

# SCOTLAND & NORWAY SEA KAYAKING

## QUESTIONS MOST OFTEN ASKED

Imagine paddling quietly along a glassy loch, your bow piercing the reflection of a stone castle as the exhalation of a grey seal punctuates the crisp morning air. The Scottish Isles' intricate coastline offers a maze of sea kayaking opportunities. We warm up here before setting off to the rugged Norwegian coastline with its towering bird cliffs and maze of fjords. Perfect sanctuaries for nesting seabirds; navigating narrow waterways beneath imposing mountains that echo to a sea eagle's shrill call. Each day brings new challenges and wondrous experiences to our small band of kayakers. We finish in the land of the Polar Bear – Spitsbergen. Named for its rugged mountains, we paddle beneath jagged peaks in glacial bays in search of walrus and polar bears.

Cruising in our own private group of about 6 to 12 paddlers, we will generally visit the same sites as the Zodiacs but be more independent and perhaps access areas not appropriate for Zodiacs. If the ship's schedule allows, it may be possible to do an extended day trip, taking our lunch with us. Sea kayaking among the remote corners of Scotland, Norway and Svalbard requires an adventurous attitude as the wind, elements and ocean currents play an important role.

***If you intend to participate in the sea kayaking option on this voyage, please complete and return the Sea Kayaking Booking Form appended to this document as soon as possible. This is necessary to confirm your participation in the sea kayaking option. Note that spots are limited and your experience will be checked.***

### **How experienced do you have to be?**

You should be an intermediate paddler and have an adventurous spirit. This should not be your first sea kayak experience. You do not have to be an expert or know how to roll. However, you should have practiced a wet exit and assisted re-entry before the trip. This can easily be practiced in waist deep water at home, with a friend's help or under tuition. You should also recognize that the weather will influence greatly what we can do. You need to be comfortable putting spray skirts on, ferry gliding and have practiced support strokes. Try to rent a kayak locally before leaving home if you feel you need some additional experience or seek out a local operator for paddling tuition. We could be paddling in winds or current and will not have any opportunity to instruct before our first paddle. We often begin our first paddling session from the shore and after that will be launching directly from the ship so you should be comfortable paddling on seas that could have 1-1.5 metre swell with variable surface conditions, so do practise in a variety of conditions.

***Even if your experience is limited, we'd encourage you to call us to discuss your suitability. There is often ample time to gain the required experience before you depart. We may be able to recommend a reputable sea kayak operator in your area for some tuition prior to the trip. Your guide will assess your ability on the initial paddle and, if you have insufficient experience, he or she may not allow you to participate in rougher conditions.***

### **Is there a minimum age?**

Kayakers should generally be aged 16 or over at the time of the trip. We may consider children aged 14-15 in exceptional circumstances depending on their size and kayaking experience.

### **Will there be a guide?**

Yes, there will be an experienced kayak guide on the ship who accompanies all the kayak excursions. In addition there will be a Zodiac inflatable rubber boat in radio contact nearby.

### **What kind of kayaks do we use?**

We generally use 16-17 ft. Prijon plastic double and single kayaks. These are hard shelled, well suited for day trips and launching quickly from the ship. The guide will paddle a single kayak but any other use of singles will be at the guides discretion and influenced by the individual abilities and group no.

### **How stable are they?**

The kayaks are quite stable and for our first paddle we start in shallow water along shore where you can gain a feel for them. Once familiar with your craft, we then launch from the ship in deep water.

### **Can they tip over?**

Yes – it is possible but unlikely. In the event of a capsize we would self-rescue by righting the kayak, pumping it out, and re-entering it with the guide's help, or maybe using a Zodiac for support. It only takes a few minutes to pump out enough water for the people to re-enter. With dry-suits or dry tops and appropriate clothing underneath we are comfortable in cold water for up to half an hour.

### **Can the kayaks sink?**

No, the kayaks have separate compartments with bulkheads, so they can float with the cockpit full of water.

### **How do we get into the kayaks from the ship?**

Down a short ladder off the back of the ship to a Zodiac tied alongside, then into the kayak. Alternatively, if it is rough or too windy, we take the kayaks to shore by Zodiac and enter from there. You should be agile enough to climb a two metre rope ladder with assistance.

### **Will there be surf and swell?**

We are not likely to be doing surf landings but could be paddling in some swell, wind chop or currents. We can paddle in up to 20 knot winds. If the winds are too strong and we can't find sheltered paddling, we will join the shore party in the Zodiacs.

### **Can I carry anything in the kayak?**

Yes, you will be supplied with a dry-bag for extra clothing, binoculars and anything you want to keep waterproof. You should also carry a water bottle. You are welcome to bring along your own 5-10 litre dry bag for personal things.

### **Can I bring my camera?**

Yes, but we highly recommend a waterproof or disposable camera, or waterproof housing for use in the kayak. Onshore you are welcome to use an SLR camera but will need to provide a waterproof case or bag for it. Pelican cases are highly recommended for good cameras, but a small dry-bag with a t-shirt wrapped around the camera may suffice for smaller cameras. The kayak hatches are not large and will not take a Pelican case larger than the 1400 model. However, you may be able to strap a larger Pelican case onto the back deck of the kayak.

### **How long will we paddle for?**

The paddling time varies, depending on how long the ship spends at each spot and how much the group wants to paddle. Generally the excursions will be 2 to 4 hours, but we may be out for up to 6 hours. We would expect to have 6 to 8 paddling excursions during the voyage. We may go out twice in one day as the long hours of daylight allow some beautiful evening paddles. If we are out for more than two hours we will endeavour to get out on shore and stretch our legs.

**Do we need any special clothing and equipment?**

Yes, we may use dry-suits for safety on cold days. These are included in the surcharge you pay for kayaking. Additional clothing suggestions are given in our kayak clothing and equipment list at the end of this document. All kayaking and safety equipment is supplied. Please pay particular attention to the footwear suggestions.

**How big is the group?**

We limit the group size to a maximum of twelve kayakers plus your guide.

**What if it gets too windy while we're paddling or if I get tired?**

We will be in radio contact with the ship and Zodiacs. If the weather appears to be changing we will head back to the ship or to shore if need be. The ship's captain, expedition leader and kayak guide will all maintain close contact to ensure a safe paddling experience. If someone needs to return to the ship a Zodiac can be called.

**How do we get back aboard the ship?**

In calm seas we generally unload from the kayaks to a Zodiac that is tied to the back of the ship. We then climb a 2 metre rope ladder to the deck of the ship where you are assisted on board. In adverse conditions we may load into Zodiacs from shore and transport the kayaks back to the ship.

**How far will we paddle?**

It depends on the weather conditions and what there is to see, but outings can range from 5 to 15 km. On average we aim to paddle about 8-12 km per session and at most, we could end up 12 km from the ship. We would generally only paddle further if the ship is moving to meet us. We will not be aiming to paddle big distances, but will seek out the most interesting things to view. We carry radios and are in constant contact with the ship.

## ACROSS THE CIRCLE- KAYAKING CLOTHING AND EQUIPMENT

In addition to the general voyage clothing list, we have specific clothing requirements for paddling in Scotland and Norway. Read both lists carefully and if you have any questions please contact us. Of course, you also need to be prepared for shore excursions by Zodiac.

The air temperatures in Scotland in summer months can range from 10°C to 20°C but in Norway and Sptisbergen it can range from 0°C to 17°C We generally paddle in sheltered areas, but it is best to be prepared for deteriorating conditions at any time, and the wind chill while paddling can be cool. The water temperatures can range from 2 to 10°C. Please read these suggestions carefully.

### Kayaking

All kayaking equipment will be provided: paddles, life jackets, kayaks, dry suits, safety gear and pogies (insulated mitts that attach to your paddle and help keep your hands warm). We supply one 20 litre dry bag for spare clothing while you are paddling.

We use stable plastic double kayaks. We will customise them aboard ship and familiarise ourselves with them before paddling. The kayaks have bulkheads and waterproof hatches where you can carry spare clothing on our day trips.

**Dry bags** can be used for cameras but salt water is absolutely final in destroying cameras and lenses. If you wish to guarantee your camera will be 100% waterproof we recommend you bring a Pelican case or your own drybag. The pelican 1400 case is about the largest size that will easily stow on the kayak but a 1300 size is more suited. Throwaway waterproof cameras or more expensive waterproof cameras are a good option for paddling and then you can keep your better camera stored in a dry bag or Pelican case until on shore. Zip lock bags are not a good alternative for SLR cameras but may suffice for small point-and-shoot cameras if they are double bagged.

**Drysuits** are provided and included in your sea kayak surcharge. They are a waterproof nylon suit with snug latex rubber seals on your wrists, ankles and neck. These keep you dry in the unlikely event of a capsized and with thermal underwear worn underneath, maintain your body warmth more effectively than a wetsuit. They are also more comfortable to paddle in than a wetsuit although we may not require them to be worn every day. It will depend on the conditions at the time. We require details of your height and weight to ensure correct sizing.

**Note: a normal kayaking spray jacket is recommended to bring as we may paddle in some shallow, sheltered areas in Scotland and southern Norway that are warm enough that we don't require a drysuit. Ski clothing is not suitable for paddling.**

**Thermal underwear** - medium weight usually suffices for the bottoms and for the top. (Synthetic or wool thermals are preferred for paddling and cotton is not suitable) - two pairs are recommended. A pile vest is useful for maintaining torso warmth without overheating, but is optional. Layering is a good idea.

If you suffer from the cold you may choose to wear a lightweight thermal top with a heavier weight thermal on top of that. A heavy pile jacket (200 or 300 wt) is too warm underneath a dry suit top but a light pile jacket (100 wt) may suit on a cold day. You may opt for light pile pants instead of the thermal bottoms but a thermal bottom and pile pants combination is probably too warm for paddling.

**Socks** - Heavy thermal socks (2 pairs). The hull of the kayak gets quite cool and you need heavier socks than for walking, as your feet move around less. You should bring several spare socks in case your feet get wet or cold. The dry suit (if worn), does not cover your feet.

**Footwear** – If you have your own neoprene wetsuit boots, they are a good option and easy to exchange for hiking boots or walking shoes on shore. We have a supply of Chota close fitting waterproof, neoprene boots that come up to your knees, on the ship. These have a low profile and are well suited while in the kayak but are not very comfortable for walking at length on shore. We also have a supply of regular gumboots onboard ship or you can bring your own. We will need to carry spare socks and other footwear if you spend much time on shore as your feet may get wet. Please note your foot size on the experience form.

**Headgear** - Warm cap, beanie or balaclava. One that covers your ears is preferable and if it is wool, a tight weave is better in the wind. It is good to have two hats so if one gets wet while paddling you have a spare. It is very important you have sun protection (+30) for your face. A hat with a brim that will fit on top of your beanie is a good idea. Make sure it has some tie-down strings. If we were to paddle in rainy conditions a waterproof hat is useful.

**Hands** – Pogies are provided for cooler paddling days but you may want a pair of cycling or sailing gloves with no fingers, to prevent blisters. A lightweight pair of polypropylene gloves can be kept in a dry bag to use on shore if your hands get cold paddling. Bring additional mitts as per the regular clothing list. You will likely get any gloves that you use paddling wet – so bring an extra pair of thin polypropylene gloves.

**Swimsuit** - or polypropylene underwear for under your thermals.

**Waterproof sunscreen blockout and lip balm** - A skin moisturiser is useful in the evenings as the wind and dry air can cause chapped skin quite quickly.

**Sunglasses** with side visors and tie or string for attaching them to prevent loss.

**Water bottle** – 1-2 litres

**Waterproof binoculars** – you may wish to bring these for wildlife viewing from the kayak.

AB 17/12/07

## SEA KAYAKING BOOKING FORM

To ensure you have safe, enjoyable paddles you should be of an intermediate standard and have an adventurous attitude. This should not be your first sea kayaking experience. You do not need to be an expert or know how to roll. However, you should have practiced a wet exit and assisted re-entry before the trip, and recognize that the weather will influence greatly what we can and can't do. We have little opportunity for practise before we commence paddling, so we highly recommend that you have done some kayaking recently and in a variety of conditions.

**Please read our Q&A for more information on the kayaking.**

Please note that on your initial paddle your guide will assess your ability and, if you have insufficient experience, he or she may not allow you to participate in rougher conditions. Even if your experience is limited, we'd encourage you to call us to discuss your suitability. There is often ample time to gain the required experience before you depart. We may be able to recommend a reputable sea kayak operator in your area for some tuition prior to the trip.

**\*\* Please fill in this booking form accurately and return it to us as soon as possible. This is required to confirm your spot. \*\***

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Trip Name: \_\_\_\_\_ Departure Date: \_\_\_\_\_

### SEA KAYAKING EXPERIENCE

1. Have you paddled sea kayaks? \_\_\_\_\_ Whitewater kayaks? \_\_\_\_\_ Surf ski? \_\_\_\_\_

2. Have you paddled in single kayaks? \_\_\_\_\_ Double kayaks? \_\_\_\_\_

3. Do you have your own sea kayak? \_\_\_\_\_

4. Would you call yourself a: Beginner \_\_\_\_\_ Intermediate \_\_\_\_\_ Expert \_\_\_\_\_

5. Have you done any sea kayak courses? Please list them outlining when and where.

\_\_\_\_\_

6. Have you paddled in open ocean waters - ie. outside harbours and estuaries? Where? Please indicate what type of paddling you have done.

\_\_\_\_\_

7. Have you paddled in windy conditions ie. 10-15 knot winds or more? \_\_\_\_\_

8. Have you paddled in cold water before?

\_\_\_\_\_

9. How many times (approximately) have you paddled in the last two years?

0 times \_\_\_\_\_ 1-5 times \_\_\_\_\_ 6-20 times \_\_\_\_\_ 20 times \_\_\_\_\_

**Please let us know your height, weight and foot size so we may ensure the kayaks are appropriate, and to properly fit your Polar drysuits.**

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Foot Size: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_