

Below is an example itinerary for a two day expedition, including 1 night at a campsite. Due to the early start on Saturday morning, there is the option to camp for the Friday night in Hereford, for an additional fee.

Day	Time	Itinerary
Optional Extra Night (Friday)	18:00 Onwards	Arrive at Hereford Rowing Club Campsite
		Set up camp
		No food provided
Day 1 (Saturday)	09:30	Meet CYE instructors at Hereford Rowing Club and pack canoes
	10:15	Start Paddling
	12:00	Stop for lunch on the river
	17:15	Arrive at Tressecks Campsite Set up camp
	18:15	Dinner
	19:00	Talk / discussion 1, free time, fire.
	22:30	Bed
Day 2 (Sunday)	8:00	Wake up, Breakfast, TFTD
	08:45	Break Camp
	09:30	Start Paddling
	12:30	Stop for lunch
	16:30	Arrive at finish (Kerne Bridge) Unpack canoes
	17:00	Depart in minibus
	17:30	Arrive at Hereford Rowing Club Depart in Cars

N.B. This is a sample programme. Realistically timings will change depending on paddling speed, weather and aims. Please use this as a guide to help you know what to expect.