

Sea Kayaking Scotland's Atlantic Coast

Trip Code: WKA

Version: WKA Sea Kayaking Scotland's Atlantic Coast



SEA KAYAK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Some of the best sea kayaking worldwide including the incredible Arisaig Skerries
- Comfortable beds, hot showers and great local pubs and restaurants
- Incredible wildlife spotting opportunities along some of Britain's wildest shores
- Delve into the history of this stretch of the Scottish Sea Kayak Trail and discover it's links with the Jacobites

AT A GLANCE

- 6 days sea kayaking
- Join at Aviemore or Fort William

ACCOMMODATIONS & MEALS

- All meals included
- 3 nights Hotel
- 2 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

A true sea kayaking adventure on Scotland's rugged and wild west coast, this area is considered one of the finest locations in the world for paddling. We'll explore the central section of the Scottish Sea Kayak Trail passing through incredible scenery including ruined castles, archipelagos of uninhabited islands, and stunning white sand beaches.

Is this holiday for you?

This holiday is suitable for fit paddlers with at least 5 days of previous sea kayaking experience and a basic level of technical competence. You can expect 6 to 7 hours of sea kayaking each day with plenty of on shore breaks to rest and stretch your legs. You will also be asked to assist with carrying the boats to and from the water, working as a team.

The kayaking will be in coastal waters with few open crossings but you can expect to be paddling in some choppier conditions during the trip. This may be around Sea State 3 (with waves up to 1m high). On the higher Blue grade trips you may be paddling in more exposed areas and encounter stronger winds and waves up to Sea State 4.

If you are unsure about your experience or about Sea States, please give us a call or email to discuss. If you do not yet have enough experience we suggest our Green graded sea kayaking trips.

In the event of bad weather preventing us from kayaking your guide will offer an alternative activity such as a hike.

Itinerary

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DAY 1

Meet at Aviemore or Fort William Station, transfer to Loch Linnhe or Loch Eil for an introductory paddle.

Meet at Aviemore or Fort William Station and transfer to Loch Linnhe or Loch Eil via an inn or cafe for lunch en route. We'll head out onto the water after lunch for our first paddle of the trip, refreshing skills, and getting acquainted with the stunning scenery of the sea lochs of the West Highlands. Transfer to our charming guesthouse accommodation near Loch Sunart.

Meals: **L D**



Accommodation
Guesthouse

DAY 2

Paddling around the Sound of Mull and discovering some of its abundant wildlife.

Today we head south to the Sound of Mull and Loch Aline, the perfect place to encounter dolphins and minke whales as they cruise the sea lochs in search of food. Lochaline, where we put in today, is a gorgeous little fishing village at the confluence of the loch and the sound. After a wonderful day on the water we return to our guesthouse late afternoon.

Meals: **B L D**



Accommodation
Guesthouse

DAY 3

Sea Kayaking on Loch Sunart with options to explore the islands of Risga, Carna, and Oronsay.

A stunning day on Loch Sunart awaits today, exploring the islands and promontories of Risga, Oronsay and Carna. This loch forms the southern boundary of the Ardnamurchan Peninsula and a varied stretch of coastline providing lots of interest for sea kayakers. Keep your eyes peeled for sea otter gambolling

amongst the kelp and white tailed sea eagles patrolling the skies of this wild and beautiful stretch of sea loch.

If time allows, we'll finish the day with a short drive over to Ardnamurchan point, mainland Britain's most westerly point. Transfer on to our next accommodation, a Highland Inn at Loch Ailort.

Meals: **B L D**



Accommodation
Hotel

DAY 4

A water borne exploration of Loch Moidart and Castle Tioram.

Today we continue our exploration of the central part of the Scottish Sea Kayaking Trail along Loch Moidart. We'll pass the haunting and dramatic ruins of Castle Tioram and on to Eilean Shona, the beautiful island. This stretch of coastline is some of the most beautiful in all of Scotland. It is a patchwork mix of sea kelp, bladderwrack and drifts of sand at sea level, rising through heather, gorse and bracken fringing the open woodlands of birch and majestic caledonian pines. You may also be able to spot the tumbledown walls and structures of the abandoned settlement of Briagh along the shores of this beautiful loch.

Meals: **B L D**



Accommodation
Hotel

DAY 5

The blue riband day of the trip, kayaking amongst the simply stunning Arisaig Skerries.

Without doubt, this is the golden ticket, in fact, the area we're kayaking through today is considered one of the best days paddling, worldwide. The Arisaig Skerries are an archipelago of tiny islands, of lichen painted rock formations and the dancing purple flower heads of thrift, protruding from the mouth of Loch nan Ceall. These islands are lined by golden white sands that are exposed and connect some of the islands to each other at low tide, and at higher tides, provide bright turquoise waters to paddle through. Keep your eyes peeled for seals and birdlife that exploit the small coves and beaches for protection and shelter for nesting and raising young.

On clearer days you'll be able to see the rugged mountains of Skye and Rum visible across the sea. A truly magical experience, this is scottish kayaking at its absolute finest. We return to our accommodation at the end of the day for a final evening meal together, sharing stories of our incredible day on the ocean.

Meals: **B L D**



Accommodation
Hotel

DAY 6

A final paddle before our return transfer to Inverness.

After breakfast we'll head out for one final paddle on either Loch Ailort or Loch nan Uamh. This area has a particularly chequered history, being the scene of a Jacobite/Royal Navy skirmish in the 18th Century one of the key moments of the Jacobite uprising of the 1740s. After our final paddle, we'll take the transfer on to Fort William and Aviemore to make our connections.

Meals: **B**

Holiday Information

What's Included

- A professional and qualified guide (ratio 1:4)
- All transfers involved in the itinerary
- All accommodation as described
- All meals
- All specialist sea-kayaking equipment including sea-kayak / paddle / waterproof cags and buoyancy aids

What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Airport transfers
- Drinks
- Miscellaneous personal expenses

Important Notice

This holiday is operated in association with Wilderness Scotland, and they sell their own customers directly on to this trip also. KE acts as an agent for Wilderness Scotland and by booking this holiday you are entering into an agreement directly with Wilderness Scotland under the terms of their [booking conditions](#).

Joining Arrangements & Transfers

On Day 1 of the itinerary your guide will meet you at Aviemore Railway Station at 10.00am.

On Day 6 of the itinerary you will be transferred to Aviemore Railway Station for 4:00pm.

A pick-up in Fort William at 12:15pm on Day 1 and a drop-off on Day 6 at around 2:30pm, is available on request.

Meal Plan

All meals from Lunch on Day 1 to Lunch on Day 6 are included.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Breakfasts and lunches are included, while dinner is included on the first and final nights. Naturally, vegetarians and other dietary requirements can be catered for, simply let us know in advance. For evening meals not included, we can dine at the Inns or visit other local restaurants, which offer good food at reasonable prices. The final dinner of the trip will be taken in the excellent restaurant of the Torridon Hotel.

On this trip we generally eat dinner as a group however if you would like to make alternative arrangements you are free to do so. Your guide will have an evening off during this trip where they do not eat with the group. They will recommend options for dinner that evening and will help you make any necessary reservations.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

You will stay in two different locations during your trip. For the first two nights you'll be in a welcoming and cosy guesthouse near Loch Sunart. The final three nights of your trip we'll be in a traditional Highland Inn at the head of Loch Ailort. Both accommodations are in beautiful accommodations adjacent to the sea lochs you'll be paddling during your stay, offering food, refreshment and respite between busy days on the sea.

Group Leader & Support Staff

The group will be led by an experienced and qualified leader.

Baggage Allowance

There is no weight limit for your luggage on this holiday, however you will need to be able to lift and move your own luggage easily. There is also limited room in the transfer vehicles, and so one bag to be transferred and one day pack per person is ideal.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in the UK is Sterling.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Sea Kayaking Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

Essential items for you to bring:

Upper Body

- Moisture wicking base layer – synthetic or merino wool
- Heavier weight fleeces / jumpers such as microfleece

Lower Body

- Waterproof over-trousers
- Swimming costume / trunks (if the weather is nice)
- Shorts

Feet

- Wetsuit socks, waterproof socks or warm wool socks
- Neoprene shoes, trainers or wellies

Head and Hands

- Warm wool hat and sunhat
- Buff / neck gaiter
- Gloves (optional - we provide Pogies, which are mitts that fit over your hand and paddle-shaft)

Essential items to have while sea-kayaking:

- Water bottle or hydration bladder with 1-2 litre capacity
- Full change of clothes in the event of a capsize
- Sunglasses with buoyant strap
- Sunscreen and lip balm

Recommended Optional Items:

- Camera (spare batteries, memory card)
- Binoculars
- Plug adaptor (if travelling from outside the UK)
- Thermos flask
- Lunch box
- Midge net / Deet insect repellent
- A dry cloth for wiping sunglasses
- Polythene bags for valuables (to keep within dry bags)
- Gloves when not paddling

In addition, on our wild camping expeditions, please bring:

- Travel towel
- Antibacterial hand gel

Personal First Aid Kit:

- Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any special medication you may need.
- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings
- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g. ibuprofen
- Analgesics e.g. aspirin
- Anti-diarrhoea drugs e.g. Imodium
- Antihistamines
- Re-hydration salts or solution e.g. Dioralyte
- Spare contact lenses and glasses (if appropriate)

Group and Safety Equipment (Provided):

We provide all necessary group equipment including: kayaks, paddles, cagoules, bouyancy aids, spraydecks and dry bags. We will also provide all group safety equipment such as first aid kit, emergency shelter, flares, mobile phone, DeLorme satellite locator etc which will be carried by your guide.

Required information for equipment hire:

Height, Weight, Right or Left Handed, Shoe Size, Chest Size, Can you swim.

Land Only Information

We sell this holiday on a Land Only basis, joining with the group at Aviemore Train Station on day 1 of the itinerary

Why Choose KE

Why KE?

This trip is an incredible opportunity to enjoy some of the best sea-kayaking worldwide with an expert guide. You'll stay in a comfortable guesthouse and a Highland Inn both providing the perfect opportunity to rest after a full day on the loch. All of your food, accommodation, transfers and expert guide are included, plus the sea-kayak, paddle, waterproof cagoule, and buoyancy aids.

Please Note This document was downloaded on 08/07/2025 and the trip is subject to change