



**LANCASTER  
CANAL  
TOWPATH  
TRAIL**

# Towpath Trail

## 'Away Days'

### Case Study / June 2025



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## Introduction & Background

- In June 2024 LCRP CIC created the 'Crooklands Canalathon' to promote Towpath Trail improvements between Stainton and Holme.
- The event was delivered by LCRP CIC as the official delivery partner for the engagement aspect of the wider Canal & River Trust surface improvement project.
- The event was funded by UK Shared Prosperity Funding, administered by Westmorland and Furness Council.

- The event appealed to experienced paddle boarders and seasoned outdoor challenge event participants who had their own equipment and event experience.
- Whilst the event was enjoyed by many and impressive online engagement was achieved, the generous funding meant that the event was heavily subsidised for participants and was not financially viable for LCRP CIC to repeat as a stand alone event independent of grant funding.
- The Towpath Trail has always aspired to become an accessible multi user route that promotes wellbeing opportunities.
- Following an event organised by Lancaster CVS, LCRP CIC were reminded of current community needs and decided to rethink the 'Crooklands Canalathon' format to increase access to the Towpath Trail and create tangible benefits for both individuals and communities.



# 'Away Day' format

- LCRP CIC approved a £5000 budget to deliver an alternative event that prioritised access and wellbeing for communities who wouldn't normally access the Towpath Trail.
- LCRP CIC approached two respected, experienced and highly qualified guides to deliver a stand up paddle board session and guided bike ride.
- The guides were asked to provide all the participant equipment to reduce any potential access barriers
- LCRP CIC approached several Charities to gauge interest in a Towpath Trail 'Away Day' of cycling and stand up paddle boarding - free of charge with all equipment provided.

- A format was created to accommodate the maximum group size (24), suitable timings, breaks and equipment logistics.
- Two charities responded positively - The Well (Kendal) and Worldies CIC - both charities support people to complete the world renowned 12 step recovery programme to overcome addiction in all forms via personal growth, accountability and community support.
- Once both the guides and charities confirmed, risk assessments, insurance cover, staff and participant ratios and safeguarding policies and procedures were organised by LCRP CIC.
- LCRP CIC secured formal event permission from the Canal & River Trust via their external event process.

# The Results



- The Away Days received positive feedback from all participants (x45), including charity staff members and volunteers, clients and residents.
- The relaxed format worked well. The guides were respected and positive rapport was built quickly.
- Wellbeing aspects such as the floating meditation and making a fire for the Kelly Kettle to have a brew stop during the bike ride were appreciated.

**"On behalf of everyone who came on the day I would like to say a massive Thank you, everyone had a brilliant time, full of fun and laughter. It really was amazing; we all had a great day socialising and bonding in the great outdoors."**

***"The Whole experience was positive. I felt part of something, and it allowed me to get out of my comfort zone. It encouraged a group experience and helped me with my confidence. I would highly recommend it and hope it is something that is offered to others."***

***"I enjoyed paddleboarding, I think it was fun, and I had a laugh! The instructors were nice and friendly; I had a great day!"***



***"The whole day was very including and enjoyable, thanks to the instructors who were very welcoming, clear with instruction and supportive throughout the whole experience. It was relaxing and enjoyable for myself and all, I would happily do it all over again."***

***"I really enjoyed the biking and paddleboarding, I had a really great experience, the staff were professionally trained in my opinion. They explained everything into simple terms, the equipment was amazing, very reliable and sufficient. I would defiantly do it again"***

***"Leading up to the event I was very sceptical about the whole thing as I have never been into anything like this, but as soon as we arrived, we were welcomed by very open and friendly instructors. Both events were done in a safe environment, everything felt very enjoyable and its defiantly something I would do again myself and recommend to others"***



# Potential Next Steps



- Share the case study with potential funders to repeat the event format with more groups
- Share the case study with other charities who may want to participate in a similar event
- Share the case study with organisations who are actively seeking venues and methods to engage 'hard to reach' communities in outdoor and wellbeing experiences.

# Conclusions



- LCRP CIC fulfilled its ambition to create an alternative event to the 'Crooklands Canalathon' which increased access to the Towpath Trail and created tangible benefits for individuals and communities.
- LCRP CIC achieved this for £3330 exclusive of co-ordination fees.
- Considering the positive results, LCRP CIC are in a strong position to generate additional funding to repeat the format.