



Sea Kayaking Cornwall

www.seakayakingcornwall.com

Scotland Expedition

Glenuig / Small isles
(Canna, Eigg, Rum and Muck)

2 May – 9 May 2020

Expedition Outline

We will meet at "GLENUIG INN" on Saturday 2nd of May, to prepare and plan our expedition. On the Sunday morning we will launch from the most suitable area based on the weather forecast and weeks plan.

Starting at Glenuig Inn (Scotland's premier environmental Inn) provides us with a variety of different paddling options.

- The Small Isles (Canna, Eigg, Rum and Muck).
- Arisaig, Ardnamurchan peninsular and the sound of Mull all within striking distance and some fantastic lochs like Moraig, Morar, Moidart and Shiel to hide in should the weather turn on us.

The first and last nights will be spent in the bunkhouse at Glenuig Inn. The aim for the remainder of the week is to be self-contained living from the kayaks and finding wild campsites on these remote coastlines.

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.

Experienced guide with area knowledge offering advice, assistance, planning and safety throughout the trip.

Two nights bunk house accommodation at Glenuig Inn, including breakfast. Should you wish to have private en-suite accommodation please let us know – you will be responsible for the difference in cost.

Drop off and pick-ups during the week – if we require relocation due to weather conditions

Not included

Transport to the start location in Scotland.

Food or beverages during the trip.

Camping Equipment.

Cost

£800

Location and times

The location is Glenuig Inn,

Lochailort,

Inverness-Shire

PH384NG

We meet at Glenuig Inn on Saturday the 2nd of May at leisure – official briefing will be at 6 pm. We have a group meal to get to know each other and discuss the plans.

Please ensure you have all of your supplies of food, drink and gas or fuel for the week with you before you go past Fort William. There are no large food stores beyond Fort William.

We will return to Glenuig Inn on Friday 8th of May, enjoy the bunkhouse and drying room facilities and have a final dinner together. We depart on the morning of Saturday the 9th of May.

What to bring

- Travel insurance.
- Prepare for 5 breakfasts - 6 lunches – 5 dinners - plus snacks, hot drinks and soups.
- Dry bags – various sizes.
- A 3 or 4 season tent.
- Sleeping mat and sleeping bag – suitable for cold conditions 3-4 season.
- Stove and pans.
- Thermos or “Jet boil” style cooker for keeping or heating liquids throughout the day.
- At least two changes of warm clothes, warm hats, gloves and waterproofs.
- Paddling kit – suitable for cold water paddling!

- We can supply some basic paddling kit so please discuss this with us if you are uncertain that you have the correct gear.
- Water temperature is cold so poggies and/or gloves are recommended. We also suggest a large jacket or storm cag that will fit over your buoyancy aid to help you regulate temperature on the water.
- We suggest paddling in a dry suits or paddling trousers with a dry top with a choice of either thin or thick thermals depending on the temperature.
- 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.

- A suitable bag to carry your kit in up the beach (IKEA bag).
- Suitable footwear for walking in the conditions and changing into at the end of the day.
- Scotland 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.

We bring adequate safety kit. However, if you are a qualified first aider/medical professional please inform us or if you understand how to use safety equipment such as tow lines then please bring them along. A group can never have enough safety equipment on a trip!

If you have kit that you prefer e.g. left hand paddle, please bring it with you. We always travel with our personal paddles, PFD and clothing.

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

Sea Kayaking Cornwall Team.