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Canal Boat Cruise

Rivers Stort and Lee

5 days, Monday to Friday

Price: From £500 per person

Dates: 17–21 July 2017

NEW

The Location

For this trip, we have linked up with local charity Canalability, whose charming strapline is “Boating without boundaries”. They have several canal boats that are adapted to enable people with all kinds of disabilities to access a day trip or a holiday afloat. Based on the outskirts of Harlow on the Essex / Hertfordshire border, the start point for this holiday is easily accessible from the M25 or M11.

Sunlight glinting on slow-flowing rivers; the lap of water on wood; beautiful countryside at your feet; access to country villages and the rolling countryside in between, the odd riverside pub to stop at for refreshment... what could be lovelier? We shall be cruising the Rivers Lee and Stort on the borders between Hertfordshire and Essex, aiming for Bishops Stortford and Waltham Abbey to see what we can see.

The Accommodation

Our boat, the Red Watch, is styled like a canal narrow boat, but is longer and wider (67ft long x 11ft 6in wide), to give a little bit more space. It is equipped with a wheelchair lift and ramp to ensure full participation by wheelchair users. Sleeping will be in bunks, and washing and toilet facilities are communal. With a full galley and a large seating area, central heating, fridge, freezer, and gas cooker—she has all we need for a fairly self-sufficient foray onto the waterways of the Essex/Herts borders.

There are four main sleeping compartments, and one bunk is specially adapted for those with mobility difficulties.

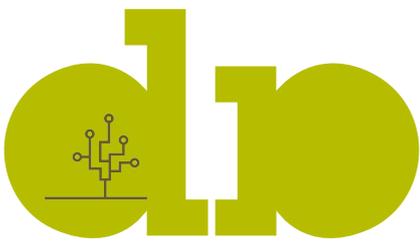
You will be given the opportunity to help work the locks, or steer the boat, although you may prefer to sit back, relax, and enjoy the view as we glide along the river at a walking pace.



Photo by Glyn Baker



Photo by Iridescent



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Your Itinerary

How far we go, and where we go, depends on many factors: the weather, our abilities and appetite as a group, and what we can possibly fit into a day. We have chosen July as its likely to be good weather and we can adapt the actual itinerary to our group's interests and abilities and what comes up along the way.

Day 1:

We arrive and familiarise ourselves with the boat and the surrounding area, then move off and aim to get through our first lock or two, heading towards Sawbridgeworth along the River Stort.

Day 2:

Today it should be possible to reach Bishops Stortford and maybe even do a side trip to Henry Moore's former home, complete with studio and beautiful gardens showcasing many of his wonderful sculptures.

Day 3:

Today we can head south towards Waltham Abbey where we might be able to visit the Royal Gunpowder Mills with over 300 years of history.

Day 4:

We'll head back towards Harlow through the River Lee Regional Park, an area of great variety and beauty, cruising through Nazeing marshes and past Broxbourne.

Day 5:

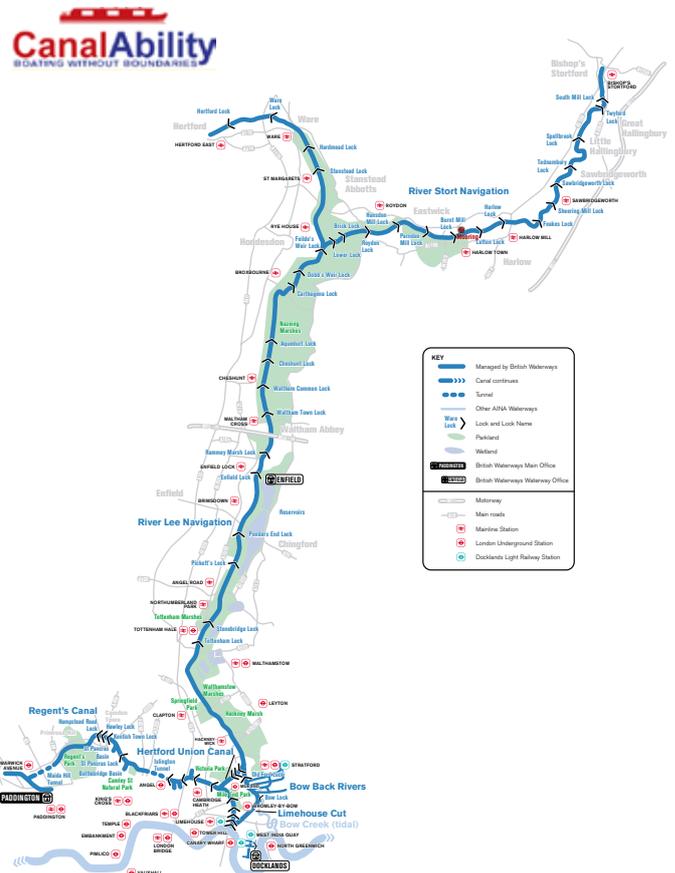
Making it through the final few locks we say a fond farewell to our new found friends and head off home after a hearty breakfast.

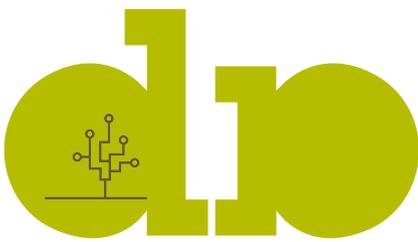
Notes on physical abilities for this break:

As mentioned above, the boat has a ramp and a wheelchair lift, which should make it easier for people with mobility restrictions. However, we cannot buy in care so you will need to be able to take care of your personal care needs yourselves.

Disclaimer note

Although we do our best to ensure that everything runs smoothly, we are at the mercy of the weather and as such this itinerary may be altered slightly during the trip due to this or the abilities of the group on the day. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart.





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What's Included?

- All meals and soft drinks, tea and coffee while on board.
- Accommodation on board the canal boat in bunked cabins (one person should be mobile enough to get into a chest high bunk).
- Entrance fees and tickets.

What's Not Included?

- Travel insurance is advised, especially in the case of illness causing cancellation or curtailment.
- Personal care—if you are not self-caring, the carer who comes with you will need to be able to do this for you.
- Travel from home to Harlow, although this can be arranged at an extra cost. Let us know if you are interested in this option. Harlow is accessible by train and we can collect you from the train station.
- Alcoholic drinks with your meals—we can access shops and pubs on land if needed!

Things To Bring

- **Sleeping bag/bedding (sheets, pillow and pillowcase for a single bed) and towels**
- **Wash kit and toiletries.**
- Sturdy shoes or trainers—two pairs.
- Waterproof jacket, fleece, hat, scarf and gloves.
- Sunscreen and sun hat.

How Much Does The Holiday Cost?

Thanks to our many supporters, and particularly players of **People's Postcode Lottery**, Dementia Adventure is able to make these holidays more affordable for people living with dementia and their carers. This means your first holiday with Dementia Adventure in a calendar year will always come at less than cost price. Prices start from **£500** per person, but we would not want cost to be the reason you felt you could not access this break. If you need further information about funding, please visit us at www.dementiaadventure.co.uk.



How To Book?

If you have any questions, call us on **01245 237548** or email info@dementiaadventure.co.uk. We will go through a detailed questionnaire with you and ask you about your abilities, interests and expectations. We will do everything we can to support you to take part. We look forward to seeing you on this break!

Please read this in conjunction with our group holiday terms and conditions.