

# ISLE OF ARRAN FACT SHEET

7<sup>th</sup> – 14<sup>th</sup> September 2012

Cost £450

This fact sheet has been put together to answer any questions you may have for your trip to the Isle of Arran with us. If you do have any questions that are not answered by this sheet please do not hesitate to contact us .

International Coaching and Guiding is heading off to the Isle of Arran this year sea kayaking , a fabulous island and much to explore. For a few evenings during the week we will be returning to the Youth Hostel for food, and comfort so you feel relaxed and wake up refreshed for the next adventure. We will also be wild camping for three nights with a circumnavigation of the island

## Arran overview

The Isle of Arran, Scotland is one of the most southerly Scottish island and sits in the Firth of Clyde between Ayrshire and Kintyre. Arran is 19 miles long by 10 miles wide but has a remarkable diversity of landscapes and seascapes.

The pretty villages on Arran's beautiful coastline are complemented by a rugged and mountainous interior in the north and green rolling hills and woodland in the south. Arran is renowned for its wildlife and many species are a common sight, from Roe deer to Basking Sharks.



## Food

Arriving on the 7<sup>th</sup> September (accommodation is accessible from 5.00pm) you will have a warm and filling meal. Breakfast, and dinner will be provided for four days and for the rest of the trip we will be wild camping and you will have to provide your own food.

The evening we return we will be eating out to give the chef a night off, this will not be included in the price.

## Sea Kayaking

For six days we will be exploring the wonderful Isle of Arran, probably one of the number one locations for sea kayaking. With an abundance of wildlife, and dramatic landscapes we will be heading out to a different location each day. During the week we will be not only be guiding you but we will also coach you in areas you wish either to develop or improve.

## Equipment required

During your time on Arran, you will require your usual sea paddling kit, and camping gear for the wild camps, plan to dress for warmth as it can be windy and the water at that time of the year is still cold.

## Boat shuttle service

We are also offering a boat shuttle service at the cost of £80 per boat; we will take your boat to and from the Isle of Arran offering you the chance to travel light. There are limited spaces so if you require this service please book quickly.

We can pick you up from your ferry crossing to Brodick, so there is no need to worry about your vehicle until after your week with us.



**Remember you will also need to get personal medical and travel insurance for sea kayaking**