



Introduction to expeditioning 2 days

Course Outline



This course is aimed at people who have been on an introductory course or are at a BCU 2* level, and are keen to discover what multi day trips are all about. We will learn how to plan a trip and load our kayaks with everything we need for an overnight trip before setting off to discover the wonders of the Cornish coastline. We will look out for dolphins, seals and basking sharks along the way to a spot suitable for wild camping. During the paddle it is possible to work on a variety of skills to help with your boat handling. The main emphasis of this course is to introduce you to the skills needed to plan an overnight trip and how to handle a kayak to get you where you want to go. We want you to experience why we love sea kayaking so much and help you explore the amazing scenery on our doorstep.

Experience needed

You need no previous sea kayaking experience but need previous kayaking experience in another discipline is essential. Attending an introduction to sea kayaking course gives the best grounding for this course. We will cover up to 10 miles in a day depending on conditions and the 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 can supply tents, camping stoves and pans. Please let us know if you require sleeping bags and mats. 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.

Food 2 x Lunch, 1 x evening meal, 1 x breakfast. (Dried pasta and sauce, cereal or porridge and sandwiches, oh and treats.)

A flask of hot drink.

Spare warm clothes

Sleeping bag (let us know if required)

Sleeping mat (let us know if required)

Tent (let us know if required)

Stove and pans (let us know if required)

Torch

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