



The 16th ARA Rowing Tour

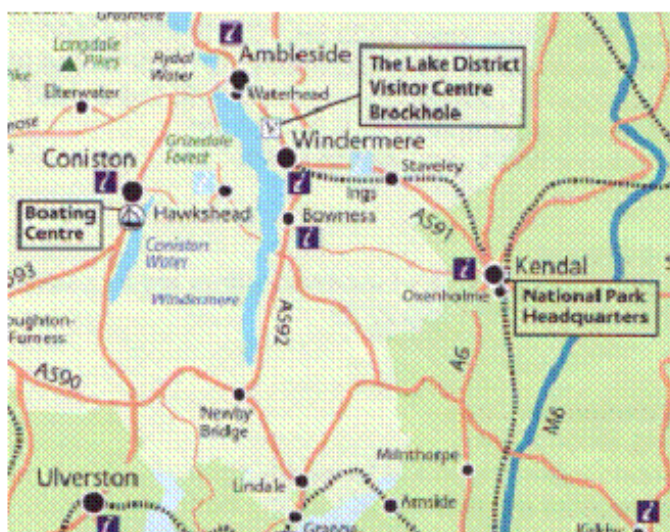
Lakeland

Thursday– Sunday

3rd – 6th September 2009



From Coniston village in the shadow of the “Old Man of Coniston” we circumnavigate the Lake, passing Brantwood, John Ruskin’s house. You may also visit the Coniston micro brewery, home of Blue Bird bitter.



Windermere, at 10.5 miles long, one mile wide and 220 feet deep, is the largest natural lake in England, and is fed by numerous rivers. There are many tourist attractions in the area, including the Beatrix Potter Gallery and various arts and craft centres.



This year’s tour is organised by Lakeland and Weyfarers Rowing Clubs

Closing date for applications: 30th June 2009

Provisional Programme

Thursday 3 rd Sept (p.m.)	Boats and trailers to Coniston Boating Centre, unload and rig Check in at the Whitewater Hotel, Informal dinner
Friday 4 th Sept	Row round Coniston Water (17 km) Derig and load boats on trailers Lunch at the Bluebell Café, Coniston (not included in price) or free choice Afternoon free in Coniston / visit to Brewery Trailers to Cunsey Mill Dinner at the Whitewater Hotel
Saturday 5 th Sept	Lakeland RC Cunsey Mill site Row Windermere Upper Basin (22 km) Picnic lunch in Ambleside Return to Cunsey Mill Tour dinner at the Whitewater Hotel
Sunday 6 th Sept	Cars to Cunsey Mill Row Windermere Lower Basin (14 km) Return to Cunsey Mill, de-rig and load trailers Lunch at the YMCA (TBC) Depart

Accommodation

Twin, double or triple rooms with en-suite facilities at the Whitewater Hotel. Single rooms can only be provided by allocating double rooms for single occupancy, for which a supplement will be charged. As capacity is limited, priority will be given to tourers sharing rooms.

The hotel has a well-equipped health and fitness club with pool, use of which is free to guests.

Boats

Many tourers have their own boats, but for those who do not, seats in touring coxed quads will be available to hire.

Cost

The price includes:

- 3 nights accommodation (Thursday, Friday, Saturday) with full English breakfast
- dinner on Thursday, Friday and Saturday evening
- picnic lunch on Saturday, lunch at the YMCA on Sunday
- transport to and from boating sites on Friday and Saturday
- tour T-shirt
- boating fees

Provisional cost (may vary depending on number of participants)	£245.00
Non-residential (includes 3 dinners, 2 lunches, T-shirt and boating fees, using own car)	£100.00
Hire of seat	£15.00

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Lakeland (Coniston and Windermere)

Please register me for the Tour. I understand that I take part in the tour at my own risk and confirm that I have no medical conditions which may affect my ability to participate.

Name:

Address:

.....

Tel No: Email:

Accompanied by:

(rowing/non-rowing) *please delete as appropriate*

T-shirt size(s): S / M / L / XL / XXL ARA number:

(please note: you must be a member of the ARA to take part in the tour)

Room requirements (subject to availability):

Single:* Double: Twin: Triple:

**Supplement of £55 payable. Priority will be given to guests sharing rooms*

Sharing with:

Any special dietary requirements:.....

Boat (please complete one option):

Own boat name and type:

Sharing boat with:

I wish to hire a seat:

Signature: **Date:**

Deposit:

Please enclose a cheque for £50 per person, payable to Recreational Rowing WP by 30th June 2009. The balance must be paid by 31st July.

Return form to:

Caroline Turnbull
Lea Rigg
Pyrford Woods
Woking
Surrey
GU22 8QL