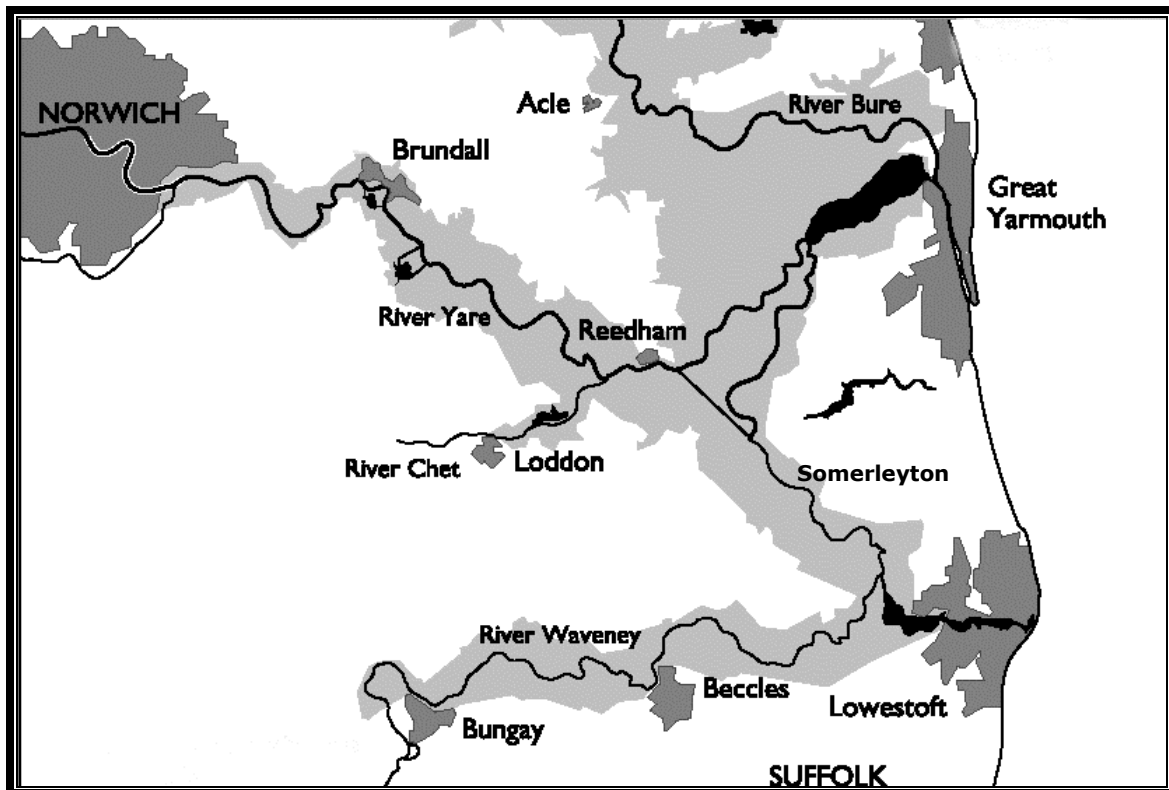


The 11th ARA Rowing Tour The Southern Norfolk Broads

***Beccles to Norwich on the Rivers Waveney and Yare
Thursday 22nd – Sunday 25th July 2004***



The Norfolk Broads is Britain's largest nationally protected wetland. Its rivers, broads (shallow lakes), marshes and fens make it a unique area, rich in rare habitats, which support myriad plants and animals. Globally, wetlands are among the most threatened of landscapes.

The Broads is also one of Europe's most popular inland waterways. Once an essential transport network, today the waterways are used for recreation, attracting more than a million visitors a year.

Tour organised by Weyfarers RC, Yare BC and Lowestoft RC

Provisional Programme

Thursday p.m.	Boats and trailers to Beccles, unload and rig Trailers to Norwich Union BC Tour reception and self-service dinner at UEA, Norwich
Friday	Row Beccles – Lowestoft Lunch at Lowestoft RC Row Lowestoft – Somerleyton Evening free to explore Norwich
Saturday	Rowing route to be confirmed Picnic lunch Formal dinner at UEA
Sunday	Row through City of Norwich and back to Yare BC Lunch at Yare BC Load boats and depart

Accommodation

Twin, double or single rooms with en-suite facilities at the University of East Anglia, Norwich. Because this is student accommodation, the number of twin and double rooms is limited to 5 of each type and will be allocated on a first-come, first-served basis.

Boats

Many tourers have their own boats, but for those who do not, Weyfarers RC are able to offer approximately 10 seats in touring coxed quads.

Cost

The price includes:

- 3 nights accommodation
- dinner on Thursday and Saturday evening
- lunch on Friday, Saturday and Sunday
- transport to and from boating sites
- tour T-shirt

Basic cost	£175.00
Single room supplement @ £10 per night	£30.00
Hire of seat in Weyfarers boat	£15.00

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The Southern Norfolk Broads

Please register me for the Tour:

Name:

Address:

.....

Tel No: Email:

Additional guest:

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

Room requirements (subject to availability):

Single: Double: Twin:

Any special dietary requirements:

.....

Boat (please complete one option):

Own boat name and type:

Sharing boat with:

I wish to hire a seat in a Weyfarers boat:

Deposit:

Please enclose a cheque for **£30** per person, payable to Weyfarers/ARA Tour

Return form to:

Caroline Turnbull
Lea Rigg
Pyrford Woods
Woking
Surrey
GU22 8QL