



Top Reasons To Take A Canoe On The River For A Day

Hiring a canoe and heading off on the river with your friends or family can be an exciting and thrilling experience, especially if it's an area you have never been to before, with many new things to find and see when you are travelling down the long stretches of water.

Below, we look at some of the top reasons to hit the river and hire a canoe or kayak for a few days or longer.

Relaxing – Imagine a sunny day on your chosen river, sitting on the side of the bank eating a sandwich and having a chat to your group of friends who you have gone canoeing with. What could be better? Canoeing and kayaking can be an extremely relaxing activity if you are willing to take things at a slow pace and just enjoy where the river takes you.

Keep Fit – Canoeing and Kayaking can be as tough as you want to make the process, so if you are looking to keep fit this can be a perfect exercise. Not only can it help you to lose weight because it is an excellent form of fitness exercise, it can also help you to tone up and develop your upper body strength as well. When you go canoeing, you will be constantly active and moving around, meaning your days of going to gym could be over and what better surroundings to transfer your fitness regime to!

Stunning Scenery – Some of the riverside scenery in this country is simply stunning and you can take in a massive part of it by hiring a canoe for a few days and travelling around. You can go through many counties in the space of a few days, starting for example in Gloucestershire and heading through counties like Herefordshire, Worcestershire and beyond, you really can see some amazing areas of England, Wales and Scotland by canoeing down the rivers and following where the water will take you.

Fun / Friendship – Travelling around the countryside on the rivers with your friends, family or colleagues helps to bring you together, with everyone in the group having to come together to take on the various challenges that will lay before you as you head down the river in glorious sunshine. In today's world, it is hard to spend quality time with your loved one.

Adventurous – Canoeing and Kayaking can be a really exciting and adventurous feeling, even if you have taken part in this kind of activity many times before. The excitement of seeing something new and taking on new challenges will never leave you, so no matter how many times you take to a canoe on the river you will always have some degree of that exciting feeling that everyone likes to feel at some stage of their life.

Written By Clear Web Services On Behalf Of Wyedean Canoes