



Cornish Sea Kayak & SUP Adventure 3rd-5th August 2018

There are many reasons why people go to Cornwall to explore - you'll find beautiful long stretches of beach, fantastic waves to surf on, rocky coves to scramble over, inlets with sky blue water to swim in and breathtaking walks along the South West Coast Path.

Stunningly beautiful at any time of the year, there is nowhere quite like the Lizard Peninsula - with crisp and clean air, almost completely surrounded by the sea, its climate is also probably the warmest in Britain. It's a vibrant place - with small whitewashed cottages and colourful fishing boats, and contains 15 of Britain's rarest plant species. For these reasons the Lizard Peninsula has been designated an Area of Outstanding Natural Beauty.

On this unforgettable three-day adventure you'll "sea's" the day - after a taster session you can choose your sailing vessel from stand-up paddleboard or kayak. You'll spend your time exploring the coast at a relaxed pace, foraging along the way for mussels, clams and whelks, and try your hand at some fishing! There will be chances to snorkel, swim and float around little coves and you'll stop on some of the most beautiful beaches for lunch - you might even get an adrenaline fix with a bit of coasteering! All specialist equipment and most meals are provided, and you don't need to have any experience either - your guides will look after you from start to finish so you can just completely relax...

ITINERARY

On Friday you'll meet your guide Ian at your woodland campsite around lunchtime and there will be an introductory kayaking and SUP session for the group. Once everyone's chosen a preferred mode of water transport you'll set off together to start exploring along the coast, stopping on lots of beautiful beaches for lunch and snacks. As the sun sets you'll make your way back to the woods via the South West Coast Path and have dinner together at a local pub. You'll settle down for the night under the trees and get a glimpse of the stars before drifting off on waves of sleep.

After breakfast on Saturday morning you'll take another route directly from the campsite and explore a different part of the coast - Ian will show you how to forage and fish for seaside fare and you'll get to enjoy a seaweed tasting masterclass... but you'll get a proper lunch on the beach too. Depending on the tide levels Ian will also take you for a coasteering session - an activity that every adventurer has to try! You'll return in the evening to the campsite for round the campfire eating a freshly-cooked dinner and toasting marshmallows without another group in sight, and you'll spend your second peaceful night in the woods.

On Sunday, Ian will take you on a special guided walk to an idyllic hidden bay for a private swimming and snorkelling session - you probably won't see anyone else here either! After getting your fill of sun, sand and sea you'll be taken back to the campsite in the early afternoon to pack up and have lunch together. You're welcome to stay and share more adventure stories or head home to reflect on your awesome weekend.



EXPERIENCE

You don't need to have any experience of wild camping, stand-up paddleboarding or kayaking to join us on this adventure - everything will be set up and arranged for you. On Friday afternoon you'll have a taster session on the water (around 1-2 hours) where you can try both a kayak and SUP to see what you like, and the weekend will be taken at a relaxed pace so you can really enjoy it and get lots of time to explore. You do need to bring some basic camping kit with you - see the kit list below for what we recommend.

EC adventures are informal, friendly and great fun! They're made up of singles, couples and small sets of friends with ages typically ranging from mid 20s to mid 40s but anyone over 18 years old and young at heart is welcome. Whether it's your first time exploring the outdoors or you're an adventure professional, EC adventures are a great way to meet like-minded people in a safe, welcoming and fun environment.

LOCATION

You'll be based in a secluded wild camp in the woodlands next to a cafe. The facilities there are basic but it's a truly idyllic spot - you'll camp beneath the trees and there's a stream running through the site. There is a proper toilet with sink but no shower - you can get some fresh water from the stream for an 'eco-shower' but you'll be in and out of the water all weekend anyway.

HOW TO GET HERE

You'll meet at the below address at 12pm on Friday – please note that if you arrive after 2pm you will likely miss the introductory kayak/SUP taster session and you may have to meet the group later for dinner at the pub instead.

Your host and lead guide will be **Ian Prickett on 07551 074 488**. Please let Ian know what time you intend on arriving, as well as if you have any issues on the day.

Address: The Old Vineyard, St Keverne, Helston, TR12 6QH

Directions: The above address will work for sat navs - it's very easy to find as it's on the right just before the entrance to Porthallow village. There is limited parking on-site but you will be able to unload your kit there and go off to park somewhere else if needed - there is additional parking a short drive away. If you need advice on where to go just ask Ian on arrival.

Lift sharing: If you can offer or need a lift (or just want to say "hi" to fellow attendees), then you can do this on the event Facebook page here:

<https://www.facebook.com/events/874126226101403/>

Public transport: Redruth is the nearest station, it is the second to last station on the mainline (it's 40 minutes drive from the campsite so you'll need to arrange a taxi or lift-share).



KIT LIST

Please see our recommended kit list for this adventure [HERE](#). Please note you'll need to bring your own tent, bivvy bag (with tarpaulin sheet is best) or a hammock to string between the trees - whatever you prefer! If you want to snorkel please bring your own snorkel set.

WHAT'S INCLUDED

- Two nights' supervised wild camping in a beautiful secluded woodland
- Sea kayak and SUP taster session on Friday afternoon (1-2 hours)
- Three days' guided kayak, SUP, snorkelling and swimming led by qualified and experienced instructor Ian and his team
- All specialist equipment for the weekend (SUPs, sea kayaks, paddles, wetsuits, buoyancy aid, helmet and rash vests)
- Foraging, fishing and seaweed tasting sessions throughout the weekend
- Coastering mini-adventure (tide-dependent)
- Two breakfasts on Saturday and Sunday morning
- Two lunches on Saturday and Sunday
- One camp-cooked dinner on Saturday night

WHAT'S NOT INCLUDED

- Lunch / dinner on Friday
- Snacks throughout the weekend (we recommend granola bars, nuts, dried fruit etc)
- Personal wild camping and sleeping equipment - please see the above kit list for what to bring

Please note: on arrival you will be asked to sign a medical declaration form and provide us with next of kin/emergency contact details. If you have a medical condition or injury that we should be aware of please let us know in advance. Please contact us ASAP if there is anything you think may affect your participation.

If you have questions about the trip, please contact Alex (alex@explorersconnect.com).