

Coastal & Traditional Rowing Camp 2020

'A rowing experience for new and experienced rowers in traditional and modern coastal craft'



New to Coastal Rowing?

Join us on the beautiful Cornish coast in England for the sea rowing experience of 2020!

Experience different coastal rowing techniques in a range of craft; from the traditional fixed-seat Cornish Pilot Gig, St Ayles Skiff and Celtic Longboat to modern FISA sliding-seat coastal shell – improve your coastal skills with a combination of technical sessions and touring, and put your new skills into practice in a beautiful setting with local experts!

New to Rowing?

Develop your skills with our Camp 'Leisure Track'

Explore the harbours and creeks of one of the World's most beautiful harbours at your own pace in the simple and stable St Ayles Skiff.

Or mix and match each day!



A Unique Rowing Experience

- **A unique collaboration:** The Coastal & Traditional Rowing Camp 2020 is brought to you by Rowing The World; leading provider of rowing experiences throughout the world, and Row England; specialist in fixed-seat and traditional rowing on beautiful waterways.
- **Training and Leisure Tracks:** A casual leisure row across the harbour for lunch, or a work-out with one of our experts? Pick the experience you want!
- **A unique blend of boats and styles:** we've curated a mix of boats and expertise to give you the complete Coastal Rowing experience!
- **Only-Row and Non-Row options:** Make your own accommodation plans – contact us for prices.

Beautiful Cornish Coast

Our 2020 Coastal & Traditional Rowing Camp will be based in Falmouth harbour and the river Fal. We'll explore the creeks, gardens, beaches and natural maritime environment of this beautiful region. Flanked by two officially recognised 'Areas of Outstanding Natural Beauty' and with the South West Coast Path running alongside, the region's coastline is a must-see attraction for rowers – and there's plenty for walkers, swimmers and wildlife-watchers as well. Accommodations will be in Falmouth, a city famous for its maritime history, with an excellent range of restaurants, museums and art galleries. There is truly something for everyone!

Each day we'll explore a different part of the region, from as far as Helford Creek in the west (including the famous Frenchman's Creek) towards the Cornish capital city of Truro in the north. We promise a great rowing experience and a warm welcome from the local rowing community – fabulous accommodation, award-winning food and great cultural activities come as standard!



Itinerary*

	Training Track	Leisure Track
Day 1 – Fixed seat day #1	Technical session. Advanced fixed seat rowing and racing techniques. Afternoon fitness training session. Social Evening at Falmouth Marine School Workshops	Introduction to fixed seat rowing. Gentle row in afternoon for tea.
Day 2 – Fixed seat day #2	Applying race technique. Row to St. Mawes for lunch. Afternoon Explore Percuil Creek and Carrick Roads. Evening beachcombing social and plastic pick up	Options to row the bigger, heavier Pilot Gig or the lighter St. Ayles skiff. Row to St. Mawes for lunch.
Day 3 – Sliding Seat day #1	Technical sliding seat session. Learning to read and ride swells and waves. Extended row of 20+ km. Tea in National Trust Trelissick Gardens. Evening private visit to National Maritime Museum Falmouth	Introduction to sliding seat coastal rowing. Picnic lunch in National Trust Trelissick Gardens. Afternoon at leisure
Day 4 – Sliding seat day #2	Advanced sliding seat and coastal technique, including navigation. Row to Helford Creek. Evening fun race and social with local Gig Clubs	Trailer to Helford Creek. Explore the famous Frenchman’s Creek and Trebah Gardens
Day 5 – Festival of Sea Rowing	Morning: Test of all the boats types with short races to compare techniques and handling. Lunch with guest speaker (TBA) Afternoon: Parade of boats with a short tour from Mylor to Feock. Departure.	

*Subject to change depending on the skills and requirements of guests, and the weather and local advice right up to the time of departure

Some Important Things to Know

This is an exploratory trip and the first of its kind - we are very confident that we will deliver a wonderful trip, but there is an element of the unknown and we ask you to be flexible and adaptable! However, this is also one of the appeals of this trip - together we learn, explore and enjoy.

Summary

Date	Evening Sunday May 17 to afternoon Friday May 22	Max Group Size	Up to 10 guests, non-rowers can be accommodated
Duration	5 days rowing, 5 nights accommodation	Price	GBP £1,420; USD \$1,975. Please contact us for prices of only-row and non-row options.
Daily Distance	Depending on track, weather and tides. Final decisions will be made each day by the guides and boat captains.		
Included	<ul style="list-style-type: none"> *Use of coastal boats, including trailering and Safety Boat support *Coaching, guide service, expert crew and tour support *5 nights accommodation in good hotels (except for only-row option) *All breakfasts, lunches and four dinners (except for only-row option) *Transportation during the tour *Pick up and return from local Airport or Train station at start and end *Cultural visits and outdoor activities *Opportunities for participation in activities with local clubs 		
Not Included	<ul style="list-style-type: none"> *Beverages *Those meals and other expenses not noted above *Entrance fees for cultural attractions 		

For more information, please contact:

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