

Gold Canoe
Practice Expedition

Practice Expedition description – Loch Lomond

Day 1

- Meet the group at the school at 7:30am. Kit checks, load the bus, drive to Balloch, arrive at approx 10:30am.
- Starting point is at the pier (NS 385825). Pack kit in to water proof barrels, load boats, safety brief, discuss plan for the day.
- Start paddle approx 11am
- Once the group has left, the second instructor will drive the minibus and trailer round to the car park in Balmaha, then paddle out to join the group.
- Route follows the East shore of the Loch to Balmaha, then across to the campsite on Inchfad (NS 401908). 14km, group will usually reach there at around 4pm (depending on wind etc).
- Un-pack the boats, make camp etc.

Day 2

- The aim for the day is to explore the islands and look at open water canoeing/journeing techniques. Route goes in an anticlockwise circle around Inchcruin, Inchmoan, Inchtavannach, Inchlonaig, then back to campsite on Inchconnachan (NS 375913)
- During the day we will look at:
 - Rafting techniques
 - Sailing techniques
 - Open water safety
 - Group/peer rescues
 - hyper/hypothermia etc

Day 3

Once the group has started paddling the second instructor will paddle back to the bus in Balmaha and drive it to the parking at Rowardennan.

- Paddle North through the channel between Inchconnachan and Inchtavannach, past Inchlonaig, back to the east shore then follow this to the pier at Rowardennan (NS 359985)
- 12km, groups normally arrive at 2pm (depending on wind etc).
- Un-pack boats, load bus and trailer, change clothes, debrief.
- Leave at 3pm.
- Arrive back at the school at approx 6pm.

Practice Expedition sample route card

Location Loch Lomond	Dates of Expedition	Group Members
--------------------------------	----------------------------	----------------------

Day	From point	To point	Total Distance (km)	Total Journey Time	Escape/Alternative Get-outs	Notes
1						
	NS 385 826	NS 417 907	12	4h	Burturich Castle NS 384 850 Ross Priory NS 415 877	Follow loch shore to harbour at Balmaha
		Camp 1 NS 401 908	2	0.5h	Balmaha harbour NS 419 908	If assistance is needed at the island camp call 999 and ask for the police, they will send the rescue boat.
		Breaks		2h		
		Total	14	6.5h		

Location Loch Lomond	Dates of Expedition	Group Members
--------------------------------	----------------------------	----------------------

Day	From point	To point	Total Distance (km)	Total Journey Time	Escape/Alternative Get-outs	Notes
2	NS 401 908	NS 390 909	1.5km	0.5	N/A	
		NS 383 910	1km	0.5	N/A	Stay close to island, crossing at narrowest point.
		NS 370 908	2.5km	1h	N/A	Follow south shore of Island.
		NS 367 919	2.5km	1h	NS 361 911	Cross at narrowest point then continue anti-clockwise around island.
		NS 371 920	0.5km	0.5h	N/A	
		NS 374 928	1km	0.5h	N/A	
		NS 377 928	4km	1.5h	Campsite NS 394 939	Paddle anti-clockwise around island
		NS 376 921	1km	0.5h	N/A	
		Camp 2 NS 374 913	1.5km	0.5h	N/A	If assistance is needed at the island camp call 999 and ask for the police, they will send the rescue boat.
		Breaks		1.5h		
			15.5	8h		

Location Loch Lomond	Dates of Expedition	Group Members
--------------------------------	----------------------------	----------------------

Day	From point	To point	Total Distance (km)	Total Journey Time	Escape/Alternative Get-outs	Notes
3						
	Camp 2 NS 374 913	NS 387 937	4.5km	1.5h	N/A	
		NS 394 939	0.5km	0.5h	Campsite NS 394 939	
		Beach NS 359 985	8km	3h	Picnic site NS 380 957 Parking NS 363 974	Follow loch shore to beach finish.
		Breaks		1.5h		
			13	6.5h		

Loch Lomond – Day 1



Loch Lomond – Day 2



Loch Lomond – day 3



Kit List

Group

Tents (check you have the correct poles!)
Cooking stove/fuel/pans
Large containers for drinking water – one per boat (**provided by My Adventure**)
Dish washing kit
Plastic bags for rubbish
First aid kit (one large one for the group)
Matches/lighter
Toilet roll + trowel
Penknife
2 mobile phones in dry bags
Survival bag
Throwlines - one per boat (**provided by My Adventure**)
Map, route card and waterproof map case (one set per boat)
Compass (one per boat)
Group shelter (big enough for the whole group)

Personal Kit

Equipment barrel (**provided by My Adventure**)
Whistle
Watch
Head torch + batteries
Buoyancy aid (**provided by My Adventure**)
Paddle (**provided by My Adventure**)
Sleeping bag
Sleeping mat
Clothing (if possible a complete set for each day)
Insulating layers
Waterproofs
Hat
Gloves
Trainers or similar for paddling + spare laces
Spare shoes for camp
Towel
Wash kit
Tooth brush
Midge repellent (hats, lotion)
Personal first aid items
Plates/Spoon/Mug/cutlery
Personal water bottle (1-2L)

For end of Expedition

Bag of clean clothes and towel