

## **BCU SEA KAYAK COURSES, CLINICS & EXPEDITIONS**

With our great range of clinics to boost confidence and awareness, These day long sessions are suited to anyone looking to add skills to there paddling ability. We are blessed with our surroundings here in Salcombe, and with this we can offer the following clinics to you all within paddling distance from the Boathouse at South Sands.

Cost: £90.00

**Rough Water Handling a Sea Kayak**

**Surfing a Sea Kayak and Rock Hopping**

**Sea Kayak Safety and Rescue**

**Night Navigation**

### **BCU Courses**

We also coach people in the BCU Star Awards at South Devon Sea Kayak, from 1 Star to 4 Star for further information please contact Ben for our Star Award packs. please follow the link below for further information.

<http://www.bcu.org.uk/>

### **Expeditions**

With our expeditions we run, we stress the Importance of the participant being at a standard of 3 Star - Explore Sea Kayaking - you do not particularly have to be able to roll to take part. We run local Expeditions along the South Devon coast as well as Expeditions further afield.

South Devon Expeditions: 2 or 3 day Expeditions.

Scottish Expedition: Isle of Aran, 7th to the 14th of September 2012.

For dates and more information on these Expeditions please contact Ben, ill be happy to plan a trip for you.