

# Come and row in the “Pride of Aln”



- Take a look at Alnmouth, its river and estuary from the water
- Take some gentle exercise in a coastal rowing boat
- You might see Seals and Porpoises; you will see sea birds of all sorts
- Pride of Aln will be available to visitors on most Sundays during the summer

## Interested?

Come down to the boathouse at either 12 noon or 3pm. Rowing will only take place in good conditions; if the boathouse is not open then there will be no visitor rowing

Sessions will last approximately 90 mins and daily membership of ACR costs £5 per person



Alnmouth Community Rowing (ACR) would love to welcome you as a member for a day. You will join the Cox and Crew of the Pride of Aln for a safety briefing and be fitted with a lifejacket. After an explanation of the best way to handle an oar, it's off to sea. Rowing is not hard work but you will need to bring shoes that can get wet (NOT wellies), and old clothes. Also bring something warm, a towel and dry clothes to change into. Children may be able to row, subject to the decision of the cox on the day

[www.alnmouthrowing.org](http://www.alnmouthrowing.org)