



Intermediate Sea Kayaking 2 Days

Course Outline



Cornwall has so much spectacular kayaking to offer and we hope to indulge you in this while developing your skills along the way. This course is aimed at kayakers who already have basic skills. If you are unsure of the standard required please feel free to contact us and we can talk it through with you. Ideally people should have covered everything on our introductory course to have a solid grounding to develop during the intermediate sea kayaking course. Each day we will try and do the best paddling trips available as well as looking at the relevant skills and theory required for safe day expeditions. Cornwall is the best kept secret in Britain for sea kayaking with the Atlantic Ocean all around it has a wide selection of paddling locations available. We keep the group sizes small so that we can tailor the course to the group's needs and abilities.

Experience needed

The course is aimed at kayakers around the BCU UKCC 3* syllabus. You will need to have been in conditions before. i.e. up to force four winds with small waves. We will look at ways to transfer your flat water skills to the moving water environment. During the course distances of around 10 miles a day will be covered. This will depend 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 pair of old trainers to wear out on 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.