

## Rowing

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The rowing section take our cutters out every other weekend.

We usually row up-stream to Tower Bridge, or up Bow Creek to Channelsea Island and Three Mills. Other times, we might round the Isle of Dogs into Greenland Dock or the Royal Docks, down to Erith, to the Olympic Park, Deptford Creek, South Bank, Victoria Park or Springfield Park.

We moor up at favourite nooks to take a break whilst the tide turns to carry us home, often covering 13 miles in half a day. It is a great way to get to know the river, to see London from a new perspective, or to see the wildlife in the quiet waters of Bow Creek (herons, knots, plovers, a kingfisher) and even the busy waters of the lower Thames (seals, harbour porpoise, cormorants).

GYC has the free loan of a beautiful Thames Waterman Cutter 'Cito' which we look after for the Information Technologists' Livery Company and also of a Jollyboat, 'Jubilee Gal', which is on loan to us. No experience is required for rowers and no special gear is needed. Everyone aboard must be able to swim and we all wear buoyancy aids, which can be borrowed from the club. Rowing is terrific exercise and our crews are richly mixed as to gender, age and ability.

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