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2011

Introduction to Sea kayaking

Spirit of Adventures location within the South West enables us to access some of the most exciting coastline in the UK.



Even if you have not paddled "at sea" before your Spirit of Adventure instructor will ensure you have a fun and safe introduction to what is a fantastic way to see our picturesque coastline. You will learn new skills whilst paddling for up to 4-5 hours each day. Your instructor will give you useful hints and tips whilst undertaking the journey to help you improve whilst on this leisurely and fun course.



By undertaking this journey you will develop your skills in an environment that is not only unique but will also give you the opportunity to explore some of the most stunning coastline in Britain. You may well pass colonies of sea birds and seal, whilst exploring caves, sea arches and remote inlets.



This introductory course to sea kayaking can also have the added value of an overnight camp on a remote beach or cove. You will then paddle to your campsite and then return on the next days tide.

Spirit of Adventure will supply modern sea kayaks and all safety equipment.

The locations and venues for this course will depend on weather and tidal conditions.





2011

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The intro to Sea Kayaking itinerary

On the first day of this course you will be introduced to all aspects of sea kayaking. From understanding the specialised equipment needed to hazard awareness at sea. This course will give you a great understanding of this fantastic paddle sport. Boat control is integral to sea paddling so your Spirit of Adventure instructor will be on hand to pass on all the important skills you will require.

On the second day you will have the opportunity to use your new skills and increased confidence to truly enjoy another fun and exciting paddle at sea. This will take place on another stretch of outstanding coastline.

If you have opted for the camping trip then the this day will be a return trip. No two days are ever the same when sea kayaking!!!

The optional third day may well give you the opportunity to paddle a more challenging trip out at sea. This will depend on your skill level and confidence from the previous 2 days. There is always the option of another more leisurely paddle if you feel you need a little more time to progress with your sea paddling.

This is an excellent and fun way to explore the regions coastline whatever time of year.

All safety equipment and sea specified kayaks will be provided for this course.





2011

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Spirit of Adventure has a safety record second to none. We believe that the safety of all participants and instructors overrides all other concerns. You can be assured that your holiday with us will be safe, adventurous and great fun.

Spirit of Adventure is inspected regularly by the **Adventure Activity Licensing Authority (AALA)** and has been granted a licence to run canoeing, climbing and mountaineering activities. The authority inspects our equipment and safety procedures and ensures that all our staff are suitably qualified.

Activity Equipment

All safety equipment will be provided which includes buoyancy aids, cags and wet suits.

Sea kayaks, spray decks, paddles, and dry bags are also included.



Accommodation

Somewhere friendly, warm, helpful and providing good food is needed on these adventures, we have the contacts, and will be delighted to arrange your accommodation for you, if required. Just let us know on booking! Local Hotel or Bed and Breakfast, we can find accommodation to suit your needs.

For the camping trip option Spirit of Adventure can provide some equipment but would suggest that clients try to provide their own.





2011

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Suggested Kit List

We will provide the following:

All specialist activity equipment

You will need to provide the following:

Complete change of warm clothes for end of day.

Spare warm fleece to carry in Kayak.

Warm top to paddle in (will get wet)

Hat, gloves

Swimming gear

Socks

Torch and spare batteries / bulb

Trainers or sandals for kayaking

Insect repellent

Wash kit / Towel

Personal First Aid kit

Lunch box

Sun protection cream

Camera

Water bottle

Camping option (extras)

Sleeping bag

Tent/bivi bag

Small stove and pot

Mug/ knife/fork/spoon

Food for 24 hours

Fact and Figures

2011

Introduction to Sea kayaking Activities:

2 days paddling the South West coastline

Accommodation / meals

Self –catering, accommodation can be organised through our office. Camping option.

Ref. No.— Date

SKUK111 14 - 15 May

SKUK112 16 - 17 July

SKUK113 20 - 21 Aug

Experience Required

Some previous paddling experience is preferred to fully enjoy this course. (but not essential)

2011 Costs

Adults 2 days £100

