

# West Coast Paddlers

opportunities for paddlers with disabilities

We are a sea kayak club and we are looking for new members from all backgrounds. Most of our regular training sessions are split up to offer a range of activities for new and experienced paddlers

## Activities

Loch sessions, Thursday evenings at Castle Semple paddling skills coaching, safety drills, self rescue practice

Sea kayak day trips with qualified leaders Firth of Clyde, Firth of Lorne Specialist training sessions, forward paddling, rolling Taining weekends away Cuan sound

A wetsuit is a good idea for kayaking but we have all the other kit to get new paddlers started

Please get in touch so we can answer the questions you might have; Find us on Facebook & send a message, or text whatsapp Graham Bell on 07799 417 105 & we will get back to you

