



## Explore Cornwall 5 days

### Expedition Outline



On this five day expedition we hope to show you just what sea kayaking means to us. On Monday morning we will look at the weather and decide the best option to explore the Cornish coast. Either starting from Falmouth or being dropped off at a suitable location. The week is aimed at Intermediate paddlers or paddlers close to the BC 3\* level. We will discover great wild camping locations along the coast and explore the spectacular cliffs, caves and beaches of Cornwall. Along the way we can help develop any aspect of your paddling. We will also look at food foraging and camp craft skills.

### Experience needed

You should be an Intermediate/Intermediate paddler at or around the BC 2/3\* level. We will cover distances of upto 15-20 miles (6 hours) a day depending on conditions. You do not need to have camped from a sea kayak before.

### 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, Tregonigie TR11 4SN. We will all meet at Sea Kayaking Cornwall to discuss the Weeks plans and get to meet everyone on the expedition.

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 double 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.

footwear to wear out on the water.

Food for 5 x Lunch, 4 x evening meal, 4 x breakfast. (Dried pasta and sauce, cereal or porridge and sandwiches, oh and treats.)

A flask of hot drink.

Spare warm clothes

Sleeping bag

Sleeping mat

Tent (let us know if required)

Stove and pans (let us know if required)

Dry bags (can be ordered from our shop)

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