



FAMILY KAYAK TRIP

Your booking and payment has already been confirmed by email – please note the following information for your convenience.

Venue

Osea Leisure Park
Goldhanger
Maldon
Essex
CM9 4SA

LINK: <http://www.osealeisure.com>

TEL: 01621 – 854 695

Park in the visitors car park and walk through the gate directly ahead of you towards the reception who will direct you to 'The Barge' pub for your tea/coffee service. Your Guide will meet you on the private beach for a safety briefing prior to launch. Hot showers and changing facilities are available to all of our customers so bring along your toiletries and a change of clothes and towel. A hot sit down meal is available to all our customers at 'The Barge' after your trip and there is also a well stocked bar on site.

Launch Time: 10am Unless advised differently by your Guide.

Finish Time: 12pm Approximately 2 hours after launch

To Bring (Optional):

- ❖ Sandals
- ❖ Sun cream & sun glasses
- ❖ Binoculars & camera
- ❖ Packed snack
- ❖ Money for restaurant/bar/shop

To Bring (Compulsory)

- ❖ Light weight clothing that can get wet (wetsuit if available)
- ❖ 'Wet' footwear
- ❖ Cap/beanie
- ❖ Fleece
- ❖ Energy food i.e. chocolate, dried fruit, fresh fruit, condensed milk et cetera
- ❖ 1 litre bottle of water/juice/coke each

Avoid

- ❖ Denims
- ❖ Cotton shirts
- ❖ Any type of heavy boot
- ❖ Jewellery
- ❖ Drinking alcohol 24 hours prior to paddle

Recommended

- ❖ Good breakfast on the morning of the programme

Fitness

This trip is designed for families with children and is suitable for complete novice paddlers. The objective is to get people and families with absolutely no paddling experience or skill onto the water in a kayak together and so the route has been selected for its ease of use and relative comfort.

We can accept any age or fitness level but a degree of common sense should be exercised. Paddlers are required to be of an average and healthy weight – we do not provide over sized buoyancy aids. Please ring our office if you have any doubts at all.



PLEASE NOTE

Sea kayaking is an outdoor sport and by its' very nature exposes paddlers at its worst to strong currents, wind and choppy water as well as potentially very cold conditions.

NOMAD Sea Kayaking cannot take responsibility for any injuries sustained prior to, whilst paddling and/or on completion of a trip/tour (Please see our terms and conditions available in "DOWNLOADS" in the main menu.

Equipment

All kayaks and associated equipment is the sole responsibility of the paddler using the equipment and the paddler is responsible for unloading and loading the gear & kayaks they'll be using. We do not provide 'outsize' buoyancy aids and/or kayaks and paddles. Paddlers are also responsible for any damage and/or loss of the kayak and associated equipment that belongs to NOMAD Sea kayaking.

Please feel free to ring our office on local call rate **0845 - 872 48 68** should you have any further questions at all.

We look forward to meeting you and your loved ones for a great days kayaking!!

