

Advanced Open Canoeing

Is it for me?

This course is geared for the canoeist who is happy on Grade 2/3 white water and has an urge to get out in windier open water, it is designed to build on your current experience and get you out onto harder rivers and windier lochs. To get the most out of this course then you should have had experience on Grade 2/3 and open water lochs in force 4 conditions, with at least 20 days canoeing experience around this level. In addition to this you should be looking forward to consolidating these skills and developing your ability and knowledge to canoe in more challenging environments. So if you want a week with plenty of opportunity to paddle Grade 3 and perhaps even the odd drop of 4 and gain tactics for windy open lochs, and are keen to develop in that environment, then this is the course for you.

Aim

This course will provide the paddler with plenty of experience of paddling a variety of grade 3 rivers with perhaps some slightly harder sections in as well. Windier conditions on open lochs will also be covered when conditions allow. This will involve solo or tandem paddling, as well as the additional skills unique to the open canoe. These could include, packing, trim, poling, tracking, lining, sailing and journeying skills. All this will take place on daily journeys and should leave you more independent in your paddling and with skills to canoe advanced water.

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 weeks' activity with you. Day one 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 river or loch. This could well be a section of the Spey or the Findhorn that will give a good warm up day and enable us to introduce some coaching and safe journeying themes. For the rest of the week we will paddle the rivers and lochs that offer us the best water and conditions, that are at the appropriate grade for the groups needs. This will include plenty of variety on rivers up to grade 3 or 4 and open lochs in windier conditions, it could include the following rivers: Spey, Findhorn, Tay, Oich, Spean, Roy and Avon, or lochs: Morlich, Insh, Tay, Ness and Laggan.

Whilst on these journeys we will be able to spend time coaching and developing your personal paddling, there may be an opportunity for video coaching as well. In addition to this we will be looking at developing the additional canoe specific skills to help you leave the course feeling confident to safely paddle in similar environments with friends. As part of this safety and rescue is essential, there will be an opportunity to look at a variety of aspects of this during the week as well, as is needed.

In addition to this you will benefit from your instructors wealth of knowledge of additional canoe 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.

Some 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