

MARLOW DRAGON BOAT FESTIVAL TRAINING SESSIONS

TUESDAY 21ST MAY 2019

Details -

Each session is one hour long & will be tailored to your team. Sessions are designed for both novice & experienced teams to familiarise themselves with a dragon boat & hone their skills to make them as efficient & speedy on the water as possible. The session will start with a safety briefing on the land before going onto the water. You will not be allowed on the water if you have not attended this briefing, so please make sure you arrive on time! You must wear a buoyancy aid; this will be provided for you.

Session Timings -

17.15-18.15, 18.00-19.00, 18.45-19.45 & 19.30-20.30 (pre booked)

Address -

Higginson Park (the same location as the Marlow Dragon Boat Festival), Pound Lane, Marlow, Buckinghamshire, SL7 2AE.

What to bring -

We recommend that you bring a complete change of clothes, a towel & a bottle of water. Please wear light clothing such as shorts, jogging trousers, t-shirt, sweatshirt & a pair of old trainers. Your feet will get wet; so don't wear your most expensive pair of shoes!

Changing Rooms & Toilets -

There are no toilets or changing facilities close to where we are dragon boating (you will need to use the public toilets at the main entrance to the park), so please come ready to take to the water.

Directions -

From the M4 - Exit the M4 at junction 8/9 & follow the A404 to Marlow / High Wycombe. At the roundabout take the first exit to Bisham Abbey. Continue over Marlow Bridge. At the first of the two mini roundabouts turn left into Pound Lane, the leisure centre for car parking is on the left.

From the M40 - Exit the M40 at junction 4. At the roundabout follow signs for the A404 to Marlow / Bourne End. Come off at the first exit signposted to Marlow / Bourne End (A4155). At the top of the slip road take the second exit off the roundabout signposted to Marlow & Henley (Little Marlow Rd). Follow this road into Marlow, continue straight across 3 roundabouts. At the next roundabout take the first exit left into Marlow High Street. At the second of the two mini roundabouts turn right into Pound Lane, the leisure centre for car parking is on the left.

Car Parking -

Court Garden leisure centre has a pay and display car park, this is free after 7pm, before 7pm there is a 70p charge for 1 hour & a £1.20 charge for 2 hours parking (prices as of January 2019).

Notes -

Please don't bring any valuables with you, this is a public area & their safety cannot be guaranteed.

Please also bear in mind that the Pub in the Park event is happening the weekend before, if the pack up time is the same as in previous years then large portions of the park will still be fenced off & your walk to the riverside will be slightly longer.