



# Sea Kayaking Cornwall

[www.seakayakingcornwall.com](http://www.seakayakingcornwall.com)

## Explore Cornwall Intermediate Day Trips Available throughout the year

### Expedition Outline

We hope to show you just what sea kayaking in Cornwall means to us.

This is an exploration touring week/weekend consisting of individual day trips while staying in a warm “base camp” environment.

The base camp can range from our neighbourly lodge and campsite based at Tregedna Farm or a local hotel, B&B establishment.

<https://www.seakayakingcornwall.com/accommodation/>

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We will meet each morning at our cabin at Tregedna where we will consider what the weather allows us to do and decide the best venue available to us for that day to get out and explore the Cornish coast. The options are many and varied along the Cornish coast:

- The **Fal Estuary** which is the third largest natural harbour in the world and the area is known as the Carrick Roads which extends 6.5 kilometres from Black Rock to Turnaware Point and up to a 1.5 kilometres wide. This huge expanse of sheltered water is accessible in nearly all weathers and at all states of the tide. Paddlers can travel all the way to Truro from Falmouth on a flooding tide. The shoreline of the Fal Estuary is broken by creeks and inlets, the exploration of which can be hugely rewarding
- The **Helford River** is a large estuary that nestles snugly between the western edge of Falmouth Bay and eastern side of the Lizard Peninsula. It is renowned for its scenic beauty and marine ecology. The shoreline is approximately fifty kilometres in length, providing an abundance of quiet beaches and villages to explore. Its size ensures that there should be something for everyone to enjoy and that there will generally be a secluded cove to be found. Exploring the river by kayak is the best way of discovering the inland creeks. These are tree-fringed and muddy-shored and boast a wealth of marine wildlife. More secluded than the main estuary, the creeks are extremely peaceful and beautiful. The steep sides of the creeks rise up sharply from the water and are tree-covered and verdant. The short banks are of mud and rock and provide habitats for a wide range of bird

species, including little egrets, grey herons, cormorants and various divers, grebes and ducks. Daphne Du Maurier immortalised one of the Helford River's creeks in her novel "*Frenchman's Creek*", though in its quiet tranquillity it is hard to imagine discovering a French pirate lurking there as there was in the novel!

- The **Manacles Rocks** lie just over a kilometre east of Manacle Point on the east coast of the Lizard Peninsula. Their name is derived from the Cornish for Church Rocks or Maen Eglos. They are a treacherous crescent of submerged and semi-submerged rocks notorious for claiming the lives of many hundreds of seafarers. Although quite scattered they can be defined as three main groups of rocks, a lovely rock hopping playground for sea kayakers.
- **Kennack Sands**, near the village of Kuggar on the Lizard Peninsula, is comprised of two beaches with some grassy areas which are divided by the small hill of Carn Kennack and a shore rock feature called CaerVERRACKS. The beach to the east is designated as a nature reserve. Well known amongst the surfing fraternity, Kennack Sands has a big tidal range due to its shallow angle and regularly throws up 4 to 5 foot waves. As is usual for beaches on the Lizard Peninsula, Kennack Sands also has its own shipwreck stories and the remains of vessels can be seen from Kennack Sands on especially low tides. The beach is also popular with geologists due to unusual rock formations spread across the two coves.
- **Cadgwith** is one of those quintessential Cornish fishing villages that time seems to have passed by. The working beach is still very much the centre of the village with a small fleet of crabbing boats winched up on the beach in front of the boat houses. The small shingle beach is located

at the end of the little valley that accommodates the village. There is also a smaller, less accessible beach adjoining. A little further south towards Lizard Point is the Devil's Frying Pan, a 200 foot deep hole in the cliffs formed many years ago when a cave collapsed.

- **Lizard point** with its rugged and exposed coastline, high cliffs and remote beaches, the “end of the world” Britain's most southerly point on the mainland. The Lizard is not named after some mythical dragon, one suggestion is that the name comes from the Cornish "lezou", or headland. The peninsula has been designated as an ‘Area of Outstanding Natural Beauty’ and as a site of special scientific interest. It is purely coincidental that much of the peninsula is composed of serpentinite-bearing rock. A paddle round the Lizard is on every sea kayaker’s wish list!
- The waters surrounding Cornwall’s most westerly point, **Lands End**, have always been known for their treacherous nature for it is here that the many bodies of water merge and where, in stormy weather, the view from shore is one of a furious, boiling sea pounding against granite. Since man first took to the water, this area has seen many a boat come to grief on its rocks and, indeed, the local area is famed for having taken advantage of the regular spoils from wrecked ships. It is even said that certain folk would lure ships to their demise with lights and beacons so that they might benefit from the spilled cargo. Such people were known as wreckers. No surprise, then, that a lighthouse was proposed for this area as far back as the 1700s. The location was not on shore, but on the largest of a group of rocks about 1.5 kilometres west of Land’s End, known as the Longships. The original tower was a fairly stubby affair, built by a *Lieutenant Smith* in 1795. Although sturdy, given the ferocity of the sea in inclement weather,

the lighthouse's short stature caused its light to be interrupted by lively seas and so, confused its signal. A taller tower replaced it in 1873, designed this time by Trinity House's engineer James Douglass, also responsible for creating the present Eddystone Lighthouse a few years later. It was staffed by teams of two keepers until 1967 and was made fully automatic in 1988.

- **Mullion** is the largest village on the Lizard and has shops, inns, cafes, restaurants, craft shops and art galleries. In the centre of the village, the 15th century church of St Mellanus is renowned for its richly-carved oak bench-ends depicting biblical scenes, including that of Jonah and the Whale. **Mullion Cove** has a pretty working harbour, protected from the winter gales that rage across Mount's Bay by two stout sea walls. One of the prettiest launch sites. The harbour was completed in 1895 and financed by Lord Robartes of Lanhydrock as a recompense to the fishermen for several disastrous pilchard seasons. You can still see the old pilchard cellar and net store. There are plenty of smuggling tales too. In 1801, the King's Pardon was offered to any smuggler giving information on the Mullion musket men involved in a gunfight with the crew of HM Gun Vessel *Hecate*. The cove had a lifeboat station from 1867-1909, and with good reason: in the six years up to 1873 there were nine wrecks under Mullion cliffs along a 2 kilometre stretch of coastline. Inland are the remains of Wheal Unity copper mine, which operated from the early 18th century to 1919. A large copper boulder from the mine is in the Natural History Museum, London.
- **Kynance Cove** located on the west side of the Lizard and probably the most photographed and painted location in Cornwall. The contrast between the cove's white sand

beach and the dark red and green serpentine rock produces a breathtaking sight. At low tide you can explore the towering rocks stacks and the caves with names such as 'The Parlour' and 'The Drawing Room'. Located just above the beach is an eco-friendly café selling Cornish pasties, fresh sandwiches, baguettes, homemade cakes and cream teas along with beach goods.

- **Hayle** situated on the opposite side of **St Ives Bay**, **Hayle** is famed for its *three miles of golden sand*. The beaches start at the mouth of the estuary, which is regarded as an international quality bird-watching spot. Sightings include avocets, ospreys and a host of wading birds. The roadside verges in this area are good places in which to find wild orchids. 'Following the crescent of the beach brings you to the first lifeguard patrolled beach – Hayle Towans. Slightly more sheltered from the Atlantic waves and over 2 kilometres long.
- Next is **Gwithian** popular with both locals and holiday makers. This is one of the most popular surfing beaches in the area and holds a decent sized swell. Beneath the sands lie the remains of one of Cornwall's oldest churches. The village of **Gwithian** is an attractive cluster of cottages and church on the winding coastal road between Hayle and **Portreath**.
- The stretch of Hayle sands end at **Godrevey point** where Godrevey lighthouse stands on an island about 50 metres out to sea. A seal colony is situated just around the corner.

- **Portreath** and **Porthtowan**, beautiful beaches connected by some of the best coves, caves and cliffs along the Cornish coast, exposed to the Atlantic swell, the perfect place to taste the surf and swell that makes Cornwall a international paddling destination. Coastline includes the famous 'Ralphs cupboard' a 'cathedral' cave.

Our plan is to explore the spectacular cliffs, caves and beaches of Cornwall. Days are spent touring as much of the coast as we can – 'trips with tips'.

This trip can also be booked as a bespoke week /weekend /day's at anytime of the year for a group/club or family and adjusted to the level required by the group:

Please contact us on [info@seakayaking.com](mailto:info@seakayaking.com) for your bespoke booking requirements whether it be

Introduction / Intromediate / Intermediate / Advanced.

### **Experience needed**

You should be at Intro-mediate/Intermediate standard for the advertised weeks on the calendar. We would expect to cover distances of up to 12 – 18 kilometres (6 hours) a day depending on conditions.

### **What is included**

- Experienced Sea Kayaking Cornwall guide/s with area knowledge offering advice, assistance, planning and safety throughout the trip.
- Sea kayaks.

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- Buoyancy aids /PFD.
- Spray decks.
- Paddles.
- We can also supply paddling kit if required, please advise us before your arrival of your kit requirements.

If you would like to bring your own kayak and kit, please feel free to do so.

We have a wide variety of kayaks for you to use and a trailer and a van available to transport all your kit.

### **Not included**

Transport to the start location in Cornwall.

Food or beverages during the trip.

Accommodation.

### **Cost**

£450 - 5 day trips.

£95 – for individual day trips.

### **Location and times**

Meet at our cabin (address below) on the first day of your week/weekend at 9am.

Our guide will plan each day to get the best out of what the weather allows, conditions and your needs and desires.

Tregedna Farm

Maenporth

[Type here]



Falmouth

TR11 5HL

### **What to bring**

- Travel insurance.
- Dry bags – various sizes for lunch, valuables and dry clothes to change into at the end of the day.
- Paddling kit (or use ours) – suitable for cold water paddling!
- We can supply paddling kit so please discuss this with us if you are uncertain that you have the correct gear:  
Wind proof jackets  
Thermal rash vests  
Wetsuits.
- Sun cream.
- Sunglasses.
- Camera.
- Suitable footwear.  
Wet suit booties / water shoes / old trainers.

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- Money, as there maybe cafes to visit.
- 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

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