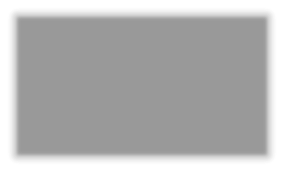
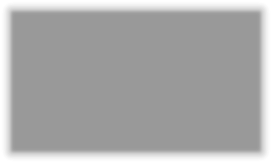
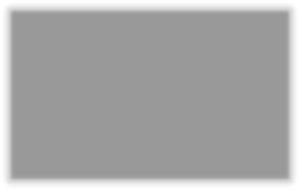
*Dordogne in the Spring* (Wild Camping)



*A+ ‘Active Retreats’*: ‘Out there - *in Him*’

Itinerary: Sunday - Thursday - early May 2025

Sunday: Fly Ryan Air Stansted Dep 07.20 > Brive, Dordogne arr 8.40 am (tbc). A+ bus from Airport > Argentat riverside campsite.

Welcome: Lunch, set camp. Tandem canoe skills coaching, & introduction to shelter building & cooking over an open fire. Cook dinner. River Briefing & Intro to ‘Out there – In Him’. Sleep.

Monday. **River Day**: River Day. Journey to suitable overnight camp spot. Set up ‘**Wild Camp 1**’.

Cook dinner over open fire. ‘Out there - In Him’ thought: ‘***Rock’***. Sleep in tarp shelters.

Tuesday. **River Day**: Canoe to ‘**Wild camp 2**’. Food order to A+ team (to buy provisions from Supermarché) for evening meal Cooking Team. Arrive at ‘Wild Camp 2’. Set up camp. Cook dinner.

Evening thought: ‘Out There – In Him: ***Water***’

Wednesday **River Day**: Breakfast. Strike camp. journey to final campsite. Set camp. ‘Out there - In Him: Still, In Him’ Evening meal out (*not included in A+ price*). Shower to be ‘fit for public travel’!

Thursday: Breakfast at **Riverside campsite**. Strike camp, pack & leave in A+ bus for Brive for 15.25 (tbc) flight.

**Meals**: Each paddler will be linked with a co-chef from among the group to produce one evening meal &

breakfast for the group during the trip, to get the experience of communal cooking over an open fire

(or over a BBQ when in public camp site). You pick the menu & A+ will help source the food.

**£345 pp includes all canoe kit hire, coaching in canoe & campcraft skills (Travel to Brive not included)**

See Camping kit list below. All food provided & cooked by participants. This is a r*educed price* as we blaze a new trail together with our first ever group on the Dordogne! ***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, as revealed in His Creation and described in the bible.***

**Canoeing Kit list provided by A+**: Boat Buoyancy Aid Helmet Paddle & Spare Kneeling mat Bailer & Sponge

**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 & repellant (Avon ‘Skin-so-soft’ is recommended)

Head torch (spare batteries) & waterproof camera

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 / note book 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

AND DON’T FORGET YOUR **PASSPORT** & **DRIVING LICENSE**

Also your EHIC Card if you have one and evidence of & European Travel Insurance

**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 and 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 and 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-tabls/water filter.

We will be meeting Sara & Andy each day so they may be able to refill some bottles for us (plan on every other day to reduce their water admin).

***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.

**Additional notes specific to this trip:** As noted above, we will also be joined by Andy & Sara each day, who will be staying (in the relative comfort of Beaulieu). They have kindly offered to supply us with provisions en route down the river, and organize trailer transfer for us at the end of the trip.

***Why do we need to get sponsorship too?*** French authorities recently declared that only French canoe coaching quals are now valid on their rivers. UK coaches may not coach on their rivers, but it is possible to organize a sponsored exped. to support a community organization, and of course that trip needs appropriate safety cover, which is being provided by A+. Participants a\re also asked to raise some sponsorship for this 60km canoe trip down the Dordogne (or another French river, if river levels dictate a change of venue)… and the sponsorship will be used to help A+ replace and replenish activity kit used on this trip and by over 6,000 children and young people each year– so go for it on the sponsorship. It will provide real encouragement and support for our work at A+.

***Is it possible to travel from UK in A+ minibus?*** A+ is offering 2 events in the week with a ‘Comfort Option, staying in a gite or cabin in Beaulieu from Thursday to Sunday. The A+ minibus will be leaving on Thursday prior to the Wild Camping week, and staying in the area until Monday following the Comfort Option. There is then 1.5-2 days travel either side day. There is space for one or two to travel in the van, one way or both, especially if they are happy to assist with driving. A contribution to fuel and ferry fare would be added. We may stop to sleep in the van en route.