
Canoe Journeying Skills – 2 Day

Is It For Me?

This 2 day course is geared for the paddler who has got some canoe experience and is keen to focus their canoe paddling on doing journeys and expeditions. To get the most from the 2 days you should have at least 5 days previous canoe experience and this should include some Grade 2 moving water and some open water with a bit of wind. So if you are after sharpening up your paddling skills and learning all those 'extra bits' that makes journeying and expeditioning a comfortable adventure, then this is a great two days for you.

Aim

This course will provide the paddler with experience of paddling in a variety of environments. We will look at developing your canoe skills on moving water as well as open water, this can be solo or tandem.

We will also look at the canoe specific journeying skills such as; poling, lining, tracking, portaging and packing an expedition boat. In addition to this we will obviously look at planning expeditions, camping, using tarps, biviing and general expedition 'top tips'.

A lot to cover in 2 days, but we will do our best and at the end you should end up with the skills and be suitably enthused to get out on some canoe journeys and expeditions of your own.

Course Content

You will usually be in a group of no more than six with one instructor. Meeting your instructor on the first morning provides an opportunity to discuss people's experience and aspirations, which along with the weather forecast and water levels will enable us to plan the 2 days' activity with you.

On the first day we will help you sorting out any boats or paddling gear you need to borrow from us, and then we will head off to a local loch or river. This could well be a section of the Spey or be loch Morlich or Loch Insh, these will give great environments to warm up and enable us to introduce some of the key journeying and personal paddling coaching themes. For the rest of the 2 days we will paddle the rivers and lochs that offer us the best water and conditions that are at the appropriate for the groups needs. This will hopefully include rivers with Grade 2 and Lochs which will give windier conditions, and could include the following: Spey, Tay, Ness, Loch Morlich, Loch Insh and Loch Ness.

Whilst on these rivers and lochs we will be able to spend time coaching and developing your personal paddling, there may be an opportunity for video coaching as well. As well as this we will be looking at developing those specific canoe expedition skills.

In addition to this you will benefit from your instructors wealth of knowledge of additional canoe expedition paddling venues around the UK, and more than likely the rest of the world!! Stories will be told and hopefully you will leave inspired and with

knowledge to confidently take your paddling to other parts of the UK and rest of the world.

Equipment List

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

We have a range of some of the latest river kayaks from Pyranha and other top manufacturers. All our Sea kayaks are this years models from P&H, Valley and North Shore. Our Open boats are all new from Mad River, Wenonah and Venture. The surf kayaks are from Valley and Mega including high performance and international class.

Our paddling clothing is from Peak and we have a wide range tailored to your discipline.

We use a range of paddles depending on the activity, Lendal and Werner for sea kayaking and Werner for river/surf kayaking and canoe. There are specialist additional open boating items such as paddles, poles and sails.

GLENMORE LODGE CAN SUPPLY:

- ✓ Buoyancy aids
- ✓ Helmets
- ✓ Spray decks
- ✓ Cags
- ✓ Wet suits
- ✓ Wet suit booties
- ✓ Small drybags
- ✓ Dry suits (only for out of season kayak courses)
- ✓ Paddling Trousers
- ✓ Pogies
- ✓ Paddling Neoprene Gloves/mitts
- ✓ Towlines
- ✓ Split Paddles

White Water and Swift Water Rescue

- ✓ Dry suits
- ✓ Throw lines
- ✓ Knives
- ✓ Karabiner
- ✓ Slings/Tape
- ✓ Pulleys
- ✓ Prussiks

Expeditions

- ✓ Large dry bags
- ✓ Barrels for open boat journeys
- ✓ Sleeping bag & liner
- ✓ Tents (2 & 3 person)
- ✓ Karrimat

- ✓ Cookers, (Trangias, MSR & primus) we have paraffin and meths only. If you prefer to use your own stove you must bring the fuel for it.
- ✓ Pots and pans
- ✓ Cutlery / plastic mug

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Insulating layers – at least two mid weights
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Hat & gloves***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Sun cream – you just never know! ***
- ✓ Sunhat and sun glasses & cord
- ✓ Insect Repellent – it may be midgey!***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Open Canoe

- ✓ For open canoe courses Spey descent etc. a pair of wellies are very useful.
- ✓ For 5 Star courses please bring headtorch and light sticks for night paddling.***

Items marked *** are available in our shop subject to availability.

Some Useful Books

Scottish White Water: The SCA Guidebook by Bridget Thomas

Welcome to the wonderful world of Scottish white water, which has inspired many people to get out there, get off the beaten track and paddle something new. In an age where park and play is becoming ever more popular, it's been great to see paddlers once again seeking out the wilderness experience an important part of what makes paddling special.

Path of the Paddle by Bill Mason

Song of the Paddle by Bill Mason

Thrill of the Paddle by Paul Mason, Mark Scriver and Bill Mason

These books are a must read for any open boater! It takes you from basics right through to reading and tackling white water.

Paddle Your Own Canoe by Gary and Joanie McGuffin

Beautifully put together book with great photos to compliment the text

Scottish Canoe Classics: 25 Great Canoe & Kayak Trips by Eddie Palmer

Eddy has chosen his favourite twenty-five inland touring routes and described them in loving detail. The routes are beautifully illustrated with numerous colour photos and specially commissioned maps. The selected routes are suitable for open canoes, sit-on-tops and touring kayaks

Scottish Canoe Touring: An SCA Canoe and Kayak Guide by Scottish Canoe Association

This guide is aimed at those looking for calmer waters ...rivers, canals, inland lochs and sheltered sea lochs. Routes described cater for all tastes, from those seeking an idyllic afternoon's paddle to those looking for a multi-day canoe-camping expedition.

Canoe & Kayak Games by Dave Ruse

This book is a completely new and updated fourth edition of Dave Ruse's original 'Canoe Games'. It includes the best of the original Canoe Games, but has been completely revised and radically updated, with a huge number of new games contributed by BCU coaches. These games are grouped and linked to the BCU Coaching Scheme.

British Canoe Union Coaching Handbook by BCU

This book is a mine of useful information and practical tips. If you aspire to be a better canoe or kayak coach, this is the book for you.

White Water Safety & Rescue by Franco Ferrero

This work includes white water safety and rescue for canoeists, kayakers and rafters. This is a completely revised new 2006 2nd edition now in full colour throughout.

Useful Websites

www.animatedknots.com/index.php	Animated Knot Tying
www.bcu.org.uk	British Canoe Union - Paddle sports coaching etc.
www.canoescotland.com/	Scottish Canoe Association
www.johnmuiraward.org	A scheme to get young people involved in the outdoors
www.ordnancesurvey.co.uk	Loads of info on maps, access etc.
www.outdooraccess-scotland.com/	Scottish Access Code
www.theaward.org/scotland	Duke of Edinburgh's Award scheme
www.ukriversguidebook.co.uk/	UK Rivers Guide