



## Isles of Scilly expeditions/holidays 2018



The Isles of Scilly are located off the most South Westerly tip of Great Britain. The sub-tropical archipelago is home to some of the most beautiful beaches in the UK. Its crystal clear turquoise waters will amaze you as you explore the islands. Sea Kayaking Cornwall have been running trips out to and around the islands for over 8 years and know the best locations to paddle and explore. We base ourselves on St Mary's at the Garrison camp site and make day trips out around the different islands. We offer three different levels to suit all abilities of kayaker.

### **INTROmediate**

To get the most out of the expedition you should be happy with your flat water skills and keen to develop your techniques in conditions. We would hope to cover around 15km in a day and have time to explore and work on skills. We have the ability to split the group during the day to suit individual needs and speeds. The paddling during the week will be instructional based as well as exploring the islands. You will have the opportunity to work on your skills, rescues and theory. If you have any questions regarding the required ability please feel free to get in touch.

### **Intermediate**

To get the most out of the expedition you should be around BC 3 star sea kayak ability or be comfortable in conditions associated with force 4 winds. We would hope to cover around 20-25km in a day and have time to explore and work on skills. We have the ability to split the group during the day to suit individual needs and speeds. The paddling during the week will be instructional based as well as exploring the islands. You will have the opportunity to work on your skills, rescues and theory. If you have any questions regarding the required ability please feel free to get in touch.

### **Advanced**

To get the most out of the expedition you should be happy with rolling in intermediate conditions and happy to cover 25NM in a day for the crossing. We will do a long day during the week to get a feel for the distance. The islands are quite compact and so we will have time to explore and work on skills. The paddling during the week will be instructional based as well as exploring the islands. If you have any questions regarding the required ability please feel free to get in touch. For the advanced week please book your return ferry just in case the weather is not suitable for the crossing.

### **What it includes**

The course fee includes all of the kayaking equipment (wetsuits, jackets, thermal rash vests, buoyancy aids, decks, helmets, paddles and kayak) and instruction. We book the campsite for you to reserve our place but this is not included. If you would like to bring your own kayak this needs to be arranged with the ferry company in advance. We do have a wide variety of kayaks available.

### **Cost**

£495 Instruction and equipment  
£95 (may vary) Flexible return  
£11.90 (2017) Per Person Per night Camping fees, pay on arrival. (£1 shower)

### **Location and times**

You will need to book your ferry for the Sunday morning at the start of your week and the Sunday afternoon on the last day. The times do vary slightly from week to week due to the tides. There is only one ferry a day and it is just a passenger ferry. An SKC guide will be situated outside the harbourmasters office on St Marys quay upon the ferries arrival on the Sunday at the start of the week. Look out for a paddle. If you miss the guide there then please make your way up to the Garrison camp site. Make sure you label

your bags with the Garrison and they will be taken to the site for you. We would hope to set up camp before hitting the water in the afternoon for a short paddle. Your last day on the water will be the Saturday. Please contact the isles of Scilly travel co. to book your tickets. [www.islesofscilly-travel.co.uk](http://www.islesofscilly-travel.co.uk)

## **Food Shopping**

The Coop on St Mary's carries everything you will need for food so no need to bring lots over with you. The coop will be open from 8am till 10pm. We will book a table at a restaurant for the first and last nights. The campsite has a small shop that sells all of the basics including camping gas and milk. You can also buy fresh croissants from 8am at the campsite. We normally book a table somewhere in the town for the first and last night.

## **Accommodation**

If you want to stay in Penzance the night before or after the ferry you can look at [booking.com](http://booking.com) for a list of options. If you don't want to camp let us know and you can check out this [visitislesofscilly.com](http://visitislesofscilly.com) for alternatives on the island.

## **What to bring**

Sleeping Bag, Tent, Camping Stove  
Pots and pans, Plate's bowls and KFS, Sleeping Mat  
Paddling Equipment (can be supplied)  
Dry bags  
Sun Cream!

And all the other bits you normally need when camping  
We are looking forward to seeing you out on the water.