

**Isle of Man
Calf of Man Adventure
Intermediate/Advanced**

**Saturday 17 June - Friday 23rd June 2023
(Meet & Greet 17 - finish paddling/depart 23)**

7 Paddling Days

Expedition Outline

The Calf of Man is a very beautiful, relaxing and rustically exclusive place to visit.

We will meet at Port Erin beach, which is situated on the beautiful west coast of the Isle of Man.

On the afternoon of Saturday the 17th of June we will pack our kayaks, prepare our kit and paddle out to the Calf of Man, returning early on the morning of Friday 23rd of June.

Calf of Man is a Nature Reserve and Bird Observatory. The Calf is the ideal location to enjoy peace, tranquillity, bird life, flora and fauna. Around 33 species of birds breed on the island annually, around 10 of which are sea birds.

Self-catering hostel / bunkhouse style accommodation is available on the Calf. As a working bird observatory, accommodation is basic with shared bathroom facilities.

Shearwater sleeps (2 Bunk beds) x 4 guests.

Chough (Bunk bed) x 2 guests.

Fulmar (single beds) x 2 guests.

We will be staying on the Calf of Man for the duration of the sea kayaking adventure (6 nights).

The Calf of Man is a remote island positioned south of the Isle of Man in the Irish Sea, the journey from Port Erin beach to the Calf of Man is around 8 kilometers.

Tidal races, overfalls and beautiful scenery surround the Calf of Man.

During your time spent here you will have the options to explore the amazing Isle of Man coastline, play in the tide races, practise and develop sea kayaking skills.

There may be opportunities to paddle back to the main land for supplies or a meal out with the team if the "Calf" gets too lonely and remote.

Seals, birdlife, dolphins and basking sharks are frequent visitors to the "Manx" waters.

Experience Needed

To get the most out of the expedition you should be a competent Intermediate / Advanced sea kayaker and be comfortable in conditions associated with force 4/5 winds. If you have any questions regarding the required ability please feel free to contact us.

info@seakayakingcornwall.com

What is Included

Kayak. 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.

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

6 nights accommodation in basic self-catering hostel / bunkhouse accommodation.

Not Included

Transport to the start location on the Isle of Man.

Food and beverages during the trip.

Sleeping equipment.

Cost

£925

Only 6 spaces available on this trip.

An Exclusive Experience !!!!!

Location and Times

We meet at Port Erin beach on the Isle of Man.

Arrive between 11am - 2pm on Saturday the 17th of June. The official briefing will be later that day once we have all gathered and introduced ourselves.

Directions from Douglas, Isle of Man:

By car

From Douglas take the A5 and A7 roads South West to Port Erin. Parking options in Port Erin: Station Road, Bay View Road, Maine Road, Shore Road by Public Convenience. Once parked follow signage to Port Erin Beach.

By public transport

Bus services from Douglas to Port Erin 1, 1H, 2, 2A, 11, 12, 12A, & N1. Upon arrival in Port Erin leave the bus at the Bridson Street bus stop. Follow the town signage to the beach.

What To Bring - Recommended

- Travel insurance.
- Food. Prepare for 6 breakfasts - 5 lunches – 6 dinners - plus snacks, hot drinks and soups etc. We recommend you purchase all your food before departing for the Calf of Man. There are only shops available on the mainland. Re-stocking is a minimal 5 hour round trip.
- Dry bags – various sizes.
- Sleeping mat and sleeping bag.
- Stove and pans.
- Thermos or “Jet boil” style cooker for keeping or heating liquids.
- Water bottle.
- 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!

- Sponge.
- Sun cream.
- Sunglasses and hat.
- Insect repellent, tick removers and midge spray.
- Camera.
- 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).
- Suitable footwear and change of clothes for walking in the conditions and changing into at the end of the day.
- Phone and power banks. Isle of Man 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.
- Swimming kit. There will be opportunities to go wild swimming. A great experience in this remote and pristine location. If you can, squeeze your swimming kit in (goggles, wetsuit, cap).

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

Sea Kayaking Cornwall Team