

Sea Kayaking Introduction

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

Sea Kayaking for most people is a comfortable and dry way of visiting some beautiful places that are otherwise often difficult to access.

With a little practice and basic fitness you can quickly adapt to this environment and revel in what it has to offer.



Our introduction

We will have you try a wide variety of sea kayaks to enable you to find one that provides the comfort, stability and performance to help you have a great experience.

You will be given sympathetic coaching in basic kayak control skills from our enthusiastic and experienced coaches/guides.

We provide the information needed to choose an appropriate trip for you using the various guidebooks, maps, charts, weather and sea state forecasts and bearing in mind the skill and experience of your companions.

If you do run into a problem we cover what you need to do to solve it.

The shorter courses can cover much of the above at a fairly superficial level while the longer ones enable you to practice all the techniques to a much greater extent and experience more remote areas with an extended camping trip from your kayak.

At the beginning and end of the season for many of the courses we recommend B&B accommodation. In the warmer months we often include a camping trip as part of the course and some of the tours are entirely camping in fairly remote areas or possibly some nights not far from a pub.



Day 1

Course Start 9.30am. The exact location will be agreed in advance but it's important we have your mobile phone number and you have ours. Please arrive with your lunch.

- Intro yourselves and what you hope to achieve.
- Intro to the equipment, try sitting in several kayaks on dry land and then get on a very sheltered piece of water and experiment with controlling the kayak.
- Spend the morning learning ways to control the kayak occasionally swapping kayaks to see the difference between them and see which suits you best.

- Relaxed lunch beside the water looking at maps and tide tables and other info to help with trip planning.

- Go on a short trip in the afternoon. Visit places of interest returning to the start.
- We usually finish on the water approx 4.30pm.
- Sometimes just before we finish some people may want to try and turn their kayak over and see how easy it is to get out.

We recommend you only do this if you have plenty of dry clothes for the next day or if you have somewhere to dry them. We never push people into doing this.

Off the water we discuss the programme for the next day and often arrange to meet for dinner in the evening.

Day 2

We usually go on an all day trip carrying lunch and spare clothes in "dry bags" in the sea kayaks.

- Enjoy the wildlife, otters or dolphins and almost certainly plenty of seals.
- Perhaps explore some caves and stop for lunch on a beautiful beach.
- We can further discuss how you can continue kayaking after the course and what experience you need before heading off with other sea kayakers and where are good places to go.

We continue to coach your kayak control skills and ideally have you experience how they handle in small waves and light winds.

If this is just a 2 day course we may give you the option of trying to rescue an upturned kayak and return its occupant to their kayak.

Day 3, 4, 5, 6

More days on the water visiting more beautiful places improving your kayak handling skills, and more opportunities to see wildlife e.g. dolphins, otters, killer whales, golden eagles and sea eagles.

