

Female Focused Paddling Network (FFPN)

This is the first event of many (we hope) for the Female Focused Paddling Network of Devon and Cornwall and will be based at the Mountbatten Centre in Plymouth - 70 Lawrence Road, Plymouth PL9 9SJ

<http://www.mount-batten-centre.com>



It is intended to be an inclusive event so everyone is welcome, but if you do bring your children you are responsible for them at all times.

If you aren't able to bring a boat of your own, then boats available for £5/day from the Mountbatten Centre on the day (obviously there is a limited number)

There is free parking available opposite the centre itself but if you park in the centres car park this costs £5 for all day parking and then entitles the driver to use of showers / changing rooms!

If you are planning on staying overnight accommodation is available by booking directly through the Mounbatten centre and includes parking and breakfast. – see website above.

Just to give us an idea of numbers, **please let us know if you are coming by 26th November** and also whether you have booked accommodation and if you will be bringing your own boat.

The idea is for the first day to be an Estuary trip in a range of craft and Sunday's paddles to be decided on the Saturday.

Please bring a packed lunch, paddling kit, boat, and friends & if you are staying bring your paddling stories to share over cake



This is your network please tell us what you want to get out of it

Don't worry if you can't make this one but please let us know if you are interested, so as we can keep you in the loop

4th and 5th Feb for the next weekend so put it in your diary now!

Weekend Itinerary

Saturday

9.00am	Coffee, welcome & registration
10.00am	On the water
4.00pm	Tea, cakes (please bring one to share) & progress / planning Sundays paddling
6.00pm	Food run and bar open (if enough people are staying overnight...)
7.00pm ish	Evening chilled chats

Sunday

Paddling ☺

Aim to finish after Sunday paddle



Evening chats

What can you fit in a sea kayak

101 uses for a thong

Kit for the female physique

Pee-ing at sea (or on any other water where landing might be an issue)