

## Frequently asked questions

This section provides answers to many of the questions we often get asked. Simply click on a specific question below, or browse all the information underneath.

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**We have our own canoe. Could we bring it ourselves, and would this be a reduction in cost?**

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**What do we need to bring?**

You will need to bring some basic equipment of your own - such as warm clothes, a sleeping bag and shoes that you can get wet. We provide all of the technical equipment the expedition requires and the hire charge for this is included in the price of the trip. This is all explained clearly on the [expedition equipment](#) page.

**I want to purchase some equipment, can I get any discounts?**

We are proud to be able to offer a discount code to anyone booking onto a Wilderness Weekend, which will give you a discount every time you shop with [Cotswold Outdoors](#). The shops are a great place for advice and offer great customer service.

**We have never paddled before. Do we need to do any training?**

Having no previous canoeing experience is not a problem; and it certainly won't impact your adventure. Professional instructors will paddle alongside you; in order to help you

discover the basics, but the river doesn't demand expert paddlers. With this in mind, if you are still concerned, you could consider a CYESC ["get paddling" course](#).

### **What qualifications will our instructors have?**

Your instructors all hold a range of qualifications with the [British Canoe Union](#), the governing body for all professional paddle sport. These cover both coaching and personal skills; meaning your instructors will be developing you, through their own personal experience of canoeing. All instructors are also first aid trained, safety and rescue trained and have appropriate driving licenses.

### **Can I contact others to arrange a lift share?**

Yes. On the "adventure details" form which you receive after booking, there is a tick box option to indicate whether or not you are willing for us to share your email address. This would only be shared with other people who are confirmed on the expedition, looking for a lift share.

### **Do you run this anywhere other than the River Wye?**

At the moment, the River Wye offers the perfect location for a real wilderness adventure. We are hoping, in the future, to roll out similar expeditions on the river and canal network in other areas of the country – stay in touch!

### **Can I bring fishing equipment for the trip?**

Yes. However, the majority of the day will be filled with activity, and we are eager that fishing doesn't detract from the expedition itself. Therefore, you would be welcome to fish in the morning, before we leave, and in the evenings, providing you have a valid coarse fishing license; available from the Post Office or the [Environment Agency Website](#).

### **Is the expedition really unsupported?**

Yes. Once we get on the water we don't have support from staff members on the bank. This said you needn't be worried; we have taken all appropriate steps to ensure that the expedition is safe.

### **Will I be insured whilst on the expedition?**

CYE has £10 million public liability, which covers you every time you book onto a course. If you are interested in personal accident cover, at an extra cost, then we are able to give advice.

### **Can I canoe if I have a disability?**

We are really eager to make all our activities as accessible as possible, and are willing to go out of our way to provide everyone with a wilderness adventure. The best thing to do is email us ([wildernessweekends@cye.org.uk](mailto:wildernessweekends@cye.org.uk)), in order to discuss individual circumstances.

### **What is the minimum age limit?**

We want you to have the highest possible “quality time” together, and so have set a lowest age limit as children in Year 5 at school. The summer before starting Year 5 still counts as Year 4. This age is great to start having real adventures!

### **Can I bring a dog with me?**

Unfortunately you can't bring a dog on the expedition; however, as this isn't a “family expedition”, we hope there will be someone at home who can look after it for you. We do not allow dogs for many reasons; including campsite and bunkhouse policies and safety on the river.

### **Can I bring my daughter or is it only for lads?**

Yes, your daughter is welcome. The emphases of the weekends are to provide opportunities for Dads to spend quality time with their youngsters, which they might not normally get. We want to facilitate a bonding, quality experience which can be shared with Dad.

### **I have more than one child, how many can I bring?**

Part of the bonding experience is to master working together to paddle a canoe. With this in mind, we recommend one adult and one child per canoe; however, two younger children will fit in a canoe with their parent. We want to avoid Dad being in a different canoe, as this will mean missing out on a lot of quality time together.

### **My wife is interested in doing this with our daughter instead of me – is this possible?**

This weekend is specifically aimed at fathers, providing opportunities for them to engage in quality time, alone with their children. For this reason, a “Dads and Lads” weekend is not open to mothers, however, if there was demand we would look to roll out a “Mothers and Daughters” alternative.

### **We have our own canoe. Could we bring it ourselves, and would this be a reduction in cost?**

We provide appropriate, well maintained and safety tested canoes. The cost of providing the canoes is actually not a significant part of what you pay for, and this coupled with insurance difficulties means that you need to paddle our canoes. But they won't disappoint! Details can be found in our [expedition equipment](#) page.

### **What is the "spiritual input"?**

We believe in letting nature, relationships and time do the talking. But we will try to inspire and challenge you through a simple morning thought (probably over breakfast) and discussions over dinner. These weekends are a great time to really think about fatherhood, God the father, manhood, journeys and discovery.

### **What is the booking process?**

If you have decided to join one of our expeditions, simply fill in this [CYE booking form](#), which includes non-returnable deposit. Once you have booked, we will send you an "adventure details" form, a comprehensive way of organising logistics, equipment needs, dietary requirements and any other information. You post back your requirements. Full payment is then produced at least 8 weeks before the event. In the week before the expedition, we will phone you to confirm directions, timings and answer any last minute questions.

We hope that you have found this information useful. If you have any other questions regarding Wilderness Weekends, please do not hesitate to contact us by emailing [wildernessweekends@cye.org.uk](mailto:wildernessweekends@cye.org.uk).