



## SEA KAYAK TRIPS

With Steve Banks

### Overview:

Steve's Sea Kayak trips are designed to provide good value, self sufficient, adventure journeys in idyllic surroundings far from the madding crowd. Whilst you won't be waited on hand and foot, the intention will be to use Steve's many years' experience of guiding, coaching and leading to ensure you have an amazing and memorable experience in your escape to the real world.

Unless otherwise stated, trips will comprise five full days of either multiday camping, days out from a central base (normal in recent years) or a combination of both. This will depend entirely on your needs, wishes and experience as well as on the weather and sea conditions prevailing at the time. Whatever we do it will remain flexible so as to provide you with the best possible holiday.

**Dates:** 10<sup>th</sup> – 14<sup>th</sup> June 2019, Hebrides (Barra)  
A Shetland trip is possible in either the preceding or succeeding week if there is interest. Let me know.

**N.B. Planned venues may be subject to late changes if conditions are unsuitable.**

**Staff: Steve Banks** BC Level 5 Coach (Canoe & Kayak), Level 4 Coach Sea Kayak. BC Guide. Steve works in a very person centred and holistic manner; ensuring people develop their confidence and remain relaxed so that they gain maximum benefit from their experience.

To date Steve has been involved in over 30 extended sea kayak trips covering most areas of the Scottish coastline, the Outer Hebrides, Orkney and Shetland, as well as the USA, Mexico, Hong Kong, Malaysia, Canada, Iceland & Ireland. Steve has been the keynote speaker at the BCU Level 5 Coach conference and provides almost the entire range of British Canoeing's courses in sea kayak, canoe and WW kayak. You are in very good hands.

### Cost: As advertised on the website

This covers the staffing and organisation of your trip. If you possess all your own equipment there will be no extra charge – you only pay for what you need.

You do not have a place until you have paid.

**The price does not cover transport, equipment, food or accommodation.**

**Transport:** You can be put in touch with each other, if requested, to facilitate vehicle sharing



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**Accommodation:** This will depend on the type of trip and what you want; it can range from wild camping and bothies in idyllic locations to B&Bs, hostels (c£15) and campsites (c£5).

**Equipment:** If you need specialist clothing or equipment, it may be possible to source items for you at contract prices – please ask. Before buying anything it is worth seeking Steve's advice. A comprehensive kit list is attached at the end.

### **Content:**

This will be dependent on the experience and needs of the group as well as weather and sea conditions at the time. In recent years a fixed base (campsite, hostel etc.) has been the norm to permit access to the best venues in the area, it will involve five full days of Sea Kayaking and journeying with the potential for self-sufficient wild camping as part of an extended journey and/or series of shorter trips if the conditions allow. **Please note, these are primarily recreational, adventure journeys, not coaching courses or high performance trips.**

We will typically aim to be ready to paddle by 10am on course days with the exception of the first day or in adverse tide or weather conditions. It is clearly not possible to publish an itinerary as so many decisions are based on conditions and client needs at the time.

### **Experience:**

Being comfortable in a kayak and having a reasonable skill level is required; the trips can be tailored to meet a range of needs though Steve will discuss your paddling abilities in advance. If you're not sure please ask. **Steve often offers full week trips for the less experienced and confident as well as a more challenging trip for competent paddlers. Everything is available on a bespoke basis – just ask!**

### **Essential equipment:**

- Sea Kayak
- Paddle
- Buoyancy Aid
- Cagoule/drysuit
- Spray Deck
- Paddling shoes or wetsuit boots.
- Day/Night flare (know how to use it)
- Dry Bags with bin liners – 4-5 small / medium sized bags is ideal



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- Range of clothing for possible weather conditions and getting wet - you must have two complete changes of dry and warm gear. You will normally paddle in the same clothing you would mountain walk in - though with kayaking waterproofs.
- Paddle mitts (Pogies) at cooler times of year – get the lightweight, nylon type.
- Water containers.
- Torch and spare batteries (Headtorches are best), Cyalume™ light stick in case we fancy a night paddle (this obviously depends on time of year).
- Sunglasses, suncream and lip protection
- Personal 1<sup>st</sup> Aid kit and medication
- Washing kit, towel and toiletries – biodegradable please.
- Camping gear (if we are camping) i.e. tent, stove, fuel, sleeping bag and mat etc. Camp chair.
- Food and drink for the duration of the trip – usually available locally too.

**Useful:** Midge repellent and head net (not usually a big problem)  
 Take luxuries! Reading material, food and drink etc. – there is a fair amount of storage in the boats and we are doing this to have as much fun as possible!  
 1:50,000 maps and/or nautical charts will be provided by Steve.

### Meeting

We will tend to meet at either the accommodation or the ferry if travelling to islands.

### Questions and Comments:

If you have any questions or other thoughts on these trips please do contact Steve to discuss them – he will be very pleased to hear from you and will do everything possible to assist.

### Contacts:

All numbers and email address are at the foot of page or check Steve's website.

**Due to high staff/client ratios and the disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of all fees. If you have any concerns regarding your ability to participate in a course/trip on which you have enrolled you are strongly advised to take out appropriate insurance. Steve Banks Outdoors is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled a full refund will be given. The full booking conditions are available on Steve's website.**



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