



## QUICK SUMMARY

**Trip length** - 3 days (2 nights wild camping)

**Meeting place and time on day 1** - Arisaig 09.00, Lochailort 09.30

**Trip finish times on day 3** - Lochailort 15.30, Arisaig 16.00

**Food** - Dinner on day 1 to Breakfast on day 3 included. You'll need to bring 3 lunches and snacks.

\*\*\*Equipment - we need to receive an email prior to the trip with your requests for equipment and sizes - please see below for more information.\*\*\*

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## WHAT TO EXPECT

This trip is open to sea kayakers of any experience level - from beginner to expert. We would recommend that you have some sea kayaking experience before joining this trip, a day trip or intro course would be an easier introduction to sea kayaking than heading straight off on expedition. This trip is also suitable for more experienced paddlers wanting to explore the Arisaig coastline.

**If you are a beginner then please read this:**

*To get the most from sea kayaking you should have a reasonable level of fitness and a sense of adventure - you don't have to be an athlete but if you are not used to physical exercise or being outdoors then you may*

*find paddling a sea kayak difficult. Sea kayaking is an adventure activity conducted in the great outdoors, the weather can vary as can the sea conditions - this is part of the nature of adventure activities. Your guide will look after you, choose the route to paddle, teach you technique and offer advice but the paddling of the kayak is up to you - a positive attitude and listening carefully to your guide are important in helping you have a great time on the water.*

*Launching and landing is part of a sea kayak trip and you should be prepared to take an active part. The nature of the places where we launch and land varies - we may carry the kayaks a short distance over rocks and seaweed and these areas can be quite slippery (please see the note in the kit list below about footwear). You will also be required to load kayaks onto a trailer at the start and end of a trip - please let us know if you are unable to carry a kayak as you may not be able to take part in the trip safely - kayaks weight between 25 and 30kg and each kayak is carried by two people.*

*Sea kayaking is very safe if conducted in the right way. Your guide will keep a careful eye on the group and make decisions based on the sea conditions and the ability of the group. If you'd like to know more about how we manage safety on sea kayak trips or the qualifications your guide holds then feel free to ask.*

## ITINERARY

Meeting point:

We will meet in Arisaig village at 09.00 - we will park on the road in the centre of the village in the area outside the Spar shop. Our vehicles are Silver Vauxhall Vivaro 9 seaters towing a kayak trailer (reg begins DY66).

Our second meeting place is at Lochailort at 09.30 - we will park on the gravel siding next to the A861 immediately South of the T junction with the A830.

We also have a page on our website with [information on meeting places](#).

\*\*\*Vehicle parking - there is no parking available at either meet place. If joining the trip with a vehicle then we'll ask you to follow us to the launch point where you can park alongside our vehicle. Some places we launch are not big enough for many vehicles and so if we use one of those launch points then we'll park client vehicles as close as is practical and shuttle clients to the launch using our vehicle. A common question is about vehicle crime - I've never heard of any incidents of this in the Sound of Arisaig, it's a very rural area of the Highlands away from any cities\*\*\*\*

Day 1 to 3 - The exact route and distances covered are highly flexible and will be based on the forecasted conditions and the needs and competency of the group.

Trip finish - we will aim to be back at Lochailort by 15.30 and Arisaig by 16.00 at the latest on the last day of the trip.

\*\*\*Emergency number - 07961710038 or +447961710038

This phone will be turned on when the guide starts work, approx 08.30. Only phone or text this number if you can't make it to the meeting place on time on the morning of your trip. Do not text or call this number for any other reason. If you are not at the meeting place on time the guide will attempt to phone the number on your booking. If you can't attend your trip then please email to cancel.

## FOOD

Breakfast and dinner is provided on this trip during the expedition. Dinner on day one through to breakfast on the final day. We'll bring tea, coffee and some herbal tea. You'll need to bring lunch and snacks to eat during

the day. We can cater for any dietary requirements if notified in advance (there was an option to let us know about these when you booked - if you didn't notify us then feel free to let us know now).

**Breakfast** - We bring Porridge for breakfast with dried fruit and some additional things. If you don't want to eat porridge for breakfast then feel free to bring your own breakfasts (we can't work on an individual request basis for meals). We bring oat milk for tea and coffee but please note we don't bring enough of this for clients to use with breakfast cereal (please avoid bringing any cows milk if possible as it goes off quickly and can spill inside kayaks easily and makes a big mess of kit).

**Dinners** - we make meals that are vegan as a base, which meat or cheese can be added to. Please note that any meat we bring on trips will be cured and/or preserved and doesn't require refrigeration.

**Alcohol** - we will bring a single bottle of spirits, enough for a dram for everyone, and enjoy as the sun goes down - if you'd like to bring your own alcohol then feel free (bearing in mind you have to paddle the next day!).

**Water** - We will bring water bags for drinking water for the group. If these bags need to be refilled during the trip then we may do so from public taps or from streams and we can provide sterilising tablets should you wish to add them to your water bottle (or feel free to bring your own). We can't provide any information on the safety of water we acquire during the trip.

**Lunch and snacks** - there is a large variety in what clients bring to eat during the day, it really is up to you. Think about what you've eaten before and enjoyed when doing full days of exercise. A common mistake is for clients to bring what they think is more practical rather than what they actually like to eat.

Bear in mind you'll also be out for multiple days and so having some variety and giving yourself some choice is good (having the same thing for multiple days in a row is not much fun!) and bear in mind how food can have a big impact on enjoyment so don't be scared to bring plenty of chocolate! For lunch it's best to bring stuff that doesn't need to be heated or cooked - this allows for a quicker lunch stop if it's raining for example.

Wraps or flatbreads are a common choice for lunch, they can be filled with almost anything - tinned meat or fish, cheese, grated vegetables, sundried tomatoes or pickled vegetables, condiments, packs of pre-cooked grains or lentils. Oatcakes or crackers are also good. Please consider food hygiene and the fact we don't have refrigeration on a kayak trip if you are bringing meat. Tins or cured meat that doesn't need to be refrigerated are a better idea.

## **WILD CAMPING**

We will be wild camping on this trip for two nights.

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### **\*\*\*Equipment Information you need to provide\*\*\***

Prior to the trip we need to receive an email from you with the following information (Please just keep it simple in order to avoid mistakes and feel free to use the following numbers to make the information clear) -

#### **1. Kayaking equipment (we will automatically bring for you) -**

We need to know what size of waterproof jacket and trousers to bring for you.

Waterproof jacket -

XS (10), S (12), M (14), L (16), XL (18), XXL (20)

Waterproof trousers -

S (12), M (14), L (16), XL (18), XXL (20)

The fit is relaxed so if you pick your usual clothing size then it should fit fine. You can choose a different size for top and bottom if you wish. The waterproofs are Peak tourlite hoody and semi pants - feel free to look up a size chart on their website if you are really unsure.

We will bring for you Waterproof Jacket and Trousers, Buoyancy aid, spraydeck and paddle - please notify us if you are bringing any of your own of these items.

## **2. Kayak (we will automatically bring for you) -**

We will bring a kayak for you based on information you provide us - at the minimum this would be the size information you give us for the kayaking kit. But feel free to provide more information - height and weight, what you've paddled before and enjoyed (or hated), or if you've paddled with us before and want to request a specific boat from our fleet then feel free to do so.

## **3. Tent and sleeping mat ( we will only bring for you if requested) -**

Please let us know if you need to borrow a tent and/or sleeping mat. We will not bring a tent and/or sleeping mat for you unless you ask for these items. Our tents are MSR Elixir 2 (they can be used individually) and sleeping mats are Forclaz inflatable trekking 5cm thick.

# **KIT LIST**

### ***How to read the kit list -***

Highlighted in **Green** are items we can provide.

Highlight in **Yellow** - items that can't be supplied by us.

### ***Kayaking kit (automatically provided):***

**Kayak | Paddle | Buoyancy aid | Waterproof kayaking jacket and trousers | Spraydeck**

### ***Other kit (automatically provided):***

**Dry bags**, sized between 5 and 15 litres are best. (we will automatically bring enough dry bags for the whole group but feel free to bring your own if you prefer)

We will automatically bring **bowls, mugs and cutlery** for everyone (as well as stoves etc.)

### ***Camping kit (provided by request):***

**Tent** (if you bring your own tent then it needs to be a backpacking style tent that is sturdy and compact - no pop up festival tents or car camping style tents please! Please also avoid bringing super lightweight style tents that have very little wind resistance)

### **Sleeping mat**

### ***You'll need to bring these items:***

Adapt this list to the trip length and the season.

**Hat(s)** to suit the weather conditions – cap, sunhat, beanie (*I bring all of these*).

**Sunglasses** – it can be very bright on the water, cheap pairs are better in case you lose them.

**Sunscreen** – it is very easy to get sunburn on the water.

**Water bottle(s)** - for use during the day, usually up to 1L is adequate.

**One full set of clothes for kayaking in** – For wearing underneath the kayaking waterproofs. Synthetic clothing – like hill walking, cycling or general sports gear work well for kayaking. Please avoid cotton as it is heavy and cold if it gets wet. In the summer most people opt to wear shorts and/or leggings and a synthetic sports type t-shirt and/or long sleeve thermal base layer with an additional layer to wear if it's colder or if you get wet (we'd recommend a microfleece type layer). You will need to wade in the water a short way to launch and land the kayak - the lower half of your legs and feet will get wet. You should bring enough kayaking clothes so that if you are wearing all of your kayaking clothes and they are all wet then you will still be warm enough in poor weather (*I personally bring - thermal leggings, shorts, synthetic t-shirt, thermal long sleeved base layer, light fleece jacket.*)

**Footwear for kayaking** - We usually launch and land on areas with seaweed and rocks, bring footwear that you don't mind getting wet and that you will be comfortable wearing for moving across these areas, sturdy wetsuit boots, trainers, walking shoes or running shoes are a common choice, heavy walking boots, crocs or flip flops are not suitable.

**One full set of clothes for wearing on shore** – when we get to camp we'd usually put up the tents and then get changed out of the kayaking gear, so you need a full set of clothes that you'd be happy wearing for the rest of the day/evening (This set of clothes is not used for kayaking at any point). A warm jacket and a warm hat is also very useful for when the temperature dips in the evening - a down jacket, fleece or synthetic jacket (*I personally bring thermal leggings, walking type trousers, 2 x t-shirt, fleece jacket, warm synthetic insulated jacket, warm hat, thin gloves*).

**Waterproof jacket and trousers** - for wearing whilst on shore (additional to the ones you use for kayaking - which we provide).

**Footwear for wearing on shore** - Walking boots, running or walking shoes are a good choice for footwear. Bear in mind that shoes pack much easier than big walking boots (*I personally bring waterproof trail running shoes*).

You may bring a **camera or mobile phone** on the trip if you wish but please note that seawater and electronics are not a good mix - we'd recommend using a waterproof case for any electronics you bring on the trip. You might also want to consider the opportunity for a bit of digital detox and not bring your smartphone.

**Sleeping bag** - compact sleeping bags are best, like the ones designed for hiking. There is a lot of personal preference when it comes to the temperature rating of a sleeping bag and whether you like to bring sleeping clothes as well as a large variation in temperature in Scotland. But if you are really unsure then bring a bag with a comfort rating of zero (or below)(no bag with a higher comfort rating than 5 degrees unless you know it works for you).

**Headtorch or torch** - a mobile phone torch app would work if you don't own these.

**Personal wash kit/hygiene + towel** (compact travel towels work best - no bulky cotton towels please!), please consider the environment with the products you bring.

**Ikea bag** - if you own one of those blue Ikea shopping bags then bring it along, very useful for un-packing all your gear when we get to camp (or any similar packable lightweight bag).

**Midge head net + smidge or natural deterrent of choice** (strictly no DEET products please - it wrecks waterproof fabrics and doesn't work any better than smidge anyway) Midges can vary - if it's windy or sunny then they won't be out, so we can go for weeks without seeing any. But if there is no wind and it's cloudy in mid-summer then you'll likely encounter lots of midges so bringing long sleeve clothing and a midge head net



is essential. Midges don't fly very far from where they live (typically in vegetation in boggy ground) and so aren't found on the water.

**Anything else you'd like to bring** (which can fit in a kayak!) Harmonica, sketch book, inflatable pillow, hip flask, GPS device or anything else that will add to your enjoyment of the trip.

**Kit advice** - It's best to bear in mind that you will have to pack all your gear into the kayak - there is enough storage space in a sea kayak but the more kit you have and the bulkier individual items/bags are then they will be more time consuming and awkward to pack. Some items of clothing are quite bulky - such as jeans or a cotton type hoody, it's best to consider whether you have a more compact alternative and whether an item is really necessary. I would recommend going through your kit and removing duplicates or any unnecessary items. The ideal aim for your clothing is to have two full sets (kayaking and shore) and that you can wear each full set all at once (plus a spare or so). It's unlikely you'll do this unless you get soaked or it's cold but this helps to avoid bringing unnecessary kit.

Being organised with how you pack your kit into dry bags also helps a lot with saving time and effort when it comes to packing kayaks. If you group your kit into sets (for example keeping all your on shore clothing in one bag) and thinking about when you'll need each set of kit then that can help with organisation.

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## TERMS AND CONDITIONS

### **Arisaig sea kayak centre terms and conditions**

Arisaig sea kayak centre is a trading name of Arisaig Adventure Ltd.\*  
Company number 09891564

### **Booking a trip**

To book a trip you are required to make a non-refundable deposit payment. This can be made through the following methods: By credit or debit card, Visa or Mastercard. By Bank transfer, details available on request.

Booking a trip is a sign of acceptance of a contract between yourself and Arisaig Adventure Ltd. This contract is subject to the following conditions:

### **Payment schedule**

Day trips: A trip can be booked with a 25% deposit of the full trip fee. The balance is payable 14 days prior to the trip.

Multi day trips: A trip can be booked with a 25% deposit. The balance is payable 42 days (6 weeks) before the start of the trip.

### **Trip cancellation or changes by us**

#### *Day trips:*

Trips are very rarely cancelled as Arisaig offers lots of options when it comes to kayaking. However, occasionally it may be necessary to cancel a trip due to dangerous or unsuitable conditions. Arisaig adventure ltd. will notify the customer as soon as is practical – sometimes this may mean no prior warning can be given

and the trip may be cancelled on the day of the trip; we retain the right to cancel a trip at any time for safety reasons. A full refund or booking on another available date will be offered. All decisions will be made with safety as the number one priority and explained in full to the customer.

#### *Multi day trips:*

Multi day trips require a minimum of 2 participants to run. If this number is not reached within 4 weeks of the start date of the trip then the trip will be cancelled and a full refund or alternate date will be offered.

If we have to make significant changes to any trip we will inform you as soon as is reasonably possible. These may include a significant change of location, changes to start and finish times of a trip. In such circumstances we will offer you the chance to cancel and will refund any payments you have made. In very rare circumstances we may cancel a multi-day trip due to being unable to run the trip as intended. An example of this would include illness or injury to the trip guide or equipment failure such as vehicle breakdown. In such circumstances any payments you have made will be refunded. This does not include trip cancellation due to force majeure events, unforeseen events or events relating to circumstances beyond our control.

Arisaig Adventure Ltd. will only ever refund payments made towards the trip fee. Any payments made by yourself to third parties in relation to the trip, for example travel or equipment purchases, will not be refunded. We recommend taking out personal travel insurance to cover these costs.

### **Trip cancellation or changes by you**

#### *Day trips:*

If cancelled within 7 full days of the start of the trip then you will be charged the full trip fee. If cancelled more than 7 full days from the start of the trip then you will be charged the deposit amount.

If you request any changes to the date or time of the trip within 7 full days of the start of the trip then Arisaig adventure ltd. may charge the full trip fee. Any changes to the date or time of a trip are subject to availability and will be offered at the discretion of Arisaig adventure ltd.

#### *Multi day trips:*

If cancelled within 28 full days of the start date of the trip then the full trip fee will be charged. If cancelled more than 28 days from the start of your trip then 25% of the trip fee will be charged.

### **Travel insurance**

We recommend you take out insurance to cover against personal accident and liability. We also recommend taking out insurance to cover against cancellation and loss or damage to personal belongings. We can't be held responsible for loss or damage to personal belongings whilst on one of our trips.

### **Liability Insurance**

Arisaig Adventure Ltd. holds public liability insurance, details of which can be provided upon request.

### **Under 18's**

On all trips under 18's must be accompanied by a parent or legal guardian.

### **Your responsibilities**

#### *Adventure activities*

Booking a trip is a sign of acceptance of the hazards involved in engaging in adventure activities and travel. It is your responsibility to ensure that your level of fitness and experience are suitable for your chosen trip. Arisaig adventure ltd. will endeavour to keep you informed of the requirements of the trip, if at any stage you feel that you do not have enough information on which to assess your suitability for the trip then it is your responsibility to request further information. Any itineraries or destinations offered are indicative only and will be offered as subject to the sea conditions and judgement of the guide. It is the objective of Arisaig adventure ltd. to deliver an enjoyable trip, we can not be held responsible for any loss of enjoyment due to changes in the itinerary, or adverse conditions.

### **Equipment**

Arisaig Sea Kayak Centre will provide all specialist kayaking equipment. It is regularly checked and maintained. A kit list will be given to all participants prior to the trip, it's important that you bring everything on this list as it directly relates to your enjoyment of the trip.

### **Medical conditions and dietary requirements**

It is your responsibility to disclose any medical conditions that may affect the safety or enjoyment of yourself or any other trip member. It is also your responsibility to disclose any dietary requirements.

### **Cancellation due to improper conduct**

We reserve the right to cancel your trip should we feel your actions are compromising the safety or enjoyment of other trip members. We also reserve the right to cancel your trip should an undisclosed medical condition compromise your safety or that of other trip members. In these circumstances the trip fee will not be refunded.

### **Complaints procedure**

If you are unhappy about any aspect of your experience with Arisaig adventure ltd. then let us know as soon as possible and we will act to rectify the situation. We are a small company and as such take customer satisfaction very seriously.

If you want to make a formal complaint then this will be accepted in writing (email acceptable) no later than 14 days from the date of your trip. If a complaint is received later than this then we can't guarantee a satisfactory settlement will be achieved.

Arisaig Adventure ltd. 01/01/2023