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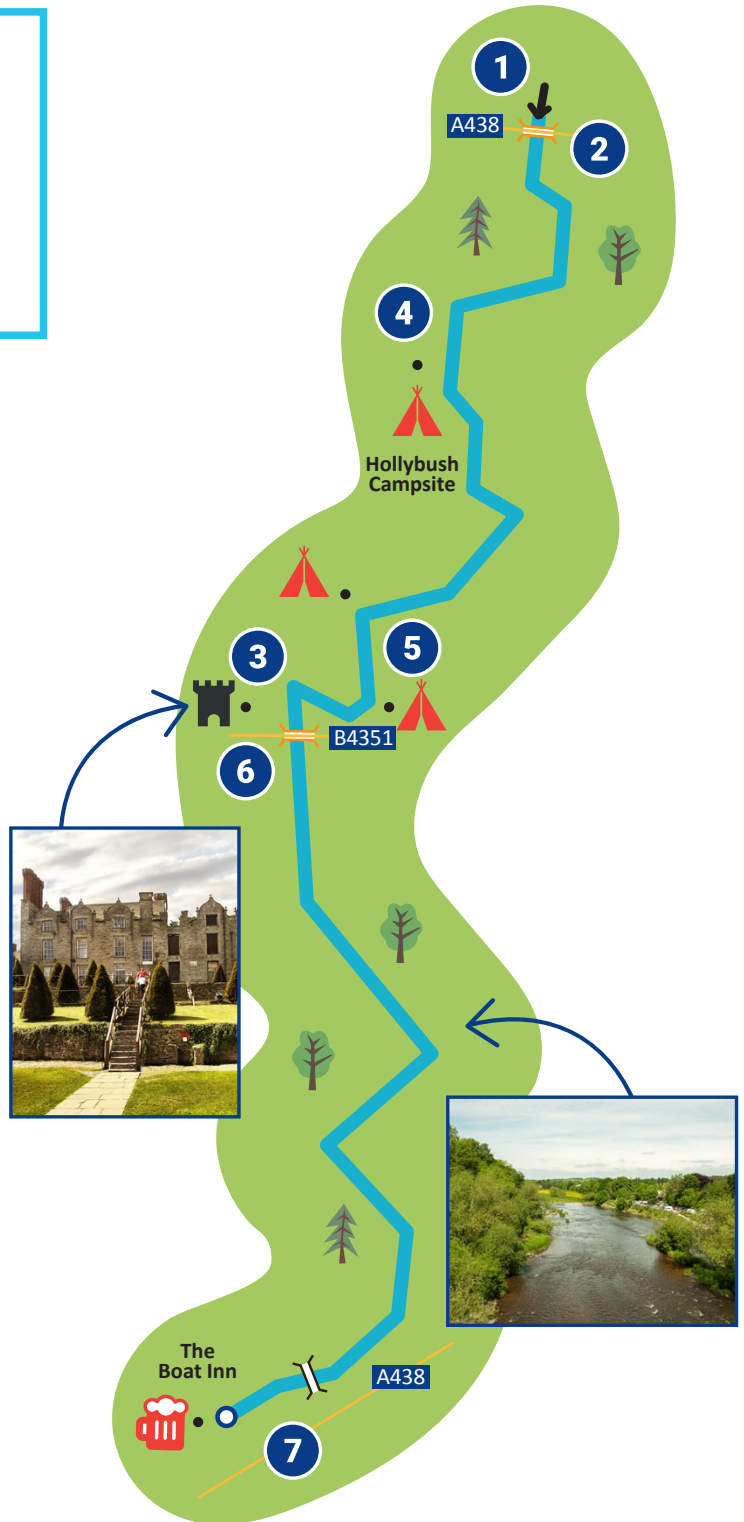
Glasbury to Whitney on Wye



Starting above Glasbury Bridge, set between the spectacular Black Mountains and Radnorshire Hills; pass through Hay on Wye, packed with history, culture and places to eat. The river then provides interest and fun all the way to Whitney-on-Wye.

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| Distance: | 11 miles |
| Time: | 3 - 4 hours |
| Start: | Glasbury Bridge, Glasbury. HR3 5NP |
| Finish: | The Boat Inn, Whitney on Wye, HR3 6EH |
| OS Map: | Explorer 201 Knighton and Presteigne |

- 1** This trail has a succession of small simple rapids throughout its length, with sections of calmer water in between.
- 2** Launch from Upper Glas-y-Bont Common (beach get in), just above Glasbury Bridge, turn left.
- 3** Launch times are restricted to between 10.00am and 4.00pm with paddlers asked to be at Hay on Wye no later than 5.00pm. There is some onsite parking and public toilets.
- 4** At around 2 miles you pass Hollybush Campsite on your right.
- 5** After about 4.5 miles, just above Hay-on-Wye, come across The Warren as you round a right hand bend in the river. This is a natural small weir which you normally pass through on the right. In low water it can be a bit rocky and worth an inspection before shooting.
- 6** Hay-on-Wye is reached after 5 miles. Well worth a visit and can be accessed by landing on the purpose-built slipway on the right hand bank about 50m below Hay Bridge.
- 7** One mile after passing under Whitney toll bridge come to the Boat Inn at Whitney-on-Wye. There is a charge for landing and launching here. This is the end of the trail. The get out is on the steps on the left hand bank, just downstream of the pub.



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 and 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