

Scottish Rivers Canoe Grand Tour

Is It For Me?

This course is geared for the canoeist who is looking to get as many rivers and lochs paddled as possible in a week, exploring the best that the Scottish highland has on offer. The emphasis is a bit more on guiding and journeying as opposed to coaching, this allows us to maximize our time paddling. To get the most out of this course then you should be comfortable on Grade 2 and open lochs in windier conditions, and be looking forward to getting your teeth into more advanced conditions. We would expect that you would have had at least 10 days open canoeing on grade 2 to 3 moving water and windy open water prior to the course. So if you want a week with plenty of journeying on rivers and lochs, and are keen to explore the best of Scottish paddling, then this is the course for you.

Aim

This course will provide the canoeist with plenty of experience of paddling a variety of Grade 2/3 rivers, open lochs and maybe some sheltered sea coasts as well, all over the Scottish highlands. In addition to this we may look at some open and white water skills coaching. These skills could include rough water paddling, paddling in winds, sailing and canoe packing/trim. All this will be done whilst getting in plenty of mileage all over the Scottish Highlands.

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 classic local river or loch. This could well be a section of the River Spey or Findhorn, or be Loch Insh or Loch Morlich, that will give a good warm up day and enable us to introduce some safe journeying and coaching themes.

For the rest of the week we will paddle the rivers and lochs that offer us the best water and are at the appropriate for the groups needs and abilities. This will take us all over the Scottish Highlands, we will usually spend a couple of nights in comfortable accommodation on the west coast during the week. This saves too much daily driving and allows us to explore West coast as well as East coast highland rivers, lochs and coastlines. The week will involve a variety of venues and could include the following rivers; Spey, Findhorn, Tay, Ness, Garry and Awe, or Lochs; Ness, Laggan, Tay and Linnhe, or coastlines; Loch Ailort and Arisaig. Although the week is about paddling lots of journeys and will focused on this, our coaches will always be happy to help develop your paddling skills as well!

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

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.

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GLENMORE LODGE CAN SUPPLY:

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

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