



# Up River



Slí Na hA bhainn Watersports Ltd.

Here's where you'll find us on  
the Dublin to Galway road (N6)



Directions to get to us :

Coming from Athlone towards Ballinasloe,  
On the way into the town you will see a ford garage on your right, keep going past garage and next you will go over a bridge our centre is on the left about 60 meters away from the bridge beside a Bar called "Scruffy Browns".

Coming from Galway towards Ballinasloe  
On the way into the town if you stay on the main road as you are leaving the town you will see a supermarket called "LI DL" on the left and a new marina on your right, you keep going past the marina for about 40 metres and we are just around the corner on the main road beside a Bar called "Scruffy Browns".

## Up River

kayaking and canoeing centre

Office: 0905-44196  
Mobile: 087-9219700  
Email: [upriver@ireland.com](mailto:upriver@ireland.com)  
Address: 14 River street, Ballinasloe,  
Co Galway.  
Website: [www.geocities.com/upriveronline](http://www.geocities.com/upriveronline)

## Up River

kayaking and canoeing  
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For bookings and enquiries call  
in to us at our office on  
River street, Ballinasloe, Co  
Galway (See map on back) or  
give us a call.

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## *So what's it all about ?*

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Our friendly, experienced instructors will start you out on calm water learning basic strokes and techniques. A variety of creative on-water activities helps you master these necessary skills.

Your guaranteed to have fun on the water and when it's all over, our new facilities which include showers and sauna will send you home feeling totally relaxed and refreshed.



We can also provide courses to suit everybody, whether you're a novice or an intermediate. We can structure a course for your skill level.

New to this season are specialised children's classes to harness your children's boundless energy. All classes are taught in the safe and controlled environment through a program that teaches kayaking through games, group activities and exploration.

Also new are our adult get fit courses for a different and fun way to exercise, while learning a skill in the outdoors.

For the more advanced students we have available a "Safety and Rescue" courses which cover, river reading, recognition of potential hazards, skills and equipment necessary for rescues. All our courses are specifically formatted to meet the needs of paddlers.



### Service's Provided

- Supervised kayaking lessons and courses.
- Group certified kayaking lessons and courses.
- Hourly/Daily rental of Canadian canoes.
- Specialised children classes
- Adult "GET FIT" courses
- Tours of local waterways
- Summer camps and youth groups special
- Corporate Team Building/Morale Building activities.

### Also available \*

- Kayak rolling sessions.
- Safety and Rescue for Paddlers.
- Kayaking surfing trips.
- White water expeditions.
- Excursions to National events.

\* Subject to demand and availability.

(Sauna and showers inclusive in all activities)

