



Kayak and Camp Coastal Journey 14th-16th September 2018

Sea kayaks are used around the world for expeditions ranging from a few hours to many weeks, as they can accommodate up to three paddlers with enough room for camping gear, food, water, and other supplies. It's a great way to explore places that you can't access on foot or car - from your sea kayak you can find your own private beaches, explore isolated coves, paddle over reefs, go fishing and get really close to marine wildlife.

On this brand new weekend exclusive to Explorers Connect you'll get a unique kayaking and wild camping adventure, journeying along the beautiful Lizard Peninsula in Cornwall - being almost completely surrounded by the sea its climate is probably the warmest in Britain. Carrying everything you need in your sea kayak, each day you'll explore a different bit of the coastline, learning how to fish and forage along the way. You'll spend two peaceful nights wild camping in private, secluded spots - one deep in the woods and the other right by the waterside. We reckon this is truly one of the best ways to explore Cornwall!

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. You don't need any previous experience of sea kayaking to come along as you'll be accompanied by your friendly instructors the whole time.

ITINERARY

On Friday you'll meet your guide Ian and the rest of the group at the Fat Apples Cafe around lunchtime, then you'll get allocated a sea kayak and given all your safety equipment followed by an introductory session on how to pack your sea kayak for the weekend. When everyone's set up camp, Ian will take you to a secret spot to watch the sun set (weather-dependent), and then you'll have dinner together at a local pub just up the road. Once back at the campsite you'll settle down for a relaxing night under the trees, immersed in nature.

Saturday morning will start with a breakfast together at camp, then you'll pack up your stuff into your sea kayak and head to the launch beach to start your full day of adventure paddling along the coast! You'll stop for lunch and spend time foraging for local mussels and oysters on the banks, plus you'll get a chance to do some fishing for mackerel and other delights... at the end of the day you'll reach a secluded wild camping spot on the Helford River. Once you've set up camp you'll cook your catch of the day over the fire along with your dinner and enjoy eating under the stars, with no-one else around. For a truly alfresco dessert you can toast some marshmallows!

After breakfast on Sunday you'll pack up camp and paddle back along a different section of the coast. You'll get time to explore the Manacles Marine Conservation Reef, home to several important and well known species such as the pink sea fan, cup coral and jewel anemones. The area is also well-known for harbour porpoise sightings so you might want to



bring some binoculars! You'll get back to the launch beach early on Sunday afternoon, and after unpacking your sea kayak you'll be free to head home or carry on exploring...

CAMPING AND FACILITIES

On Friday night you'll be based in a secluded wild camp in the woodlands next to the Fat Apples 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 - if you like you can get some fresh water from the stream for an 'eco-shower'.

The next night you'll spend wild camping along the coast as you journey to a different spot - expect some stunning riverside scenery. As you're wild camping though there won't be any proper toilet or shower facilities - see the kit list below on what we advise you to bring!

The instructors will carry plenty of water throughout the weekend and there are freshwater sources along the way. We would recommend you bring a full water bottle to start with and then you can top up as you go.

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 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/382932558800118/>

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

You can download our recommended kit list for sea kayaking expeditions [HERE](#).



With the sea kayaks you can only carry what you can fit in the holds so bulky equipment isn't recommended. *Top tip: If you are booking with a friend or partner you can share a stove to save space.*

WHAT'S INCLUDED

- An introductory session on Friday on how to pack your sea kayak for the weekend
- Guided walk to a secret spot to watch the sunset on Friday evening (weather-dependent)
- Two full days' kayaking with three qualified and experienced sea kayaking instructors
- Two nights' supervised wild camping in two different locations along the beautiful Lizard Peninsula
- Your own sea kayak to use for the whole weekend
- All specialist kit including wetsuits and spray jackets, buoyancy aids etc for the whole weekend
- Breakfast and lunch on Saturday
- Campfire-cooked dish on Saturday evening, ingredients dependent on your catch of the day! *(please note due to uncertain catch this is only a supplement to dinner - please bring additional food for Saturday night)*

If you have any special dietary requirements we can cater for you for the supplied meals above but please let us know as soon as you book.

WHAT'S NOT INCLUDED

- Lunch / dinner on Friday (we will book a table at a local pub for dinner but food is not included)
- Dinner on Saturday
- Breakfast / lunch on Sunday
- Snacks throughout the weekend (we recommend bringing 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 any other questions about the trip, please contact Alex (alex@explorersconnect.com).