information pack.





Course Prices

Minimum of three people per course.

| | |
|---|---------|
| RYA Windsurfing Courses - 2 days | £130.00 |
| RYA Sailing Courses - 2 days | £135.00 |
| BCU Kayaking - 1 day | £65.00 |
| RYA Powerboat Intro - 1 day | £115.00 |
| RYA Powerboat Level 2 - 2 days | £195.00 |
| RYA Safety Boat - 2 days | £195.00 |

All our watersports staff are trained to the relevant standards to meet National Governing Body and safety requirements. Our Outdoor + Active Centres are Royal Yachting Association (RYA) training centres and Adventure Activities Licensing Authority (AALA) approved.

Self Launch

You're welcome to use your own equipment on the lakes for a launch fee. You must have third party insurance and your craft should not exceed 18 ft in length. Please note we do not offer facilities for the launch of power craft.

| | |
|---|--------|
| Dinghy | £11.00 |
| Windsurf | £8.50 |
| Canoe/Kayak | £6.50 |
| Rowing Boat | £6.50 |
| Evening (after 3pm) | £4.50 |
| Dinghy Group (over 5 boats) each | £9.00 |
| Team Rowing per person | £3.50 |

Launch Membership

Membership runs from 1 April 2011 to 31 March 2012 and includes limited safety boat cover. Members also receive a 10% discount on courses and hire (except kids' activities). Membership is valid for all five centres and members are entitled to reduced rates seasonal camping.

SWLT MEMBERSHIP LAUNCH

| | |
|-----------------------|---------|
| Family | £145.00 |
| Single | £115.00 |
| OAP/student | £77.00 |
| Youth/disabled | £52.00 |
| Boat storage | £60.00 |
| Extra boat | £55.00 |

MEMBERS CAMPING

| | |
|---------------|---------|
| Family | £195.00 |
| Couple | £160.00 |
| Single | £90.00 |



HIRE PRICES

| Hire Prices | Hire Period | | | | Locations | | | | |
|----------------------------------|-------------------------------------|---------|---------|----------|-----------|-----------|-----------|-------|------------|
| | 1 hour | 2 hours | 1/2 day | Full Day | Roadford | Siblyback | Stithians | Tamar | Wimbleball |
| Dinghy (Pico) | £18.00 | £29.00 | £43.00 | £67.00 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Dinghy (Feva) | £28.00 | £45.00 | £62.00 | £85.00 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Dinghy (Vision/Stratos/Wayfarer) | £32.00 | £59.00 | £64.00 | £87.00 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Windsurf | £15.00 | £25.00 | £38.00 | £57.00 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Canadian Canoe | £18.00 | £29.00 | £43.00 | £67.00 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Kayak | £10.00 | £19.00 | £26.00 | £46.00 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Double Kayak | £16.00 | £27.00 | £41.00 | £57.00 | | | | | ✓ |
| Surf Ski | £10.00 | £19.00 | £26.00 | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Double Surf Ski | £16.00 | £27.00 | £41.00 | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Rowing Boat | £15.00 | | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Rowing Skiff | £12.00 | £20.00 | | | | | ✓ | | ✓ |
| Wheelyboat | | | £30.00 | £45.00 | ✓ | ✓ | ✓ | ✓ | ✓ |
| Hobie 15 (Catamaran) | £32.00 | £59.00 | £64.00 | £87.00 | | | ✓ | | |
| Hobie Wave (Catamaran) | £25.00 | £41.00 | £58.00 | £82.00 | | | ✓ | | |
| Pedalo £8.00 1/2 hour | £12.00 | | | | | | | ✓ | |
| Walk On Water Ball | £5.00 for 10 minutes at all centres | | | | | | | | |