

Sea Kayaking - The Scottish Highlands

Trip Code: WSH

Version:



SEA KAYAK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- The perfect trip for first-timers, combining adventure with comfort, sea kayaking in beginner-friendly sheltered waters finishing each day staying in the comfort of a Highland Inn on the coast
- With a 1:4 guide to client ratio, you're in the perfect place to learn essential sea kayaking skills
- Explore the stunning coastal scenery of the Torridon region
- Price includes all high quality freshly produced meals, welcoming accommodation in a Highland Inn,

an expert guide and all your technical sea kayaking gear

AT A GLANCE

- 6 days kayaking
- Join at Inverness

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Join us on a journey through some of the best coastal scenery in Scotland's Northwest Highlands. Kayak through sheltered sea lochs, navigate stunning coastlines and gaze up at the towering peaks of the Torridon mountains. On the fourth day of this trip, we'll transfer south to the picturesque village of Plockton, our home for the final few days of the trip. Paddling off the wild shores of Wester Ross, Coigach and Assynt - classic kayaking territory with many islands and sea lochs.

Stay in friendly Highland accommodation based on the shores of Loch Torridon and the picturesque village of Plockton. After a day of kayaking in Scotland you'll return to your cosy accommodation to relax in the evenings, enjoying comfortable rooms and hearty meals.

Learn more about Sea Kayaking [here](#).

Is this holiday for you?

This holiday is suitable for those with little or no previous sea kayaking experience. There is an emphasis on instruction and developing your skills while enjoying the surroundings of some superb locations. You will be able to progress your skills and experience throughout the trip. You should have a reasonable level of fitness and you can expect up to 6 hours of sea kayaking each day, with breaks onshore to stretch your legs. You will also be asked to assist with carrying the boats to and from the water, working as a team. In the event of bad weather preventing us from kayaking your guide will offer an alternative activity such as an easy hike.

The weather in Scotland can be unpredictable and at times can make activities more challenging. Please do bear this in mind when thinking about what trip to join. If our guides feel that you are not able to complete an activity like a scheduled paddle or hike they may ask you not to join in that day.

Itinerary

Version:

Holiday Information

What's Included

- A professional English-speaking guide
- All transfers involved in the itinerary
- All accommodation as described
- All meals
- Entrance fees to a whisky distillery
- Highland castle and wildlife reserve

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 the centre of Inverness Railway Station by the fixed seating area at 10.30am.

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

Meal Plan

All meals from Lunch on Day 1 to Lunch on Day 7 are included.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase 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 be based in a comfortable Highland Inn on the shores of Loch Torridon. The Inn offers modern accommodation in a stunning location. A great place to stay, eat and drink.

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 centre of Inverness Railway Station by the fixed seating area at 10:30am on day 1 of the itinerary.

Travel arrangements should not be booked until you have recieved your booking confirmation and the departure is showing 'Guaranteed to Run'.

Why Choose KE

Why KE

With a guide to client ratio of 1:4, you can be sure that by the end of this trip you will have mastered the basic sea kayaking skills whilst exploring one of the most beautiful spots in the highlands of Scotland. You'll stay in comfortable accomodation in Highland Inns throughout your trip, providing the perfect resting place after a day on the loch. Your breakfast and lunches, and some evening meals are included, as well as accommodation, transfers and an expert guide, plus the sea kayak, spray-deck, buoyancy aid, paddles and dry bags.

Please Note This document was downloaded on 04/09/2025 and the trip is subject to change