



## HAMFORD WATER SEAL COLONY VISIT

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

### Venue

Titchmarsh Marina  
Coles Lane  
Walton-on-the-Naze  
Essex  
CO14 8SL

**LINK:** <http://www.titchmarshmarina.co.uk/contact.htm>

Park in the public car park and walk through the gate directly ahead of you towards the long black NOMAD beach flag directly ahead of you – the Senior Guide will be there to greet you. Hot showers and changing facilities are available to all of our customers so bring along your toiletries and a change of clothes and towel. There is also a good restaurant and bar on site.

**Launch Time:** 10am

**Finish Time:** 1pm

### To Bring (Optional):

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

### To Bring (Compulsory)

- ❖ Light weight clothing that can get wet (wetsuit)
- ❖ '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
- ❖ Large polythene bag or black bin bag

### 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

Be aware – we do have some requirements for paddlers to complete the trip in relative comfort taking into account the nature of the activity. This isn't a technical paddle but we can sometimes experience strong currents against which we have to paddle - conditions can sometimes be challenging for some paddlers, particularly when taking into account the wind if there is any.

We reserve the right to refuse launch to any paddler not meeting these requirements without any refund/s. 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. The nature of this programme dictates that we paddle in most conditions. You will get wet, please come prepared. 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 for a great days kayaking!!**

