

# Sea Kayaking - The Scottish Highlands

Trip Code: WSH

Version: WSH Sea Kayaking - The Scottish Highlands



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

- 5 Breakfasts
- 6 Lunches
- 2 Dinners
- 5 nights Guesthouse

[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

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## DAY 1

**Meet the group at Inverness train station. Transfer to Torridon. Afternoon introductory skills session.**

Meeting in Inverness, we transfer north-west to Torridon. After a welcome briefing and lunch we take to the water for an introductory skills session and a short paddle around a small island where there is a sea eagles nest. Arriving at the Highland Inn early this evening there will be time to settle in before dinner.

Meals: **L D**



**Accommodation**  
Guesthouse

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## DAY 2

**Sea kayaking on Loch Shildaig - a clear sea loch with opportunities to spot a vast array of sealife.**

Today we will build on the basic skills we covered yesterday, ensuring that you have the essential tools for the journeys we'll be taking in the coming days. With a guide to guest ratio of 1:4, there is plenty of time for individual coaching to make sure you are comfortable in the boat and on the water. We'll enjoy a gentle journey around beautiful Loch Shildaig. The water here is so clear you can see meters down to the sea floor. Look out for the incredible diverse sea life including starfish, sea urchins, crabs and countless different types of fish as you explore the coastline.

Meals: **B L**



**Accommodation**  
Guesthouse

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## DAY 3

**Sea kayaking around the stunning Applecross peninsula.**

Today a short transfer around the coast will take you to the remote Applecross peninsula. Home to pristine sandy beaches and turquoise water, there are wonderful coastal features to discover. The

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peninsula is home to lots of free roaming Highland cattle so look out for them on the shore as you glide past. Depending on where you paddle today you might finish at the famous Applecross Inn where you'll enjoy a drink to toast the day.

Meals: **B L**



**Accommodation**  
Guesthouse

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## DAY 4

### Transfer day: Torridon to Plockton and sea kayaking on Loch Kishorn

After breakfast today we'll load up the kayaks as we transfer south to the beautiful village of Plockton. On the way we'll stop to enjoy a classic sea kayaking journey on the beautiful Loch Kishorn. We'll travel along the coast and perhaps venture to a remote deserted island for lunch. Back on dry land we'll head to Plockton where you can settle into the accommodation before enjoying a drink with a view out to the Isle of Skye.

Meals: **B L**



**Accommodation**  
Guesthouse

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## DAY 5

### Sea Kayaking in Plockton with opportunities for seal spotting.

Today we'll take a paddle from the coast near Plockton, known for its beautiful coral beaches and stunning views of the Isle of Skye and the mountains above Applecross. Seals are prevalent in this area and are known to pop up beside kayaks or watch curiously from the kelp covered rocks. We'll return to our welcoming accommodation tonight for a final celebratory meal together.

Meals: **B L D**



**Accommodation**  
Guesthouse

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## DAY 6

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## Kayaks and Castles - A final day paddle on Loch Duich and a lap of Eilean Donan castle.

After breakfast and packing up today we'll head out for a final morning paddle on Loch Duich. Well known as an otter habitat we'll keep our eyes peeled for a dark head emerging from the kelp or the swish and splash of a tail. We'll end the trip with a circumnavigation of Eilean Donan on which one of the most picturesque castles in Scotland sits. After lunch and back on dry land we'll leave the west coast behind and return to Inverness for your onward journey home.

Meals: **B L**

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# Holiday Information

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## 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 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 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 diet 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

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## 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.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

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 prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://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](http://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 direct 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.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.

[-> Find out more](#)

## 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 received 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 accommodation 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 18/05/2024 and the trip is subject to change