



CAMBRIDGE ROWING EXPERIENCES

STAG AND HEN GROUP BOOKINGS

NO PREVIOUS ROWING REQUIRED!

We are pleased to now offer Hen and Stag group bookings in Cambridge - each tailored around FUN!

- Choose from our signature experience day, an indoor rowing session, boats and blades - 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

- ✓ 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

16+ yrs | Complete beginners | Large groups*

Group Size

8-32*

Total Duration

A typical session will last approx. 3 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.

Costs

From £565 per group



*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 | Swimmers and Non-swimmers | Cambridge tourists | Any size groups

Group Size

8-100*

Total Duration

Approx. 1 hour

Costs

From £25 per person



*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 | 16+ yrs* | Any size groups* | Non-English speakers

Group Size

8-100*

Total Duration

1-2 hours (depends on group size)

Costs

From £35 per person



*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! It doesn't end there. You will all be taken back to the boathouse where you will get the opportunity to lift a rowing boat over your heads - the perfect picture moment to end your session with!

Suitable for

Wet and/or windy days | Non-swimmers | Any age * | Non-English speakers | Flying visits

Group Size

4-24

Total Duration

1 - 1.5 hours

Costs

£35 per person (min based on 8 people)



*T&Cs apply



Frequently Asked Questions

No previous experience required nor do you have to be an athlete of any sort to take part! Everyone has an equal chance of success and is kept occupied at all times.

We can tailor each experience based on group size, duration and/or budget. We can mix and match experiences, and also add in other attractions i.e. punting

Do I need to be able to swim?

No. This is only necessary if you wish to take up rowing as a hobby but not for the experience / team building day. We can also provide lifejackets if anyone feels uncomfortable.

Can we bring Spectators?

Absolutely. We have a stunning clubroom and balcony area where spectators can watch from. Up to 6 spectators per group of 20+*.

Can you offer lunch/drinks?

Yes. We have a licenced bar for post outing drinks and also offer a lunch option.

Can you accommodate Non English speaking groups?

Yes, providing they have interpreters in place*. PLEASE NOTE - In order to take part in our signature rowing experience, all participants must have a basic knowledge of the English language. If you are working with a Chinese group, a Mandarin speaking instructor can be offered at an additional cost. Please contact our team for more details.



Min/max group size?

Our boats are the same as the Cambridge Oxford 'eight' boat so we need a min of 8 people in each boat and can accommodate group sizes of up to 100 people*

What if I'm not fit enough... or too old?

Don't worry! This is designed to be a fun experience to bring the team together - and a great opportunity to try the most iconic sport in Cambridge.

Can you tailor the event to suit our group?

Absolutely. We can tailor the event based on your requirement i.e. duration, group size, abilities and budget

Get in Touch with Us

*Ask for details



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