

The Sea Kayaking Cornwall 14th Annual Sea Kayaking Symposium & Courses Week 2021

**Tregedna Farm
Falmouth
Cornwall
TR11 5HL**

Registration opens: Friday 8th October from 4pm

Course days: 9th - 10th October 2021

Courses week 2021

Registration opens: Sunday 10th October from 6pm

Sea Kayaking Cornwall Courses Week: 11th - 15th October

Prices Symposium Weekend: 9th - 10th October 2021

Symposium Weekend only: £160

Camping 2 nights Friday/Saturday @ Tregedna campsite and Symposium fee: £180

Self-catering 2 nights Bunk house ,shared accommodation Friday/Saturday in Tregedna Lodge and Symposium fee: £230

Kayak hire:

Symposium Weekend £60 includes paddling kit (2 days)

Prices Courses Week: Monday 11th - Friday 15th October

DISCOUNTED Courses Week provided you attend symposium weekend: £365

Courses week only: £425

DISCOUNTED Camping 5 nights @ Tregedna campsite (Sunday to Thursday - check out Friday am) + courses week fee, provided you attend symposium weekend:
£415

Camping 5 nights @ Tregedna campsite (Sunday to Thursday - check out Friday am) + courses week fee only:
£475

DISCOUNTED Self-catering 5 nights bunk house, shared accommodation in Tregedna lodge (Sunday to Thursday - check out Friday am) and courses week fee provided you attend symposium weekend: £540

Self-catering 5 nights bunk house, shared accommodation in Tregedna lodge (Sunday to Thursday - check out Friday am) and courses week fee only: £600

Kayak hire £150 includes paddling kit (week)

All prices include 20% VAT

Venue:

Sea Kayaking Cornwall / Tregedna Farm Holidays

Maenporth

Falmouth

Cornwall

TR11 5HL

The symposium has grown from strength to strength over the years and has become a firm favourite end of year paddling destination and gathering for many local and international paddlers.

The event has become recognised for its relaxed atmosphere, intimate venue, world class paddling venues and quality coaching from diverse and friendly coaches.

The true success of the Sea Kayaking Cornwall symposium is really you the paddlers who return year after year to share and enjoy the wonderful paddling that the Cornish coast offers.

We will have our suppliers visiting again, a food and bar service available throughout the symposium weekend and courses week. We will update participants closer to the time with the finer details.

We look forward to seeing you all back and welcoming new faces in 2021!

Weekend Course Options

The courses are available as options when you [book your Weekend Symposium place](#)

1. Surf For Sea Kayaker Courses - different levels

Cornwall is a world class location for surf courses. We have a variety of beaches to choose from to help find the correct conditions for the required surf course. The surf is a great environment for sea kayakers to improve their skills.

Introduction to Surf For Sea Kayakers

If you have never been in the surf before and want to work on the fundamentals and get the basics right this is the course for you. We

hope to find a small wave to work on support strokes and edging to keep you in control and upright in the surf. We will then move onto independently surfing small waves.

INTRO-mediate Surf For Sea Kayakers

This course is aimed at intro-mediate to intermediate paddlers that want to build their confidence in the surf zone. We will coach and help you with the various techniques and skills needed, including how to do effective support strokes, launching/landing, timing, wave selection and manoeuvring.

Intermediate Surf For Sea Kayakers

The aim of the intermediate surf course is to consolidate your personal skills, teach you to surf your kayak with maximum control, confidently launch and land through the surf, and help you become a more responsible and knowledgeable paddler with a clearer understanding of safety protocols and rescues used in the surf zone.

Advanced Surf For Sea Kayakers

The advanced course and surf conditions will certainly test all your skills. It will teach you to respond, react and utilise all of your strokes and paddling skills. We will help you develop a solid skill set, look at changing direction on a wave, learn how to read and select the best waves, do vertical moves, stay straight, diagonal runs and rescues.

2. Rock Gardening Courses

Learn how to handle your kayak amongst the rocks using all of your sea kayaking skills. There is so much fun to be had amongst the rocks

Intermediate Rock Garden Skills

On this course you will learn a variety of techniques to help you get the most out of the environment. The course will take place in calmer waters. We look at safety, reading the water, skills and rescues amongst the rocks.

Advanced Rock Garden Skills

Learn how to handle your kayak amongst the rocks in an upper intermediate/advanced environment. We will focus on safety skills, reading and timing the swell, leadership and rescues in dynamic conditions.

3. Guided Journeys Along The Beautiful Cornish Coast - different levels

Paddling around some of the most stunning coast line Britain has to offer, on these day trips we show you why we are Sea Kayaking Cornwall and why we consider this one of the most beautiful paddling destinations in the world.

INTRO-mediate Journeys

This is for those people who are possibly newer to sea kayaking, maybe recovering from an injury or a little less able or simply you are not interested in clocking up mileage or adrenalin. Instead you wish to enjoy the simple peace, quiet and serenity of the ocean and Cornish estuaries. We purposefully search for calmer easier going conditions. Come along to our symposium and enjoy yourself, after all sea kayaking is for everyone.

Intermediate Journey

Journey along the magnificent Cornish coast amongst the rocks, under the cliffs, into the caves, looking for wildlife and playing in the waves. You need to be at or around the intermediate / BC sea kayak award / upper INTROmediate level to join the intermediate journey. Expect to land and launch through some surf.

Advanced Journey

A combination of longer distances and searching for trips with more dynamic conditions. Your journey will certainly take you along the most rugged Cornish coast. You need to be at upper Intermediate/ Advanced/ BC Sea Kayak Leader skill level to join the advanced journey. Expect to land and launch through some surf and to paddle in some tide.

4. Rescues & Towing Techniques

This will be a 'wet day' of rescues to deal with a variety of situations from the standard deep-water rescue all the way to the "hand of god" and the various eskimo rescues. It will be run in intermediate conditions to give participants the opportunity to get them correct in a controlled but challenging environment. Learn to use your towline in ways you never thought possible.

5. Forward Paddling

We will look at your stroke to develop all aspects of the technique to make you more efficient out on a journey. This course is for those people who have a particular interest in the technical aspects of kayaking, looking at the adaptation and transfer of skills from flat water to white water and more recently sea kayaking.

6. Traditional Paddling & Greenland Rolling Day

Instructors: The 'How We Roll Team'

When coming out of your kayak after a capsize is not an option, it is imperative that you can come up, whilst at the same time, not expending more energy than necessary. Greenland Rolling uses the body's natural ability to float as its primary asset, enabling a strong, reliable roll, without depending on muscle strength. Rolling is a key skill for kayaking and also very helpful in developing other skills such as edging, bracing and playing in the surf – taking it a little too far just means you enjoy a roll!

During this course we will teach the fundamentals of efficient rolling, through demos as well as time on (and in!) the water. Floating and a strong knee drive are used in a range of different Greenland rolls. We will help with tips, tricks and exercises (on land and in the water) tailored to help each person on the way to become a confident kayak roller, either by rolling with a paddle, a norsaq, your hand, or even fist or elbow. Expect an aching core at the end of that day, and a joy of being in rather than just on the water.

You need to be dressed for full immersion (rolling and standing in the water to help others) and we strongly recommend a neoprene hood (or the Greenland tuiliq) and a nose clip.

Accommodation

The Symposium is based at Tregedna Farm – OUR HOME!

Tregedna Farm Holidays

Maenporth

Falmouth

Cornwall

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Accommodation Bookings at Tregedna farm for the Symposium weekend and Courses week are done **DIRECTLY WITH SEA KAYAKING CORNWALL** during the online booking process - we reserve the campsite and the lodge for the duration of the event.

Camping £10 per night

Self-Catering £35 per night.

There are a limited number of self-catering bunk house places available, so please book early.

Other Accommodation options:

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

Courses Week Options

Price:

DISCOUNTED to £365 provided you book symposium weekend & Courses week together.

STANDARD booking Courses Week only £425

Five Days INTRO-mediate Course

Our five-day INTRO-mediate course is the perfect course to consolidate and build a good skill set with a solid foundation, with the aim of becoming a more independent sea kayaker. We begin the process of assisting and coaching you towards having the skills, confidence and environmental understanding to be able to plan your own day trips confidently.

We will have the opportunity to really get to know you over the five days, and coach you towards your full potential. We will be able to instill a clearer understanding of sea kayaking skills and safety and help you build your confidence. During the week you will cover skills, advice on safety kit and protocols, recoveries, rescues. You will begin learning different self-rescues and gain confidence paddling and controlling your boat in wind and the changing sea state that

wind and tide create. You will have more opportunity to paddle in different locations and conditions, allowing you time to explore more of the amazing Cornish coastline as well as launching, landing and playing in the surf zone.

The five day course also allows us more time to look in depth at weather information, tides and the planning process allowing you a more complete base from which to build your experience and knowledge towards becoming a valuable team member and safer paddler.

Five Days Intermediate Course

Our Five-day Intermediate course is the perfect course to achieve that solid foundation of personal skills and knowledge that all competent ocean going 'captains in a craft' should have to be safe at sea. We test your skills, confidence and environmental understanding in order to assist you to make the correct decisions when paddling in the appropriate environment with a peer group at a similar level.

We will have the opportunity to really get to know you over the five days, and coach you towards your full potential. We will be able to instill a clearer understanding of sea kayaking skills and safety and help you build your confidence. During the week we hope to break down each day - weather and sea conditions permitting - into a separate but progressive learning experience with a goal of developing not only your personal skills but also your all-round seamanship.

Course content will include:

- Surf: Cornwall is world renowned for its consistency and world-class beaches that face a variety of directions, allowing us to find the right surf for the appropriate surf session. We use the surf

zone to help develop your skills and to build all round confidence.

- Rescues and Recoveries: we help you develop your skills to deal with a variety of personal and group scenarios.
- Personal skills: we will work with you on your personal skills to help build your confidence in conditions that you may in the past have steered away from.
- Navigation and Planning: this course allows more time to look in depth at weather information, tides and the planning process allowing you a more complete base from which to build your experience and knowledge towards becoming a valuable team member and decision maker.
- Journeys: we aim to plan trips together, which enable you to explore large sections of the Cornish coast. Cornwall has spectacular scenery including dramatic headlands, caves, arches and the Atlantic Ocean right on the doorstep.

Five Day Advanced Course / Moderate Sea Kayak leader

Our five-day Advanced course is the perfect course to achieve that solid foundation of personal skills, knowledge, understanding and leadership that all ocean going 'captains in a craft' should have to keep their crew safe at sea when conditions change and become more challenging. We test your skills, confidence and environmental understanding in order to assist you to make the correct decisions when paddling in an 'advanced' environment with a peer group at a similar level or as a leader, guiding paddlers less competent than yourself.

We will have the opportunity to really get to know you over the five days, and coach you towards your full potential. We will be able to instill a clearer understanding of sea kayaking skills and safety and help you build your confidence. During the week we hope to break down each day - weather and sea conditions permitting - into a separate but progressive learning experience with a goal of

developing not only your personal skills but also your all-round seamanship and leadership.

Course content will include:

- Surf zone skills, leadership and rescues: Cornwall is world renowned for its consistency and world-class beaches that face a variety of directions, allowing us to find the right surf for the appropriate surf session. We use the surf zone to help develop your personal and leadership skills and to build all round confidence.
- Rescues and Recoveries: we help you develop your skills to deal with a variety of personal and group scenarios in different sea states and ocean environments like rock gardens, gully's, caves and surf.
- Personal skills and leadership: we will work with you on your personal skills and leadership in conditions that you may in the past have steered away from personally or with a group.
- Navigation and Planning: this course allows more time to look in depth at weather information, tides and the planning process allowing you the opportunity to test your experience and knowledge as a decision maker and group leader.
- Journeys: we aim to plan trips together, which enable you to explore and lead a group along the coast. Cornwall has spectacular scenery including dramatic headlands, caves, arches and the Atlantic Ocean right on the doorstep.

Guided Journeys Along The Beautiful Cornish Coast - Intermediate & Advanced

Paddling around some of the most stunning coast line Britain has to offer, we hope to show you just what sea kayaking in Cornwall means to us.

This exploration week consists of five individual day trips while enjoying the comfort of a "base camp" environment of your choice.

We will meet each morning where we will consider what the weather allows us to do and decide the best options to get out and explore the Cornish coast. The options are many and varied along the Cornish coast :

- The **Fal Estuary**. The third largest natural harbour in the world known as the Carrick Roads which extends 6.5 km from Black Rock to Turnaware Point and is up to a 1.5 km wide. This huge expanse of sheltered water is accessible in nearly all weathers and at all states of the tide. On a flooding tide paddlers can travel all the way from Falmouth to Truro. The shoreline of the Fal Estuary is broken by wonderful creeks and inlets, which invite exploration.
- The **Helford River**. A large estuary that nestles snugly between the western edge of Falmouth Bay and the eastern side of the Lizard Peninsula. It is renowned for its scenic beauty and marine ecology. The shoreline is approximately 50 km in length and provides an abundance of quiet beaches and villages to explore. Its size ensures there's something for everyone to enjoy and a secluded cove will be found. Exploring the river by kayak is the best way to discover 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...
- The **Manacles Rocks**. Just over 1 km 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, these two beaches comprise 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 on especially low tides. The beach is also popular with geologists due to unusual rock formations spread across the two coves.
- **Cadgwith.** 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 as the name might suggest. One suggestion is that the name comes from the Cornish "lezou", or headland. The peninsula is a designated Area of Outstanding Natural Beauty and

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!

- **Land's End.** The waters surrounding Cornwall's most westerly point 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 km 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.** The largest village on the Lizard with 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 km 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 breath-taking sight. At low tide you can explore the towering rock stacks and 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 and 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 is slightly more sheltered from the Atlantic waves and over 2 km long.

- **Gwithian.** A favourite 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.
- **Godrevy Point.** The stretch of Hayle sands end at Godrevy Point where Godrevy 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, they make for the perfect place to taste the surf and swell that makes Cornwall an international paddling destination. Coastline includes the famous '**Ralphs Cupboard**', a 'cathedral' cave.

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

Five Intermediate Journeys

Five guided day trips along the magnificent Cornish coast, you will paddle amongst the rocks, under the cliffs, into the caves, looking for wildlife and playing in the waves. You need to be at or around the intermediate / BC sea kayak award /upper INTROmediate level to join the intermediate journey week. Expect to land and launch through some surf.

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Five Advanced Journeys

A combination of longer distances and searching for trips with more dynamic conditions, your journey's will certainly take you along the most rugged Cornish coast. You need to be at upper Intermediate/ Advanced/ BC Sea Kayak Leader skill level to join the advanced journeys. Expect to land and launch through some surf and to paddle in some tide. You should have a roll that works in intermediate conditions.

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