



Dunard
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Isle of Barra
Outer Hebrides
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TALL SHIP TO ST KILDA

Thank you for booking onto our 'Tall Ship' 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.

Bedding and Towels: Bedding is provided, but please bring your own towels.

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

Our start and finish point will be Lochmaddy on North Uist

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

Trip 8th-14th July

8th The trip begins at 11.15am with the arrival of the Uig ferry. We will get the opportunity to sail and kayak on our first afternoon.

9th-13th: We will spend the next 5 days both sailing and kayaking using the best conditions to explore St Kilda, the Monach Isles and the Sound of Harris

14th: Early departure for 7.30am ferry to Uig

Trip 15th-21st

15th The trip begins at 11.15am with the arrival of the Uig ferry. We will get the opportunity to sail and kayak on our first afternoon.

16th-20th: We will spend the next 5 days both sailing and kayaking using the best conditions to explore St Kilda, the Monach Isles and the Sound of Harris

21st: Early departure for 7.30am ferry to Uig

Travel to North Uist

Ferry: The Caledonian MacBrayne ferry runs from Uig on Skye to Lochmaddy on North Uist. For more details go to www.calmac.co.uk . We will meet you off the ferry when you arrive in Lochmaddy.

Flying: Logan Air operate daily flights to Benbecula from Glasgow airport. You can find the searchable timetable at www.loganair.co.uk. The airport is about 18 miles from Lochmaddy. You would need to organise a taxi or bus to get to Lochmaddy for 11.15am on the first day of the trip.

Please let us know your travel plans to and from Uist, 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