



Venturing Out

Outdoor Activities to Stimulate Learning & Development

Introduction to Sea Kayaking Course

The introduction to sea kayaking course is structured to give you knowledge about journeying coastal waters.

The following are covered during the course:

- Journeying, packing & equipment
- Launch sites
- Sea state
- Navigation
- Planning & preparing for journeys
- Paddling techniques
- Coastal journey

Kit List:

- Full set of dry clothes
- Spare footwear
- Food & Water
- A hat
- Sunglasses & Cream
- Wetsuit, if you have one

Courses run 10am till approx 4pm

Cost: £75 per person

Maximum of 6 participants

Introduction to sea kayaking courses are run from either North Berwick or Dunbar area.

Course Prerequisites

This course is suitable for those who are new to sea kayaking but have some general kayaking experience and are confident in a kayak or those who have little sea kayaking experience and are struggling to find confidence at sea.

Please consider the physicality of this type of course prior to booking. If you are unsure get in touch.