

# Introduction to Sea kayaking

***“What better way to view wild life. I’ve never seen so many sea birds.”***

**Charlie Loweth  
2006 trainee**

Learning from the pros. We will develop your skills and inspire you to take your sea kayaking further.

If you enjoyed the course that much why not join us on our intermediate Sea kayaking course.

Remember sea kayaking is a fantastic way to travel greater distances. Look out for our 4 and 5 day expeditions later in the season.

We pride ourselves on the level of our coaching. Kayaking and the environment within which we operate have risks. G2 take measures to reduce that risk. We would always recommend that you take out personal accident insurance before taking part in any adventurous activities.

**Course fees:  
2 day £120 and  
4 day £240**



**G2 Outdoor**  
[www.g2outdoor.co.uk](http://www.g2outdoor.co.uk)



Sea kayaking Morav

## Sea kayak course Days 1 & 2

**Day 1:** This will be spent getting to know your guide, each other and your equipment. Develop your paddling skills so you can get about easily. Then put in to a short exploration of the coast line you are on. You will learn a little about weather, tide and safety considerations for sea kayaking

**Day 2:** Building on the skills from the first day we will look to go on a longer journey. You will learn about rescue techniques and what to do in an emergency. Sea kayaking is a great way to spot nature with your guide pointing out birds and other wild life such as seals, dolphins, whales and maybe otters (or nothing!).

## Sea kayak course Days 3 & 4

**Day 3:** We will spend the morning organising expedition equipment. Learn how to pack your boat for a short over night trip and plan your route for the next 2 days. Depart on your trip to a remote location to camp for the night. Cooking will be done by you. Maybe a spot of fishing or just relaxing with a good book.

**Day 4:** Return journey from your over night trip reflecting on the skills learned. Build on your new skills manoeuvring through rocks and wild life spotting on the way home. Afternoon tea and medals before dropping of all the equipment back at G2 HQ. At the end of the trip you will have time to look around the Highland Canoes sweet shop for all your new sea kayaking kit.

