

West Coast Sea Kayaking Expedition - Intermediate

Is it for me?

This course is aimed at the sea kayaker who has reasonable experience of sea kayaking and now is looking to take on the fantastic opportunities that an expedition offers. To get the most from the course then you should have had at least 10 days paddling experience in a sea kayak and feel comfortable in slightly rougher conditions of up to force 4, if you have already been on our Intermediate Sea Kayaking course then you are set up perfectly for this expedition course.

The week will include 4 days camping from our kayaks as well as daily journeying. Our daily paddles could include distances of up to 25km as well as take on some open crossings, so a reasonable level of fitness is required as well as being happy to camp, cook and be self sufficient in wild places.

So if you are keen to discover new places, camp alongside isolated beaches and learn about the amazing world of expeditions, 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. We will provide all the expedition food and equipment and together the group will spend time initially planning and preparing for the week. This is an essential part of expeditions and it is an ideal opportunity for you to learn how to plan an expedition week.

This done we will head off for 4 nights camping and spend each day journeying to a different campsite, weather permitting! During the course of the journey we will look at all the skills essential for a successful expedition, including packing boats, camping, tidal planning, weather predictions, personal paddling skills and safety. This will all take place in potentially more exposed coastlines and islands, including some open crossings. By the end of the week you should have the confidence, skills and knowledge to head off on your own expeditions.

Course Content

You will usually be in a group of no more than four with one instructor, often 2 instructors and a group of 8 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' expedition with you. Where we go will be very weather dependant, if conditions are suitable we may well try and head out to the Small Isles of Eigg, Rum and Muck, or if conditions are changeable we will enjoy the fantastic journey around Raasay and Rona.

The first morning will be spent planning our general paddling route, sorting out the expedition equipment, collecting together the essential food and generally ensuring we have everything to be comfortable for the week. In the afternoon we will then head off to the west coast in time to spend the late afternoon paddling a short distance to our first campsite. The next four days and nights we will enjoy exploring this amazing area of the west coast, find perfect beaches, look for the ideal campsite and of course enjoy some



stories around the campfire. For us to get the most out of the journey we will also look at the tidal planning and weather considerations each day, help you develop your paddling skills and of course look at safety consideration on expedition.

On the last day of the expedition we will be picked up from wherever we finish at about lunchtime to give us time to return to Glenmore Lodge and sort out the equipment.

In addition to this you will benefit from your instructors wealth of knowledge of additional sea kayaking venues and expedition locations 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 afternoon.

The rest of the course will be spent staying in tents using wild and remote campsites. If you have your own expedition and camping equipment, feel free to bring it along. If you do not we will be happy to provide you with everything you may need.

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

Sea Kayaking Expedition

- ✓ Tents
- ✓ Sleeping Bags
- ✓ Karrimats
- ✓ Stoves
- ✓ Fuel
- ✓ Pots and Pans
- ✓ Cutlery
- ✓ Mugs and Plates
- ✓ Head Torch
- ✓ Water Carrier

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

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

- ✓ Compass - Silva type 4 recommended ***
- ✓ Informal clothing for campsite
- ✓ Walking trainers/boots for campsite
- ✓ Insulating layers – at least two mid weight tops and trousers for paddling
- ✓ Fleece/insulated jacket for campsite
- ✓ Waterproof jacket
- ✓ Hat & gloves***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications
- ✓ Small towel
- ✓ Suncream – you just never know! ***
- ✓ Sunhat/Cap – good for sun or rain!
- ✓ Sun glasses & cord
- ✓ Insect Repellant – it may be midgey!***
- ✓ Midge Net
- ✓ An alarm clock

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

www.animatedknots.com/index.php	Animated Knot Tying
www.bcu.org.uk	British Canoe Union - Paddle sports coaching etc.
www.boathook.com/tides/uk.html	Tide Tables
www.metoffice.gov.uk/weather/marine/inshore_forecast.html	Inshore Forecasts
www.ordnancesurvey.co.uk	Loads of info on maps, access etc.
www.outdooraccess-scotland.com/	Scottish Access Code