

# **Greenland Rolling Camp 2026**

**22nd - 24th May 2026**

**Sea Kayaking Cornwall & How We Roll**

## **Course Outline**

Join us for the Greenland Rolling Camp 2026 - a weekend dedicated to exploring the art, technique and joy of Greenland-style rolling and paddling. Whether you're aiming to nail your first roll, refine advanced techniques, or deepen your paddling efficiency, this camp offers supportive coaching, playful sessions and plenty of time on the water with like-minded paddlers.

This event is perfect for anyone wanting to learn their first Greenland rolls or for more experienced kayakers looking to refine their technique and to work on the harder rolls. All levels are welcome and our experienced instructors will provide individualised feedback to help you develop your skills at your own pace. Our expert coaching team from Sea Kayaking Cornwall and How We Roll will guide you throughout the weekend.

## **Camp Overview**

### **Friday 22nd May - Evening**

#### **Land-based Rolling Session & Introduction**

17:00 Arrival & Registration

17:30 Land-based rolling workshop (fundamentals of body position, balance and roll mechanics)

19:00 Informal meet and welcome chat.

## **Saturday 23rd - On-Water Skills**

### **Morning & Afternoon Rolling & Paddling Skills Sessions**

There will be two structured on-water Rolling sessions tailored to all levels - small-group coaching to develop confidence and consistency. Introduction to sweep rolls, reverse sweep rolls, hand rolls and variations.

When your not rolling, there are two paddling technique sessions. Focusing on efficient forwards paddling and Greenland paddling strokes to help you feel in control.

Evening Meet Up - Informal social gathering at Tregedna Farm to share stories, insights and experiences.

## **Sunday 24th May - Final Skills and Refinement**

### **Morning Rolling Session:**

Final on the water sessions to reinforce skills and build confidence - small group coaching to refine rolls and paddling efficiency.

During the second day we hope to go for a short paddle to put the learnt skills into practice.

Closing circle - Group discussion and feedback. A celebration of everyone's progress over the weekend.

### **Experience Needed**

This event is perfect for anyone wanting to learn their first Greenland rolls or for more experienced kayakers looking to refine their technique and to work of the harder rolls. All levels are welcome and our experienced instructors will provide

individualised feedback to help you develop your skills at your own pace.

To get the most out of the course you should be fairly fit and comfortable swimming or floating (assisted by a flotation device) in deep water. All participants will be required to complete a full medical questionnaire.

This course is suitable for kayakers who have completed at least an introduction course and have a basic understanding of the different strokes and how to use them to manoeuvre and control a sea kayak in calm conditions. Kayakers should be happy capsizing and being in their boat under the water.

This course isn't suitable for paddlers who are still learning to handle a sea kayak, please look at our Introduction and Intermediate courses to gain a foundation before attending this course.

If you have any questions regarding the required ability please feel free to contact us on [info@seakayakingcornwall.com.com](mailto:info@seakayakingcornwall.com.com).

## **What Is Included**

An experienced and professional team from Sea Kayaking Cornwall & How We Roll offering a unique and specialised event that caters for the traditional and modern paddler.

A world class paddling venue and facilities at the Sea Kayaking Cornwall Base.

## **Not Included**

**Accommodation** – Please contact Tregedna Farm directly for lodge or campsite accommodation: <https://tregednafarmholidays.co.uk>

Alternative accommodation in the area: <http://seakayakingcornwall.com/accommodation>

**Kayak and Paddling Kit** - As a collaboration event kayak and paddling equipment are not included in the basic booking price and must be added to your booking if required. £70 Per person for the weekend.

**Transport** - Transport to the event and to start locations in Cornwall

**Food and beverages** - during the weekend

## **Location and Times**

Sea Kayaking Cornwall

Tregedna Farm

Maenporth

Falmouth

TR11 5HL

## **What To Bring - Recommended**

- Travel insurance.
- Food. Prepare for 2 breakfasts – 2 lunches – 2 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)- if you are camping at Tregedna farm.

- 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 – [info@seakayakingcornwall.com](mailto:info@seakayakingcornwall.com)
- 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 and/or a pump.
- Sun cream.
- Sunglasses and hat.
- Insect repellent
- Camera.
- Headlamp/torch
- Personal medication and first aid kit.
- Clothing: warm clothes, warm hats, gloves and water-proofs.
- Phone and power banks.
- A Big Smile and happy vibes.

## **Helpful Information To Assist With Your Planning**

### Accommodation

This course consists of individual days of training from our Cornwall base while enjoying accommodation of your choice.

The best option if you have your own transport is our neighbourly lodge and campsite at Tregedna Farm – Tregedna Farm Holidays

Please enquire and book directly with Tregedna Farm holidays  
<http://www.tregednafarmholidays.co.uk/>

Further accommodation options can be found at

[www.seakayakingcornwall.com/accommodation/](http://www.seakayakingcornwall.com/accommodation/)

*Travel*

<https://www.seakayakingcornwall.com/about-us/getting-here/>

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

**Sea Kayaking Cornwall & How We Roll Team**