

COAST COAST



 **PADDLE
PICKUP**

Info Pack

Hopefully you will find this pack informative and interesting. It aims to provide you with a little more detail on our Coast 2 Coast Expedition. Answering some questions on what's it all about, kit & equipment and the planned itinerary.

***5 Days Kayaking**

***4 Nights Camping**

Dates:

Leg 1 - 21st - 25th August

Leg 2 - 27th - 31st August

Leg 3 - 2nd - 6th September

£690

*only 6 places per Leg

What's it all About?

Plastic & Adventure!

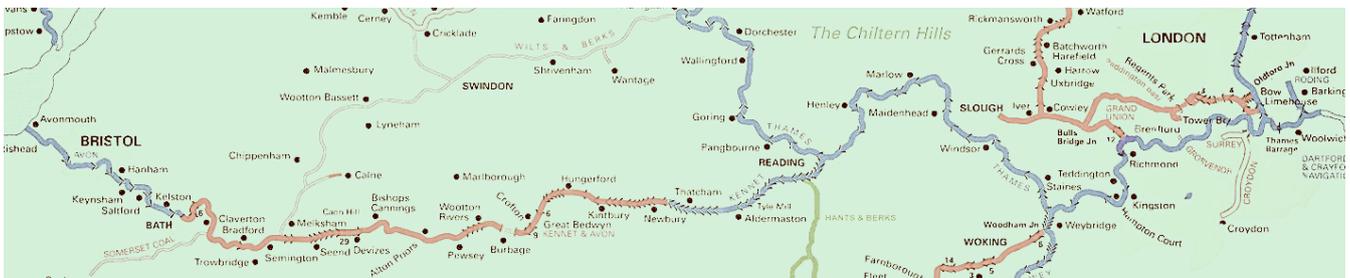
Firstly, you can't ignore the impact our plastic is having on our oceans. We've seen it first hand, from birds nests made of colourful strands of plastic, to millions of tiny beads creating a plastic soup on the surface of some of the world most beautiful beaches. Recently whales have washed up on the shores of Norway with over 30 plastic bags in their stomach. We need to do something to reduce the amount of plastic in our waters, through education and action.

Adventurers Erin & Bex have decided to take action and do something about it! After an excitable brainstorm they came up with a plan ...

The mission: Plastic Pickup.

The Adventure: Coast to Coast.

Plastic Pickup is one step towards cleaning up our environment. Through adventure we can help inspire, empower and educate more people to take action on our worlds plastic problem. Coast 2 Coast is a 300km journey through our very own British waterways. Over 15 days we aim to paddle from Bristol to London, picking up all the plastic bottles we find on our journey.



At the end we hope to have 300km of plastic clean waterways, a team of avid adventurers to share their wisdom with the world, and the first all female team to paddle coast to coast.

The adventure doesn't just stop once you've paddled 300km. It's bigger than just that! We want you to go out and tell people about our journey, from schools, youth groups, clubs or work colleagues. Team members are ambassadors for cleaning up our oceans, get people interested and engaged.

The Expedition

Leg 1: Bristol - Great Berwyn 100km



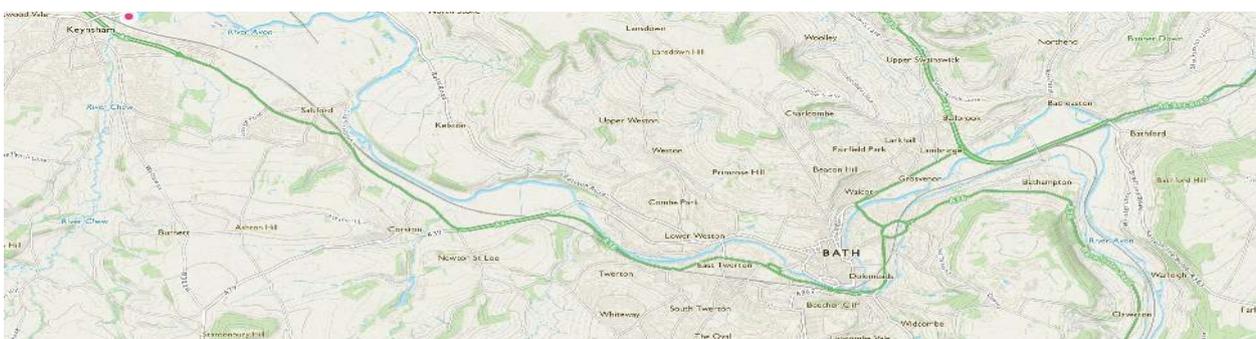
Day 1: Bristol to Salford 20km

Setting off from the iconic city harbour of Bristol we start our journey east along the historic waterways. It's not long before we leave the bustling town and find ourselves in the quite countryside. After 20km of paddling we will search out our first spot to wild camp.



Day 2: Salford - Limpley Stoke 20km

We skirt around the southern edge of the tranquil Cotswolds on our way to Bath. Another day of beautiful countryside followed by some truly unique urban paddling as we pass through Bath, famously known for its Roman built baths.



Day 3: Limply Stoke - Foxhangers Farm 20km

From Limply Stoke we skirt around the towns of Bradford-on-Avon and Trowbridge. Enjoy the small canal-side woodlands and agricultural land of Somerset. We will stop just a stones throw from Caen Hill Locks saving a real challenge for the morning.



Day 4: Foxhangers Farm - Wilcot 20km

Starting with a BANG. Caen Hill Locks. Today will be a test of your determination. We will portage all our equipment up the hill and around 29 Locks, before continuing our journey through the town of Devizes



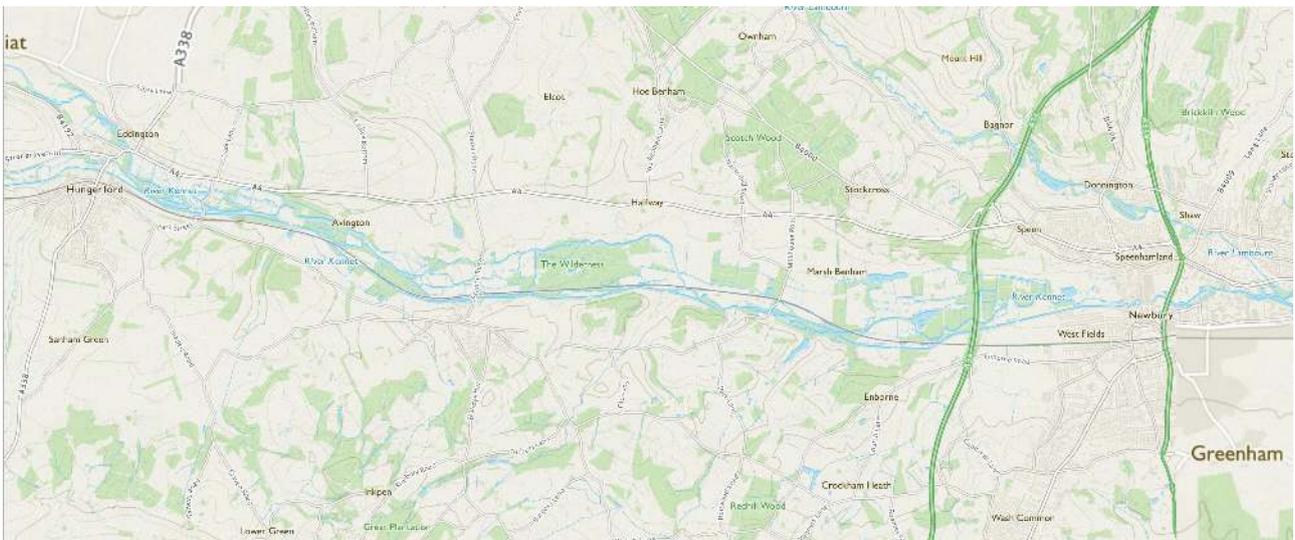
Day 5: Wilcot - Great Bedwyn 20km

The final push for leg one. This stretch is decorated with numerous small bridges, pack your head touches for the big Bruce tunnel! We skirt around the forest of Savernake, be prepared this stretch isn't a push over. We portage 14 locks before rounding the canal bend to Great Bodwyn. What better way to celebrate the 100km mark, than a drink and a meal in Three Barrels Pub.

Leg 2: Great Berwyn - Lakes End Dorney 100km

Day 6 : Great Bedwyn - Newbury 20km

This stretch is evenly broken up with a several loch portages, and passed through the quaint villages of Hungerford and Kintbury. A maze of different waterways run alongside one another before we make camp on the west of Newbury.



Day 7 : Newbury - Ufton Bridge 20km

Start the day with an urban paddle through Newbury town centre. You can watch the hustle and bustle of the town from the seat of your kayak. Dodge a few swans and make room for the narrow boaters as they navigate some tight corners in the canal.



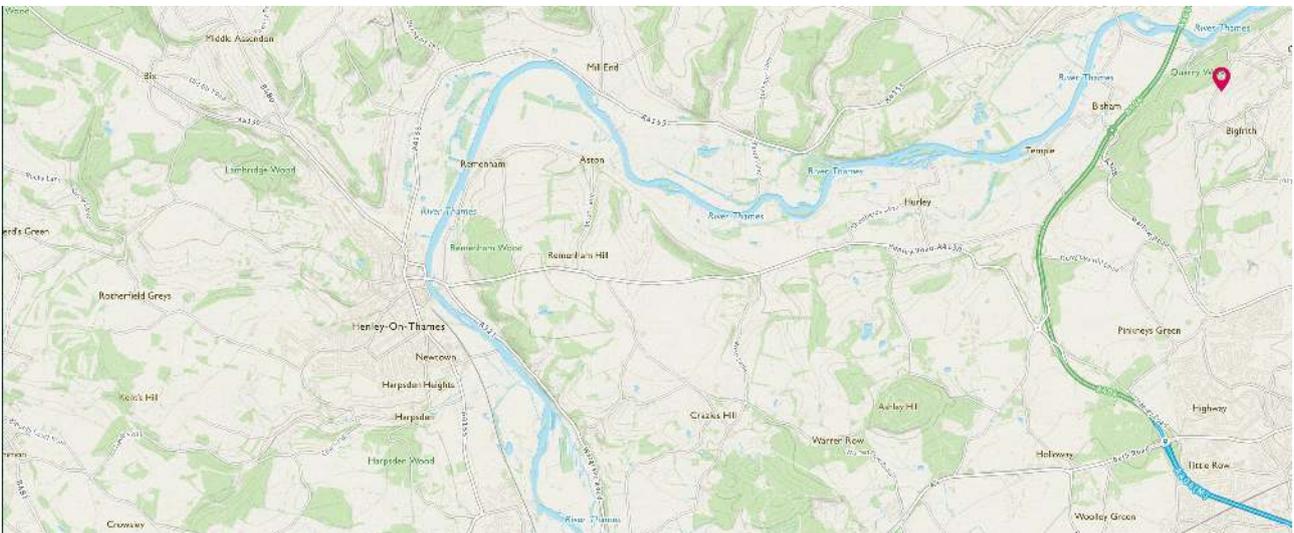
Day 8: Ufton Bridge - Sonning 20km

This is the point when you can really tell you're getting closer to London, towns are getting bigger and the River Thames is just a stone throws away. Keep your navigation sharp and don't stray from the canal as you pass many junctions to gravel pits and natural rivers.



Day 9: Sonning - Hurley 20km

Start the day paddling passed gravel pit ponds, it's not long before you reach the outskirts of Reading. Enjoy the urban waterways, and admire the house boats. This is the last stretch of the Kennet and Avon Canal, and your first paddle strokes in the Thames. From here on it's all down hill to London on the River Thames.



Day 10: Hurley - Lakes End, Dorney 20km

On the home strait of Leg 2, but there is certainly no straits on the river. Follow the winding water through Marlow, Crockham, and Maidenhead before winding your way to Slough. Just after passing beneath the M4, Slough comes into view. It's time to stop off at Lakes End to celebrate another 100km Leg with a pint in the Pineapple pub.

Leg 3: Lakes End Dorney - Queen Elizabeth Bridge 100km

Day 11: Lakes End, Dorney - Staines Upon Thames 20km

Start your day with a view of Windsor Castle! The river curves right around the castle grounds and past the town of Windsor itself. The river then meanders its way slowly east, skirting around several reservoirs where your sure to get some great sightings of the birds. Passing under a landmark, the M25, London's orbital motorway.



Day 12: Staines Upon Thames - Kingston Upon Thames 20km

Leave the greenbelt behind and get ready for more urban paddling. This stretch of river skims from one town to another. The volume of water increases and make the most of the building current as it sweeps closer to London.

Day 13: Kingston Upon Thames - Hammersmith 20km

Follow the wide bend that skirts around Richmond park, passing Twickenham, the home of English Rugby. Heading indirectly to Hammersmith. The bends in the river here almost go back on themselves, but the river certainly widens as it grows into the Thames everyone will recognise.



Day 14: Hammersmith - Greenwich 20km

The waterways now get busy with ferries, rowing boats and house boats, we soon get to pass under some of London's Iconic Bridges. The first big industrial building we pass is the famous Battersea power station. The water is very nearly tidal here, and you'll feel much more current under your boat.



Day 14: Greenwich - Queen Elizabeth II Bridge 20km

Wave goodbye to London, and make hast for the sea. When you pass under Queen Elizabeth's bridge, Paddle Pickup will have finally traveled 300km by man power alone. How many plastic bottles will we have cleaned up over this amazing journey?

Camping

Wild camping out in the countryside, away from organised campsites – is technically illegal almost everywhere in England, unless you have special permission. We will be looking to gain permission from landowners where ever possible. However occasionally in discreet, remote areas it is often accepted by many. Depending on the areas we finish our days paddling in, we might use a wild spot, campsite or some other organised shelter for the night.

Our goal is to leave no trace of our journey, in fact we will be clearing up after those who have gone before us, and we hope that in return people will embrace our project.

Wild camping = wild toilets. Please be aware that showers, toilets and general bathroom luxuries will be hard to find throughout the trip. We will however supply a garden trowel, toilet roll and a lighter so you can go about your daily business. Wild washing is always refreshing!

Most days we will be passing public toilets and cafes, so not completely away from civilisation.

Equipment

Venture Jura

Our number 1 choice of sea kayak. Designed to be stable and comfortable, yet still perform to a high level in ocean conditions. We use modern plastic kayaks because they are durable and perform well. They have three storage hatches, one at the front, one at the back, and a small day hatch designed to be accessible even when out at sea. Foot rests and back rests are adjustable to fit each individual paddler. We use a traditional skeg system (that little black fin) which help us with control and direction in challenging weather conditions.

Interesting Fact



You can pack enough gear and supplies to live for up to 5 weeks out of a sea kayak..... don't believe us, ask Erin.

Paddles

Evoked know that using the best gear can make your experience that bit richer. That's why we've invested in one of the UK's top paddles; the Vertical Element Explore.



Paddle Jacket & Buoyancy Aid

We need to be prepared for the great British weather, that's why we use good quality Palm paddling jackets to keep the spray off, and a slim line Buoyancy Aid to keep you safe without compromising comfort.



Other Gear

We also use Palm Neoprene spray decks to keep you and your gear dry, even when there are a few waves. Comfortable and easy to get on and off.



Camping Gear

Tents

There's nothing more satisfying than carrying your home with you. We will be using 2 man Vango tents. Durable and practical they will keep us dry even with a few late summer showers. It's a great opportunity to get to know your team mates when you live in a two man tent.



Camping mats can make the difference between a good night's sleep and a bad one. We recommend investing in a good camping mat! Foam mats are near impossible to fit inside a kayak, so please use an inflatable one. If you already own your own, then please check it stays inflated, it could be a tough 10 days on a flat mat!

Our recommendations:

1* Thermarest Neo Air (5 expeditions on, Erin has yet to puncture hers!) They are expensive!

Cost effective options:

DECATHLON or Alpkit. Cheap, but does the job. Either a 'Self Inflating' foam core mat (they never actually self inflate) or an air mat. Air mats are much more comfortable on uneven ground, but there is greater risk of a puncture.



Kit List

Please use this kit list as a guide for what you will need to pack. The Items in bold Red in the left column are provided by Evoke. You will need to bring all items in black

Paddling gear

- *Boat
- *Paddle
- *Paddle jacket
- *Spray deck
- *Buoyancy Aid + Flare, whistle, Snacks
- *Towline
- *Dry Bags

Camp Gear

- *Tent
- *Stove
- *Fuel
- *Matches / lighter
- *Pans
- *Tin opener / knife
- *Cutlery
- *Bowl & Mug
- *Biodegradeable soap
- *Rubbish bags
- *Loo roll in plastic ziplock bag

Food

- All camp meals and lunches
- Snacks
- Bottled Water

Paddling Gear

- Shoes (old trainers/sandals)
- Shorts/waterproof trousers
- Sun hat
- Map & map case
- Paddling t-shirt/Thermal x1 short sleeve 1x Long
- Suncream factor 30+ water resistant
- Sunglasses
- Lipsalve

Camp Gear

- Sleeping Bag
- Sleeping Mat
- Headtorch/ spare batteries

Clothes

- Campsite trousers, t-shirt, Jumper
- Waterproofs

Toiletries

- Washbag
- Travel towel
- Baby wipes
- Personal Medication
- Small Personal First Aid Kit

Miscellaneous

- Land shoes
- Journal
- Camera / and waterproof case or bag
- Treats/Luxuries (small)

Other Information

Guides/Coach

Evoke is run and guided by Erin Bastian. Erin is a experienced expedition kayaker and has run international expeditions in Patagonia, Sardinia, Corsica, Menorca, Scotland and Norway. She holds one of the highest British coaching qualifications, the UKCC Level 3 coach, BCU Moderate Water Endorsement and BCU 5* Leaders Award. In addition to her paddling qualifications Erin has undergone advanced wilderness 1st aid training, and holds a WEMSI, Wilderness Emergency Medical Technician certification. Erin carries all the necessary safety and medical equipment needed to keep you safe in an expedition environment.

Insurance

You are required to take out relevant insurance to cover you for your trip which should include medical cover, sickness & injury cancellation prior to the trip, and personal accident cover.

Medical Declaration

Evoke collect medical information via self declared forms. Please be honest when filling out these medical forms! We are very understanding, and aim to make adventure accessible to all. If you feel happier talking through issues with Evoke, please contact Erin directly on 07972250753 prior to departure. Undisclosed medical issues can put individuals and the team at risk. If you have any concerns regarding your health please consult your GP before departing on expedition.

Payments

A non refundable deposit of £200 is required to confirm your place on the expedition team. The final balance must be paid 8 weeks before departure.

Expectations

Our goal is to paddle the entire coast to coast trail, from Bristol to London. Inland waters provide a great environment for kayaking, and are accessible in most weathers. Please be aware that risks are still present, and will be discussed with participants, however the final assessment is up to discretion of our professional guide.

You can expect to kayak 20km or more in a day, although this will be subject to weather and wind conditions. Lifting and caring of equipment is required from all team members. Cooking and camp set up is also shared between the entire team, and not the sole responsibility of the leader. Camp craft is part of the experience as a whole, and learning the in's and out's of expedition life is part of the learning outcome. Camping might be on a campsite or at the side of a canal, possibly without facilities, although we will be geared up to deal with bathroom calls in the wild.

***Although the goal is to paddle the entire 300km distance, in the case of a unseen circumstance, please be aware that safety will always come paramount to the completion of the goal. We will however work hard to make the trip run smoothly and safely.**