



## Intermediate Sea Kayaking 5 Days

### Course Outline



This is our most comprehensive learning experience. You will work closely with us on the water as we develop every aspect of your sea kayaking skills. We will look at navigation on and off the water to help you plan your own day and weekend trips. During the week we will look out for the best areas to help you develop your confidence in rough water and boat handling skills. We will teach you how to land and take off safely in small surf. All the time that you are learning we will choose the best locations around to allow you to see what Cornwall has to offer.

### Experience needed

The course is aimed at kayakers around the BCU UKCC 1-2\* syllabus. You may have kayaking experience in kayaks other than sea kayaks. The course is also suitable for people that would like a steep learning curve that have little experience. 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** £325

### 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.