

# Isle of Man

## Calf of Man Adventure

### 19th- 25th June

#### Expedition Outline

The Calf of Man is a very beautiful and relaxing place to hang out.

We will meet at Port Erin beach, which is situated on the beautiful west coast of the Isle of Man.

On the afternoon of the 19th June we will pack our kayaks, prepare our kit and paddle out to the Calf of Man, returning early on the morning of the 25<sup>th</sup> June.

Calf of Man is a Nature Reserve and Bird Observatory. The Calf is the ideal location to enjoy peace, tranquillity, bird life, flora and fauna. Around 33 species of birds breed on the Island annually, around 10 of which are sea birds.

Self-catering hostel / bunkhouse style accommodation is available on the Calf. As a working bird observatory, accommodation is basic with shared bathroom facilities.

Shearwater sleeps (2 Bunk beds) x 4 guests.

Chough (Bunk bed) x 2 guests.

Fulmar (single beds) x 2 guests.

We will be staying on the Calf of Man for the duration of the sea kayaking adventure (6 nights).

The Calf of Man is a remote island positioned south of the Isle of Man in the Irish Sea, the journey from Port Erin beach to the Calf of Man is around 8 kilometers.

Tidal races, overfalls and beautiful scenery surround the Calf of Man.

During your time spent here you will have the options to explore the amazing Isle of Man coastline, play in the tide races, practise and develop sea kayaking skills.

There may be opportunities to paddle back to the main land for supplies or a treat meal out with the team if the "Calf" gets to lonely and remote.

Seals, birdlife, dolphins and basking sharks are frequent visitors to the "Manx" waters.

### **Experience needed**

To get the most out of the expedition you should be an Intermediate paddler and be comfortable in conditions associated with force 4 winds. If you have any questions regarding the required ability please feel free to contact us.

### **What is included**

We can supply suitable expedition kayaks or you are welcome to bring your own kayak.

Please advise if you require a kayak at least two weeks prior to the commencement of the expedition.

Buoyancy aids /PFD.

Spray decks.

Paddles.

Sea Kayaking Cornwall's experienced guide with area knowledge offering advice, assistance, planning and safety throughout the trip.

6 nights accommodation in basic self - catering hostel / bunkhouse accommodation.

### **Not included**

Transport to the start location on the Isle of Man.

Food and beverages during the trip.

Sleeping equipment.

### **Cost**

£735 Introductory - 2020 "Special Offer"

Only 6 spaces available on this trip.

An exclusive experience with client to guide ratio of 3:1

### **Location and times**

We meet at Port Erin beach.

Arrive between 11am - 3pm on Friday the 19th of June. The official briefing will be later that day once we have all gathered and introduced ourselves.

Directions once you arrive on the Isle of Man:

Road Directions

From Douglas take the A5 and A7 roads South West to Port Erin. Parking in Port Erin can be done in the following spots: Station Road, Bay View Road, Maine Road, Shore Road by Public Convenience.

Upon arrival in Port Erin or one of the listed parking spots follow signage to Port Erin Beach.

### Public Transport Directions

Bus services from Douglas to Port Erin 1, 1H, 2, 2A, 11, 12, 12A, & N1. Upon arrival in Port Erin vacate the bus at the Bridson Street bus stop. Then on foot follow the town signage to the beach.

We recommend you purchase all your food before departing for the Calf of Man. There are only shops available on the mainland, re-stocking is an option on the mainland however it is a 2 hour paddle there and back.

### **What to bring - recommended**

- Travel insurance.
- Prepare for 6 breakfasts - 5 lunches – 6 dinners - plus snacks, hot drinks and soups etc.
- Dry bags – various sizes.
- Sleeping mat and sleeping bag.
- Stove and pans.
- Thermos or “Jet boil” style cooker for keeping or heating liquids.

- Paddling kit – suitable for cold-water paddling, please contact us if you are uncertain that you have the correct gear.
- We do not recommend paddling in a wet suit, however if you choose to, then bring extra clothing, and ensure you have good coverage for your feet – Sealskin or similar gortex socks and thick paddling shoes.
- Sponge.
- Sun cream.
- Insect repellent – tick removers and midge spray.
- Sunglasses.
- Camera.
- Personal medication and first aid kit.
- Reading material if the elements keep us off the water.
- Suitable bags to carry your kit in up the beach (IKEA bag).
- Suitable footwear and change of clothes for walking in the conditions and changing into at the end of the day.
- Isle of Man has cell phone reception in many (but not all) places. Ensure you have sufficient power banks.
- Money, as there are cafes and restaurants to visit.
- There will be the opportunity to fish so bring a hand line or fishing rod, this is not a guaranteed way of supplementing your food.

- If you have and can squeeze your swimming kit in (goggles, wetsuit, cap) there will opportunities to go wild swimming, a great experience in this remote and pristine location.

We carry adequate safety kit however, we suggest you bring along the safety kit that you would normally paddle with – a group can never have enough safety equipment on a trip!

Looking forward to sharing our “DEVOTION TO THE OCEAN” with you!

Sea Kayaking Cornwall Team

