

DURATION: 1 DAY

DEPARTS: Everyday
09:30 am to 12:30 pm
1:30 pm to 4:30 pm

DEGREE OF DIFFICULTY:
EASY (7 km's)

SKILL LEVEL:
This trip is suitable for beginners.

FITNESS LEVEL:
You will need to be moderately fit to complete this distance.

KAYAKING EXPERIENCE:
No kayaking experience is required

MEETING PLACE:
54 Lo So Shing Tseun, Sok Kwu Wan,
Lamma Island.

WHAT TO EXPECT.

This is an easy self guided trip using sit-on-top kayaks in protected waters. You will cover about 7 km's from Lo So Shing Village beach to Dog Island, a small island in the East Lamma Channel, just north of Sok Kwu Wan.

Starting from our sea kayak base at Lo So Shing Village, you will head east along the rock wall on the northern side (left hand side heading away from the beach) of Sok Kwu Wan.

This bay is protected from all winds EXCEPT those from the North East so the sea will be calm.

IT IS VERY IMPORTANT for your safety that you do not paddle in the middle of the bay - there are regular ferries, fishing boats and pleasure craft entering and leaving the bay. Sok Kwu Wan (Picnic Bay) is very popular, especially on the weekends.

Stay 50 meters from the rock wall and you will be away from any danger (continued next page).



The paddle up the bay , into the East Lamma Channel is approximately 3 kms. You will witness the beautiful Black Kite, White Egret and Grey Heron fishing or perching on the shoreline.

Once you leave the bay, Dog Island comes into view just 500m away. Follow the coastline north (left) into the channel and continue passed the sea cliffs into a narrow channel separating Lamma Island from Dog Island.

Cross the narrow channel and visit the beach on the western side (left) of the island for a relaxing swim at the white sandy beach.

There are 2 old and friendly dogs that live here. If you want, take some food for them. Don't attempt to pat them as they have lived alone all their lives and are pretty timid.

BE CAREFUL when swimming at the beach. Depending on the tide, there can be quite a current there.

The return journey is the same as to get here.

ALWAYS KEEP YOUR BUOYANCY VEST ON WHEN SWIMMING AND KAYAKING.

What to bring ...

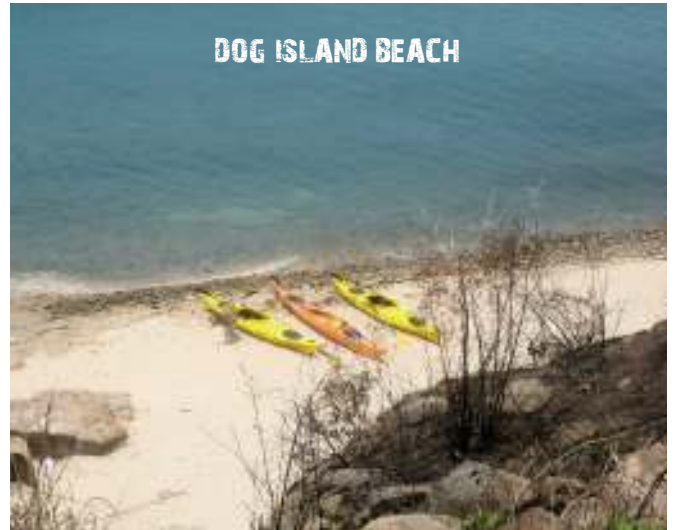
A swim suit, shorts, wet shoes that will get wet (old runners NOT flip flops).

A sun shirt of some kind to wear under your buoyancy vest, a sun hat, sunscreen, and sun glasses (with a tie on strap to stop you losing them if you go for a swim).

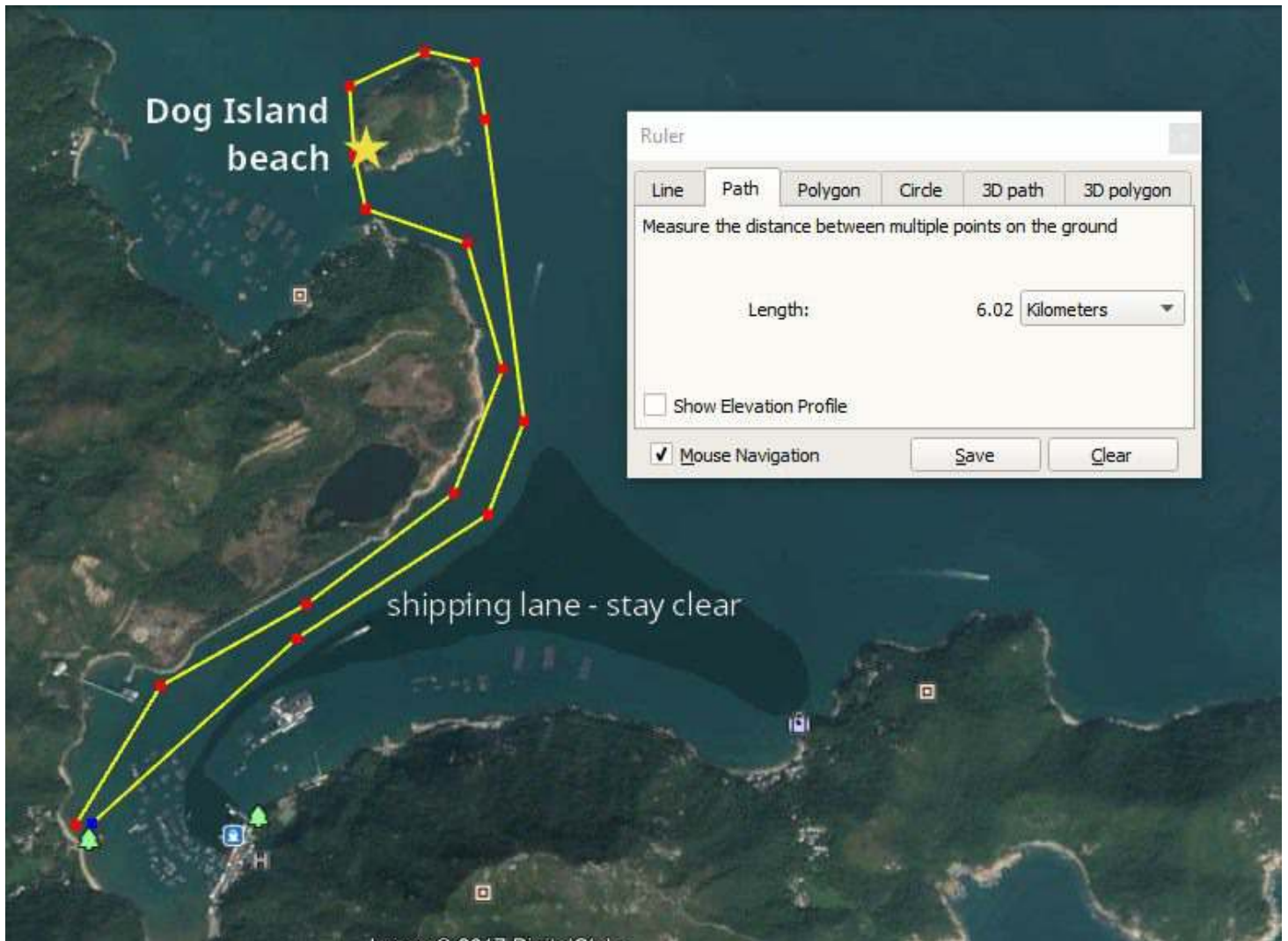
Do not bring ...

Valuables that you do not need as taking anything in a sea kayak means it can possibly get wet and ruined!

Taking a non- waterproof camera is NOT advised.



DOG ISLAND ROUTE MAP



Paddle from Lo So Shing Village Beach to the retaining wall on the left hand side (north) of Sok Kwu Wan. This will make sure that you stay away from the shipping channel in the middle of the bay.

You will see fish jumping and black birds of prey on the banks and in the air. They are called black kites.

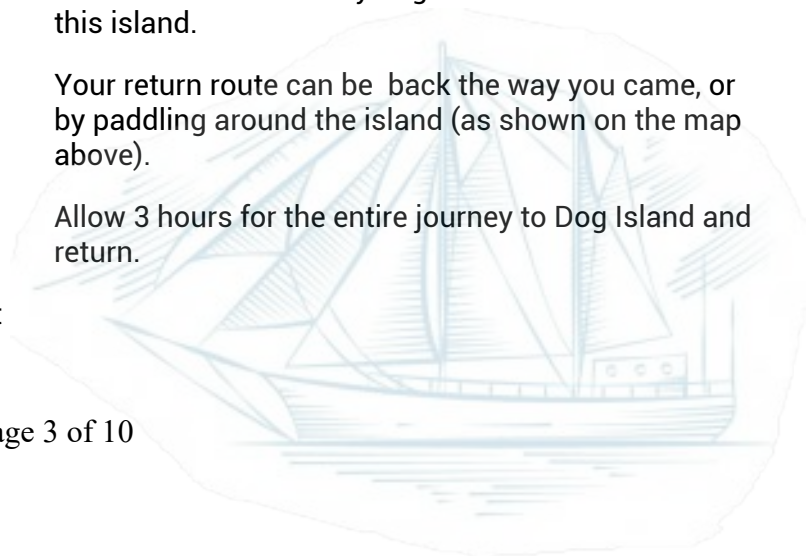
After 20 to 30 minutes of paddling you will leave the protection of the bay and enter into the East Lamma Channel. Turn left and head north. Within 10 minutes, you will see Dog Island directly ahead.

Follow the coast north until you see the channel that separates Lamma Island and Dog Island. Turn into

the channel and paddle close to the left hand bank. Once you reach the end of the channel, cross it quickly to reach the Dog Island beach. Here you will find two old and friendly dogs that live isolated on this island.

Your return route can be back the way you came, or by paddling around the island (as shown on the map above).

Allow 3 hours for the entire journey to Dog Island and return.



CONFIRMATION PAYMENT DETAILS - for DIRECT BOOKINGS ONLY!

To confirm your booking enquiry, please make payment to :
PAYPAL
bookings@seakayakhongkong.com
Either cash or credit card payments.

For International transfers:
Name of Bank: THE BANK OF EAST ASIA
Bank code: 015
Bank address: 162-164 Aberdeen Main Road, Aberdeen, Hong Kong
Account name: Sea Kayak Hong Kong
Account number: 519-68-00245-2
SWIFT CODE: BEASHKHH

PLEASE NOTE:

If you do a bank transfer we do not accept payment of bank fees. This will need to be added to your payment amount.

Once you have paid, please email payment receipt to info@seakayakhongkong.com
Thank You.

MEETING PLACE - - how to get there from Central:

Take the Sok Kwu Wan ferry from Pier #4. Turn right from the ferry pier and follow the water (on your right) around the bay to Lo So Shing. See map below.



CONTACT DETAILS

Mobile Phone: +852 93139165 (and whatsapp)
Email: info@seakayakhongkong.com
Office Address: 54 Lo So Shing Village, Sok Kwu Wan, Lamma Island, Hong Kong

PRE TRIP TIPS, HAZARDS & SAFETY REQUIREMENTS

One of the greatest things about kayaking is that it can be remarkably safe and user-friendly activity. But it's important to understand that when things do go wrong the fact that you are on the water means that situations can become very serious, very fast. This is why it's so important that you understand the risks and hazards involved with kayaking and that you assume a conservative and safety conscious attitude when making decisions on the water.

Before every trip, no matter how familiar you are with the local waters, you need to assess the conditions for the day.

Additionally, avoiding dangerous situations on the water is surprisingly easy by following a few simple safety rules (listed below).

Prior to every self guided trip, allow 15 minutes to be briefed in the basic paddling strokes required for sea kayaking on Sit On Top Kayaks.

The BASICS:

Can you and all your fellow paddlers swim?

Swimming isn't essential as long as you always wear your buoyancy vest, but if you know everyone can swim, then you will know they also have confidence in water. This is important if the conditions suddenly change, or a boat gets tips by a passing ferry or ship wake.

Make sure you ALWAYS wear your buoyancy vest when paddling or swimming.

Do you and your fellow paddlers actually know how to paddle a kayak?

At least one person should know how to kayak in any group! That person can then show everyone the basics and keep them in control over the period of the day.

If you do not know how to kayak, Sea Kayak Hong Kong does a full day Basic Kayak Control Course available most weekends. This is the essential knowledge needed to stay safe when sea kayaking.

For further information on the Sea kayak Course see www.seakayakhongkong.com/courses.



PRE TRIP TIPS & HAZARDS

SAFETY RULES:

1. Don't drink alcohol and paddle. The two just don't mix.
2. Always wear a buoyancy vest on the water.
3. Always dress for the conditions. In Hong Kong, the HOT SUN is the biggest safety problem. Very few people recognise that on a kayak there is NO SHADE! That means on a sunny day you get VERY HOT very quickly. This can lead to HEAT EXPOSURE, then very quickly to HEAT STROKE - a very dangerous (life threatening) condition.

Always wear protective clothing including a hat, sun glasses, long sleeved (preferably cotton) shirt, shorts or leggings (never jeans) and sturdy wet shoes. KEEP your hat wet at all times.

4. Choose an appropriate paddling location for your skill level. Don't venture into exposed oceans.
5. Don't paddle into the middle of ferry or shipping channels.
6. Do not stand up in a canoe or kayak and avoid weight shifts that may cause capsizes.
7. Avoid paddling alone. Know your skill level and avoid weather or water conditions that exceed your skill.

8. Constantly scan for potential hazards and changing weather conditions. Pay attention to signs and safety warnings.

9. Set a reasonable pace so everyone can stay together.

10. Avoid having loose rope in, or dangling from, your boat. It can rapidly become an entrapment hazard. Never tie anyone in, or to, the craft.

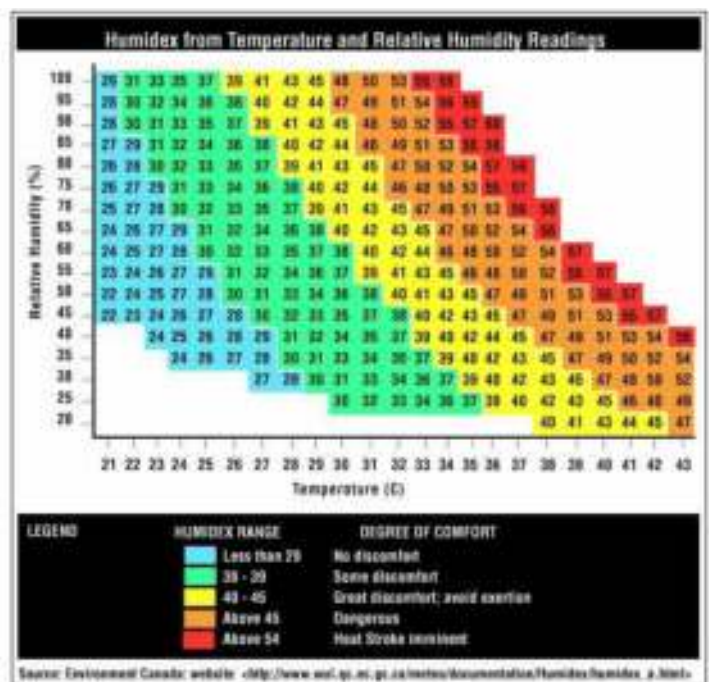
11. Recognize when others in your group are tired or having difficulty and adjust pace. Look out for everyone in your group.

12. Designate a "sweep" boat to bring up the rear and make sure you don't lose stragglers.

13. Communicate effectively on the water. Wind and water sounds can make hearing others difficult. Whistles and hand signals can be useful.

14. Always be prepared for the unexpected flip.

15. Sun and wind can be very dehydrating—make sure you drink plenty of water.



BE AWARE OF THE WEATHER

Check the weather reports before you go to be able to spot fast-forming systems. If the forecast is for HOT sunny conditions or thunderstorms be very careful!

FOG

While not inherently dangerous, fog can make it easy to lose track of your position on the water. This can cause you to get lost, exposing you to the elements for much longer than you anticipated.

WIND

Strong winds cause choppy waves. It's easy to imagine why you'd want to avoid this while riding a small vessel. Never paddle in the ocean if the wind is above force 4.

RAIN

If you're going to kayak in the rain take a light rain jacket. It is usually a **very enjoyable** experience kayaking when it is raining.

THUNDER & LIGHTNING

In the event of a thunderstorm, immediately head back to shore as soon as you spot trouble. Do not stand directly under a tree as they can be struck by lightning. Stay about 30 metres away. Squat on your heels and stay calm.

Wait for the storm to pass before heading back with your kayak.

BE AWARE OF OTHER VESSELS (being run down or in danger of capsizing)

Be realistic in your estimate on how long it will take you to cross the channel between Lamma island and Dog Island. Before you begin to cross, look for oncoming vessels moving at high speeds as they will approach very quickly.

In Hong Kong there are huge numbers of fast and slow ferries going to many different destinations. NEVER kayak in a shipping channel, fairway or ferry route.

Be aware of tankers, and container ships. These massive ships transport oil, gas, chemicals, containers and other goods as well as create very large waves. You will most likely encounter them on the edge of East Lamma Channel or near Dog Island.

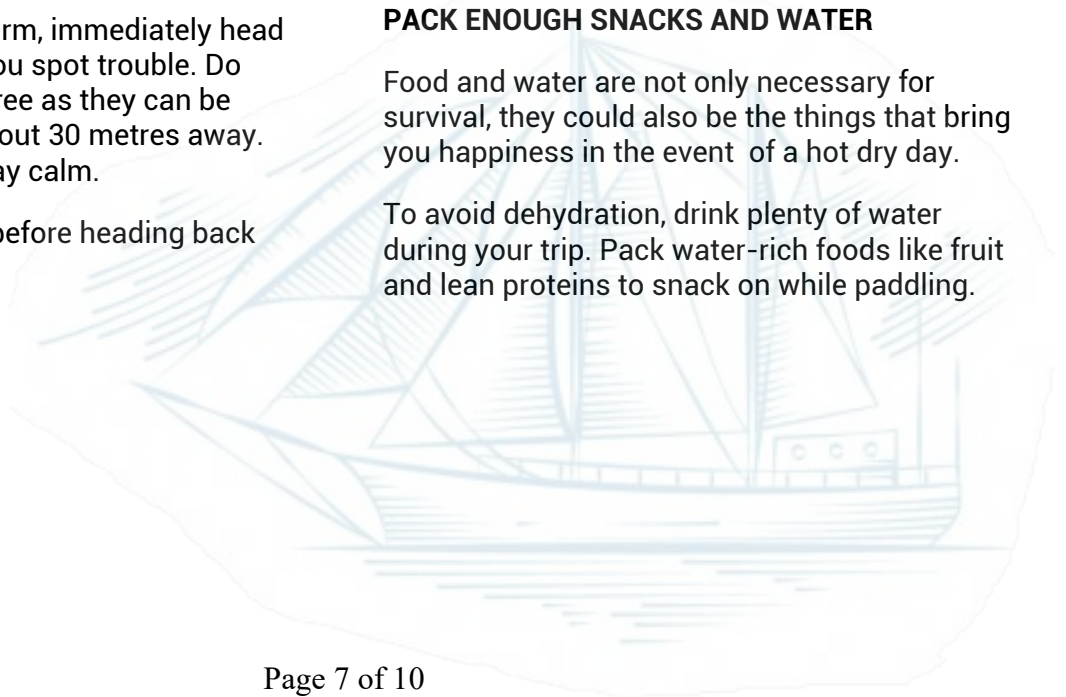
Large ships create large waves called a wake. These waves travel towards you from the back of the passing ship or ferry.

It's best to paddle slowly but directly toward the waves, rather than have them hit you sideways as this puts you at risk of capsizing.

PACK ENOUGH SNACKS AND WATER

Food and water are not only necessary for survival, they could also be the things that bring you happiness in the event of a hot dry day.

To avoid dehydration, drink plenty of water during your trip. Pack water-rich foods like fruit and lean proteins to snack on while paddling.



BE AWARE OF THE TIDAL CURRENTS

The tides and currents change throughout the day. It is very important to make sure the tide times and currents are checked shortly before departing on a trip. This is the responsibility of the group leader but should be conveyed to all group members.

Lamma Island has some serious tidal currents, depending on the height range and timing of the tide. If you do not understand this, make sure that you take 10 minutes before departure to ask one of our staff for a detailed explanation.

SOME OTHER THINGS THAT SHOULD BE OBVIOUS.

1. Wear bright and noticeable clothing to be visible to other people out on the water.
2. If you need assistance or want to find out if you can extend your trip, your telephone is your best friend. However, unless it is completely protected from the marine environment, it will be destroyed. Never take your mobile phone with you unless it is totally protected.

PADDLE RESPONSIBLY

Beyond safety, paddlers should act responsibly on and off the water.

Poor behaviour by some paddlers can adversely impact others through increased fees, limitations on access, conflicts with other user groups and damage to the environment.

- Know and obey all rules and regulations.
- Never use private property without permission.
- Be courteous and polite when communicating.
- Don't interfere with recreational activities of others.
- Never engage in lewd or inappropriate behaviour.
- Avoid paddling near areas of heightened security.
- Never litter and always pack out trash.
- Do not disturb wildlife.

EQUIPMENT THAT IS YOUR TOTAL RESPONSIBILITY

On this self-guided tour you will be taking total responsibility for all the equipment rented to you for the trip.

The terms and conditions of that rental agreement are on the following page. This will need to be signed by every member of your group before beginning the trip, as will an Indemnity Form.



EQUIPMENT DESCRIPTION

SIT ON TOP KAYAKS (SOT)

Sit-on-top kayaks are the most commonly used by beginners on self-guided tours because they are stable, easy to get on and off of and used for recreational paddling and fishing.

They're made of low-maintenance and durable plastic. Because sit-on-tops have wider beams, it's easy to keep upright while also staying stable. This also means that you do not have to worry so much about abrasions on rocks and barnacles - but care must be taken to protect the kayak at all times.

KAYAK PADDLE (S)

The kayak paddles you are supplied with are strong and durable. They have an aluminium shaft and YELLOW plastic blades at each end. The paddles should be tethered to the kayak at all times so they cannot be lost or forgotten.

You will also have a spare (breakdown) paddle that is strapped to the deck of your kayak as a backup in case you need one.

DRY BAG

You will be provided with a dry bag to keep your valuables, however, dry bags will fail if you do not seal them correctly. Anything kept in the dry bag will be your total responsibility if damaged.

ESSENTIAL GEAR & SUPPLIES

Besides having a properly outfitted kayak and a paddle, you will need the following:

- Tow Rope
- Water / Water Bottle:
- Food
- Sunscreen:
- Insect Repellent
- First-Aid Kit
- Spare Paddle

EMERGENCY PROCEDURES

If an accident occurs during your trip there are a number of things you will be required to do.

1. Call Sea Kayak Hong Kong immediately. The number is 93139165 or 9313
2. If the accident is severe, call the emergency services for assistance.
3. Perform First Aid if required. The supplied first aid kit has supplies to treat most accidents that can occur at sea or on the shoreline.

If you lose a kayak or other equipment during the course of the trip OR the weather turns bad really quickly so that the sea conditions are unsafe to paddle OR you or one of the group are no longer able to paddle back to the Sea Kayak Hong Kong base.

1. Call Sea Kayak Hong Kong immediately. The number is 93139165 or 9313
2. Assess the situation. If for some reason you are unable to contact Sea Kayak Hong Kong, find a safe location and stay put. 30 minutes past your return time, if you have not returned, Sea Kayak Hong Kong will call your phone.

If you do not answer Sea Kayak Hong Kong will send out an instructor to assess what is wrong with the group.



EQUIPMENT RENTAL AGREEMENT

Date: _____

Full Name (in English): _____ (group leader if a group)

Full Name (in Cantonese): _____

Contact telephone no.: _____ Email: _____

Name of Emergency contact person (both in Chinese & English) : _____

Emergency contact no.: _____

I am renting the following equipment: (Please Check and/or Circle Appropriate Equipment)

___ x Sit-on Top Kayak(s)

___ X paddle(s) ___ x PFD(s) ___ x Dry Bag(s) ___ x Paddle Leash(s)

I understand that a HK\$1,000 deposit in cash will be held as a security deposit during the rental duration and will be returned upon return and payment of all rented equipment.
Rentals are due back no later than _____am/pm on the same rental date.

I understand that due to unforeseen inclement weather, I may be required to return the rented equipment IMMEDIATELY as required by Sea Kayak Hong Kong.

I am responsible for the return of this equipment in the same state in which I received it.

I agree to pay in full for any repairs or replacement if the equipment is damaged or lost, and/or a retrieval fee if Sea Kayak Hong Kong has to retrieve any rented equipment. I further agree to make every reasonable effort to return all equipment to point-of-sale.

I AM AWARE THAT KAYAKING CAN BE A DANGEROUS SPORT AND I AM AWARE OF THE DANGERS OF KAYAKING. I UNDERSTAND THAT SEA KAYAK HONG KONG IS IN NO WAY RESPONSIBLE FOR MY SAFETY OR THE SAFETY OF THE EQUIPMENT I AM RENTING.

I understand that I will need to complete the Waiver and Release of Liability Form prior to commencing my rental agreement with Sea Kayak Hong Kong _____ (initial)

I further state that I am of lawful age and legally competent to sign this agreement. I also understand that this is a contract and not a mere recital, and I agree I have signed this contract as my own free act.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS AGREEMENT BY READING IT BEFORE I SIGNED.

Name: _____ **Signature:** _____