



Intermediate Sea Kayaking 2 or 5 Days



Course Outline

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 course we will look out for the best areas to help you develop your confidence in choppy water and general boat handling skills. We will teach you how to land and take off safely in small surf. All the time that you are learning we will choose the best locations around to allow you to see what Cornwall has to offer.

We run 2 day weekend courses and 5 day week courses throughout the year. The 5 day course gives more time to develop skills and to explore more environments. On the five day course we try to assign each day to a different environment and so we will spend a day among the rocks a day in the surf and a day on a journey. Our 2 day courses are very intense as we pack as much in to the weekend as we can.

Experience needed

The course is aimed at kayakers around the BCU 2-3* syllabus. You will need to have been in conditions before. i.e. up to force four winds with small waves. We will look at ways to transfer your flat water skills to the moving water environment. During the course distances of around 10 miles a day will be covered. This will depend on conditions and ability of the group.

Course content

Surf

We have consistent surf with beaches that face a variety of directions allowing us to find the right surf for the session. We can use it to help develop skills and to build confidence.

Rescues

We can help you develop your rescues skills to give you the tools for your paddling toolbox to enable you to deal with a variety of scenarios.

Personal skills

During the course we will be able to work on any aspect of your personal paddling skills to help build your confidence in conditions.

Navigation

Each morning we will look at the forecast together to decide where the best location for the day will be. Using our classroom we can practice planning trips by looking at charts, forecasts and tidal information.

Journeys

We will have the opportunity to explore large sections of the coast with around 10 miles being covered in a day. Cornwall has some spectacular scenery including dramatic headlands, caves, arches and beautiful beaches.

Location and times

We meet between 09:00 – 09:30 at Sea Kayaking Cornwall, Dove House, Tregonigie TR11 4SN. We will sit down in our briefing room at 9:30 to discuss individual needs and desires and get to meet everyone on the course. The finish time may vary depending on the chosen launch location and the plan for the day but we normally aim to finish around 16:00.

Sea Kayaking Cornwall is located on the edge 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 next roundabout. After about 200m turn left into Tregonigie ind estate. We are down the hill on the left.

What to bring

Camera to capture the action off the water.

A towel!

A flask of hot drink.

Packed lunch

Your personal paddling equipment

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