

What is sea kayaking?

Sea kayaking offers a special kind of freedom. Sea kayaking is historically one of the earliest forms of paddling, with archaeological evidence suggesting highly developed craft and skilled hunter-fisherman as far back as 5000 BC.

Nowadays sea kayakers are not normally in the position of fishing for the family fare, but the craft are remarkably similar in lines to their ancestors.

If you are interested in trying out the sport, there are ideal opportunities to join BCU organised paddles and meets with experienced sea paddlers or you can attend commercially organised courses and trips. The UK has some excellent areas of coastline to explore and beyond our shores the opportunities around the world for Sea paddling are endless.

Sea kayaking is environmentally friendly and appeals to all ages who enjoy open spaces, salt air and the feeling of being at one with nature. The sea is not, however, a big lake and the ocean has temperament and character which needs to be understood. Weather, tides, and charts should be considered and journeys carefully planned.

Not all sea paddling is calm water: for some the essence of the sport is in meeting challenging conditions and undertaking long open crossings, or playing in over-falls and tide races.

A new development in recent years has been the introduction of sea racing: standard expedition sea kayaks are raced over distances up to 12 miles. All the races are friendly and informal and have touring classes.

Sea kayaking for many however, is a quiet, individual experience to be enjoyed quietly, away from the crowds. Sea Kayaking Symposiums are great social events as well as being informative and practical.

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