

Pre Course Information

Sea Kayak Intro Liguria & British Canoeing 3 Star Sea Kayak Training

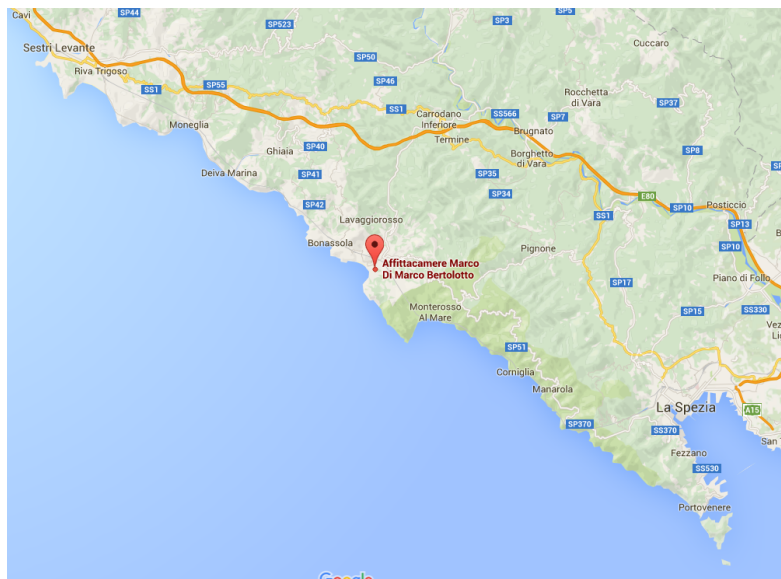
Levanto, Liguria, Italy

Course Times: First course day: 08:00 B&B Marco then possibly Pasticceria Bianchi's below for breakfast.

Accommodation: This is always included from the night before the course to the last day of the course. We normally have to be out of our rooms before we go on the water the last day. If not already requested, we may be able to extend the stay.

Meeting Points: **Affittacamere Marco Di Marco Bertolotto**, Via Giuseppe Garibaldi, 26, 19015 Levanto SP, Italy
Marco: +39 347 372 7654
info@bedandbreakfastmarco.com

Pasticceria Bianchi, V. Vinzoni 33 - 19015 Levanto



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Accommodation & Contact Details:

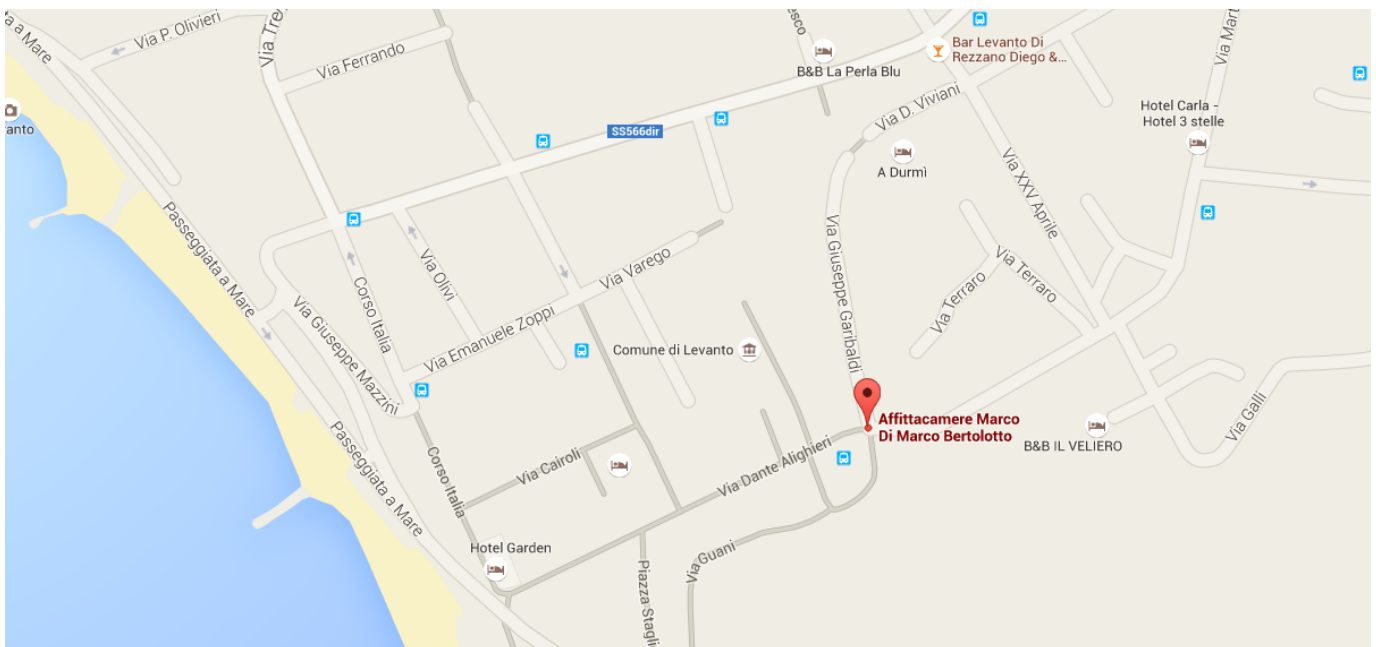
Affittacamere Marco Di Marco Bertolotto,
Via Giuseppe Garibaldi, 26,
19015 Levanto (SP)
Italy
+39 347 372 7654
+39 187 802 608
<http://www.bedandbreakfastmarco.com>

Parking: **Via Martiri**

Getting to there:

By Car:

- Levanto is on the Ligurian coast after Genova and Sestri Levante, take the Levanto turn off and follow signs for the town centre.
- Parking: Marco recommends to park at first in **Via Martiri** (20 meters from Affittacamere) to put the luggage because Via Garibaldi is pedestrian street.



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By Public Transport:

- Good regional and intercity connections via Genova to **Levanto**.
- Check www.sbb.ch for your connections from Switzerland and beyond.
- From the station it's a short walk. If you send an sms to Dave on 0799060551, we can see if we can pick you up.

Pre-requisites: Intro to the Sea

The intro to the sea course is aimed at people who already have experience on the lake and have paddled a sea kayak before. If in doubt just get in touch.

Improver/ 3Star Course

For this course it's necessary that you regularly sea kayak and have good boat handling skills on flat water and some experience on the Sea. If in doubt just give us a call or send us an email. Each day we will be paddle 10-20km (a manageable distance in a sea kayak)

Course Itinerary: The itinerary will be very much dependent on prevailing weather and sea conditions. The area can be windy and with some waves so we have to play it by ear and take what nature offers us.

The Levanto area offers all we need to practice and develop the skills with great scenery and lots of fun to be had rock hopping or even surfing. We'll make the most of the superb area around Levanto and also visit the neighbouring Cinque Terre.

There will also be some theory to give you some support in planning your journeys on the sea and then we'll put everything into practice during the course.

For those on the 3Star training, although this is a training course, if you're at the required standard we can give the

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3 star award and this will be done on an ongoing basis and not as a formal exam, so you don't need to worry and we'll make sure you get lots out of the course.

Course Content:

Again very much dependent on conditions and we will make the most of what is on offer with regard to wind, swell and surf. The area offers great variety and stunning scenery with plenty of rock hopping making it a great area to develop your sea kayaking skills.

We will also look at group management and rescues on the first day so that we as a group can work well together in case of wind and waves, and through the Intermediate course, we will follow the 3star Sea Kayak Syllabus and Assessment notes, which can be found here:

[BCU 3 Star Sea Kayak Syllabus & Assessment Notes](#)

This is a training course and although it might not be possible to attain the award in one course assessment will be made on a continuous basis. If you do manage to successfully complete all aspects of the syllabus then we will award the 3 Star certificate, meaning that you are now an competent intermediate paddler on the sea.

Course Tasks for 3 Star Assessment:

- 1. Plan an appropriate and realistic journey for a 3 Star group taking into account weather conditions and with timings and distances. What factors do we need to take into consideration when planning a journey on the sea?**
- 2. Arrive with all the kit you would normally take with you for a day's journey on the sea. In view of being a useful member of the group you should be self-sufficient you should bring along or know everything you should take with you to look after yourself look and be of use to the rest of the group. If you need to borrow anything just let us know.**

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What to Bring Along:

- Any paddling gear you have
- Paddle Jacket / Waterproof
- Rash vest if you have one (top that can get wet and stay reasonably warm (ie. not cotton))
- Longsleeve and short sleeve would be good
- Warmer clothes. thin jumpers
- Swimming clothes
- Footwear that you can get wet (flipflops, crocs...)
- Change of clothes for after
- For under a Drysuit (thermals, warm socks or shorts and t shirt if warm)
- Sun protection (cream, sunglasses and hat)
- Packed Lunch
- Drinks & Snacks

What we can supply:

If you need to borrow kit from us please send us a list with your sizes and we will then prepare that for you

- Sea Kayak
- Paddle
- Bouyancy Aid
- Neoprene longjohn wetsuit
- Paddling jacket
- Dry bags
- All safety Equipment (pump, spare paddle, tow line and emergency kit)
- Dry Suit & Boots (available for rent)

Contact Details

If you need to contact us you can reach us down in Liguria on the following numbers

Hightide Office (Bönigen): + 41 79 906 05 51

Dave: + 41 79 673 64 01

Olivia: + 41 79 686 87 41

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