

---

## Intermediate Sea Kayaking – (Inchree)

### Is It For Me?

This course is geared for the sea kayaker who is keen to develop their ability and confidence in force 4 conditions or tidal waters, and start planning and paddling along slightly more committing coastlines. To get the most out of this course then you should have some experience in slightly rougher water with winds of Force 3/4, and have done 10 kayaking day trips in a variety of locations, with many of these on the sea. Ideally you should also have some idea about tidal planning. Being able to roll is not essential on this course, – as long as you are happy being rescued if need be! So if you want a weekend where we focus on developing your sea kayaking skills in slightly rougher conditions and look at planning and paddling more advanced 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, hopefully including some small open crossing, tidal waters and headlands. In addition to this the weekend will focus on tidal planning, seamanship and weather forecasting, safety and rescue, as well as of course developing your personal paddling on intermediate coastal waters.

### 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 evening provides an opportunity to discuss people's experience and aspirations, which along with the weather forecast will enable us to plan the weekends' activity with you.

**We meet on the first evening at 20.00 at our base at Inchree, we can provide transport across if needed, bus leaves at 16.30 hrs, you will need to provide your own food for this evening, there will be opportunity to stop at a chip shop on the way over.**

The first day will often look at introducing some personal paddling skills and coaching, practicing some rescue procedures and of course going for a day paddle at one of the great venues accessible from Inchree.

For the rest of the weekend will continue to develop your tidal planning and weather forecast knowledge, personal paddling skills in rougher water and exploring as much of local fantastic coastline and islands as is possible. The weekends venues could include some of the following: Loch Ailort, Arisaig, Lismore Island and Falls of Lora. 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.

### **The Accommodation**

We will be staying in comfortable Chalets. 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 weekend will be supplied in the restaurant, with pack lunches whilst out on the water. (No evening meal provided on Friday).

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)

### **Travel**

If you wish to travel over on the minibus please be at the Lodge for 16.00 hrs to collect your equipment. The bus will leave at 17.00 hrs. If you wish to travel direct to Inchree please be there for 20.00 hrs. If you need any equipment taken over please fill in and return the attached form.

### **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 and 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!

### **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.**



Paddle sport courses Equipment list			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
<b>PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE )Pls return even if no equipment required)</b>			
Item	Size	Pls Tick if rq'd	Pls Tick if bringing own
Boat			
Paddle please indicate splits, cranked or not			
Spray deck			
Wetsuit			
Wetsuit boots			
Cag			
Dry Trousers			
Buoyancy Aid			
Towline			
Dry Bag			
Tote bag			
Dry Suit (only provided for cold weather courses)			
Compass (sea courses only)			
Head torch (sea courses only)			
Flares (sea courses only)			

### **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.canoescotland.com/">www.canoescotland.com/</a>	Scottish Canoe Association
<a href="http://www.metoffice.gov.uk/weather/marine/inshore_forecast.html">www.metoffice.gov.uk/weather/marine/inshore_forecast.html</a>	Inshore Forecasts