



Scottish Canoe Expedition Information 2009

Venue:

We hope to enjoy an extremely wild and remote trip to Assynt in North West Scotland – the premier British venue for open canoeing.

Please note that weather and water conditions may force a very late change of plans.

Overview:

This expedition involves self sufficient wilderness journeying using open canoes. We will travel by paddling, lining, portaging, sailing and poling as appropriate to the terrain. It is useful, though not critical, to have a reasonable fitness level beforehand in order to get the most from this trip. As long as boat space exists you may choose to paddle either tandem or solo - though solo paddlers should be competent. No previous experience is required if paddling tandem with a competent canoeist. You must discuss your ability and experience with us prior to booking the course.

Stowage systems:

There are several ways to tackle this though a very good one is to use two small waterproof barrels* (approx 2' high x 1' diameter) – not the larger barrels. Place all equipment which must remain dry in these. Everything else can be placed in a variety of small dry bags which then go into a large portage* sack or rucksack with shoulder straps. By this method everything fits easily into the boat and all gear can be portaged, when necessary, in one go. You will need to arrive on Monday morning with your kit ready packed to stow in the bus. We will need all hands on deck by 7.00am to assist with loading as we need to make a prompt start. You can pick up barrels in advance from Dallam.

* Portage means to carry all the boats and equipment from one area of water to another – this can be exhausting, especially if people have over-packed! Please bear this in mind when you are packing.

A Potential Itinerary:

Monday: Meet Dallam 7.00am. Load pre-packed gear, depart Dallam 7.30am.

Drive to Assynt, approximately 10 hours. Bus shuttle if required. Evening paddle into the sunset and night to camp on the shores of the Cam Loch.

Tues: Paddle and explore westwards along Loch Veyatie to campsite under Suilven on the Fionn Loch.

Wed: Paddle/sail and portage west and south into Loch Sionascaig. Camp under Cul Mor and Stac Pollaidh - feel free to climb one if you have the energy.

Thurs: Explore Loch Sionascaig heading west towards Boat Bay. Load equipment, travel to Ullapool to camp/hostel, shower and spend a good night relaxing!

Fri: Return to Dallam, unload and sort out equipment.

Kit List (please bring everything on the list, unless we state otherwise):

- Three complete changes of dry clothes and footwear to cope with warm and cold conditions – one set will be your paddling gear, one will be for on land and you will have a spare.
- Waterproof cagoule and spare – can be provided by Dallam
- Waterproof bottoms and spare set
- Hat, sunscreen and sunglasses (we live in hope!!)
- Torch and spare batteries
- Bowl, plate, drinking mug and cutlery
- Sleeping bag
- Sleeping mat (can be provided by Dallam)
- Large plastic 'bivvy bag' to put sleeping bag in if raining. (All outdoor shops stock these at a small cost – do not unwrap from packaging)
- Tent (can be provided by Dallam)
- Stove (can be provided by Dallam)
- Food and drink for 6 days, including some that is suitable for day-time consumption.
- Water containers – the platypus/flexiflask type are best
- A piece of foam 60cm x 30cm to kneel on in boat (kneeling is the best position to paddle a canoe)
- Trowel, nappy sacks and toilet roll.
- Personal 1st Aid kit and medication
- Washing kit and towel (please bring biodegradable soaps etc).
- Waterproof barrels will be available at Dallam for kit which needs to be kept dry.
- Any medication required (this should be given to the staff with clear instructions).
- Please do not bring any electronic equipment e.g. Mobile phone, Nintendo DS, etc.
- Insect repellent (optional but recommended!)

All specialist canoeing equipment will be provided.

Staff will talk through safety procedures and check equipment at the start of the course.

Dallam Training and Education Centre is licensed by the Adventure Activities Licensing Authority to undertake the provision of adventure activities as advertised, and under the conditions of the AALA ensures and maintains arrangements necessary for the effective implementation, control, monitoring and review of the measures necessary to ensure safety.

Due to high staff/student ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled we strongly advise you to take out appropriate insurance. Dallam is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled by the centre a full refund will be given.

“make every experience count”



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