

What is the activity?

The activity is [RAFTING UNLEASHED](#) and you will be in a raft with an instructor and 8 other participants on the Lee Valley 2012 Olympic white-water Course.

What do I wear?

All kit is provided, but you will need to bring along a swimsuit and a towel.

Where is the venue?

Lea Valley White Water Centre, Station Road, Waltham Cross, EN9 1AB

Essential Information

The centre has a very detailed set of 'FAQ's' that you should read before booking, including information about how to get to the venue, health & safety information, facilities etc. There will be H&S forms you need to fill in online (The Moving Water Declaration Form) and on the day.

Cost

The cost is £50 per person or £450 to book a nine-person raft. You can pay by debit or credit card.

Availability

There seems to be good availability for this activity up to October, so there is a lot of choice if you wish to choose a collective date with colleagues. You will be given search options for dates when booking, which also shows places available. If booking as an individual, you can request to be together in a group on the day, but the centre cannot guarantee you will be kept together unless you charter a whole raft.

How to Book

On the [booking page](#), the venue should be pre-populated with Lee Valley White Water Centre. Make sure you choose one of the Rafting Unleashed options which are:

- Rafting Unleashed 9 charter (for a raft of 9)
- Rafting Unleashed for 2
- Rafting Unleashed individual

Please read 'Essential Information', 'Age and Weight restrictions' before booking.

NOTE: There is a similar activity called Rodeo Rafting, but this is for more experienced rafters, so please make sure you do not book this by mistake!

Fundraising

The minimum fundraising aim is £100 per person. If you are taking part as a team, you could set up a fundraising page for you all or create one individually. Please go to our [JustGiving Fundraising Campaign](#) and follow the instructions to set up your own page.

**Next
Steps:**

Please contact Jane for more information and assist your sign up and so we can keep a record of who has signed up.

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