

Scotland

Glenuig / Small Isles Expedition

Sound of Arisaig

West Coast of Scotland

Canna - Eigg - Rum - Muck

Intermediate/Advanced

12th of May - 20th of May 2024

**(Meet & Greet 12 - Start paddling 13 - finish paddling 19 -
Depart 20)**

7 Paddling Days

Expedition Outline

We will meet at "GLENUIG INN" on Sunday the 12th of May, to prepare and plan our expedition. On the Monday morning we will launch from the most suitable area based on the weather forecast and weeks plan.

Starting at Glenuig 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 at Glenuig Inn or other suitable accommodation in the area. 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.

You will need to book your first and last nights accommodation /evening meals personally, this is an additional personal expense and is not included in the expedition price.

Booking required for:

Sunday 12 May & Sunday 19 May 2024

Proposed Accommodation options in the area:

<https://www.glenueig.com>

<http://www.lochailortinn.co.uk>

Experience Needed

To get the most out of the expedition you should be a competent Intermediate / Advanced paddler 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 on info@seakayakingcornwall.com

What Is Included

Sea Kayaking Cornwall's experienced guide with 10 years area knowledge offering advice, assistance, planning and safety throughout the trip.

*Kayak. We can supply suitable expedition kayaks.

*Buoyancy aids /PFD.

*Spray decks.

*Paddles.

**We suggest using your own kayak and kit on this expedition so that you are comfortable and have practiced, prepared and packed your kayak before arrival. This is to ensure that all your kit fits and you are familiar with all aspects of your expedition kit and kayak.*

Please confirm you have your own kayak and kit, we do not plan to take a trailer, and we are aware that most people booking on this type of trip, own their own kayaks.

Please inform us if this is a problem for you, we have limited availability to transport boats on roof racks.

Not Included

Transport to start location in Scotland.

Food and beverages during the trip.

Camping equipment.

First and last nights in accommodation

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

Cost

£960 from the 1st January 2024.

Location and Times

Glenuig Inn,

Lochailort,

Inverness-Shire

PH384NG

We meet at Glenuig Inn on Sunday the 12th 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 at 7:00pm (please book this online if you plan to join the group - additional expense and not included in the expedition price)

<https://www.glenuig.com/restaurant-booking/>

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 Sunday the 19th of May to enjoy the lovely facilities and warm showers and have a final dinner together. We depart on the morning of Monday the 20th of May.

What To Bring - Recommended

- Travel insurance.
- Food. Prepare for 5 breakfasts - 6 lunches – 6 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/wet 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