

Southwest Symposium



Sea Kayaking Cornwall

13-14 Sept 2008

Full Board £195 Camping £165 Events only £155

The Sea Kayaking Cornwall Symposium has been organised to coincide with the Falmouth Tall Ships Regatta. On the Saturday you will have the opportunity to attend a variety of courses in Falmouth Bay with the backdrop of the magnificent tall ships. On Saturday evening there will be entertainment and a hog roast and entertainment for all. On the Sunday you will have the opportunity to explore with day paddles and courses exploring Cornwall's varied coastline. During the following week on offer are a variety of discounted 5 day courses. The Symposium is based at Tregedna Farm a short walk from Maenporth Beach. There is bunkhouse style accommodation or camping available. We are limiting the numbers to 25 Full board and 35 Camping/events only.

You will have the opportunity on the Friday evening and sat morning to decide on the courses you would like to take. Below is an idea of the intended trips.

Courses on the Sat to include

Incident management
In the field repairs (crash and bash)
Surf for sea kayakers
Intermediate Skills

+ lots more to be announced at the event

Courses and trips on the Sunday

Lands end
Lizard

Surf for sea kayakers
The North Coast
Tidal Races and rough water
Crash and Bash Journey
Intermediate skills
Advanced skills

Where and when to meet.

Registration will start at 17:00 on the Friday at Tregedna Farm. During registration on the Friday you will be able to put your name down for the courses that would suit you in the given weather forecast. We will then meet at 9am on the Sat morn to go through the days plans. Tregedna Farm is 500 meters before Maenporth Beach which is less than two miles south of Falmouth. Follow signs to Falmouth which will take you passed ASDA. Continue on until a large roundabout with cannons on. Take the second exit towards Budock Water and Maenporth Beach. Continue straight across the double roundabout (not towards Budock water). This road will then take you all of the way to Maenporth beach, approx two miles.

Symposium package

Full board (Courses, Entertainment, Bunk house accommodation Fri and Sat, English breakfast sat and sun, packed lunches sat and sun, Hog roast sat eve.)
£195

Camping (Courses, Entertainment, Camping Fri and Sat, Hog roast sat eve.)
£165

Events Only (Courses, entertainment, Hog Roast sat eve.) £155

During the following week we are offering some of our 5 day courses at discounted prices.

15-19th Sept Week of discounted courses

Intermediate Sea kayaking

Length:- 5 Days

Price:- £325 **reduced to £295**

Photos:- [Click here for images from inter courses](#)

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. There will be the opportunity to practice rolling in a local swimming pool during one evening. All the time that you are learning we will choose the best locations around to allow you to see what Cornwall has to offer.

Advanced Sea kayaking

Length:- 5 Days

Price:- £325 **reduced to £295**

Photos:- [Click here for images from advanced courses](#)

This course has the same principles as the advanced sea kayaking weekend but with the opportunity to explore more of the Cornish coastline. We would hope to cover the 5* syllabus over the 5 days giving you chance to practice your personal skills, leadership and navigation. All of your transport during the week is included in the price.

Sea Survival and Incident management

Length:- 5 Days

Price:- £325 **reduced to £295**

Photos:- [Click here for images from incident courses](#)

Any group or individual is only as strong as their weakest link. Where is yours?! Are you fully prepared for that first incident? Have you pressure tested your group skills and procedures in a variety of different environments or situations? This course is designed to teach you skills and procedures that will help you to develop a step by step thought process, to enable you to handle many potential incidents on the sea under pressure. With poor or no possible landings we will be forced to deal with sea sickness, dislocated shoulders, a trapped paddler, heart attack, holes in boats, broken paddles, lost equipment, imploded hatch covers, hypothermia, very difficult landings, capsizing while towing in tidal races amongst other bad things! After two days of these scenarios our aim is to decrease the chances of these incidents from occurring and increase your ability to deal with them.