

SEA KAYAKING ADVENTURE ST ABBS



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ST ABBS

SEA KAYAKING

St Abbs is renowned for its rugged and dramatic coastline
As a sea kayaker, you'll be treated to stunning views of towering cliffs, hidden coves, and crystal-clear waters. The area is part of the Berwickshire Coast Path, which provides access to a variety of paddling routes with different levels of difficulty.

One of the highlights of sea kayaking in St. Abbs is the opportunity to encounter diverse wildlife. The waters around St. Abbs are home to seals, seabirds, and even dolphins. Paddlers often spot grey seals basking on the rocks or curiously swimming alongside their kayaks. Birdwatchers will appreciate the chance to see puffins, kittiwakes, and guillemots nesting on the cliffs.



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ST ABBS ITINEARY

0730 - Meet at Base: This is the starting point for your sea kayaking adventure. You'll gather at our base in Dunston, where you'll meet your guides and fellow kayakers. Here, you might receive a safety briefing, get your equipment sorted, and have the opportunity to ask any questions before heading out.

0900 - Arrive in St Abbs: After the initial meet-up, you'll make your way to the charming village of St. Abbs. It's a scenic coastal village with a small harbor, which serves as a popular launching point for sea kayaking expeditions.

0945/10.00 - On the water: For your first taste of Berwickshire sea paddling: This is when you'll begin your sea kayaking adventure. You'll likely receive more detailed instructions about the day's route, safety protocols, and some tips for paddling in the area. It's an exciting moment as you launch your kayaks and start exploring the beautiful Berwickshire coast from the water.

12.00 - Stop for lunch: in one of the many beautiful coves: After a few hours of paddling and taking in the stunning coastal scenery, it's time for a well-deserved break ensuring you have the energy needed for the rest of your sea kayaking journey.

12.30 - Continue the Journey: After lunch, you'll resume your sea kayaking journey, exploring more of the rugged coastline, perhaps discovering hidden spots and encountering local wildlife along the way.

15.00 - Off the water: Your sea kayaking adventure will come to a close around 3:00 PM. You'll likely disembark from your kayaks and take some time to reflect on the day's experiences.

16.00 - Depart for home: With your sea kayaking adventure in St. Abbs behind you, it's time to head back to your starting point or make your way home, depending on your travel arrangements



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ST ABBS ITINEARY

PREREQUISITE (WHAT EXPERIENCE SHOULD I HAVE)

SUITABLE FOR AGES 18+

This adventure is for people with good kayaking experience. You will have completed one of our kayaking courses or already have a good amount of kayak experience. Chat to us if you're unsure that you have the right experience.

You will be comfortable paddling in rougher sea conditions (force 4+) Ideally, you will have efficient kayak skills, including support stroke

WHAT'S INCLUDED

We provide you with all the sea kayaks and safety equipment. Wetsuit – please check your wetsuit requirements, you will be asked to provide your required wetsuit size during the booking process.

- Buoyancy Aid
- Kayak, Paddle & Spray Deck
(in wet and windy conditions you will be supplied with a cagoule)
- Pictures from your session
- Transport
- Hot beverages and snacks



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ST ABBS KIT LIST

WHAT SHOULD I BRING TO THE ADVENTURE?

- Big fluffy towel
- Swimwear for under your wetsuit,
- Soft shoes to wear in your kayak that might get wet!
- Full change of clothes, including warm jumper
- Personal Medicine
- Water Bottle (Min 1L), (Hip Flask Optional)
- Roll of heavy-duty bin bags (for any wet gear)
- Any preferred snacks and drinks

This itinerary promises a full day of sea kayaking in one of Scotland's most beautiful coastal areas, complete with breaks for sustenance and rest. It's a great way to explore the stunning landscapes and marine environments that St. Abbs have to offer while under the guidance of the experienced Alexander Adventures team.



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