

Brittany Rough Water Week

10th - 17th September 2021

Pointe Du Raz
Western Brittany
France.

Expedition Outline

Tide races, surf, rock hopping and Atlantic swell all put into one amazing week!

This trip is definitely for the experienced paddler, who wishes to push their comfort zone in advanced waters.

This is an opportunity to push yourself, learn your limits and improve your all round sea kayaking skills, paddle hard every day then enjoy comfortable warm accommodation, indulge in the local cuisine and visit some amazing villages. This will be a spectacular week of paddling and one we personally look forward to all year.

The **Pointe du Raz** is a promontory that extends into the Atlantic from western Brittany, in France.

The local **Breton** name is *Beg ar Raz*. It is the western point of the *commune* of Plogoff, Finistère.

It is named after the *Raz de Sein*, the dangerous stretch of water between it and the island of Sein (*Enez Sun* in Breton). It is a dramatic place of crashing waves and strong winds. The word *raz* was borrowed from the Normans by the Bretons and shares the same etymology as the English word *race*: strong current of water, both are from Old Norse *rás*.

The famous "La Vieille" lighthouse can be clearly seen from the headland. Although it is not quite the westernmost extent of France—that would be Pointe de Corsen, to the north—its rocky isolation

makes it a popular sea kayaking destination, comparable in some ways to Land's End in Cornwall.

We will base ourselves near the Pointe du Raz at a camp site 'Pors Peron.'

<http://www.campingporsperon.com/en/>

Located in the heart of the Cap Sizun peninsula, Camping Pors Peron is ideally situated close to the main points of interest. To the west is the infamous Pointe de Raz.

Camping Pors Peron offers great facilities including a covered heated swimming pool, modern shower blocks, a laundry room, bike hire, bbq hire, onsite WiFi, a well stocked campsite shop selling local cider and beer/wine & fresh bread/croissants.

We book comfortable mobile homes - 3 bedroom (6 places)

- Sleep 6 people maximum.
- 1 double bedroom and 2 twin rooms (full size beds).
- Duvets & pillows provided for each bed.
- Fully equipped kitchen area with gas hob, kettle, toaster, cafetière.
- Electric oven.
- Large fridge/freezer.
- TV with English and French free to air channels.
- Shower room with vanity sink unit.
- Separate WC.
- Electric heater.
- Exterior wooden terrace.
- Outdoor table, chairs and parasol.
- Parking next to the mobile home for 1 car, additional free parking available at the entrance to the campsite if required.
- Not accessible for persons in a wheelchair.
- No air conditioning.

Each day from this comfortable base we choose the best paddling location, based on the weather and tides.

We catch the ferry from Plymouth to Roscoff with a Sea Kayaking Cornwall vehicle and trailer, we have limited space (4 Seats) so an additional vehicle will need to be arranged by the group. Should you wish to car share please let us know (provided we are able to share in a Covid world) The costs will be split amongst the participants in each vehicle, making it affordable for the driver to bring the additional vehicle which helps with logistics while in Brittany. Please let us know if you intend bringing a vehicle so we can communicate it to the group. This will help with planning and logistics.

Experience Needed

The main focus of the paddling week is exploring and experiencing the area, the diverse beauty and the advanced ocean conditions. You will, of course, have the opportunity to work on your skills, rescues and basic trip planning and theory “on the move”. This is a guided and instructional paddling week not a course.

To get the most out of the expedition you should be an upper end intermediate paddler / or have the skills of the new BC Sea kayak leader (4*) you need to be comfortable in intermediate conditions and be able to roll in moderate water.

If you have any questions regarding the required ability please feel free to get in touch with us at info@seakayakingcornwall.com.

What Is Included

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

Kayak. We can supply suitable kayaks but you are welcome to bring your own kayak. If you choose to bring your own kayak, please make sure to let us know in advance.

Buoyancy aids /PFD.

Spray decks.

Paddles.

Paddling kit. We can also supply windproof jackets, thermal rash vests, wetsuits.

6 nights accommodation in self-catering shared accommodation

Not Included

Transport to start location - Pors Peron Campsite.

Food and beverages during the trip.

Cost

£890.

Only 8 places available.

Location and Times

Pors Peron Campsite

487 Hent Pors Piron,

29790 Beuzec-Cap-Sizun,

France

Getting there

The ferry times as published on 27/11/2020 - Please check as schedule may change.

Schedule

Plymouth - Roscoff

Departure - Plymouth : Friday 10th of September 22:00 (overnight)

Arrives - Roscoff : Saturday 11th of September 08:00

Roscoff - Plymouth

Departure - Roscoff : Friday 17th of September 15:00

Arrives - Plymouth: Friday 17th of September 20:10

You can either reserve a seat or a cabin on the night ferry.

We will be at the ferry terminal on the Friday evening 2 hours before ferry departure @ 20:00.

You are welcome to put your kayak on our trailer at Plymouth and leave your car at the ferry terminal long stay carpark if you are not bringing it to Brittany, please book the parking online before arriving in Plymouth.

On arrival in France it is a 2 hour drive to the campsite, we will drop all our excess personal baggage at the campsite and get organised at our base before getting onto the water on the Saturday afternoon for a 'warm up paddle'.

We will return to Roscoff around lunchtime on Friday the 17th of September.

Prior to booking your ferry, please contact us first to receive a discount code, which we receive from our kind hosts at Pors Peron campsite.

To book your ferry visit :

<https://www.brittany-ferries.co.uk>

What To Bring - Recommended

- Travel insurance.
- Passport
- Food for the journey - we will shop in the local village on day of arrival.
- Dry bags – various sizes for keeping spare clothes and lunch dry on the water.
- Water bottle.
- Thermos for keeping warm liquids.
- Paddling kit – suitable for cold-water paddling. Please contact us if you are uncertain that you have the correct gear. Please note that 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.
- Safety kit. We carry adequate safety kit. However, we suggest you bring the safety kit that you would normally paddle with. A group can never have enough safety equipment on a trip, especially in this tidal environment.
- Kayak Trolley (if you have one)

- Sponge.
- Sun cream.
- Sunglasses and hat.
- Insect repellent.
- Camera.
- Headlamp/torch
- 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).
- Clothing. At least two changes of warm clothes, warm hats, gloves and water-proofs.
- Suitable footwear and change of clothes for walking and changing into at the end of the day.
- Phone and European plug converter.
- Money, Euro currency as there are cafes and restaurants to visit. Most will accept card payment.
- Swimming kit and towel.

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

