



So fancy a challenge, a challenge that will test your physical stamina, mental endurance and self sufficiency.

Fancy travelling 55 miles on your own steam witnessing some breathtaking scenery while raising money for charity.

Fancy living out of a sea kayak for three days paddling from Dartmouth to Plymouth, well read on!

The aim is to be taking local people from the south Devon area with no experience of sea kayaking and training you in the skills required for taking part in this challenge.



South Devon sea kayaking is offering a 5 day training programme to get you up to a proficient standard to take part in this challenge, covering the fundamental techniques so you feel confident in sea kayaking and living from a sea kayak.

The aim is to complete the challenge in may / june -weather permitting- with the training taking place over spring 2012.

A charitable trust - in process as we speak - will represent your own choice of charity, giving you the time to generate interest and donations over the winter period to paddle the whole 55 miles.



Your personal challenge.

55 miles over 3 days, paddling the south devon's heritage coast, taking on some awe inspiring and challenging environments. We will be Wild camping on some amazing secluded beaches scattered along the coast.



The Training programme.

South Devon sea kayaking team will offer you the top class coaching which will ensure your commitment and confidence to your charity as well as the challenge it self. The five day coaching which can be flexible as long as we can have you for a day at a time will cover all you need to know to paddle 55 miles from Dartmouth to Plymouth. We also supply all equipment for paddling and camping gear, you only need to bring your self. All training will be based around Salcombe, with some pool sessions and some class room time. A typical days coaching is from 10am to 5pm.



The coaching.

The coaching cost will be £360.00 for the five days. The challenge costs are only for the food during the 3 /4 days, sea kayaks, paddling gear, camping gear and guiding are all free for people taking part in their personal challenge.

The challenge is open to 12 people, with two expeditions planned, six per expedition.

We'll fancy it, if so contact Ben Sherring for further information on training dates, deposits and the South Sands charity trust.

If happy to proceed and gain your training programme, a deposit is required of 25% to confirm your place for this fantastic opportunity for you and your chosen charity.



Contact details.

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# Your Next Challenge.



**55 miles in 3 days by sea kayak from Dartmouth to Plymouth.**



**Your personal challenge, your charity, your memories.**