

Kayaking around St Ives

Golden rules

- Wear a buoyancy aid or other suitable personal flotation device (PFD).
- Always carry a means of calling for help and keep it within reach.
- Wear appropriate clothing for the conditions and your trip.
- Check the weather and tide to plan your trip accordingly.
- Tell someone where you are going and when you will be back.
- Get relevant training. It will keep you safe and you'll have more fun too!

Kayaking areas

Beginners are safest paddling around St Ives Harbour and Carbis Bay where there are usually safety boats operating. All surf beaches can experience heavy surf and should only be attempted if you are experienced and wearing a helmet.

High risk areas

Hayle Kayak Club – British Canoeing training offered here

VHF radio with DSC
Channel 16 - Emergency to Coastguard
Channel 65 - Trip logging with NCI



Map key

- Possible kayak launch sites (see notes on tidal flow rates)
- Kayak training available
- Kayak hire venue
- RNLI Lifeguard beach (seasonal)
- Surf break
- Lifeboat Station – advice available
- National Coastwatch Institution (NCI) station
- Harbour Master – not full time
- Public car parks
- Public toilets
- Coastal Café
- Strong tidal current
- Breaking waves

P in St Ives
There is limited parking in St Ives, especially by the waterfront. Follow local signs and allow for a long carry!



Please note that this map is not drawn precisely to scale.





Lifeboats



How to stay safe



Weather sources

Other online sources
www.xcweather.co.uk
www.windguru.cz

KAYAKING AROUND ST IVES

St Ives Bay is a large area of open sea that is popular for surfing, kayaking, stand up paddleboarding and pleasure boats. It has variable tidal currents which can be very strong. A combination of strong winds and tides mean certain areas should only be tackled by experienced kayakers. Read this guide to help you stay safe in this beautiful bay and always seek local knowledge before you set out.

Always carry a means of calling for help and keep it within reach

Kayaking is fun, but accidents do happen. Between 2011 and 2015 there were 18 fatalities in the UK*. None were able to call for help themselves.

Protect yourself by carrying a VHF radio or personal locator beacon (PLB). Take a mobile phone in a waterproof pouch as a back-up. Consider using the RYA SafeTrx app to log, track and send alerts about your trip: www.safetrxapp.com.

*Source WAID 2011-15.

To find out more, visit RNLI.org/Kayaking

Kayak training and hire

If you are a beginner or want to try kayaking then use one of the three centres in the bay. If you are more experienced, you may wish to have some training or go out on a sea safari. The hire centres all have dedicated safety boats.

[T1] **Self Drive Boats and Kayaks** (hire from St Ives Harbour middle slipway)

Contact: 07824633447

[T2] **Ocean Sports Club** (kayak, canoe hire and instruction in Carbis Bay)

Contact: 07533695031 or glenn@oceansportsuk.com

[T3] **St Ives Watersports** (kayak hire and sea safaris on Porthminster beach, St Ives)

Contact: 01736 793938

[T4] **Hayle Kayak Club** (British Canoeing 1 and 2 star training)

Contact: secretary@haylecanoeclub.co.uk

For more information on kayaking and canoeing in the UK, visit www.britishcanoeing.org.uk



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Tell someone where you are going and when you will be back.



Get relevant training. It will keep you safe and you'll have more fun too!

Wear appropriate clothing for the conditions and your trip.



Tidal flow rates around St Ives

These can be very strong at certain locations and times of the tide. The flow rates are at their most severe during spring tides, which occur every two weeks and coincide with the two days after full and new moons. Use a tide timetable to make sure you know tide times for your trip.

The map overleaf shows the notable tidal gate areas.

Consult the map for dangerous areas



As water moves over rocks or is pushed through narrow channels, it can move very fast and become very turbulent. If the wind and tide are in opposing directions, this will also create waves. You should be experienced and suitably equipped for paddling in these conditions.

You should also check tidal times, flow rates, wind strength and direction, and anticipate how sea conditions may develop.



Breaking waves



Strong tidal current

St Ives Bay has many beaches with RNLI lifeguard stations. There is often strong surf with many surfers in the water. Strong waves can easily overturn a kayak. Choosing an area where you can be seen by a lifeguard will help keep you safe. Lifeguards work seasonally so always check the signs on the beach for their duty times.

St Ives Bay has a National Coastwatch Institution (NCI) station located on the island head which maintains a daytime watch. It has a dedicated VHF radio CHANNEL 65. Kayakers should contact the NCI by radio or telephone 01736 799398 to advise them when they are going to be out in the bay.



Harbour Masters:

St Ives Harbour Master on 01736 795018

Hayle Harbour Master on 01736 754043

In an emergency

stay with your kayak and call for help on VHF Channel 16, dial 999 or 112 from a mobile phone and ask for the Coastguard.



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