



Training Camps

Why choose Grosvenor?

For the Rowing

The River Dee provides more than 20 km of uninterrupted water. There are two 1000m straights that join to make a full 2km stretch with only a single bend. Whilst the river is tidal, it is generally 'rowable' and is (in our opinion) one of the best and most beautiful places to row in the country.



For the facilities

Use of ergos and weights – Feel free to use our ergos and free weights/machines.

Swingulator—brilliant for teaching sweep technique (use for extra charge).

Use of coaching launches – We can provide coaching launches and life jackets at reasonable rates. **Boat storage** – With prior agreement with the club Captain, boats can be easily stored outside in the club car park. **Changing rooms and showers** – Our changing rooms can be used by visitors.



Caterer – Your catering requirements, from snacks to meals can be provided. **Club room** – We have a clubroom and bar upstairs where you can relax after training. **Parking** – Limited parking is available at the club for your trailer.



For the après-rowing

The historic city of Chester is small enough to explore on foot with a multitude of bars, restaurants and pubs. With everything you would expect of a modern city, Chester is the ideal place to relax after a hard day on the river. It is even surrounded by a continuous roman wall—makes for a warm up with a difference.



Safety Information

Dangers:

- Large pleasure cruisers, small tourist motor boats and paddle boats near the club.
- Other rowing craft (there are 3 other clubs on the stretch).
- Canoes and paddle boarders.
- The river is tidal and the stream can reverse and carry large debris.
- Beware of the weir downstream from the suspension bridge (boats turn here)
- Launches AND crews must proceed slowly, as you approach the clubs. Do not 'wash down' other users and keep a look behind you.
- Make yourselves aware of the circulation pattern for boating and landing at the club.
- No use of loud hailers until above the 'Red House corner' (except emergencies)

Talk to us

captain.grosvenor@gmail.com

We're a friendly club and want to make your camp a success, so if you need something we'll try and make it happen.

You'll need to arrange outing times and we're flexible, but be aware of busy times.

GRC squads are busy on weekends between 7am and 12. In the evenings, we're out from 6pm and in winter the ergos are busy from 6pm

We have a large Junior squad who train
Use of facilities inc. the changing rooms are restricted when the juniors are using them.

Accommodation

The University of Chester
(Robin Gallie r.gallie@chester.ac.uk
out of term time)

Normal range of budget hotels
(Travelodge and Premier) are available
but they do get heavily booked in holi-
days and when the Chester Races are
on, so worth checking and booking
early.

Prices

Starting at £7.50 per day per athlete (max 40)

Launch at £50 per day (ideally RYA level 2).

Fee includes use the club house area (catering can be ar-
ranged) and of the large gym with weights and 16 ergos

**Please contact the Captain to put togeth-
er a package to suit your requirements:
captain.grosvenor@gmail.com**