



Advanced Sea Kayaking 2 Days

Course Outline



If you have the experience but want to get to the best places and push your limits then we can help you. During the course we will look at surf launches and landings. Cornwall is well known for its beautiful beaches. These can be a real challenge so we will look at techniques to make starting and ending a trip on them safer. During the week we will look for areas of rough water to help you develop your boat handling skills. All through our time we will cover aspects of the BCU UKCC 4-5* training. We will have the opportunity to explore large sections of the coast with around 15-20 miles being covered in a day. Jeff and Simon love running these courses as it gives them a chance to show you what keeps them on the water.

Experience needed

You should be at or above the BCU UKCC 3-4* level. Therefore you should be an asset to the group in up to force 4 winds and 3 Knots of tide. The course is designed to train you up to the BCU UKCC 4-5* level. We could cover up to 15-20 miles in a day depending on conditions and ability of the group.

What it includes

The course fee includes all of the equipment needed, instruction and transport during the course (if required). The equipment we can supply are Wetsuits, thermal tops, water proof kayaking jackets, buoyancy aids, helmets, spray decks and of course Kayaks and paddles. We use top level equipment maintained to a high standard to ensure you are comfortable and safe out on the water.

Cost £140

Location and times

09:30 Swanpool Beach Falmouth TR11 5BG. Approx finish time – 16:00

We will all meet at the café on Swanpool Beach to discuss the day's plans and get to meet everyone on the course. We will use this as a base but may get on the water at a different location depending on conditions.

Swanpool Beach is close to the centre of Falmouth. Follow signs to Falmouth which will take you passed ASDA. Continue on until the next roundabout with cannons on. Take the second exit towards Budock Water. Continue straight across the double roundabout (not towards Budock water). After about a mile there is a left hand turn sign posted Swanpool Beach.

What to bring

- Camera to capture the action off the water.
- A towel!
- A flask of hot drink.
- Packed lunch
- Your personal paddling equipment

We are looking forward to seeing you out on the water.