



## Intromediate Sea Kayaking 2 Days

### Course Outline



Cornwall has so much spectacular kayaking to offer and we hope to indulge you in this while developing your skills along the way. This course is aimed at kayakers who already have basic skills. If you are unsure of the standard required please feel free to contact us and we can talk it through with you. Ideally people should have covered everything on our introductory course to have a solid grounding to develop during the intromediate sea kayaking course. Each day we will try and do the best paddling trips available as well as looking at the relevant skills and theory required for safe day expeditions. Cornwall is the best kept secret in Britain for sea kayaking with the Atlantic Ocean all around it has a wide selection of paddling locations available. We keep the group sizes small so that we can tailor the course to the group's needs and abilities.

### **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** £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.

A towel!

A flask of hot drink.

Packed lunch or money for lunch

Your personal paddling equipment

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