

## Surf and Sea Kayak Brittany - Sept 2018



Rick Cooper (British Sea Kayaks) and John-Paul Eatock (Surf Kayak Coaching and Lizard Adventure) have joined forces to combine their expertise in both Surf and Sea Kayaking to deliver a trip to Brittany to challenge and suit your paddling needs. Experts in their field, they are excited to share with you the best the Brittany coast has to offer, using their high-level coaching and guiding experience plus an intimate knowledge of the area.

### **What level paddler do I need to be?**

- ❖ For Surf kayaking, we are happy to work with novice through to advanced. Once the surf kayakers have shared their level of experience and aspirations with us, we endeavour to pick the best spot to suit your ability and needs.
- ❖ For sea kayaking, this trip will best suit paddlers who have a fairly reliable roll, are comfortable with rescues and are keen to further build their confidence in more bouncy water.

### **Where?**

The plan is to be flexible, given the weather, with a focus around La Pointe du Raz at the westernmost tip of Finistère, or Pen-Ar-Bed in the local language of Breton. It means Land's End and it really feels like the end of the earth. From the clifftops you can see the curvature of the earth and the coastline has a real sense of myth and legend. For the courageous and skilled paddler, it offers tidal races, amazing scenic paddling and a range of suitable surf beaches.

We will base ourselves at a campsite that is typically Breton, just minutes from our favourite beach. It's perfectly placed for taking advantage of spectacular paddling to the North, South, East and West. This little campsite is a hidden gem. There's a tiny bar, hot showers, drying lines and nice flat pitches. A shop is nearby and of course a selection of bakeries for the all-important croissants and pain-au-chocolat. What more do we need?

### **When?**

Departure: Wed 19 Sep 2018, 22:00. Arrival: Thurs 20 Sep 2018 08:00

To

Departure: Mon 24 Sep 2018. 15:00. Arrival: Mon 24 Sep 2018 20:10

The dates have been chosen to take best advantage of the tides and the warm, clear September water.

### **What's included?**

Full coaching/guiding on the water. Transport of your kayak and equipment if required.

## **What will I need to bring?**

We can hire out the equipment to you, however it is best if you bring your own water gear as you know how it works best. If you need surf kayak gear, please go to [annette@surfkayakcoaching.com](mailto:annette@surfkayakcoaching.com). If you need sea kayak gear, please go to [rick@britishseakayaks.co.uk](mailto:rick@britishseakayaks.co.uk)

You will also need to bring your own camping gear and we would recommend bringing food, aiming to top up whilst you are in France (we find the wine and bread particularly agreeable). If you are surf kayaking, bring a memory stick to keep all the video footage that will be taken to help with your personal development and coaching.



## **What is the cost?**

The cost for the trip coaching is £385pp. If you want to try your hand at both surf and sea, please give us some notice so that we can staff and equip it correctly.

## **How do I book?**

If you are planning to predominantly Surf, please contact [annette@surfkayakcoaching.com](mailto:annette@surfkayakcoaching.com), for predominantly sea kayaking please contact [rick@britishseakayaks.co.uk](mailto:rick@britishseakayaks.co.uk)

## **What is not included that I will need to budget for?**

Your ferry fee, sustenance, camping and adequate insurance. For the overnight ferry you will need to book a reclining seat or more. For the day time ferry, you will not have to book a seat etc unless you choose to. We would recommend that you go in your own vehicle to allow yourself flexibility. If you wish to share one of our vehicles or split the cost with another client, please get in touch with us.

We're already excited and we know this trip is going to fill up quickly for sure. Don't delay - book now!

J-P and Rick