



## Isles of Scilly Expedition

### Intermediate course outline



The isles of Scilly are located off the most South Westerly tip of Great Britain. During our 7 days we will explore all that the islands have to offer. We transport our kayaks out on the ferry to St Mary's and will meet you off the ferry. This week long experience is aimed at intermediate kayakers. During the week we will cover many aspects kayak handling and can help you perfect any aspect of your paddling. This really will be a learning kayaking vacation to remember.

### Experience needed

To get the most out of the expedition you should be happy with your flat water skills and keen to develop your techniques in conditions. We would hope to cover around 12km in a day and have time to explore and work on skills. We have the ability to split the group during the day to suit individual needs and speeds. The paddling during the week will be instructional based as well as exploring the islands. You will have the opportunity to work on your skills, rescues and theory. If you have any questions regarding the required ability please feel free to get in touch

### What it includes

The course fee includes all of the equipment needed and instruction. We use top level equipment maintained to a high standard to ensure you are comfortable and safe out on the water. We cover the cost of getting the kayaks out to the islands. We book the campsite for you but this is not included.

### Cost

- £395 Instruction, equipment and transport of kayak to the islands
- £95 Flexible return
- £9.40 Per Person Per night Camping fees (£65.80)

### Location and times

We will meet you off the ferry in St Mary's which departs at 10:30am on Saturday the 15<sup>th</sup> of Aug. We would hope to set up camp before hitting the water in the afternoon for a short paddle. The return ferry will be on the 22<sup>nd</sup> of August at 14:30 from St Mary's.

### What to bring

Sleeping Bag

Tent (can be supplied)

Camping Stove

Pots and pans

Plate's bowls and KFS

Sleeping Mat

The shops on St Mary's carry everything you will need for food so no need to bring lots over with you.

Paddling Equipment (can be supplied)

Dry bags

Sun Cream!

And all the other bits you normally need when camping, if you have a bivvy bag this may be useful for any rough camping we may do.

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