



Surf for Sea Kayakers 2 Days

Course Outline



Cornwall is the best location in the UK for surf courses. We have a variety of beaches to choose from to help find the right surf for the day. The surf is a great environment for sea kayakers to improve their skills as it makes you use all of the strokes in the book. The course is aimed at intro-mediate to intermediate paddlers that want to build their confidence in the surf. We will help you with various techniques including how to do effective braces, launch and land safely, getting off waves, timing, wave selection, manoeuvring, rolling, rescues and back surfing!

Experience needed

The surf can be used to accommodate a variety of levels but the course is aimed at INTROmediate to intermediate paddlers. You don't need to roll but it would help you develop quickly.

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

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.