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Symonds Yat to Redbrook



A classic on the Wye; a trail that has everything. Starting at picturesque Symonds Yat, start with a 150 meter grade 2 rapid before entering the dramatic gorge of the Seven Sisters Rocks. Take in the bustling historic town of Monmouth before finishing at the welcoming village of Redbrook.

Distance:	8.5 miles
Time:	2.5 - 4 hours
Start:	Symonds Yat West - River Wye Caravan and Camping, HR9 6DA or 500 meters further downstream; Symonds Yat East - Wydean Canoe Centre, HR9 6JL
Finish:	Redbrook (car park), Redbrook Road, NP25 4LP
OS Map:	Explorer 14 Wye Valley and Forest of Dean

1 Shortly after the start are Symonds Yat rapids; a 150m, grade 2 rapid, modified to enhance its recreational value by the addition of boulder groynes along its length. There is a charge for landing and launching here. Inspect the rapid from the path that runs along the left hand bank. If starting from Symonds Yat East it's best to do this before you set off, although it's possible to land on the left before the rapid. Pass the Royal Lodge Hotel on the left and enter the rapid. It should be shot in the main flow that takes you to the left hand side of the island. Avoid the boulder walls on the left bank and any stray boulders that have broken away in the current.

2 1.5 miles further on there is a small rapid by the Biblins campsite. Shortly after this you will see a number of limestone crags above the treeline. These are the Seven Sisters Rocks. When you come to Hadnock island, take the left channel.

3 Hadnock island marks the end of the gorge and the start of the run into Monmouth. On this section watch out for rowers training on the river. The navigation rules are that you stay on the right hand side.

4 There is a get out at Monmouth on the steps just after you pass Monmouth Rowing Club; right hand bank. Monmouth town centre is a short walk from here.

5 As you leave Monmouth there is a small rapid as you navigate down the left hand side of an island and make your way down to your finish at Redbrook.



Safety Advice

As with all sports and activities taking place in the natural environment there can be an element of risk involved in canoeing and kayaking.

The following are some basic tips for staying safe on the water - you can find out more on our website at britishcanoeing.org.uk

- **ALWAYS** be certain to let others know where you're going and when you're expected to return
- **BE CERTAIN** that the journey you plan is within your capabilities
- **CHECK** weather forecast and river levels
- **WEAR** appropriate safety equipment and clothing

Safety Equipment

ALWAYS wear a buoyancy aid and ensure that all in your party, especially children, have one suitable to their size. Keep your mobile phone to hand in a waterproof case in case of emergencies. A whistle would also be good to carry if possible.

Clothing

Take footwear you don't mind getting wet and clothing suitable for the weather conditions. Ideally take dry clothing in a suitable dry pack, especially in colder weather conditions.

Rapids And Natural Weirs

When inspecting these river features look out for boulders/rocks that might be in the river and plan a route down the river which avoids these. Pick a

clean route down the rapid by looking for sections of water that are still green coloured (these may often form a V shape). If in any doubt just get out and walk around the rapid from the bank.

Rapid spots tend to be busy and popular sections so always keep an eye out for other river users to avoid collisions as you paddle through.

River And Weather Conditions

Know the weather forecast before you set out and be prepared for this to change; sometimes quickly and without warning. If you are unsure of your ability to deal with the weather conditions leave the trip for another day. River levels can change rapidly on the Wye due to rainfall across a large catchment area. You will need to be aware and take account of changing water levels in and immediately after heavy rainfall.

The river should not be paddled in flood conditions unless you are a very experienced paddler. If you are hiring a boat, the hire company can advise you on conditions and safety.

River levels can be checked and viewed on www.riverlevels.uk

Navigation Rules

Ensure to keep to the right where possible and take care around bridges and other infrastructure where visibility can be impaired. Powered boats have right of way over unpowered craft. Give other river users as much space as possible.

Environment and Good Practice

Paddling is a low impact activity, giving great opportunities to see and hear wildlife and the environment up close. Please follow the tips below to ensure we continue to protect enhance our natural environment and share the space considerately with others:

- Leave the environment as you found it and take your litter home with you.
- Keep noise to a minimum.
- Do not 'seal' launch or drag boats to avoid damage to the natural banks. Where possible keep to designated paths or launching points.
- Paddle a safe distance away from wildlife to avoid causing disturbance and stress.
- Show consideration to other water users and treat them with courtesy and respect.
- Change discreetly, using public facilities where possible.
- Keep a look out for anglers while paddling. Co-operate to avoid lines, nets and swims. If it is unclear where to pass, quietly attract the attention of the angler and agree a route to follow.

In addition, always follow the **CHECK, CLEAN, DRY** guidance to minimise the spread of invasive aquatic species:

Check

Check your equipment and clothing for live plants and animals. Particularly in areas that are damp or hard to inspect.

Clean

Clean and wash all equipment, footwear and clothing thoroughly. If you do come across any plants or animals, leave them at the water body where you found them.

Dry

Dry all equipment and clothing - some species can live for many days in moist conditions. Make sure you don't transfer water elsewhere.

Licence Information

The waterways on this trail don't require you to have a licence to paddle on them. However if you paddle regularly you should consider becoming a member of British Canoeing.

A British Canoeing membership gives you a whole range of benefits including a licence to paddle on 4500km of Britain's waterways and Civil Liability Insurance, worth up to £10 million.

Not only will membership help save you money, it will give you peace of mind when out on the waterways. For more information on British Canoeing membership visit: www.britishcanoeing.org.uk