



Dunard  
Castlebay  
Isle of Barra  
Outer Hebrides  
HS9 5XD

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## **HEBRIDEAN JOURNEY**

Thank you for booking onto our 'Hebridean Journey' paddling holiday.

### **Equipment List**

The following list of equipment is recommended for paddling and on land activities. Additionally, we recommend bringing personal clothing for the evenings and travelling.

Waterproof trouser (CWP provide paddling cag)	Swimming costume
2 base layers: micro fleece, synthetic/wool	Sun cream, Sunglasses/Cap
2 spare extra layers: fleece/wool	Camera (waterproof case essential)
2 sets of leg wear: fleece, quick drying walking trousers	Binoculars (waterproof case essential)
Waterproof jacket for land based activities	Water bottle
Hat & gloves	Small dry bag for personal equipment (we provide larger dry bags for clothing and equipment)
Walking boots/shoes	Insect repellent/midge hood
Neoprene shoes (well worth the investment)	

We will provide all kayaking equipment including paddling jackets, buoyancy aids, spraydecks and dry bags. Please make sure you have waterproof trousers for use in the kayaks.

**Camping Kit** We will provide the catering/cooking equipment. You will need to bring along a tent, sleeping bags and sleeping mats and any other equipment you use whilst camping. A midge hood and repellent is also recommended.

We have a limited supply of camping equipment, which can be rented (£10.00 a night per person). Please advise us well in advance if you wish to hire equipment

### **What to wear on the water**

We would recommend clothing that will be warm and comfortable over a period of time in a variety of weather. Normally a base layer of a synthetic, wool or fleece material is sufficient. However it is good to have an additional layer close at hand if you are cold or when we land. On top of this you will want to wear a waterproof kayaking jacket (we supply these).

For your legs quick drying walking trousers/fleece trousers are good. On top of these waterproof trousers help to keep the legs warm and dry. As a rule we do not wear wetsuits, these tend to get clammy and uncomfortable over the course of a day. We do not anticipate you capsizing and if it should happen we can land on a beach and change to dry clothes.

### **Tour Itinerary**

We deliberately keep this tour flexible so we can make the best of the weather.

Saturday is a travel day with the trip beginning on Saturday evening with an evening meal when the ferry arrives in from Oban at 18.15.

### **Sunday-Friday:**

On Sunday morning we will pack our kayaks and head out for a 6 day expedition. We will arrive back at Dunard Lodge on Friday afternoon when the tour will finish.

### **Accommodation**

During the tour we will be staying at Dunard Lodge [www.dunardhostel.co.uk](http://www.dunardhostel.co.uk) There is a cosy living room with wonderful views over the castle to the islands and beaches beyond. There is also a kitchen, two shower rooms, drying room, three twin bedrooms and one double room. Single travelers will be expected to share twin rooms (same sex). If you require a single room then please let us know as soon as possible so we can try to arrange this, (there will be a surcharge for this option).

### **Travel to Isle of Barra**

**Ferry:** The Caledonian MacBrayne ferry runs from Oban to Castlebay, with the trip taking 5 hours. For more details go to [www.calmac.co.uk](http://www.calmac.co.uk) . We will meet you off the ferry when you arrive in Castlebay

**Flying:** Logan Air operate daily flights to Barra (landing on the beach) from Glasgow airport. You can find the searchable timetable at [www.loganair.co.uk](http://www.loganair.co.uk). The airport is about 8 miles from Dunard Lodge. **Please use the airport bus and ask to be dropped at Dunard Hostel, you will be staying in the Lodge. The bus is waiting in the carpark at baggage reclaim. As soon as you have picked up your bags jump on the bus.**

**Departing:** If you arrive by plane you can depart Friday afternoon or Saturday. We do have the Lodge booked for you on Friday night. You are free to make use of the Lodge catering facilities, or you can eat out in the village Friday evening. The ferry departs on Saturday morning at 7.55am, so we suggest getting breakfast on board. **Please inform us if you will require accommodation for Friday night.**

**Please let us know your travel plans to and from Barra, both mode of travel and arrival times**

### **Payment**

Please note that the balance of the holiday is due 60 days before the holiday commences.  
*Clearwater Paddling acts as collection agent on behalf of Dunard Holidays in respect of accommodation payments*

### **Cancellation Of Booking: Insurance Sliding Scale**

<u>Number of days before departure:</u>	<u>Cancellation Charges as percentage of holiday:</u>
More than 60	Lose deposit
41-59 days	Lose 45%
21-40 days	Lose 60%
0-20 days	Lose 100%

### **Bank Details:**

**Clearwater Paddling Limited**  
**RBS**  
**Account 00247404**  
**Sort Code 83-27-12**

**BIC: RBOS GB 2L**

**IBAN: GB77 RBOS 8327 1200 2474 04**

### **Insurance**

As a reminder we strongly recommend purchasing suitable holiday and cancellation insurance cover.

### **Finally.....**

If there is anything else you would like to know please do not hesitate in contacting us. We are looking forward to meeting you and having some great days paddling.

Many thanks Chris Denehy

# CLEARWATER PADDLING MEDICAL FORM

(Please return this form and the balance of the holiday payment 60 days before departure)

TOUR DATE: \_\_\_\_\_ LOCATION : \_\_\_\_\_

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

\_\_\_\_\_ POST CODE \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

CONTACT IN CASE OF EMERGENCY \_\_\_\_\_

\_\_\_\_\_

NAME AND ADDRESS OF DOCTOR \_\_\_\_\_

\_\_\_\_\_ TELEPHONE \_\_\_\_\_

HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ LEFT OR RIGHT HANDED? \_\_\_\_\_

DATE OF LAST TETANUS INOCULATION \_\_\_\_\_

ARE YOU PRESENTLY ON ANY MEDICAL TREATMENT? (please circle) YES NO.

IF YES PLEASE GIVE DETAILS \_\_\_\_\_

\_\_\_\_\_

PLEASE GIVE DETAILS OF ANY MEDICAL CONDITIONS, ALLERGIES OR AILMENTS THAT MAY AFFECT YOUR PERFORMANCE OR SAFETY

\_\_\_\_\_

\_\_\_\_\_

DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS? \_\_\_\_\_

\_\_\_\_\_

I understand that the nature of Clearwater Paddling sea kayaking trips involves an element of personal risk and potential dangers than the more usual holiday.

For safety reasons I agree to follow any directions given by Clearwater Paddling employees.

I agree to pay the balance of the trip I booked no later than 60 days before departure.

I understand that Clearwater Paddling have the right to cancel the trip up to 14 days before departure. We shall offer an alternative booking or refund all monies you have paid, but we shall have no other liability.

I understand that if I cancel my booking, a sliding refund scale will apply.

Signed \_\_\_\_\_ Date \_\_\_\_\_

PADDLING EXPERIENCE (please circle) 0 DAY 1-2 2-5 5-10 10-15 15+

Details of kayaking experience: \_\_\_\_\_

## TRAVEL PLANS

ARRIVAL Time and date \_\_\_\_\_ Mode of travel \_\_\_\_\_

DEPARTURE Time and date \_\_\_\_\_ Mode of travel \_\_\_\_\_