



Expedition skills weekend

Course Outline



This course is aimed at Intermediate/intermediate paddlers or are at a BC 2-3* level, and are keen to learn essential skills to take a sea kayak into multiday expeditions. It is perfectly suited to any paddlers wishing to gain more experience before going on our Iceland, Alaska, Norway, Scotland, Brittany or Kefalonia expeditions. We will learn how to plan a trip and load our kayaks with everything we need for an overnight trip before setting off to discover the wonders of the Cornish coastline. We will introduce you to fishing, foraging, fire skills, shelter building, cooking and much more. The main emphasis of this course is to introduce you to the skills needed to enjoy multiday trips and how to handle a kayak to get you where you want to go. The course also follows the ISKGA expedition skills module.

Experience needed

You should be an INTROmediate/Intermediate paddler at or around the BC 2-3* level. We will cover distances of upto 10-15 miles (5 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 equipment 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 quality equipment maintained to a high standard to ensure you are comfortable and safe out on the water. The fee also includes transport during the course if required. We also have hot showers and a drying room for you to use. Our base has navigation equipment and a multimedia classroom to utilise for briefings and classes. During your course our kitchen has an endless supply of fresh coffee and tea to get you started each morning. We also have secure kayak storage if required during your time with us.

Location and times

We meet between 09:00 – 09:30 at Sea Kayaking Cornwall, Dove House, Tregonigge 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 Tregonigge 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 2 x Lunch, 1 x evening meal, 1 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 the SKC shop)

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