



Sea Kayak Weekend

24th & 25th July 2010

2 Day Introduction to Sea Kayaking

Location: Isle of Wight

Paddling the Caves and Stacks of Freshwater Bay, Totland Bay
and the Needles

Group size: 12

Cost: £100 per person

This weekend is aimed at paddlers who want to venture into open water, up to and including a moderate sea

The weekend will involve some Tidal Planning and Coastal Navigation, kit requirements and personal preferences, rescues and self/rescues.

Contact us now on 01983 752043 or e-mail: enquiries@iow-seakayaking.co.uk