

Advanced Sea Kayaking – North Skye

Is It For Me?

This course is geared for the active paddler. To get the most out of this course then you should be comfortable on rougher open water with winds of Force 4, and have done 15 sea kayaking day trips in a variety of locations. Ideally you should also have some good basic knowledge on tidal planning and pilotage. To have a reliable roll is useful on this course, but not essential – as long as you are happy being rescued! So if you want a week where we explore remote coastlines, plan tidal paddling trips and look at developing rougher water sea kayaking skills 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, including some short open crossing and areas of tidal movement. 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 personal paddling on advanced coastal waters.

Course Content

You will usually be in a group of no more than four with one instructor, often 2 instructors and a group of 6-8 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' activity with you.

We meet on the Sunday afternoon at 16.00 hrs and this allows us to sort out equipment, pack, have something to eat and then drive to our accommodation and base for the week on Skye.

The first day will often look at introducing some personal paddling skills and coaching, practicing some rescue procedures, looking at some basic tidal planning and pilotage, and of course going for a day paddle off the North Coast of Skye. For the rest of the week the days will be spent developing our tidal planning and weather forecast knowledge, developing personal paddling skills in rougher water and some tidal areas and exploring as much of North Skyes fantastic coastline as is possible. Day trips we may be able to do during the week could include some of the following: Rubha Hunish, Fladda Chuain, Wiay Island, Flodigarry and Staffin, Loch Dunvegan and Kyle of Lochalsh. 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.



Your Accommodation

This course will be based at the Whitewave outdoor Centre in the North of Skye, 4 miles north from Uig.

Set in a beautiful location within the small community of Linicro, Whitewave enjoys fabulous views across open countryside and on towards the sea.

All catering will be done by the centre so the evenings are available for relaxing and some theory sessions.

Ground floor: Living room. Dining room with wooden floor. Kitchen. Utility room. 1 double bedroom with en-suite bathroom with shower over bath and toilet. 2 wet rooms. First floor: 3 bedrooms: 2 double with additional single, one with en-suite shower room, one with sloping ceiling. 1 twin with sloping ceiling.

Woodburner in living room. Oil CH, bed linen and towels inc Video and small library. No TV (no reception). No smoking please.

Whitewave is at No.19 Linicro, Kilmuir, Isle of Skye in the Inner Hebrides of the Highlands of Scotland: Tel: 01470 542414

Travel

If you want to meet us on Skye please arrive at Whitewave at 21.00hrs, please let us know beforehand if you wish to travel directly there. If you need any equipment please fill in and return the attached form so we can bring the kit over with us.

By Car:- From Armadale or Kyle of Lochalsh follow signs to Portree on the A850, from Portree follow signs to Uig along the A856. Drive through Uig, turning right to Kilmuir, not following the road to the Pier. The road is now the A855 and is single track (remember to use the passing places properly). There is a sharp hairpin bend, and at the top of the hill ignore the turn off to Staffin and the Quiriang and continue north for 3 miles. No.19 is a large house on the right. Look out for the wind turbine next to it!!

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:

- ✓ 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!

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.**

Paddle sport courses Equipment list			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE			
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)			

Useful Books

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

Useful Websites

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.canoescotland.com/	Scottish Canoe Association
www.johnmuiraward.org	A scheme to get young people involved in the outdoors
www.magicseaweed.com/	Surf Forecasts
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
www.theaward.org/scotland	Duke of Edinburgh's Award scheme
www.ukriversguidebook.co.uk/	UK Rivers Guide