



Introduction to expeditioning 5 days

Course Outline



Have you ever wondered what is around that next headland? Have you ever spent enough time on the sea for it to become a lifestyle not just a day trip or a weekend jolly. On this five day expedition we hope to show you just what sea kayaking means to us. You will arrive on the Sunday night and then on Monday morning we will set off in our transport to the most suitable start point. We will have ratios of no more than 4 clients to one instructor and so can adjust the journey to suit your needs. The expedition is aimed at intermediate kayakers that have either attended an introductory course and want to really get going or are close to the BCU 2* level. We hope that by the end of the course you will feel inspired enough to really explore the wonders of sea kayaking.

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 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.

Food for 5 x Lunch, 4 x evening meal, 4 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)

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