

SERIOUS ADVENTURE

WATER

If you prefer your adventures to come with a sea view, then you're in for a treat. You'll come away with enviable new paddling skills plus a whole new sense of determination.

This is an **example itinerary** for your programme, providing you with a **guideline** of the type of activities and level of challenge involved. Your actual programme will depend on weather conditions and your ability as a group.

DAY 3: Learn how to manoeuvre your boat and master the different paddle strokes, then set off on a short journey to put your new skills to the test.

Start to build your sense of determination, as you overcome challenges and work towards new achievements.

DAY 2: Start the day with some energetic high challenge activities in the spectacular Loch Eil grounds.

Get your first taste of paddling with an introduction to the basic techniques. You may even get the chance to practise capsizing and rescuing, ready to put into practice on your own adventures. At this point, you'll begin to feel more confident in social situations and able to step outside your comfort zone.

DAY 1: Sit down to dinner with your instructor and your new team mates. Grab your kit and prepare for the week ahead. Enjoy some icebreaker activities to get to know your group.

DAY 5-7: Journey out into crystal clear waters for your multi-day expedition. Spend the day touring the coastline and wildlife spotting from your kayak.

Spend the night camping out underneath the stars, having pitched your tent and cooked a meal on a beach.

Take on greater responsibilities as a group as you plan your own routes. This will help you to understand leadership and communication skills.

Return to the centre and review your experiences with your instructor.

DAY 4: Head off into open water to explore the rugged and remote Scottish coastline in open boats or sea kayaks. Boost your confidence as your paddle round remote beaches and deep caves.

Pack up your kit and prepare for expedition!