

## Bushcraft Adventures getting back to basics...

### TheCanoeMan School of Wilderness Bushcraft

The School runs a selection of courses designed to allow you to experience nature like never before; exploring the forgotten art of Bushcraft tracing back to our indigenous ancestors, utilising skills from around the world. It will open your mind to a different way of exploring and enjoying the world around you in a relaxed and friendly atmosphere.

We offer specially designed 1 and 2-day courses which cover essentials like knife skills, shelter building, traditional fire making techniques, back country cooking, sourcing material & uses and water sourcing & purification techniques.

Individuals, couples, families and small groups are all welcome. All instructors are CRB checked and hold current first aid qualifications.



### Bushcraft Canoe Trail

The Canoe Bushcraft Trails are a combination of paddling through the exhilarating beauty of the Broads and its wildlife, whilst also learning some of the mystical arts of bushcraft. Canoe at a leisurely pace, stopping in the late afternoon to set up camp at one of our riverside 'wilderness' sites. Here with the help of your guide you will build your shelter to sleep overnight and get the campfire going to cook your evening meal! The tour continues with a hearty breakfast next morning and a further day of exploration.



Overnight Canoe Trails  
take a walk on the wild side...

Large  
family sized tipi  
available!

### Tipi Canoe Trail

The Norfolk Broads Tipi Canoe trail combines a Canadian canoe expedition with overnight accommodation in tipi lodges located in exclusive riverside settings. This is a unique outdoor adventure experience specifically designed for families and couples wanting a blend of adventure, peace and getting back to nature.

We have large family tipis which will comfortably sleep 7/8 or smaller tipis for couples and small families.



We have Canadian canoes that can take a family of 4. They have a max. weight limit of 36 stone (228kg) and are ideal for the novice or more experienced paddler.

### Canoe Camping

1 - 5 night canoe trails exploring some of Norfolk's most beautiful rivers. At the end of each day relaxing with friends and family to discuss the day's adventures at one of our campsites in the heart of the countryside.

Most people opt for our 2 day trail, arriving on the first evening, spending the next day on the water, followed by another night under canvas (we use the same campsite for both nights so there is no need to re-pitch tents) and a second day on the water, returning home that evening.



Under 16's  
must be accompanied  
by an adult

You can hire 2-6 man tents and equipment if you need them, and we can pitch them for you. The only thing you will need to provide are sleeping bags...

### Bed and Breakfast Trails

For those who prefer their creature comforts a leisurely paddle down the beautiful waterways followed by a stay in a quality riverside Bed and Breakfast may be for you! No experience necessary, all equipment, instruction and transport is provided.

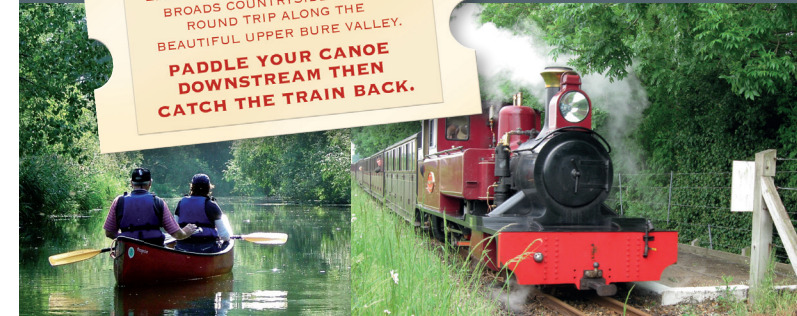


### Swallows and Amazons days

These exciting Adventure Days are based at TheCanoeMan's Woodland Activity Centre (WAC) at South Walsham. Paddling your canoe through the quiet backwaters and then across the broad onto the WAC you cannot help but see lots of wildlife. Once at the WAC you will be taught the mystical art of bushcraft, learning to light fires without matches or lighters, how to build a rainproof shelter, backwoods cooking, plant and tree identification and uses and much more. During lunch you will have the opportunity to explore the wood or just sit and relax in the glade. After lunch a woodland archery session to find out who amongst you and your friends is the next Robin Hood.

## Norfolk's first Paddle Steamer!

ENJOY THE BEST OF THE NORFOLK  
BROADS COUNTRYSIDE WITH A  
ROUND TRIP ALONG THE  
BEAUTIFUL UPPER BURE VALLEY.  
**PADDLE YOUR CANOE  
DOWNSTREAM THEN  
CATCH THE TRAIN BACK.**



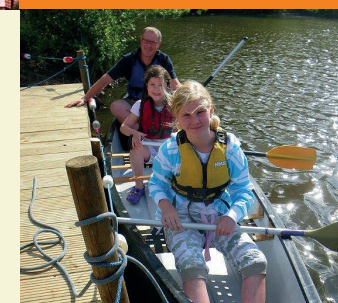
The choice is yours...  
you can either park at Coltishall or Wroxham. Catch the train to Buxton and spend the afternoon paddling back at your leisure, taking in the beautiful surroundings and tranquility and wildlife of the River Bure.

Go on a combined train and canoe ticket and have a great day out!

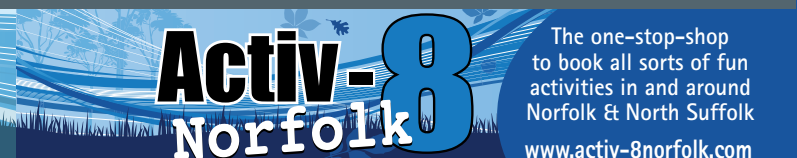
Paddle & Pedal  
couldn't be  
simpler...



The ultimate activity day out - a leisurely cycle ride through the beauty of the Norfolk countryside along the Bure valley cycle path, followed by a canoe ride down one of our most beautiful stretches of river. Bring your own bikes or hire our top quality Ridgeback hybrid bikes. For full details of distances and timings see the website.



Check out our other websites for a wider range of exciting group adventures for corporate days, educational activities and celebrations!





## Cycle & Canoe Hire from our hire centres...

Based in the heart of the beautiful Broads National Park we have hire centres at our Wroxham HQ, Horning, Buxton, South Walsham, Beccles and Norwich (2013) where you can hire a cycle, canoe or kayak to explore the beauty of the Broads (see map below). Please ring to book.

Take the CAR(E) FREE Option

There are many easy ways to get to us without a car. A good bus service runs from Norwich to Wroxham, Buxton and Coltishall. Or take the train to Wroxham station and we can arrange a mini-bus collection for you.

As well as hiring, we also sell canoes, kayaks and cycles. Visit our HQ in Wroxham to see our great range of Ridgeback bikes and our canoe range starting from £450.



## Canoe, Kayak, Cycle Hire, Canoe Trails and Bushcraft Adventures



As recommended in 'theguardian' ... and listed in 'THE TIMES'

As seen on the BBC

Single and multi-day adventures throughout Norfolk & Suffolk



e: info@TheCanoeMan.com t: 0845 4969177



## Guided Canoe Trails visit those secret havens...

NEW trails for this year..

These 'backwaters' are havens for wildlife and even in mid summer, when the broads are at their busiest, you can always find a peaceful retreat by canoe!

To get out canoeing in the Broads couldn't be easier. There is mile upon mile of beautiful meandering waterways to be explored. We can take you on a guided adventure with a fully qualified canoe guide, into some of the broads' most secret and quiet places. Or if you prefer, you can guide yourself. Canoe trails run from March through to November.

See [www.TheCanoeMan.com](http://www.TheCanoeMan.com) for more details.

Take a look at our website for details of our popular Otter and Bittern Spotting tours...



Photo: Sarah Weston

Whether you are an experienced open water swimmer looking for a different experience or new to wild swimming, we offer a trail to suit you. All trails are lead by an experienced open water swimmer who is on hand to offer tips and advice, as well as qualified canoe instructors to provide safety support. All swim trails are downstream and the water quality is excellent!



## Here's a taster of some of the activities available...

### Guided Canoe Trails

Discover the secret havens the Broads National Park has to offer, where motor powered boats fear to tread.



### Norfolk's first paddle steamer!

Enjoy the best of the Norfolk Broads, paddle your canoe downstream and catch the train back!



### Canoe, Kayak and Cycle Hire

You can pick up a canoe, kayak or cycle from one of our hire centres throughout the Norfolk Broads, or book a round trip!



### Swallows and Amazons days

Have you a taste for adventure? Learn new skills and have some fun on our activity days at our Fairhaven base camp.



### Bushcraft Adventures

Take a walk on the wild side and discover the mystical and practical arts of Bushcraft...



### Paddle Boarding

The next big craze! A fun way to exercise enjoying the fantastic views or gazing into the depths to spot the darting fish.



### Wild Swimming & Snorkelling

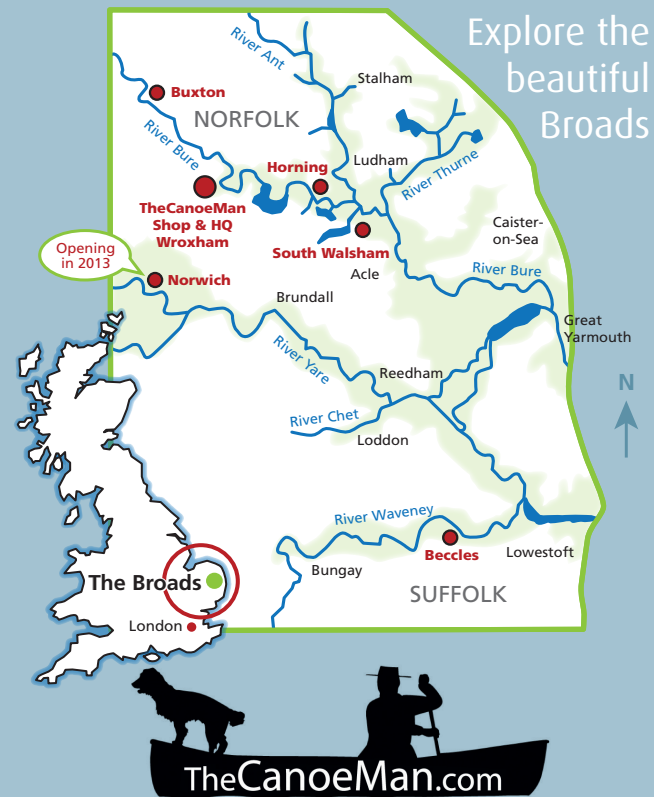
Experience the fun, freedom and get close to the creatures in the depths, easy to spot in the crystal clear waters of the River Bure!



### Geo-Cacheing

THE LATEST CRAZE - HI TECH TREASURE HUNTING!

Use a map & compass or go 'hi tech' using a GPS on your idyllic Canoe trail to hunt down the caches along the riverbank!



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