



Introduction to Sea Kayaking 1 Day

Course Outline



We will teach you firstly how to manoeuvre your kayak before setting off to explore caves, arches and remote beaches. All the time we will keep our eyes open for Dolphins, seals and hundreds of different sea birds. This is a structured course with a large emphasis on learning as well as enjoyment. We use the best equipment to allow you to be comfortable out on the water. Our high instructor to client ratios will enable you to get lots of individual feedback to inspire learning. On the morning of the course we will seek out sheltered waters to learn how to turn, stop, paddle straight (forward and backwards), gain stability, spin on the spot, use rudder strokes and rescue each other. The focus of the afternoon will be on journeying to give you a feeling of what sea kayaking is all about. You will then get the opportunity to put the skills learnt in the morning in to practice. We hope to get you up to the British Canoe Union 1-2 star standard by the end of the course.

Experience needed

You need no previous kayaking experience. However the course also suits people whom have kayaked a few times but would like a structured course to create a solid foundation to develop. If you have some previous experience please understand that we will start the session right from the basics to make sure the essentials are in place to coach from.

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 £80

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

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