

Drumchapel and Clydebank Kayak Club

March/ April 2006

Newsletter

Stores

The club has just purchased several new paddles; including a new 3 way split which is ideal for river trip. We also have several new(ish) cags for the club. I know that some of our paddlers have outgrown some of our sea kayak fleet, so **we will try** to purchase several Sea Kayaks with larger cockpits for the bigger paddler by this summer. (Dwarfs, like me never have this problem!)

Norway

As usual we try to keep everyone up to date with the latest information and this will be the last newsletter that will be out in plenty of time before the club trip to Norway. This newsletter contains a suggested food list for the trip to Norway. But the list can be used for any trip. At this moment in time there are eight club members going to Norway. They are follows Anna, Barry, Bernie, Donald, Ian, Julia, Rab and Ron. If anyone else is still interested in going on this trip please contact myself or Julia as soon as possible, remember you can, as far as I know turn up on the day if you so wish. One thing that some people might want to consider is that we are going to be on the ferry for just under 24hours, therefore you may wish to take several sea sickness tables before you travel, you never know! Also to save time on the Friday morning you may also wish to have most of your food pre packed in "day bags" to help plan your packing of your kayak. And it is also worth while practicing a packing rehearsal with all your gear and food prior to going down to Newcastle.

Although everyone has paid for the trip, and everyone is taking their own food with them, you may still want to take some cash with you. The local currency is Norwegian Krona. Most local and even city centre travel agents do not stock this currency, and if they do, they hold very little of it. I would therefore suggest that you pre order the money at least one week before we travel. You could always change money on the Ferry, but the exchange rate will not be as good. Remember, Norway is very very expensive, as a reminder of just how expensive thing are in Norway; £2.00 for a small bar of chocolate, £5.00 for a pint of Beer or a glass of wine, £7.50 for a MacDonald's, £15.00 for Pizza. Hopefully on the last night we will have enough time (and money left!) to go out and get some thing to eat in one of the local restaurants in Stavanger.

Just to let everyone know what the timetable of events that is taking place on Friday the 24th of May.

Friday 24th May

05.30 Depart Glasgow
09.00 Arrive Newcastle
09.30 Start packing kayaks
11.30 Load kayaks on the Ferry, then park cars
13.30 Depart Newcastle

Saturday 25th May

11.15 Arrive Haugesund, and Norway

One thing that I would like every one to do for this trip is to bring along a "**secret treat**". This could be home baking, some sweets, or some type of liquid refreshment. This "**secret treat**" does not need to be expensive, but there must be enough of the "**secret treat**" to share around the whole group. Remember this is a secret so don't tell anyone what your treat is until it's your night. At the moment there are luckily eight people going to Norway and we will be away for eight night's, in other words a "**secret treat**" per night, per person, excellent fun.

Trips

On a chilly 4th of January, Donald, Julia and I set off to do a short paddle on Loch Long and into Loch Goil. On arrival at the car-park at Coulport the mist was so thick we could not see more than 100meters in front of us. So the crossing to Ardentinny would be good navigation practice using just compasses, we thought! As we just got out of the cars, I was just finished saying to Julia "I bet you a police car comes by shortly", and a police car just so happened to pass by then, and then another one stopped a few minutes later and the police ask us what we were doing! Three kayaks on the beach and three people dressed in paddling gear. Can you guess what we were about to do? If so, please contact the police to give them an idea.

Anyway, as soon as we were on the water we knew that the M.O.D. Police would be looking for us, and just after 10 minutes, they found us. They "advised" us that it would be "dangerous" to cross over to Ardentinny in this thick fog with all the shipping that was around. (4th January, I think not.) The M.O.D. Police just did not want to baby sit us all the way over to Ardentinny, but it was also just in case we got lost and ended up in the Nuclear Weapon store at Coulport! We did not want their company as much as they did not want ours, so we opted to paddle down towards Dunoon.

As it turned out this was a good option, because after 30 minutes or so we came out of the mist into a fantastic clear blue sky. We ended up paddling down towards the entrance to the Holy Loch before crossing over to Cove on the other side of the Loch Long and paddling back up to Coulport. By that time the mist had cleared and it was easy to spot our cars. The paddle was spoiled in some ways by the M.O.D. Police, because we never paddled north to Lochgoil, but we did have the sunshine and some extra practice of paddling in thick mist.

Then on the 7th of January just Julia, Donald, Bridget and myself went to Loch Fyne for a short paddle. After tea and sticky buns we set up the shuttle with the cars. Once we were on the water we paddled north from Otter Ferry over Port Ann and Loch Gair. We stopped of a lunch break at Point House on the south entrance to Loch Gair in what must have been to only spot on the coastline to have strong winds. We were all freezing in the cold wind while we ate. (A good force 4, remember it was the 7th of January!)

After Lunch we paddled out of Loch Gair and along the beautiful Ardcastle Wood area where the wind dropped down to nothing and we now ended up being very warm with all the extra gear that we put on a lunch time! From the woods we passed the very impressive 18th Century Minard Castle, which is now a 4* Hotel, before crossing over to Lachlan Bay to pick up the cars. Overall an excellent paddle, especially by Ardcastle Wood, which made the whole trip worth it in it's self.

Just one week later on Saturday the 14th of January we were supposed to be doing a day and a short night paddle by Oban, but as usual work managed to intervene. However we did manage, or should I say just Julia and I managed a fantastic paddle on Loch Lomond. Starting from Balmaha we worked our way through the various island towards Luss, and we even managed to paddle a fair distance up the River Luss. From here we paddle around Inchlonaig and by Bucinch and back to Balmaha. We managed to paddle 23km in just 3½ hours and have time for a quick drink at the "Old Oak" before heading home. We were saying that the distance covered in this trip is just short of the intended daily distance in Norway!

On the 4th February six of us turned up for an impromptu paddle on the West side of Loch Etive. There was Ron, Donald, Barry, Julia, Anna and myself. As it turned out it was almost the whole crew who are going to Norway (We were just minus Ian and Bernie.) (Is that me mentioning Norway; again!) The way the tides were working, we basically opted to do the planned paddle that was due to take place on the 14th of January. Therefore we had to do a shuttle with the cars to South Shian at the north end of the Benderloch peninsular. While setting up the shuttle Ron stuck behind another vehicle got lost sight of me and Julia. On arrival at the get out point there was no Ron to be seen. I thought that Ron had a map of the area with him at this time, but he did not. As a result he could not find us. This caused a minor delay in the day. Bad communication on our part, opps!

Anyway once the shuttle was set up and we were on the water it could not have been better, the water was like glass and a fantastic blue sky. As we paddled towards the Connal Bridge we could see the land being constricted and the tide beginning to

run through the narrows. We passed under the bridge and the Falls of Lora just after the first hour of the ebbing tide. The falls were not running particularly well at that moment. But we did try a few play spots and practiced ferry gliding in the sea boats. We stayed in the area for around a half an hour and by then the falls were beginning to build up a bit. At this point Anna while playing in one of the small rapids below the bridge decided to practice some rolling and went for a swim. So in my books this swim does not count unlike mine a few months ago.

After Anna got changed, so did the weather, it now got progressively overcast and the temperature dropped and the wind picked up to a F2/3 as we crossed over to south west corner of the Benderloch peninsular for a break. On arrival at this area we found that there was no real get out point and had to push on for another thirty minutes before we had a spot for lunch.(3pm) From this point on we were only 8 km from the get out point. The last 2km was done in the dark and as usual there was the odd comment about me getting of the water in the dark. After a quick change we were heading back home again, some of us, minus a few certain items of clothing! I'm not going to say any more.

On Saturday the 18th of February, seven club members turned up for a paddle of the Firth of Forth. I basically used the "50 Scottish Sea Kayaking Trips" book with a few bits added on to the trip that is listed for the Firth of Forth. We started from Port Edger Marina paddled under the road and rail bridges and then went over to North Queens Ferry and followed the coast line towards Inchcolm and its beautiful ancient abbey. When we landed on the island for lunch we meet another group of paddlers that were on an SCA trip including SOME MEMBERS OF THIS CLUB, they shall remain nameless in case of reprisals. After lunch we had a good look around the island with its Abbey which contrasts sharply with the World War One and Two gun emplacements that cover the island.

Once back on the water we set off for the island of Inchmickery, which from a distance looks like a battleship. On the crossing over to this island we had a nice gentle two to three foot swell coming in from the North Sea. Inchmickery looks like battleship from a distance, and the shore line around the island also protects like a battleship. The island has almost entirely been built as a large gun emplacement. With just a gentle swell around it was almost impossible to land without damaging your kayak. So repulsed once again, we then headed south to Cramond Island, and over its causeway and along the woods by the 13th Century Barnbougle Castle. From here it was back under the Rail and Road bridges and to finish at Port Edger. I have paddled this area several times before, but I think that this trip must have been the best. We also covered some 27km that day, which is not a bad distance given the time of year. And I would just like to point out to everyone, that we were of the water in plenty of day light!

As a look forward to the next few months someone will be running, hopefully a night paddle on Loch Lomond on the 13th of March and also the Loch Erict paddle and hillwalk on the 18/19 of March. Work commitments have precluded me from running those trips. I will however be able to run a day trip (Grade A) on the Sunday the 19th, I'm not sure where we will go, but it will be some where. On the 13th of April I still might be able to run a night trip around large Cumbrae (Grade B) as on the following day I will be running a trip up to the Sound of Luing for 3 or 4 days and this will defiantly be a Grade C trip. This trip will replace the planned trip the following month. On the 22nd/23rd of April we have a trip to the St Abbs Head area, this will be at the start of the bird nesting season and should be fantastic. The next planned trip after this is, Norway, I don't know if I had mentioned this trip to anyone yet. But just in case you don't know already the club trip to Norway starts on the 26th of May.

Diary

Date	Location	Grade	Organiser
Mar 7th	Pool	High Brace	Donald
Mar	Loch Lomond	Night Paddle	(TBC)
Mar 14th	Pool	Low Brace Turn	Bernadette
18/19	Loch Ericht + Hillwalk	A	(TBC)
Sun 19th	Sea Paddle (TBC)	A	Rab
Mar 21st	Pool	Deep Water Rescue	Ron
Mar 28th	Pool	Sculling Draw	Colin
Apr 4th	Pool	Sculling of Support	Julia
Apr 11th	Pool	Eskimo Rescues	Donald
Apr 13th	Cumbræ Night Paddle	B	Rab
14th/17th	Sound of Luing	C	Rab
Apr 18th	Pool	Edging & Leaning	Rab
22nd/23rd	St Abbs Head	B/C	Rab
Apr 25th	Pool	Bow Rudder	Ron
May 2nd	Pool	Hanging Draw	Colin
May 9th	Pool	Towing	Julia
May 16th	Pool	Rolling	Donald
May 23rd	Pool	Throw Lines	Rab

Paddling Food

One of the most important aspects of paddling, well for me anyway, is food. Having the correct balance of food will give you the correct energy levels that you will require to paddle several days without becoming fatigued. What type of food you take on a trip is really your choice, but it has to be easily stored in your boat.

Another thing that you may want to consider is the calorie content of the food that you are eating. If you are paddling for 2-3 days this might not be a problem, but if you are paddling for more than that, this could be a problem, not only for you, but also the group. The calorie count must be in the region of around 3000 – 4000 calories per active day, otherwise your body will start to become lethargic as your body starts to look for additional calories. Another thing you may want to consider is the variety of food that you take, the bigger variety, the more interesting the food will be and thus something to look forward to. I know of one person who only eats “Vesta” dehydrated Beef Curry for breakfast, lunch and dinner, even on a one month long expedition, that is all he takes! His argument is that you do not need to decide what he is having for dinner tonight. I know what my option would be!

“Boil in the bag food” or dehydrated from various outdoor companies have greatly improved over the last few years, and they are worth taking a look at just to spice up your diet. They cost around £4.00 per meal depending on the chosen food and company. If you are unsure about them, try one or two in the house before you go on a trip. That way if you don’t like them you always have the choice of packing something else. Remember you will not have that choice on a trip.

British Army Rations, if you can get them, are usually obtained from Army Surplus stores, and are, in general very good. They can cost around £10.00 - £15.00, but that includes, all your food and drinks and snacks you require for at least 24hours. All army meals are “Boil in the bag” which is breakfast, dinner and a dessert. Another big advantage of boil in the bag food is that you can eat it straight out of the bag thus saving you cleaning you pots and plates, Think about it!!!

For lunch time stops and snacks, if you are just out of a day or two it is quite easy to pack bread or rolls into the kayak. If you are away longer than this then space inside your boat will dictate that you might have to bring other food instead of normal breads, Pita bread is one option. You may also wish to consider various biscuits and spreads instead. For other snacks the usual "Mars bars", nuts, or dried fruit are good and take up little room in your boat.

Cooking the food can also present problems, especially with fuel for the stoves. If travelling abroad by aircraft you are not allowed any type of fuel on board the aircraft! Transporting fuel by boat is fine. One thing you will have to watch out for is how much fuel do I take? In some areas buying certain types of fuel might be a problem, and in some other countries you may not even get the same gas attachments for your stove.

Gas in general is the easiest to transport and is very easy to maintain. They however do not perform that well in the cold (Temperatures well below freezing.) There are various types of gas canisters, for specific stoves! Be sure that you purchase one that is available world wide to ensure that you have a good chance of obtaining replacement gas canisters. Liquid or multi fuel stoves can be a bit more of a problem with maintenance, and are a pain when they don't work. You can strip them down and clean them. They are in general the most fuel efficient, and fuel is available world wide. How much fuel do you take on a trip? Well that is down to experience, a 250ml gas canister will last around 3 days, and a full fuel bottle around 5 days. This will be just for basic cooking, if you like your brews, you will need more fuel. So pack your fuel accordingly, if unsure take an extra bottle or canister with you.

One problem when we are out on a multi day trip is water, water for drinking, cooking, washing. Normally on when on camping trip we are looking to have at least 2 days water supply with us at all times. Remember you might be campsite with no streams, and be storm bound for several days. On occasions it might be necessary to use water purification tablets to sterilise some water sources.

Other sources of fluids you could take if you have room in your kayak, could include some fruit juice with you. Or you could use diluting juice. There are also various types of re-hydration and energy powder and gel drinks on the market just now, and these can come in packets, or you can transfer the powder from a jar into a bag. There are other types of liquid refreshment, mainly alcoholic liquid refreshments this are also equally important to take with you, but they can leave you more dehydrated in the morning, so don't take to much of these!!!!

If you are planning a multi day trip one handy hint is to sort all your food out into respective days, and mark each individual item with a permanent pen. This way it is easy for you to see exactly what rations you have to eat each day. You can then pack the furthest days food away at either end of your kayak. Remember to alternate the location of the food, i.e. odd days to the stern, even to the bow. If you are paddling a kayak with a flattish hull, you might want to consider packing the stern a little heavier to help with the trim of the boat.

I hope the above has given you some food for thought!
Sorry, I just had to say it.

Food for Expeditions

Breakfast	Remarks	Ok
Boil in the Bag	Various options to choose from.	
Porridge	Try adding some raisins and cinnamon	
Oats so Simple	A variation on the above	
Cereals		
Milk/ Milk Powder	For the above	
Fresh Fruit	If available	

Lunch/Any time snacks	Remarks	Ok
Cuppa Soups	Endless choices	
Cheese/Cheese Spreads	“Primula” make a good variety of spreads.	
Honey		
Pate		
Jam		
Chocolate	various makes	
Muesli Bar		
Biscuits	For cheese spreads	
Oatcakes		
McVitie’s Go Ahead Yogurt Breaks	FANTASTIC	
Bread	If available	

Evening Meal	Remarks	Ok
Soup	Various	
Pasta + sauce	Various	
Noodles		
Boil in the Bag meals	Various	
Dehydrated Meals	Various	

Drinks and Condiments	Remarks	Ok
Tea		
Coffee		
Hot Chocolate		
Sugar		
Milk Powder		
Fruit Drinks (Powdered)		
Water Purification Tablets		
Salt & Pepper		
Matches & Lighter		
Toilet Paper		