

## White Water Rafting for Two

### KEY INFORMATION

The total experience lasts approximately 2 hours at manmade venues and 2 to 3½ hours at the natural.

There'll be a maximum of six others on the raft with you.

You're welcome to bring along family and friends to watch you.

Please advise if you have a medical condition that may affect this activity. This activity is not always suitable for contact lenses and glasses wearers. Participants need to be reasonably fit. The maximum weight is 95kg (15 stone). No pregnant clients.

You must be able to swim at least 50 metres or be confident of being in water.

The minimum age is 18 years.

Available selected weekend dates, depending on the venue, March to November (for manmade) and October to March (for the natural rapids).

### LOCATIONS

Northamptonshire, Northampton; Perthshire, Pitlochry; Durham, Stockton-on-Tees;

### DESCRIPTION

Climb aboard an inflatable rubber raft and head downstream through powerful, fast-flowing rapids with this White Water Rafting experience for two.

You'll hear the thunderous noise of churning water as you nervously approach the rapids, knowing that some serious teamwork is required to keep your raft upright and everyone on board as you paddle through the foamy white waters to safety.

Upon arrival at your chosen location, you'll go through a thorough safety briefing and be kitted out in the required safety wear of helmet and life-vest before joining your new shipmates and qualified instructor for an exhilarating white knuckle trip out on the river.

Armed with a paddle in hand, you'll negotiate the waves and dips as you tackle the rapids head-on (and sometimes sideways!). But it doesn't matter if you fall overboard or not, you are guaranteed to get wet.