



Intromediate Sea Kayaking 2 or 5 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.

5 Day Course

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. All the time that you are learning we will choose the best locations around to allow you to see what Cornwall has to offer

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. This course suits people that have a sit on top kayak and want to try the real thing!!

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.

Location and times

09:30 Dove House, Tregonigge TR11 4SN. We will all meet at the Sea Kayaking Cornwall shop to discuss the plans and get to meet everyone on the course. We normally 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 Tregonigge ind estate. We are down the hill on the left.

What to bring

Camera to capture the action off the water.
A pair of wetsuit boots/old trainers to wear out on 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.