

Introduction to Sea Kayaking

Day 1

We will meet at 9:30am at the chosen venue.

First we will have a look at the equipment that we will be using. We have a selection of different kayaks for you to try out, so if you are thinking about getting your own you will have the opportunity to test a variety of different boats.

Next we will get onto a very sheltered bit of water and learn some basic skills needed to control your kayak as well as how to paddle it efficiently through the water.

Our kayaks are stable and easy to control so you are unlikely to get wet... but if you do tip over we will show you how to easily get back into your boat and your instructor will always be close at hand to help you.

We will then head off on a fantastic journey along a sheltered bit of beautiful coast, developing your skills as we paddle.

We will find a picturesque spot for a relaxed lunch where we will have a look at maps, tide tables and other information needed to plan a sea kayak trip.

During the afternoon will continue our journey along the coast aiming to finish at approximately 4:30pm.

At the end of the day, if it's hot and sunny, you might like to have a splash about in the water and learn how to rescue your friends if they capsize!

Day 2

Again we will meet at 9:30am and we plan to go on a slightly longer journey and perhaps explore a more exciting section of the coast!

We will continue to develop your kayaking skills, perhaps explore some spectacular sea caves, and undoubtedly get close up to some amazing wildlife... seals, sea birds and maybe dolphins or a basking shark!

We will start to give you a better understanding of the sea and how the wind and tides affect your kayak

Days 3, 4 and 5...

If you have the opportunity to do a longer course with us we will be able to organise some really spectacular journeys. This might include an overnight wild camp on a remote beach where you will forget about your busy work life and completely immerse yourself in a truly magical part of the world!

By the end of the week we hope to be able to get you to level where you could plan and do a journey of your own. We will give you ideas, and recommend safe places that you could visit by yourself.