

Drumchapel & Clydebank Kayak Club

Newsletter

March/April 2012

Newsletter Deadline

Any information such as trip reports or items for sale that is due for the next Newsletter must either be sent to Rab or Phil by the 21st of April for the May/June issue of the Clubs Newsletter.

Trip Planning

We are planning to have a get together for all the club people who are thinking about or are already doing some trip leader/ or assisting with coaching at club sessions. The new date is Thursday 1st March from 7pm to 9.30pm. The venue is Bill's house. A possible agenda is pasted at bottom. If you are interested please contact Graham at grahamswanson@gmail.com

Agenda

- Coaching and Trip Leading in the Club
- Overview of Star Scheme, Coaching Scheme and DCKC Approved Coach & Leader Scheme
- Club Pool and Loch Nights
- Club trips
- Discussion... Where Might you Fit In?
- Experienced Coaches Sharing Thoughts
 - The admin thing
 - Sea trip planning and running
 - Inland Water key Considerations
 - River trip skills (Sandy)
 - Safety Starts early
- Opportunities for Personal Development
- Useful Handouts Time
- Diary Time 2012
 - Any big trips people fancy doing (2 days or more)
 - Any day trips
 - Any pool or loch sessions you fancy running?
 - Any specific areas you would like to help coach...

Please remember that Rab will be involved with the training for the Lewis and Harris trip in May therefore there will be very little in the way of organised Sea trips until June this year. Unless some else comes forward to plan and run a trip or two, that's just a subtle hint, again!

Trips

On the 28th of January we had first day of our training paddles and what a day it was, with no wind, and even a bit of sunshine. Of the six members who turned up, some were just out to get some paddling done as they could not commit to going up to Lewis or Harris. So on a bitterly cold morning we set off from Balloch past Luss and up to Rowardennan for a quick bite to eat before returning back to the day's starting point. We managed a very respectable 20 mile paddle that day. I just hope that we can start to see some better weather now.

Into February and the training session on the 3/4/5 was split as the weather was forecasted to be bad on the Saturday. On the Friday we opted to go down to Lunderston Bay and head south to the top of Great Cumbrae. When we launched there was not a breath of wind or swell, and just after 10 minutes the forecasted wind that was due to pick up in the afternoon arrived! So Ron, Julia, Alf, Barry and I headed into a good Force 4 with the temperature not that much above freezing. After an hour or so of battling the sea, we opted to retreat having done not even 4km and head north towards Greenock and some more sheltered water. We eventually managed to do some 18km that day, with some good resistance training into the wind!

On the Sunday we opted for an easier option of Loch Lomond, launching as usual at Balloch we went around towards Balmaha, or nearing Balmaha Ron suggested we head up the River Endrick, which we all thought was a good idea. This was the first time I had paddled any distance on this part of the river and I must admit it was nice. One thing that did tend to spoil this part of the trip was the amount of dead animals that lined the river banks, there must have been at least 8 various animals or so that were seen. They were all probably swept away with the flooding between December and January.

The return back to Balloch was uneventful but we did manage some 35km that day which is not a bad paddling distance in early February.

Paddle's to look forward to.

The next trip is another training trip which will happen over the 2/3/4 of March. For further information, again please read the information on the "Big Sea Trip". **Please remember any of the training paddles are open to anyone in the Club even if they cannot go on the "big trip".**

Rab has another planned Night Paddle on Loch Lomond on Wednesday the 7th of March and hopefully it will be a clear sky and light winds unlike the last few times. Launching at Balmaha and paddling around some of the various islands. We plan to meet at the stores for 6.30pm or 7.30pm at Balmaha. We should be of the water for around 10pm(ish?) Please contact Rab on Tuesday Night to find out the trip status. (Please note that Rab will not be at the pool on that Tuesday night.)

The next trip is another training trip which will happen over the 16/17/18 of March. For further information, again please read the information on the "Big Sea Trip".

The next trip is another training trip which will happen over the 30/31 of March and 1st of April. For further information, again please read the information on the "Big Sea Trip".

The postponed trip to Lochranza is now booked for the 14/15 of April. If the weather is looking good to paddle for the two days then **Option 2 and 3** will happen, if not then it will just be **Option 1**.

Option 1: For **NON PADDLERS or the bad weather alternative** we will be taking the ferry from Ardrossan to Brodick, and then by Bus or by car to the Hostel. Once there you have the option of having a lazy weekend, or doing some fantastic hill walking, paddling if you have the car and kayaks or just exploring Arran.

Option 2: Grade "A" trip, taking the ferry from Ardrossan to Brodick the paddling from Brodick to Loch Ranza just around the 15 miles away. Remembering that you will need to pack everything in your Kayak! The return will be the opposite way the following day.

Option 3: This option is a Grade "C" trip, if the weather is looking good for the two days, Launching at Largs and paddling over to Loch Ranza just over 20 miles away. Then we will be returning the same way the following day.

Meeting time will have to be very sharp, at the stores for 7.30am and then drive down to Ardrossan and pack your kayaks by 9.30am. You will carry the kayaks on to the Ferry, and the Ferry leaves at 0945. We should be on the water for just after 11am This should give members 9 hours of daylight which is ample time and paddling with the tide the 15 miles to Lochranza. High tide at Lochranza is at 7pm. For the return paddle I would suggest being on the water for no later than 9am, which is just after High tide and therefore you will have the tide with you all the way back to Brodick for 4pm. The Ferry departs at 4.40pm!

For those who are interested in Option 3 the weather options are much finer, but we are not dependant on Ferries. Anyone interested in doing this years big trip should be thinking on this option for training.

At the moment we have 14 names that have paid for this trip and booked their accommodation at the Hostel, if you would like to go on this trip, you will have to book the accommodation yourself, the telephone number for Lochranza Hostel is 01770 830631.

Here is the list of everyone that is planning to go on the trip. Julia Bond, Shona Robertson, Janice Gow, Rab Burns, Ron Downie, Alf McLean, Colin Campbell, Bill Davis, Barry Edmunds, Ian McGhie, Iain Love Bernard Tolland, Mike McSorlly and Ross McKillor. **Could everyone please contact Rab before the Thursday night (12th) so we know what option everyone is planning to do?**

This year's Big Sea Trip

We now have the ferry times and prices. We will be **departing Glasgow around 0730am on Friday the 4th of May** and travelling up to Uig on Skye for 1300, the Ferry departs 1400 and arrives at Tarbet in Harris for 1540. The return journey will be on **Saturday the 12th of May departing Tarbet at 1150** and arriving back in Uig for 1330, and therefore we should be down the road for around 1900. So please note the dates and times if you need to book time of work!

The cost of the Ferry is £52.00 return for a car, and £11.40 per person for a return ticket. Therefore if two people share the cost will be £37.40 per person, and if you can squeeze three in to a car the cost will only be around £28.70 per person. (Please remember all your equipment also has to go in the car as well!) Plus there are your fuel and food costs and possible camping fees! No one needs to commit to this trip until the end of March.

Please remember any of the training paddles are open to anyone in the Club even if they cannot go on the "big trip".

3* Sea Training and Assessment

Rab will be running a 3* training and assessment course for sea paddler's later this summer. The course will involve 2 days training plus an assessment day. Anyone interested in doing the course should have a look at the 3* syllabus prior to attending to see what skills are involved. If you are interested please let Rab know as soon as possible.

Remember, if you have any questions on any aspect of the trips or information given, please ask.

There may be further trips planned over the period of March and April, but at the moment I do not have any further information on these, so please check at the Poolside for the latest information.

So hopefully the above information is enough to “WET” your appetite for a paddle and we will hopefully see you out on the water.

Diary

Date	Location	Meeting time	Grade	Contact
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At Stores

March

1	Trip Planning	7pm(Bill's House)	All	Graham
2/3/4	Training	TBC	C	Rab
7 Wednesday	Loch Lomond Night Paddle	1830	A	Rab
13	Pool session			
16/17/18	Training	TBC	C	Rab
27	Pool Session			
31/1	Training	TBC	C	Rab

April

10	Pool Session			
14/15	Lochranza	0730	A/C	Rab
24	Pool Session			

May

4-12	Lewis & Harris	0730	C	Rab
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SCA: - sca.touring@canoescotland.org.

Rab: - 01877 382141 - Rabburns63@googlemail.com

Shona: - 07507 500996

Graham Swanson: - 07968 057 934 - grahamswanson@gmail.com

NOTE: Please look at the grading of the trip, if unsure about the grading system, either ask or check the web site for further details.

Please remember to phone up the night before a trip to check up for the trip status. (Between 7pm-9pm) If you require equipment or a lift, could you please contact the trip organiser at least a week prior to the trip?

Remember to print and pin this list up, or mark the dates and times into your Diary.

Thanks Rab Burns **NOTE:** Please look at the grading of the trip, if unsure about the grading system, either ask or check the web site for further details.