



CANOEING & KAYAKING

Join us for one of our regular Tuesday evening sessions on the local rivers, in a selection of different craft to suit individual and family. This popular program requires advance booking. We meet at ODR at 5pm for equipment issue, departing base 5:30pm and returning to base approx. 8:30pm. Cost \$10 per boat, canoes/double or single kayaks.

PLACES ARE LIMITED DUE TO INSTRUCTOR TO CUSTOMER RATIOS.

INTRO to White Water Kayaking.

We have arranged three sessions at the local Nene Center, training also includes a swimming pool and a lakes skills sessions. All equipment is provided. Cost \$40.

We have a number of craft that can be rented over a weekend.

**Pre-requisite: Must have attended a safety class.

FOR FURTHER INFORMATION CALL OR EMAIL.

MOLESWORTH CAMPSITE

Outdoor Rec's campsite is located on RAF Molesworth, in the trees behind the picnic pavilion. Each of the five pitches can accommodate up to three tents and includes a hard standing, fire pit, and picnic table.

If you've never tried camping, this is an ideal way to experience this fun and cost-effective activity. Don't worry if you don't have your own equipment; we have a range of tents, sleeping bags, mats, camp stoves, lanterns, and more to rent at great prices.

Reservations are FREE! Please call to book and for more info.

DRIVING RANGE & PITCHING GREEN

• Our driving range is located at RAF Molesworth (on the right as you enter the gate) and is **OPEN 7 DAYS A WEEK** during daylight hours.

• Driving range balls can be purchased from \$2 per bucket. Ball machine accepts dollar bills, quarters, and golf cards. **Buy a \$10 discount golf card, which includes 5 buckets + 1 free!** Discount cards are available at NYPD (Molesworth) and Outdoor Rec (Alconbury).

• **NEW!** Practice clubs available for personnel without equipment.

• You can also practice your short game on the new artificial green and sand bunker for **FREE**, just supply your own balls.



SAILING

We have a selection of sailing dinghies at the local Paxton Lakes Sailing Club. Our regular weekly program will be held on Thursday, between 3 - 7pm. For those wishing to learn, sailing instruction classes, 5 - 8pm (2 x 3hr lessons), max class size 4 personnel are available. (see calendar, advanced booking required, cost \$40) If already competent, join us for a safety/rigging refresher, to gain usage on the Thursday sessions and when the regular club meets on Wed 6 - 8pm and Sun 10am - 3pm.



PADDLE BOARDING

The opportunity to enjoy this sport is also available at Paxton Lakes on our regular Thursday sessions, 5-7pm. Instruction and safety class will be provided on your initial visit. Also available are our sit on top kayaks. Cost \$10 per board/canoe/kayak for this watersport session.

LIMITED AVAILABILITY, IT IS ADVISABLE TO RESERVE IN ADVANCE.

FOR FURTHER INFO, PLEASE CALL OR EMAIL.

VISIT US

We're located in **RAF Alconbury Bldg. 685** (Back entrance of Community Activities Center, between the Fitness Center and Base Chapel)

Hours of Operation:
Tuesday to Fri: 11am - 5pm
Sat/Sun/Mon: - Programs
Federal Holidays - Closed

After-hours equipment pick up & drop off available between 5pm & 6pm for pre-booked equipment, available by appointment only

CONTACT US

Commercial: 01480-843734

DSN: 268-3734

Email: 423FSS.FSCO.OutdoorRec@us.af.mil

JOIN OUR EMAIL LIST FOR UPDATES ABOUT UPCOMING EVENTS AND PROMOTIONS!

If you want to strike out on your own or as group, we can assist you in planning a great outdoor adventure. You'll find that there is plenty to see and do in the United Kingdom and on the Continent.

ODR SUPPORT FOR UNITS/ SQUADRONS

We can help you organize your unit or squadron event by providing free picnic kits. Other items, like canopies and inflatables can be rented at special prices. For Official function support, email us with full details of your event & requirements.

PAINTBALL



The ultimate exhilaration and elimination experience! Private Games, Youth & Teen Games, Mid-Week & evenings

Our paintball site is located on the backside of RAF Molesworth, part of an WWII Airfield with bunkers, once used for bomb storage.

Over the years that this program has been in operation, this scrubland site has matured with a good cover of tree and vegetation. It consists of four individual fields, where a variety of scenarios can be played. Upgrades are ongoing.

Our aim is to provide a great introduction to this exhilarating program, at an affordable cost and providing a safe environment for this experience.

Our staff has many years of experience and adjusts each activity day to suit the clientele playing (number of players, experience and age).

Only 1hr. travel from Mildenhall, Lakenheath, Croughton.

Monthly open paintball games (see calendar) are at a subsidized price at \$20, includes 500 paintballs. **ADVANCE BOOKING IS REQUIRED.**

Our youth (10-13) games are a popular choice. These are half-day games with adjusted rules to suit the younger player. Includes 200 paintballs each and all equipment. The day starts at 10am and finishes at approximately 2:30pm. Only \$24 per player!

Private bookings for groups of 12 or more can be catered for, please contact us for more details.

SUMMER 2017

OUTDOOR RECREATION

RAF ALCONBURY, UK



UK TRIPS
SAILING
PADDLEBOARDING
CANOEING
PAINTBALL
CAMPSITE
GOLF RANGE
ARCHERY
KAYAK

423d
FORCE
SUPPORT SQUADRON



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OUTDOOR RECREATION SUMMER 2017 SCHEDULE

THE GREAT GLEN CANOE CHALLENGE

May 5th - 10th
Cost: \$645 per person

On this expedition our team aims to paddle 60 miles from Fort William on the west coast of Scotland to Inverness on the east, along the Caledonian canal, Lochs Lochy / Onich and the infamous Loch Ness, home of Nessie our world famous creature of the deep. Accommodation in various hostels on route with breakfast and evening meals included, various training sessions must be attended for inclusion on this adventure. Interested parties should call for further information/availability.

NEW TRIP!



HORSEBACK RIDING IN SOUTH WALES

April 29th - 30th, Cost: \$190 per person
June 24th - 25th (Family), Cost: \$130 per person
July 22nd - 23rd (Family), Cost: \$130 per person
Sept 16th - 17th, Cost: \$190 per person

Join us for a weekend of horseback riding through the Welsh countryside, and soak up the stunning views and fresh mountain air of the beautiful Black Mountains. Cost includes transportation, horseback ride(s) or hike, Farmhouse accommodation, home cooked meals, and ODR equipment and support. Family Sunday AM ride, extra \$40 pp.

HADRIANS WALL HIKING

May 19th - 21st
Cost: \$190 per person
Departs Fri 5pm

Hike the best stretch of Hadrian's Wall, a remarkable defensive fortification built between 122 - 130 AD by order of Emperor Hadrian to control the Roman Empire's northern most border. The winding stone and turf wall stretches coast to coast between Carlisle and Newcastle. After breakfast on Saturday, a short walk to visit the Roman Army museum, then return to wall and follow the ridge, approx. 8 miles. The day ends with a visit to Vindolanda Fort. On Sunday we continue our journey walking to Housesteads Fort, passing on the way the famous Sycamore Gap, the tree captured in the Robin Hood film with Kevin Costner. Cost includes transportation, two nights B&B Hotel accommodation, an evening meal and ODR equipment and staff support.



NORTH WALES WEEKEND

June 16th - 18th
Cost: \$225 per person (see discounts)
Departs Fri 7am

Join us to explore the beautiful Snowdonia National Park. Over the weekend there be the opportunity to ZIP WIRE (fastest in the Northern hemisphere, over a mile long), visit a castle, the railway station with the longest name in the world, plus view the historical Menia Bridge and a day's hiking in the mountains of Snowdonia. Cost includes transportation, ODR instructors, two nights' accommodation at Plas Y Brenin Training center, Farmhouse and Cottage (see rooms available) 2 evening meal/ 2 breakfasts, ODR equipment support and entry/ participation fees. Single (10) Twin (1) ensuite room, Regular cost \$225 Dormitory bunkrooms (12 beds) \$195 Discounted

MAY

Fri 5th - Wed 10th
Sat 13th
Tues 16th
Thurs 18th
Fri 19th - Sun 21st
Tues 23rd
Thurs 25th
Sat 27th
Tues 30th
Wed 31st

The Great Glen Canoe Trial
Turn Up and Play Paintball
Open Watersports 3-7pm
Sailing/Paddle Boarding
Hadrians Wall hike
Kayak/Canoe - River Trip
Sailing/Paddle Boarding
Sailing lesson A
WW Kayak - pool session*
Kayak/Canoe - river trip
WW Kayak Course- Paxton Lakes*

JUNE

Thurs 1st
Sat 3rd
Sat 3rd
Tues 6th
Thurs 8th
Tues 13th
Fri 16th - Sun 18th
Tues 20th
Thurs 22nd
Sat 24th - Sun 25th
Tues 27th

Sailing/Paddle Boarding
Sailing Lesson B
White Water Kayaking, Nene Centre*
Paintball
Kayak/Canoe - River Trip
Sailing/Paddle Boarding
Kayak - River Ouse
North Wales Weekend
Canoe - River Ouse
Sailing/Paddle Boarding
Horse Trekking, S. Wales (family)
Kayak - River Ouse

JULY

Sat 1st - Tues 4th
Sat 8th
Mon 10th
Tues 11th
Thurs 13th
Sat 15th - Sun 16th
Tues 18th
Thurs 20th
Sat 22nd - Sun 23rd
Tues 25th
Thurs 27th

The Three Peaks Challenge
Paintball
Youth Paintball
Kayak/Canoe - River Ouse
Sailing/Paddle Boarding
White Water Rafting, BALA
Canoe - River Ouse
Sailing/Paddle Boarding
Sailing Lesson A
Horse Trekking, S. Wales (family)
Kayak - River Ouse
Sailing Lesson B

AUGUST

Tues 1st
Thurs 3rd
Sat 5th
Sat 5th
Mon 7th
Tues 8th
Thurs 10th
Tues 15th
Thurs 17th
Sat 19th
Tues 22th
Thurs 24th
Tues 29th
Thurs 31st

Kayak/Canoe
Sailing/Paddle Boarding
Paintball
WW Kayak - Pool Sessions*
Youth Paintball
Kayak/Canoe
Sailing/Paddle Boarding
Kayak/Canoe
Sailing/Paddle Boarding
White Water Kayaking Nene Centre*
Kayak/Canoe
Sailing/Paddle Boarding
Kayak/Canoe
Sailing/Paddle Boarding

SEPTEMBER

Sat 2nd - Mon 4th
Sat 9th
Sat 16th - Sun 17th
Sat 30th

Lake District Weekend
Paintball
Horse Trekking, S. Wales
White Water Kayaking Nene Centre*

PLEASE NOTE: DATES FOR SAILING/KAYAKING/CANOEING/PADDLE BOARDING ARE SUBJECT TO STAFF AVAILABILITY AND THEREFORE MAY CHANGE. DATES WILL BE CONFIRMED ON BOOKING.



THREE PEAKS CHALLENGE

July 1st - 4th
Cost: \$280 per person
Departs Sat 5pm

Are you up for the challenge, the much requested return of this adventure, hiking the three highest mountain peaks in England, Scotland and Wales. In three days you'll climb Ben Nevis in Scotland, then Scafell in England and finally finish on Snowdon in Wales. Anyone up for this challenge needs to be reasonably fit, with stamina to endure three serious days of hill walking, hiking approx. 26 miles, with an ascent of nearly 10,000 feet. Cost includes, transportation, two nights' accommodation in twin/single on suite, 2 main meals/2 breakfasts, ODR staff and equipment support.

NEW TRIP!



WHITE WATER RAFTING

July 15th - 16th
Cost: \$140 per person
Departs Sat 7am

Enjoy two hours of exhilarating fun on the fast-flowing rapids of the River Trywryn in Bala, North Wales. This dam-controlled narrow mountain river offers a grade 4 white water course aboard 14-foot self-bailing rafts. The rafting trip will be followed by a relaxing BBQ dinner at the campsite. On Sunday, we will take a short walk to the top of Pistyll Rhaeader, which is the highest waterfall in Wales and offers breathtaking views. Cost includes transportation, rafting session with all equipment (wetsuit, water booties, etc), camping gear (tent & sleeping bag/mat), camping fees, evening BBQ, breakfast, ODR staff support.



LAKE DISTRICT WEEKEND

September 2nd - 4th
Cost: \$250 per person
Departs Sat 7am

Join us to explore the mountains and lakes in England's very own "Little Switzerland". Aimed to be flexible and accommodate a range of activities to appease the adrenaline junkie/explorer and tourist/culture enthusiast alike. Visit Honister Slate mine. For those daring enough, they can tackle the Extreme Via Ferrata (a selection of cables, steel pegs, wire bridges and cargo nets, aid your climb across and up this rock face to the summit) or a tour of the old slate mine for those less adventurous. For those that like a physical challenge, (weather permitting), and hike up a local mountain. Alternatively, a train ride on the Eskdale Railway Line and a short waterfall walk, where on completion, the group will get together again at Wasdale Head Inn. Visiting the pretty village of Grasmere, birth place of the poet Wordsworth and the famous gingerbread shop, then enjoy a boat trip on Lake Windermere. Cost includes transportation, two nights DBB hotel accommodation (twin bedded rooms), entry to activities/ sights and ODR staff and equipment support.

SPACE ON ALL PROGRAMS IS LIMITED, BOOK EARLY TO AVOID DISAPPOINTMENT. ALL TRIPS REQUIRE A \$100 DEPOSIT PER PERSON UPON BOOKING. ACTIVITY PROGRAMS ARE PAYABLE IN FULL UPON BOOKING.