



CAMBRIDGE ROWING EXPERIENCES

VARIOUS OPTIONS TO CHOOSE FROM

NO PREVIOUS ROWING REQUIRED!

An exciting opportunity to learn the most iconic sport in Cambridge - in the most fun way possible!

- Choose from our signature experience day, an indoor rowing session or other exciting options to give you the most 'Cambridge' experience!
- Options for non-swimmers and non English Speakers
- Tailored to suit your group size and times
- Learn to row in an 'eight' boat - same as the Cambridge-Oxford Boat Race
- Venue Hire / lunch / post outing drinks available

- ✓ Safest boat in the fleet
- ✓ Led by a club captain
- ✓ includes land and water training
- ✓ Row on the iconic River Cam





CAMBRIDGE ROWING EXPERIENCE

This is our *signature* event! Aimed at complete beginners, we will give you the ULTIMATE 'Cambridge' experience!

What can I expect?

That 'wow' factor from start to finish! An introduction to rowing followed by a 30min session on the clubs rowing machines (ergs), working on timing and technique. We then put the technique into practice by taking an 'eight' boat out and placing on the river where participants can apply the rowing stroke on the water. Just 45min later, we fetch all the remaining blades and get in the boat. Quick picture moment, push off - and go rowing on the River Cam!

Suitable for

Swimmers and non-swimmers* | 14+ yrs | Cambridge tourists | Large groups* | Couples | Friends | Corporates |

Group Size

8-64*

Total Duration

A typical session will last approx. 3.5 hours. However, we can tailor each event so it can run from 2 hours to a full day, including lunch and post outing drinks. Ask for more details.



*T&Cs apply



LEARN TO ROW COURSE

If you are looking for more than just a one off experience and/or staying for multiple days, we now offer a full learn to row course.

What can I expect?

5x separate sessions to get you rowing all eight and experience the full stretch of the River Cam between Jesus Lock and Baits Bite Lock. This would consist of the following;

Day 1 - The 'Cambridge Rowing Experience' - 3.5 hours
Day 2-5 - 2hr lessons, consisting of 30% land training (including the rowing tank) and 70% on the water. Each day, we go further up the river Cam ending with a group debrief. All participants are awarded with a CRE Certificate at the end of the course.

Suitable for

16+ yrs | Cambridge locals | Large groups* | Couples | Friends | Corporates |

Group Size

8-32*

Total Duration

1-5 week course (tailored to suit you)



*T&Cs apply



BOATS & BLADES

Perfect for any groups on a tight schedule. Here's your chance to make a flying visit to a Cambridge Rowing club, learn the rowing technique and get an opportunity to lift our largest rowing boat with the rest of your group!

What can I expect?

A tour around a Cambridge Rowing club, the gym and the boatbay. You will get to understand the different types of boats that you see on the river AND get the opportunity to lift an VII boat (same as Cambridge Vs Oxford Boat race) on your shoulders. In the gym, you will be shown the rowing stroke on a rowing machine (ergometer / ergs) and understand the correct way to use the machine. End the session with pictures of you all holding blades by the river.

Suitable for

Wet and/or windy days | Non-swimmers | 12+ yrs | Cambridge tourists | Large groups* | Short durations | Friends | Corporates | Non-English speakers

Group Size

8-100*

Total Duration

Approx. 1 hour



*T&Cs apply



SIT THE BOAT

Visit a Cambridge Rowing club. Learn the rowing technique, take out our largest rowing boat with the rest of your group - and get to apply the rowing technique ON the water in a stationary boat.

What can I expect?

A tour around a Cambridge Rowing club, the gym and the boatbay. You will get to understand the different types of boats and learn the rowing technique in the gym. You will then have an exciting opportunity to take out an VII boat (same as Cambridge Vs Oxford Boat race) and place this on the river. There, you will take it in turns in pairs to apply that rowing stroke on the river. End the session with pictures of you all in the boat.

Suitable for

Non-swimmers | 14+ yrs* | Cambridge tourists | Large groups* | Couples | Friends | Corporates | Non-English speakers

Group Size

8-100*

Total Duration

1-2 hours (depends on group size)



*T&Cs apply



INDOOR ROWING TANK

Learn how to row in a safe, controlled and stable environment at a Cambridge College Boat club. This state of the art facility comes complete with HD screens mounted above the rowers and fed by eight cameras around the room, providing real-time rowing.

What can I expect?

An introduction at City of Cambridge Rowing club along with a guided tour. You will then be shown a simplified version of the rowing technique and get to practice this on the rowing machine. Once mastered, we will head down to Downing College Boathouse to practice the technique on their very impressive indoor rowing tank. Plenty of picture opportunities for your social media! End the session with pictures of you all holding blades by the river.

Suitable for

Wet and/or windy days | Non-swimmers | 11+ yrs * |
Cambridge tourists | Large groups* | Couples | Friends |
Corporates | Non-English speakers

Group Size

8-16 (can also accommodate larger groups - Please enquire)

Total Duration

1 - 1.5 hours



*T&Cs apply