

Get on the water at Longridge activity centre in Marlow



How long do I need? One day

Where is it? Longridge activity centre in Marlow

Highlights

Plunge into the wonderful world of River Thames water sports at Longridge outdoor activity centre in Buckinghamshire. Recognised as an Olympic Training Centre, Longridge provides a wide range of exciting water sports and land-based activities for young people of all abilities – and its summer Family Activity Days and Short Breaks give everyone the chance to join in.

Spend the day at [Longridge activity centre](#)

Set in 12 acres of beautiful water meadows, with a sheltered river frontage created by its own island, the centre provides an ideal environment for adults and children aged eight and over to take to the water with confidence. To keep the action going, stay overnight in one of the Longridge campsites (all with camp fires) or in bunk beds in the Wethered Hut with the choice of self catering or café meals.

Family Activity Days and Short Breaks are offered every day throughout August, with days lasting from 10.30 – 16.00. They are very reasonably priced, and families can take part in three activities which are available on that particular day. Families and individuals are also welcome to make bookings for any activities at other times of the year.

There are also land-based activities at Longridge, ranging from climbing the 13-metre tower and rope course to 'walking on water' in giant water orbs. The water sports are equally energetic - here are some to whet your appetite for a new experience:

Bell boating – a useful way of learning paddling technique in a large and stable 'communal' canoe.

Dragon boating – the fastest paddling craft at Longridge might get you hooked on joining a racing team. Teams compete here every year for the Dragon Boat Championships coveted Moon Dragon Trophy.

Canadian open canoes – taking either two or three people, these are good for the first-time paddler.

Rowing and sculling – this fat-busting form of exercise is available in boats which range from single handers to boats for crews of six or eight.

Kayaking – these craft are sleek and glide quickly through the water. Children must be ten years old for this.

Sailing – boats come in all varieties, to suit people of all sizes and experience.

Powerboating - launch trips are popular; if river conditions are favourable, you might get your hands on the helm.

Longridge activity centre

Quarry Wood Road, Marlow, Buckinghamshire SL7 1RE

Opening hours: Open all year round

Costs: Various costs – see website for details.

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Web: www.longridge-uk.org