

## Introduction to Sea Kayaking

### Is it for me?

This course is aimed at anybody who is keen to develop the skills to kayak on the sea. To get the most out of this course then you should be water confident, but there is no requirement to have been in a kayak before. As part of the learning process getting wet and capsizing is possible, so come prepared for a bit of getting wet as well as a lot of fun and learning. So if you want a week with plenty of opportunity to learn to paddle a sea kayak as well as all the skills to safely plan your own future sea trips, then this is the course for you.

### Aim

This course will be dependant on the weather conditions, however it should provide the paddler with plenty of experience of paddling a variety of coastlines and visit some great islands. In addition to this the week will focus on tidal planning, seamanship and weather forecasting, safety and rescue, as well as of course developing your ability to paddle a sea kayak. At the end of the week you should feel confident in planning your own trips and getting out sea kayaking.

### Course Content

You will usually be in a group of no more than six with one instructor, often 2 instructors and a group of 10 people. Meeting your instructor on the first morning provides an opportunity to discuss people's experience and aspirations, which along with the weather forecast will enable us to plan the weeks' activity with you. The first day will often start in our indoor kayak pool to look at capsize drills and gain confidence in the kayaks. We then sort out any equipment you need to borrow from us and head to Loch Morlich to introduce some personal paddling skills and coaching and practicing some rescue procedures. We then have an early evening meal at the Lodge before packing up and driving to Inchree, our west coast base just south of Fort William, for the rest of the week.

Once established on the west coast we are in an ideal location to develop our sea kayaking. The days will be spent developing our tidal planning and weather forecast knowledge, developing personal paddling skills and exploring as much of West highlands fantastic coastline and islands as is possible. Day trips we may be able to do during the week could include some of the following: Arisaig, Loch Ailort, Lismore Island, Castle Stalker and Loch Leven. On the course we are able to supply all the maps, charts, pilots and other tidal planning resources you may need. If you have your own though, feel free to bring them along.

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



## Accommodation

Your first night will be spent at Glenmore Lodge then you will head to the West on the Monday evening. Please ensure that you have vacated your room no later than 5pm on the Monday.

The rest of the course will be spent staying in comfortable Chalets at Inchree. From the chalets elevated position, each chalet has panoramic views overlooking Loch Linnhe and the Morven Mountains.

Duvets and linen are provided but not towels.

All food for the week will be supplied in the restaurant, with pack lunches whilst out on the water. There are Laundry and drying facilities provided and a hose down area for cleaning wetsuits. In the evenings there is a bar onsite selling a range of beers and whisky's.

Inchree is situated 8 miles south of Fort William and 5 miles north of Glencoe, at the north end of Onich village, 500 metres off the A82. The full address is Inchree Centre, Inchree, Onich, Nr. Fort William, Highland Region, Scotland, PH33 6SE. Tel: 01855 821287. [www.inchreecentre.co.uk](http://www.inchreecentre.co.uk)

## What Will I Need?

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:**

- ✓ Bouyancy 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)
- ✓ Suncream – you just never know! \*\*\*
- ✓ Sunhat/Cap – good for sun or rain!
- ✓ Sun glasses & cord
- ✓ Insect Repellant – 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!

**Rolling**

- ✓ For courses using the pool for rolling we advise the use of a nose clip. These are not provided but can be bought in our shop.\*\*\*

**Sea Kayaking**

- ✓ **Compass - Silva type 4 recommended \*\*\***
- ✓ **Personal Towel if staying at Inchree on Intro Sea Kayaking Course**
- ✓ **For 5 Star courses please bring headtorch & light sticks for night paddling\*\*\***

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

## Useful Reading

### **Sea Kayak Navigation by Franco Ferrero**

The first edition rapidly became a standard text for sea kayakers. This new edition builds on that success. It is recommended as support material for the new British Canoe Union navigation courses that have been introduced.

### **Sea Kayak: A Manual for Intermediate & Advanced Sea Kayakers by Gordon Brown**

Gordon Brown is a BCU Level 5 sea coach. He shares his knowledge with you in his own succinct humorous style and very visual approach. Over seventy photographs and illustrations help to make this an essential modern manual for the sea kayaker

### **Sea Kayak Handling: A Practical Manual for Beginner & Intermediate Paddlers by Doug Cooper**

This is a practical guide that will help the reader to master the skills needed to manoeuvre a sea kayak efficiently. For beginner and intermediate paddlers. Doug draws on his personal and coaching experience to help the reader master sea kayak handling skills and techniques. Accurate sequential photos and simple concise language make the descriptions easy to follow and understand.

### **Scottish Sea Kayaking – 50 Great Voyages by Doug Cooper & George Reid**

Scotland's first guidebook for sea kayakers wishing to explore its amazing coastline and magical islands. It brings together a selection of fifty great sea voyages around the mainland of Scotland, from the Mull of Galloway in the SW to St Abb's Head on the east coast, as well as voyages in the Western Isles, ranging from day trips to three day journeys

### **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.

### **Kayak Rolling: The Black Art Demystified by Loel Collins**

Loel Collins draws on his experience to help the readers learn to roll a kayak or improve the roll they already have. The approach is to illustrate the ideas with clear photo sequences, keeping the text to a minimum

<a href="http://www.animatedknots.com/index.php">www.animatedknots.com/index.php</a>	Animated Knot Tying
<a href="http://www.bcu.org.uk">www.bcu.org.uk</a>	British Canoe Union - Paddle sports coaching etc.
<a href="http://www.boathook.com/tides/uk.html">www.boathook.com/tides/uk.html</a>	Tide Tables
<a href="http://www.metoffice.gov.uk/weather/marine/inshore_forecast.html">www.metoffice.gov.uk/weather/marine/inshore_forecast.html</a>	Inshore Forecasts
<a href="http://www.ordnancesurvey.co.uk">www.ordnancesurvey.co.uk</a>	Loads of info on maps, access etc.