

Sea Kayaking Courses Improver to Intermediate

Sea Kayaking Courses on the West Coast of Scotland
Arguably one of the finest Sea Kayaking venues in the world

IMPROVER WEEK

These are designed for those who have completed a thorough introduction to Sea Kayaking and want to develop all areas of skill and knowledge further.

The course will vary with conditions and participants but will include:

- Planning and Navigation
- Weather
- Anticipating potential problems
- Problem solving, including rescues

+ the content of the 2-3 day **Tide, Wind and Waves course:**

- Learning to cope in tide races and stronger winds and bigger waves
- More efficient paddling technique
- Turning your kayak in strong winds
- Surfing waves and leaving and landing beaches in more difficult conditions



At the end of this 2nd week Sea Kayaking Course you will feel fitter and stronger and probably keen to buy your own sea kayak or at least go out with others of similar ability.

INTERMEDIATE COURSE

These can be of any length but are aimed at the stronger paddler who can cope with Force 3 and would like to develop their ability in those and Force 4 conditions, stronger tides, more complex trip planning and other aspects of Sea Kayaking.

Each course will aim to meet the goals of the participants.

