

The Isles of Scilly

July & August 2024

Isles Of Scilly Week 1 - Intermediate Sea Kayaking Week 30 June - 7 July

(Meet & Greet 30 June - finish paddling 6 July - Depart 7)

6 Paddling Days

Isles Of Scilly Week 2 - Intermediate Sea Kayaking Week 7 July - 14 July

(Meet & Greet 7 - finish paddling 13 - Depart 14)

6 Paddling Days

Isles Of Scilly Week 3 - Intermediate Sea Kayaking Week 14 July - 21 July

(Meet & Greet 14 - finish paddling 20 - Depart 21)

6 Paddling Days

Isles Of Scilly Week 4 - Intermediate Sea Kayaking Week 21 July - 28 July

(Meet & Greet 21 - finish paddling 27 - Depart 28)

6 Paddling Days

Isles Of Scilly Week 5 - Intermediate Sea Kayaking Week 28 July - 4 August

(Meet & Greet 28 July - finish paddling 3 Aug - Depart 4 Aug)

6 Paddling Days

Isles Of Scilly Week 6 - Intermediate Sea Kayaking Week 4 August - 11 August

(Meet & Greet 4 - finish paddling 10 Aug - Depart 11)

6 Paddling Days

Isles Of Scilly Week 7 - Intermediate Sea Kayaking Week 11 August - 18 August

(Meet & Greet 11 - finish paddling 17 - Depart 18)

6 Paddling Days

Isles Of Scilly Week 8 - Upper Intermediate / Advanced Sea Kayaking Week 18 August - 25 August

(Meet & Greet 18 - finish paddling 24 - Depart 25)

6 Paddling Days

Expedition Outline

The Isles of Scilly are an archipelago off the Cornish coast, in southwest England. This sub-tropical archipelago is home to some of the most beautiful beaches in the UK. Its crystal clear waters, sparkling white beaches are breath-taking and magical. A true Atlantic ocean paddling paradise with years of diverse history and legendary pirate tales.

The islands are covered in heathland, and fringed by sandy beaches such as Great Bay on St. Martin's. Tresco Abbey Garden located on Tresco, one of the 5 inhabited islands, is home to subtropical plants and the Valhalla Museum, displaying shipwrecked figureheads. The tower of 17th-century Cromwell's Castle stands at the north of Tresco. A bird watchers paradise known for its diverse climate, coastline and colourful inhabitants.

Major islands: St Mary's; Tresco; St Martin's; Bryher; St Agnes.

Total islands: 5 inhabited, 140 others.

Population: 2,203 (2011) ONS UK.

Sea Kayaking Cornwall have been running trips to the islands for over 10 years and have a strong working relationship with the island community.

We are very privileged to have a local working partnership and support team with **The Sailing Centre – Isles of Scilly**, who work alongside us, store our kit, kayaks and offer us a full “shore party” safety backup service with their two centres located on St Mary's and Tresco, numerous safety ribs and a dedicated VHF channel.

We launch from The Sailing Centre which is located at

Porthmellon beach, St Marys, Isles of Scilly, TR21 0NE

<https://www.sailingscilly.com/>

Our base camp for the summer weeks is on the island of St Mary's at the Garrison Holidays campsite: www.garrisonholidaysscilly.co.uk/

If you wish to stay in a B&B, hotel or self-catering accommodation, simply let us know when you book with us, so we can take you off the camping list. Options: www.visitislesofscilly.com/accommodation

Each day is planned as a day trip to explore the islands, it's many beaches and features. We aim for a week of diversity, beauty and fun. The Isles of Scilly truly are a sea kayakers paradise!

Experience Needed

The main focus of the paddling week is on exploring and experiencing the islands, their diverse beauty and ocean conditions. You will, of course, have the opportunity to work on your skills, rescues and basic trip planning and theory "on the move". Guided and instructional "trips with tips"!

We offer three different levels in order to share the islands with a varied ability of sea kayakers: Intro-mediate, Intermediate and Intermediate/Advanced. Please make sure you choose the right level to suit your paddling standard.

If you have any questions regarding the required ability please feel free to get in touch with us at info@seakayakingcornwall.com.

Intro-mediate

To get the most out of the week you should be happy with your flat water skills in a force 3 wind and be open to developing and experiencing sea kayaking in safe but more challenging conditions up

to force 4. We take time over the week to explore as much of the islands as we can and enjoy the long summer days.

Intermediate

To get the most out of the week, you should be around British Canoeing “sea kayak award” skills ability or a regular “Intermediate paddler” who is comfortable and has some experience in conditions associated with force 4 winds and up to force 5. You should be comfortable assisting in rescues and have an idea of towing procedures and group safety protocols.

Upper Intermediate/Advanced

Please contact us if you are considering this week to ensure you are at the required level. This week is aimed at competent paddlers who are familiar with various rescue and towing techniques, wishing to push themselves into advanced/rough conditions.

To get the most out of the week you should be happy with rolling in intermediate conditions and be able to paddle and control your kayak in advanced swell and rough water conditions and cover bigger distances each day.

Suitable for a strong intermediate/more advanced paddler who is comfortable in swell/tide and winds of force 5 and above.

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. If you choose to bring your own kayak, please make sure to book kayak transport in advance when you book your ferry tickets for the Scillonian.

Buoyancy aids /PFD.

Spray decks.

Paddles.

Paddling kit. We can also supply windproof jackets, thermal rash vests, wetsuits.

Six days paddling (Weather permitting).

Not Included

Transport to start location St Mary's Island – Isles of Scilly.

Food and beverages during the trip.

Camping fees and camping equipment.

Camping

You do not need to book the campsite yourself. We hold a reserved area for the duration of the expeditions. Once you've booked your space on the expedition, we will forward your name to the Garrison campsite for your chosen dates. Your invoices will be ready for you on arrival and you will need to make full payment on your arrival/check in day.

Prices for 2024 are £18 per person per night.

Luggage transport: £7 per person – collection and delivery to and from St Mary's quay on arrival and departure day.

Showers: FREE

Please contact the campsite if you intend arriving early or staying longer. Don't forget to mention you are kayaking with Sea Kayaking Cornwall, so they can cross-reference your name with the details we forward to them.

Cost

£675 from 1 January 2024.

Location and Times

St Mary's Island – Isles of Scilly.

Getting there

Scillonian ferry from Penzance to St Mary's or flights from Land's End, Newquay, Exeter to St Mary's. Booking via Isles of Scilly travel:

www.islesofscilly-travel.co.uk/book/

Trains from London airports to Penzance, including an overnight sleeper train from London Paddington.

You will need to book your ferry / flights to arrive on the Sunday at the start of your week and depart the afternoon on the Sunday of the following week.

There is normally only one passenger ferry per day. However, they have introduced double sailing days during peak season, so please check this option when booking.

A Sea Kayaking Cornwall guide will welcome you on St Mary's quay when the ferry arrives on the Sunday at the start of your week. Look out for a paddle and a sea kayak guide wearing a Sea Kayaking Cornwall T-shirt! If you miss the guide or are flying to the island, please make your way up to the Garrison Holidays campsite reception, they will check you in and direct you to the camp area.

If travelling by ferry, please make sure you label your bags "St Mary: Garrison Holidays campsite" and they will be taken to the campsite for you.

You will have time to set up camp / check in to accommodation before we have the first briefing.

Once everyone is set up and settled in we go to the Sailing Centre to get boats and kit organised for our first paddling day on the Monday.

Your last day on the water will be the Saturday. Departure is on the Sunday. This will be a land based free day should you wish to explore the islands on your own.

Parking in Penzance - Cornwall:

For Parking in Penzance :

<https://www.islesofscillyparking.co.uk/>

Food Shopping

The Co-op on St Mary's has a good range of groceries. There is no need to bring food over with you.

The Co-op is open from 8am till 10pm except Sunday 10am to 4pm.

The islands offer a variety of restaurants, cafes, deli shops, bakeries and a butcher. You will have more than enough choice if you are up for a "cooking free" holiday.

The campsite has a small shop that sells all of the basics including camping gas and milk. You can also buy fresh croissants from 8am at the campsite

What To Bring - Recommended

- Travel insurance.

- Food. Prepare for 6 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 (3-4 season).
- Stove, pans and fuel/gas, plus a reliable means of lighting.
- Water bottle
- Thermos or “Jet boil” style cooker for keeping or heating liquids.
- Paddling kit – suitable for cold-water paddling. Please contact us if you are uncertain that you have the correct gear.
- Suitable paddling footwear: neoprene booties / water shoes / sandals.
- 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 water-proofs.
- Suitable footwear and change of clothes for walking in the conditions and changing into at the end of the day.
- Phone and power banks. There is a possibility to charge phones at the campsite for a fee.
- Money, as there are cafes and restaurants to visit. Most will accept card payment.
- Swimming kit and towel.
- Fishing kit. There will be the opportunity to fish, so bring a hand line or fishing rod.

If you have kit that you prefer e.g. left hand paddle, please bring it with you. We always travel with our personal paddles, PFD and clothing.

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

Sea Kayaking Cornwall Team