

Learn to Kayak Outdoors

Aim

The aim of the course is to give a good foundation in kayaking. The course will be run in a relaxed and informal manner with the emphasis on developing confidence and learning new skills, rather than performance. By the end of the course you will have the knowledge and ability to progress further in the activity.

Venues

The typical venues we use are Loch Ard, Loch Chon, Loch Lubnaig and Loch Lomond.

Age

This course is designed for adults only. We classify adults as 16 +.

Transport

A mini bus will often leave from Stirling to the venue; pick ups en route could be arranged. We would like to encourage the use of the transport as this reduces the amount of Vehicles parked at the activity site. Transport is included in the price.

Times & Meeting Point

The meeting/departure point will be Forth Bank Football Stadium in Stirling. You should meet there at 0930 on the morning of the course. The activity will last the full day and finish at 1630 to 1700.

Course Content

Fundamental techniques and skills such as;

- Efficient forward and backwards paddling
- Turning, Stopping, and Moving sideways
- Safety and Rescue
- The Environment and Weather

These skills will be practised through out the course.

Equipment Provided

The equipment that we will supply;

- Buoyancy Aids
- Wetsuits
- Cagoule
- Spray decks
- Kayaks and Paddles

Personal equipment can be used, as long as the qualified staff confirm it is fit for purpose.

What you will need to bring?

- A packed lunch
- Appropriate fluids / hot and cold drink to keep rehydrated or warm
- Base layer: T-shirt/thermal or micro fleece; Swimming costume/trunks and footwear, that can get wet
- Towel
- Any medication that you require

If you have any more questions then please contact the outdoor team using the details below.

If not, then we look forward to meeting you on the course.