

Explore Cornwall Paddling week Intermediate or Advanced Day Trips

Available Throughout The Year

**Bespoke Option Available For Families or Groups
(minimum 4 people) - Please contact us for a
bespoke week if the above dates do not suite your
calendar :**

info@seakayakingcornwall.com

Expedition Outline

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 touring day / weekend or week consists of individual day trips while enjoying the comfort of a “base camp” environment of your choice.

There are various options, ranging from our neighbourly lodge and campsite at Tregedna Farm to a local hotel or B&B establishment. Find options here: www.seakayakingcornwall.com/accommodation/

We will meet each morning at our cabin at Tregedna Farm 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 breathtaking 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 the spectacular cliffs, caves and beaches of Cornwall with you. Days are spent touring as much of the coast as we can – 'trips with tips'.

Bespoke Option

This trip can also be booked as a bespoke week / weekend / day at any time of the year for a group, club or family and adjusted to the level required by your group.

Please contact us on info@seakayakingcornwall.com for your bespoke booking requirements whether it be Introduction / INTROmediate / Intermediate / Advanced.

Experience Needed

To get the most out of the expedition you should be at Intro-mediate / Intermediate standard for the advertised weeks on the calendar. We would expect to cover distances of up to 12 - 18 km (6 hours) a day depending on conditions.

If you have any questions regarding the required ability please feel free to contact us on 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.

Paddling kit. We can also supply paddling kit if required. Please advise us before your arrival of your kit requirements.

Not Included

Transport to start locations in Cornwall. Food and beverages during the trip. Accommodation.

Location and Times

Meet at our cabin at Tregedna Farm 9:15am on the first day of your week / weekend. Your guide will plan each day to get the best out of what conditions allow and your needs and desires.

Tregedna Farm, Maenporth, Falmouth
TR11 5HL

What To Bring - Recommended

Travel insurance.

Food. Packed lunches, snacks, hot drinks etc.

Dry bags – various sizes for lunch, valuables and dry clothes to change into at the end of the day.

Paddling kit – suitable for cold-water paddling.

Please contact us if you are uncertain that you have the correct gear. We can supply Wind proof jackets, Thermal rash vests, Wetsuits. Suitable footwear: Wet suit booties / water shoes / old trainers.

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.

Money, as there are cafes and restaurants to visit.

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

Sea Kayaking Cornwall Team