

100 MILE WILDERNESS CANOE CHALLENGE 2020

17-21 AUGUST 2020



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Thank you for requesting more details about the Wilderness Canoe Challenge with TEAM Bootcamp.

Challenge Overview

Take on 100 miles of the River Severn and canoe from Welshpool to Gloucester in 5 days. This 5-day challenge is more than achievable even for those new to canoeing. Each day starts with a hearty wilderness breakfast, before launching off for the morning's paddle. Only stopping for toilet breaks, snacks and lunch, you will wind your way along the longest river in the UK and spend the night under the stars along the picturesque river bank.

Following a short leg on Wednesday you will mark the halfway point of your trip with a BBQ, wilderness cooking session, introduction to survival skills & campfire coaching session at TEAM Bootcamps 'Low camp' (Knowlesands, near Bridgnorth).

Then it's the long push to Gloucester and the finish line. The emphasis of this trip is disconnecting from modern life and reconnecting to nature and yourself for 5-days. Your river guide and mindset coach will ensure you are both safe and inspired throughout the route and your event director will ensure you are catered for adequately.

Weight loss is not the aim of this trip, but you can expect to be challenged physically and also have your wellbeing nurtured.

Craig's Comments

I was inspired to set up this trip after completing a similar canoeing experience with my eldest son Danny in 2017 in Sweden. It was amazing to strip back life. The whole trip was packed full of analogies and thought-provoking moments which left me inspired and regenerated.

The target miles of this challenge is an added bonus. I believe we all need challenges in our lives to feel inspired and this canoe challenge will allow anybody of any level to try something new, succeed and feel proud at the end.

Craig

You can call on [+44 \(0\) 1746 552 155](tel:+44(0)1746552155)



Claire Bowers ▸ Conquer Food & Fitness Community by TEAM Bootcamp
4 hrs · 🌍

Week at bootcamp and an absolutely mint time canoeing 100miles along the River Severn with some fab canoe buddies. Thanks to [Craig Williams](#) for planning the challenge, teaching us how to handle the canoes through rapids and soup! We all learnt some useful wild camping and fire making skills and saw some wonderful scenery and wildlife enroute. So glad I took up the challenge and surprised myself with what I achieved - in particular navigating rapids alone and not capsizing!! Happy place is definitely on the water (not in it! 😊). — with [Craig Williams](#).



Josef Firejoe Duba Thank you [Craig Williams](#) for this great adventure and experience. You've been good guide and leader of this amateurs group 🤗 I was really enjoyed it. 👍👍👍
Like · Reply · 3h



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Challenge Information

ITENARY & APPROXIMATE TIMINGS

Prep Day - SUNDAY - ARRIVE & TRANSFER TO MONTFORD BRIDGE

Meeting around midday, your challenge will start with kit checks, challenge briefings and a pre-challenge photo.

We will select canoeing and camping buddies, unless you are attending with a friend. Once packed up, we move to the Montford Bridge for some introductory canoe training and your first night under canvas.

Day 1 - MONDAY - MONTFORD BRIDGE TO ATCHAM - 18 Miles - Wild camping

Day 2 - TUESDAY - ATCHAM TO KNOWLESANDS - 25 Miles - Showers & Toilets

Day 3 - WEDNESDAY - KNOWLESANDS TO WORCESTER - 28 Miles - Wild camping
Includes mid-event BBQ, Wilderness skills training and Cheese & wine campfire coaching session.

Day 4 - THURSDAY - WORCESTER TO TEWKESBURY - 25 Miles - Showers & Toilets

Day 5 - FRIDAY - TEWKESBURY TO GLOUCESTER - 7.5 MILES - Final Stage
Includes finishes photo and prize giving before returning by minibus to TEAM Bootcamp HQ.

Route details will be provided at the challenge briefing prior to departure.

This itinerary is complicated and may be subject to change. All timings are approximate



Melissa Askin Thank you so much Craig for the opportunity. It was without doubt a brilliant experience, the wilderness camping, the god damn canoe, the mirika, the coffin tent but made so much more special to thanks to the fabulous people taking part. Despite my moaning and constant yapping I had a blast. Maybe next year when hip is not so wonky Hubbie and I will join you.
Thanks again. You are a bloody star. Xx

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Challenge Information

COST OF CHALLENGE

- Full Payment - £599.00pp
- Split Payments - Not available
- Minimum Number: 5 participants
- Maximum Number: 10 participants

WHAT'S INCLUDED?

Prior: Evening meal and overnight camping. Transfer from TEAM Bootcamp to Welshpool area.

Throughout: Food and water en route, canoe, paddle, waterproof bag for personal equipment, kneeling mat, maps, buoyancy aids, camping equipment, safety support and first aid cover throughout.

On Completion - Prize giving and transfer to TEAM Bootcamp.

General: TEAM Bootcamp river guides / event medics & Transportation of participant luggage.

WHAT'S NOT INCLUDED

Transit/train to TEAM Bootcamp, return journey home, travel insurance (optional), personal equipment/clothing as per the kit list, additional snacks or drinks.

[SIGN UP](#)



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Paddle Kit List

When on the Wilderness Canoe Challenge you should have one kit bag or back pack that keeps all your items together in the canoe.

Space is precious on the canoes and it is essential that you are organised – disorganisation costs time!

Make sure you do not 'overpack' – bring only that which is essential for the challenge:

On the water:

- Holdall or back pack
- Water-proof back pack liner - Water-proofing from within is more effective than outer waterproofing. A heavy duty bin liner or survival bag will suffice.

- Old trainers for paddling

Must be broken in. Some banks have short sections of rough, steep or bouldery terrain.

- Waterproofs

- Fully waterproof jacket (with hood) - Essential.

- Waterproof trousers - Optional.

Gore-Tex, eVent, Paramo or similar perform best. Older 'non-breathable' fabrics perform adequately but are uncomfortable when the body is active. All three mountains are on the Western seaboard of the UK and bear the brunt of the prevailing weather.

Paddling Clothing

- Medium-weight fleece, gloves, hat, lightweight, loose-fitting shirt/t-shirt to be worn against the skin.

- Lightweight trousers/shorts/leggings.

- Thin socks, lining socks,

- Suitable underwear;

- Sun hat; neck scarf (Buff or similar, versatile in all weathers),

- Sunglasses.

- Lightweight gloves (Optional)

- Hydration

Carry 2 litres of water per person. Bladder systems are useful, but bottles may be easier to top up along route.



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Camping Kit List

- Head Torch

LED style preferably, with spare batteries and bulb if necessary. You may complete some of the course at night and in darkness.

- Personal Medkit

Sunblock, blister plasters (Compeed or equivalent), painkillers, Tubigrip/supports as required. You should also carry any medication you require for pre-existing health problems (e.g. Asthma inhaler, Insulin). Your guide will carry a full first aid kit.

- Plastic or metal plate & spork

- Thermal travel mug

- Mobile Phone and water proof case.

- Camera - Optional - You may want to get some photo's

- Whistle

- Insect Repellent

For campsites:

- Spare clothes and footwear to change into after paddling all day.

- Duvet jacket or similar warm jacket

- Spare socks & underwear (Sufficient for the week)

- Sleeping bag & lightweight sleeping mat

- Wash kit & toiletries

- Any additional snacks you may require. There will be lots of opportunity to purchase snacks and drinks along the route.

- Cash. We will stop at shops & cafes etc along the bank during the challenge.

- Entertainment - It's a long day paddling and you may want to bring an iPod for paddling and a book or similar for the nights.



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