

# **Scotland**

## **Glenuig / Small Isles Expedition**

### **Sound of Arisaig**

#### **West Coast of Scotland**

#### **Canna - Eigg - Rum - Muck**

**8 May – 15 May 2021**

### **Expedition Outline**

We will meet at “GLENUIG INN” on Saturday 8th 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 on [info@seakayakingcornwall.com](mailto: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.

Buoyancy aids /PFD.

Spray decks.

Paddles.

Two nights shared accommodation at Glenuig Inn, including breakfast. *Please note: Should you wish to have private en-suite accommodation, let us know. This is available at a supplement cost.*

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

## **Not Included**

Transport to start location in Scotland.

Food and beverages during the trip.

Camping equipment.

## **Cost**

£870

## **Location and Times**

Glenuig Inn, Lochailort, Inverness-Shire PH384NG

We meet at Glenuig Inn on Saturday the 8th of May at leisure. Official briefing will be at 6 pm. We have a group meal to get to know each other and discuss 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 14th of May to enjoy the bunkhouse and drying room facilities and have a final dinner together. We depart on the morning of Saturday the 15th of May.

## **What To Bring - Recommended**

- Travel insurance.
- Food. Prepare for 5 breakfasts - 6 lunches – 5 dinners - plus snacks, hot drinks and soups for the time we are out.
- Dry bags – various sizes.
- Camping kit: Tent, sleeping mat and sleeping bag suitable for cold conditions (3-4 season).
- Stove, pans and fuel/gas (water bottle or flexible water bag), plus a reliable means of lighting.
- Thermos or “Jet boil” style cooker for keeping or heating liquids.
- Paddling kit – suitable for cold-water paddling. Water temperature is cold! We recommend to bring: poggies and/or gloves; large jacket or storm cag that will fit over your buoyancy aid to help you regulate temperature on the water; 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. Please contact us if you are uncertain that you have the correct gear!

- 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!
- Sponge.
- Sun cream.
- Sunglasses and hat.
- Insect repellent, tick removers and midge spray.
- 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 waterproofs.
- Suitable footwear and change of clothes for walking in the conditions and changing into at the end of the day.
- Phone and power banks. Scotland has cell phone reception in many but not all places. Ensure you have sufficient power banks.
- Money, as there is cafes and restaurants to visit. Not all will accept card payment.

- Fishing kit. There will be the opportunity to fish, so bring a hand line or fishing rod. Please note: This is not a guaranteed way of supplementing your food!

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

Sea Kayaking Cornwall Team