



# Anglesey Tidal Races

## Program Information



## Program Description

Anglesey in Wales, UK is a world-class sea kayaking destination and an area of outstanding natural beauty. What makes it so special is the abundance and variety of dynamic tidal races, rugged cliffs, offshore islands, rock gardening, sandy beaches and wildlife. Not to forget castles! Being an island, we can always find somewhere to paddle, and can usually find the level of challenge that we want whatever the weather. With a tidal range of up to 7 metres, and currents of up to 10 knots, there is plenty of opportunity for developing skills in dynamic water. SKILS have teamed up with top local coach Roger Chandler to offer 6 days of paddling that focuses on the techniques necessary to safely enjoy this dynamic environment while learning to blend strokes with efficiency and exploring the beautiful Welsh coastline. SKILS instructors, Justine Curgenvan, and JF Marleau will coach alongside Roger. The course is 7 days long to allow for a rest day towards the middle of the week.

## Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ Anglesey Tidal Races Course Information Package – please review
- SKILS Waiver – please sign with your instructor at the beginning of the program
- SKILS Medical Form – please bring a completed copy to your program
- Policy and Procedures Document – please review

# Program Logistics

## Program Prerequisites

- Paddle Canada strong Level 2 skills paddlers or Paddle Canada Level-3 Skills certification or equivalent skill and knowledge.
- Reliable roll in dynamic water is an asset
- Some kayak surfing and currents experience is strongly recommended.
- Sufficient paddling endurance prior to the course is required.

## Who Should Take This Course

This course is designed for:

- Intermediate kayakers looking for specific training on tidal race surfing; and,
- Kayakers looking to increase their boat handling skills in dynamic water.
- Kayakers wanting to develop their skills for planning paddling in currents.
- People who want to explore a new, beautiful, world class paddling area.
- People that wish to have way too much fun.



## Class Size

The minimum group size for this program is 6 participants, while the maximum group size is 8 participants. We will have an excellent ratio of 3 instructors for maximum 8 participants.

## Our Location

Anglesey, or Ynys Mon as it is known in Welsh, is an island off the coast of North Wales. It covers an area of 700 square km and has a coastline some 200km in length. The coastline is largely undeveloped with beautiful cliffs, sandy beaches and medieval sites. Strong currents wrap around the west and north coasts of the island, forming tidal rips of varying intensity around many headlands and in narrow gaps. The NE coast of Anglesey is separated from mainland Wales by a narrow tidal channel called the Menai Straits. This is an excellent playground and learning environment as we have strong currents, lots of eddy lines and small waves, usually without much swell. Most paddling locations on Anglesey

are within 30 minutes drive of our base at Anglesey Outdoors and we will often only drive 3 -15 minutes. Depending on the weather, it's possible to go to 6 different world class venues during the course. We will have 1 day off paddling around the middle of the course, the exact date will be chosen depending on the weather. This break will allow your body to rest and offer an opportunity to explore the beautiful area. There are lots of walks and historic sights to enjoy.

## Your Instructors

Roger Chandler has been coaching sea kayakers on Anglesey for 12 years and knows the best teaching spots in any conditions. He is a Level 5 coach, the highest level coaching award within British Canoeing, and has innumerable repeat customers who keep coming back to him for his coaching style. He was awarded a Highly Commended, Professional Coach of the year award in 2012. Canoe & Kayak magazine, the award giver, said "Roger is well-respected within the industry, and his passion and energy for kayaking is utterly contagious." Roger holds a national diploma in youth work, a degree in development training, has over 29 years experience of working in the outdoors. When not coaching, he enjoys personal challenges; he has paddled all over the world including kayaking 900 nautical miles around Ireland with Justine in 2013.

Justine Curgenven has paddled on challenging expeditions all over the world and created award winning films about her adventures. Her first DVD, "This is the Sea" featured sea kayaks surfing in tidal races in North Wales. This movie has been credited by many people as inspiring them to push their own skills in a sea kayak. Justine credits paddling on Anglesey as being the best training she could have had for her expeditions and she is excited to be returning to one of her favourite places in the world to paddle and to share it with other paddlers. Justine holds the British Canoeing 5 Star leadership award and is a Paddle Canada Level 2 instructor and Level 4 Guide with the SKGABC.

JF Marleau has taught kayaking and guiding expeditions full time across Canada and internationally since 1998. He is a certified Level 4 Guide & Guide Trainer and Examiner with the Sea Kayak Guides Alliance of BC (SKGABC). He is also a certified Level 4 Instructor and Level 3 Instructor Trainer with Paddle Canada. Paddling in Anglesey is one of his very favorite place to play. It's a perfect playground to become a better paddler and surfing tidal races provides great positive intense and addictive sensations.

## Accommodation

We suggest everyone stays at Anglesey Outdoors (<https://www.angleseyoutdoors.com/accommodation.html>) as our home base for the duration of this program, including on the evening prior to the program. It's a 10 minute walk from Porthdafarch Beach, where we will often start our paddling day. There is a variety of affordable accommodation available from camping, glamping, dorm rooms or private rooms. Accommodation will be at your own cost to allow for customization.

## Meals

You are responsible for your own food to allow for customization. There is a self-catering kitchen at Anglesey Outdoors and a pub on site called 'The Paddlers Return' which offers evening meals every night. It's also possible to order a cooked breakfast for £6 per day (approx. Ca \$10). The town of Holyhead is less than 1km away if you want to eat in a restaurant or visit a supermarket to buy self-catering food. This is approximately 15 minutes walk or 5 mins drive away. Most days we will be out paddling for the full day, so you should bring a packed lunch, snacks and water for the entire day. The exception to this is that we will provide a cooked meal for everyone at Anglesey Outdoors after Day 1 of the course.

## Transportation

The closest airports to Anglesey are Manchester and Liverpool. Manchester often has better international flight connections. From Manchester you can get a train to Holyhead (approx. 2 hours), or it's a 1 hour 45 mins drive. From Liverpool, it's a bit more complicated to get a train as you have to get a bus first, or it's 1 hour 30 mins drive. It's possible to rent a car from both airports, or we may be able to arrange a pick up from Manchester if enough people arrive at a similar time. We will put all participants in touch with each other so you can arrange transport pooling.

Another alternative is to fly to Dublin in Ireland and then take a ferry to Holyhead. Or you can fly to other airports (eg. Birmingham, Gatwick, Heathrow) and make your way to Anglesey.

From the train station in Holyhead, it's a 5 minute taxi ride to Anglesey Outdoors, or you can walk in 20 minutes!

It is not necessary to rent a car for the course as we can transport 8 people in our vehicles but if you prefer to have a rental car then please hire one.

We recommend [www.skyscanner.net](http://www.skyscanner.net) for finding the best flight options.

Look up train timetables and fares here:

<https://www.nationalrail.co.uk>

Ferries between Dublin and Holyhead here.

<https://www.stenalinetravel.com/ferry-to-ireland>

and

<https://www.irishferries.com/uk-en/routes-and-times/dublin-holyhead/>

## PROGRAMME LOGISTICS

We will meet at 9am at Anglesey Outdoors every day – unless otherwise arranged. We will make a plan for the day (or check we are sticking with a plan that we made the previous day) and head to the water. We have 2 vehicles – a van and trailer and a car so we can transport everyone plus kayaks to the put ins, or you can rent your own vehicle. We aim to be off the water by 5pm. We do not anticipate evening sessions.

### Gear List – What SKILS provides

Kayak, PFD, spray deck and paddle rental is included in the course price. We have a selection of mainly Valley NDK, TideRace, Rockpool and P&H kayaks. If you have a particular paddle that you like to use then we suggest that you bring it, but we have a selection if you prefer not to bring one.

- Sea Kayak **appropriate for rough water play**
- PFD
- Spray skirt
- Paddle

### Gear list – What you need to bring

Following is a list of gear we recommend you have for this program. Please be sure you bring enough gear and food to keep yourself comfortable and well fueled for the duration of the program. If you have any questions regarding which gear is appropriate for rough water play please contact us.

- Immersion clothing
- Helmet
- Towline and other safety gear
- VHF Radio (optional)
- Meals and water
- Program paperwork
- spare paddle (**optional**)
- Pump



Thank you for enrolling in our skills training program. If you have additional questions or concerns, please contact us. We look forward to playing on the water with you!