

## Shetland Sea Kayaking

This is a guided sea kayak trip for experienced sea kayakers to one of the most beautiful and rugged coastlines in the world. This trip aims to explore cliffs that can reach up to 300ft high, paddle through the numerous caves stacks and arches and view the wonderful bird life for which the Shetland Isles are famous for. Shetland is an archipelago of 100 small islands boasting over one thousand miles of pristine and wild coastline.

The weeks paddling will explore as much of the coastline as possible within the five days. There will also be experienced and professional coaching from some of the most qualified sea coaches in the country along the way to improve your own personal paddling. This will include how to cope with strong winds, Atlantic swell and strong tides in safety and how to plan and undertake journeys on exposed and committing areas of coastline.

The course will work on a one instructor to four clients ratio.

The Shetland Islands, although within the UK, are wild and unpredictable. The weather can be extreme at any time of year and you will need to be prepared for this. We will try our best to get as much kayaking in as possible but there will be times that this simply will not be possible for safety reasons. Please prepare for any eventuality and expect to muck in and gain experience from the coaches' experience and advice.

### Experience

This is not a beginner's course. You will need to be confident in paddling in force 4/5 conditions with a moderate swell. Ideally you can roll but this is not a requirement. Certainly to be self-sufficient and have the ability to rescue others from the water is essential. If you are not sure please speak to one of the Sea Coaches at the Lodge for further advice.

### Itinerary

The Itinerary is subject to change due to the vagaries of the weather. It is also quite intensive with early starts and late finishes in order to maximise the time paddling.

Meet on Monday morning in Lerwick. Travel to accommodation on North Mainland to sort kit, boats and food. Go kayaking for rest of the day. We eat at a variety of pubs or restaurants in the evenings. Paddle and dine in different places every day and leave the Isles on Friday around mid afternoon.

### Accommodation

You will be staying in The Voxter Centre near Voe from Monday to Thursday night inclusive. Please bring a pillowcase and sleeping bag. The accommodation has 6 bedrooms, 2 sleeping 6 people, 1 sleeping 8 people, 3 sleeping 2 people. If arriving earlier or leaving later it is your responsibility to provide your own accommodation. Lerwick youth hostel is very comfortable and cheap.

### Food

All food is provided from Monday lunchtime until Friday Lunchtime. We will be eating out in different pubs and restaurants throughout the week with the intention of kayaking to some of them! Breakfast will be self-catered, as will packed lunches. Please note that clients are



responsible for their own meals up until Monday lunchtime and after Friday lunchtime and

alcoholic drinks throughout the week.

## **Travel**

It is the responsibility of the clients to book their own transport to and from Shetland. From Monday morning onwards a Glenmore Lodge minibus and trailer are provided for the expedition. This minibus and trailer will be leaving the Lodge at 12.00 mid day on the Sunday to go to Aberdeen to catch the overnight North Link Ferry to Lerwick. Clients are welcome to travel with the bus from the Lodge or meet it at Aberdeen. If doing this then you will have to book separately with Northlink Ferries as a foot passenger and give them the booking reference of the Glenmore Lodge van so that you can travel in it onto the ferry. Please phone us for this reference before booking. It is also recommended that you book a cabin to get a good nights rest.

Alternately, you can fly with BA or Atlantic Airways from Glasgow, Edinburgh, Inverness, Aberdeen or Stansted respectively to Sumburgh airport in the South Mainland. From here you can catch a bus or hire a taxi (£35 ish) into Lerwick, which is approximately 25 miles away.

## **Equipment**

Glenmore Lodge can provide you with everything you need. You are welcome, however, to paddle you own boats and use your own personal equipment if you would prefer. Please make sure that you instruct us as to what you would like us to bring and whether or not you require space on the trailer for your own boat. We can supply P&H Sea Kayaks and Lendal paddles. Technical clothing you will need such as a buoyancy aid, semi-dry cag, wetsuit, spraydeck and booties, can be provided from our stores, however, if you have your own gear we would encourage you to bring it, as you will be more familiar with it. There is a general kit list on the back of the General Information leaflet. Remember that it could be cold and clothes might get wet and not dry fully for the next day. You will need to bring your own head torch and compass, a hill walking one such as the Silva type 4 expedition is fine

## **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!

**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:	
<b>PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE (Pls return even if you require nothing)</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)			



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## Useful Contacts

Glenmore Lodge 01479 861256 [www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)

British Airways Reservations 0870 850 9850 [www.ba.com](http://www.ba.com)

Atlantic Airways [www.flyshetland.com](http://www.flyshetland.com)

Northlink Ferries 0845 6000 449 [www.northlinkferries.co.uk](http://www.northlinkferries.co.uk)

Lerwick Tourist Office and Sumburgh Airport Tourist Office 08701 999 440  
[www.visitshetland.com](http://www.visitshetland.com)

### **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.johnmuiraward.org">www.johnmuiraward.org</a>	A scheme to get young people involved in the outdoors
<a href="http://www.magicseaweed.com/">www.magicseaweed.com/</a>	Surf Forecasts
<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.
<a href="http://www.outdooraccess-scotland.com/">www.outdooraccess-scotland.com/</a>	Scottish Access Code
<a href="http://www.theaward.org/scotland">www.theaward.org/scotland</a>	Duke of Edinburgh's Award scheme
<a href="http://www.ukriversguidebook.co.uk/">www.ukriversguidebook.co.uk/</a>	UK Rivers Guide