



## Scotland expedition

11<sup>th</sup> May – 18<sup>th</sup> May 2019

### Expedition Outline

We will meet at "GLENUIG INN" on Saturday 11<sup>th</sup> of May, to prepare and plan our expedition. On the Sunday morning we depart from the most suitable launch area in the area based on the forecast and weeks plan.

Our reasons for starting at Glenuig Inn (Scotland's premier environmental Inn) is the variety and availability of different paddling options:

The Small Isles (Coll, Eigg, Rum and Muck)

Arisaig

Ardnamurchan peninsular and the sound of Mull all within striking distance and some fantastic lochs like Moraig, Morar, Moidart and Shiel to hide in should the weather turn on us.

The aim is to be self-contained for the week living from the kayaks and finding wild campsites on these remote coastlines. The first and last nights will be spent in the bunkhouse at Glenuig Inn. We can supply suitable expedition kayaks (Please advise if you require a kayak) or you are welcome to bring your own kayak.

### Experience needed

To get the most out of the expedition you should be an Intermediate paddler and be comfortable in conditions associated with force 4 winds. If you have any questions regarding the required ability please feel free to contact us.



## What it includes

The expedition fee includes all of the kayaking equipment needed:

Buoyancy aids /PFD

Spray decks

Paddles

Sea kayaks

Experienced guide with area knowledge offering advice, assistance, planning and safety throughout the trip.

Two nights bunk house accommodation at Glenuig Inn, including breakfast.

Drop off and pick-ups during the week – if we require relocation due to weather conditions

We can also supply additional kit if required:

Wind proof jackets

Thermal rash vests

Wetsuits

## Cost

£750

**Price does not include any food or beverages during the trip and / or transport to the start location in Scotland "Glenuig Inn".**



## Location and times

We meet at Glenuig Inn on Saturday the 11th of May at leisure – official briefing will be at 6 pm. We have a group meal to get to know each other and discuss the plans. Please ensure you have all of your supplies of food, drink and gas or fuel for the week with you before you go past Fort William. There are no large food stores beyond Fort William.

We will return to Glenuig Inn on Friday 17th of May, enjoy the bunkhouse and a final dinner together. We depart on the morning of Saturday the 18th.

The location is Glenuig Inn, Lochailort, Inverness-Shire PH384NG

## What to bring

Travel insurance

Dry bags – various sizes

A 3 or 4 season tent

Sleeping mat and sleeping bag – suitable for cold conditions 3-4 season

Stove and pans

At least two changes of warm clothes, warm hats, gloves and water-proofs

**Paddling kit – suitable for cold water paddling!**

**We can supply paddling kit so please discuss this with us if you are uncertain that you have the correct gear.**

Water temperature is cold so poggies and/or gloves are essential. We also suggest a large jacket or storm cag that will fit over your buoyancy aid to help you regulate temperature on the water.

We suggest paddling in a dry suits or Paddling trousers with a dry top with a choice of either thin or thick thermals depending on the day.

We do not recommend paddling in a wet suit, however if you choose to then bring extra clothing, and ensure you have good coverage for your feet – Sealskin or similar gortex socks and thick paddling shoes

Sponge

Sun cream

Insect repellent – tick removers and midge spray

Sunglasses



## What to bring (continued)

Camera

Personal first aid kit with personal medication.

Reading material if the elements keep us off the water.

A suitable bag to carry your kit up the beach (IKEA bag).

Suitable footwear for walking in the conditions and changing into at the end of the day

Scotland has cell phone reception in many (but not all) places. Ensure you have sufficient power banks.

Money, as there are cafes and restaurants to visit.

Prepare for 5 breakfasts - 6 lunches – 5 dinners - plus snacks, hot drinks and soups.

There will be the opportunity to fish so bring a hand line or fishing rod, this is not a guaranteed way of supplementing your food.

We bring adequate safety kit however if you are a qualified first aider/medical professional please inform us or if you understand how to use safety equipment such as tow lines then please bring them along – a group can never have enough safety equipment on a trip!

If you have kit that you prefer (left hand paddle) or familiar with and fits you comfortably please bring it with you – We always travel with our personal paddles, PFD and clothing.