

North Wales Sea Kayaking Courses

Information

Staff

North Wales Sea Kayaking courses are run by Steve Miles, unless otherwise stated at the time of booking. Occasionally, an alternative coach will run courses, anyone brought in to run a course will be carefully selected to suit the particular course and will be highly qualified, experienced, knowledgeable of the area and a motivated sea kayaker.

Location

North Wales Sea Kayaking are a non-residential course provider, though we can recommend various accommodation providers in the local area, further information is available on our website: www.northwalesseakayaking.co.uk

On arrival

On the first day, we meet our clients at an agreed location which will be confirmed before the date of your course. If you are part of a group, we are happy to meet at your accommodation. Further meeting places will be discussed and agreed throughout the duration of your course and will be based on weather conditions, training aims, accommodation location and transport requirements.

Course timings

Usual timings of all courses start with a meeting time of 9.00am and finish at approximately 5.30pm, though timings are flexible and will coincide with meeting locations, course aims, forecast and required finishing times.

Transport

You will need your own transport and we encourage car sharing (check Government guidelines on the current coronavirus restrictions).

Most coaching locations such as Porthdafarch, Trearddur Bay, Rhoscolyn, Soldier's point, are within a 15 minute drive of Holyhead. For the Skerries / Menai Straits, travel times can be up to 30 minutes.

If you do not have access to a vehicle, please contact us to discuss options, we can usually transport you to and from paddling locations.

Kayaks

Most clients prefer to bring their own sea kayak, but if you are unable to bring your own kayak and wish to hire one in Anglesey, we recommend hiring one from Pete Baars from Summit to Sea, his website is www.summittosea.co.uk and prices are approximately £25 per kayak per day.

Other kit and equipment

- Clothing
- You will need clothing to suit the weather conditions at the time of your course. Please

bring clothing for cold water protection. If you have a dry suit, this is the best option for most conditions. A wetsuit or paddling cag is also a good option to bring. Separate sessions.

A good base layer / thermals should be wool or synthetic to provide extra warmth and comfort, avoid cotton as it absorbs moisture and will leave you feeling colder. Extra base layers should be brought along if you have them in case you get cold and need to change during the course of the day. You will need an extra outer layer to keep you warm during lunch-time/breaks.

- **Footwear**
If you have neoprene boots with some grip then these are the best option, the shoreline of Anglesey is rocky and the sea is cold. Bulky shoes are less comfortable and will not fit as well in the kayak.
- **Buoyancy Aid**
If you have your own buoyancy aid then bring that, we do have some available for you to use, though they do not have pockets which you may need for some equipment. If you have your own Bas, avoid excessively high volume or bulky types.
- **Helmet**
You will need to wear a helmet for some type of sea kayaking, particularly rock gardening. If you have a helmet then please bring it, alternatively if you do not own a helmet, please let us know and we will provide you with one.
- **Spray decks**
If you bring your own sea kayak, please bring a well-fitting neoprene spraydeck. If you would like to use one of ours, please let us know at the time of booking.
- **Other**
First Aid kit for your own requirements
Food (lunch and snacks)
Drinks (Flask for hot drinks), Water bottle
Sun hat (cap) and sunglasses OR warm hat, gloves or pogies for colder conditions
Sun-cream (if the weather conditions suit)

Safety Equipment

Steve and all other sea kayaking coaches carry the following safety equipment:

- VHF radio
- Mobile phone
- Flare / Distress signal
- Spare paddle
- Towlines
- Navigation equipment
- Spare clothing
- Emergency food/drink

We recommend you bring your own safety equipment.

Maps and Charts

We can provide laminated copies of maps and charts and detailed tidal planning information where required, alternatively you can bring your own or purchase them locally.

If you have any queries that have not been answered here, please e-mail us at info@northwalesseakayaking.co.uk.