



5th - 8th of May 2022

# PARTICIPANTS GUIDE

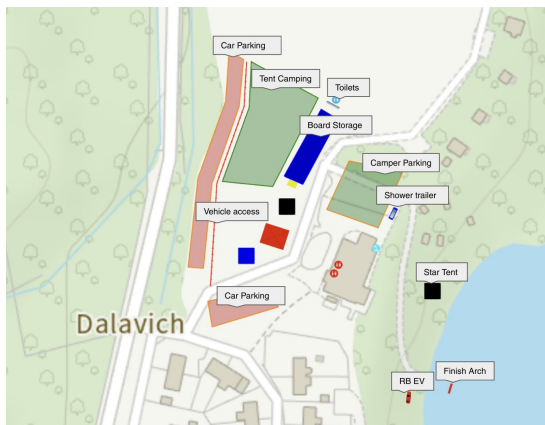
# Basecamp

**Dalavich Social Club, Dalavich, Taynuilt PA35 1HN**

Look for blue event signs for directions.

## Facilities onsite:

- Toilets
- Showers
- Camping field (no electric hook up)
- Phone / device charging
- Drinking water
- Massage therapy
- Social club for bad weather
- Cafe / small village shop
- Bar
- Laundry (washer / dryers)
- Kit drying tent



## ATTENTION!

It's around a **2 hour** round trip to a shop of any size, make sure you have everything you need with you! No ATM on site.

## Included

- Breakfast Friday
- Dinner Friday
- Breakfast Saturday
- Dinner Saturday
- Breakfast Sunday
- Camping
- Showers

## Extras (Please bring cash)

- Pizza Thursday
- Posh coffees from cafe
- Bar
- Raffle
- Massages
- Laundry

**Basecamp opens at 4pm Thursday and Closes Midday Sunday.**

**LOCH AWESOME**

# Schedule

## Thursday 5th

- **4pm Basecamp opens (NOT BEFORE)**
- Visit registration and collect wristband, GPS tracker and route cards
- Pitch your tent / park your camper (no electric hook ups provided)
- Prepare your kit and place boards in board storage area
- Pizza available to buy (before 9pm)
- Site closes midnight, if you are going to be late arriving please let us know on 0800 140 4624

## Friday 6th

- **5:00am - 6:45am** - Breakfast
- **7:00am** - Paddler update briefing
- **7:30am - 8:00am** - Kit / safety check
- **8:00am** - Mass Start (12hr cut off = 4 km/hr)
- **7:00pm - 8:30pm** - Evening Meal
- **8:00pm - 9:00pm** - The Long Paddle

## Saturday 7th

- **6:30am - 8:15am** - Breakfast
- **8:30am** - Paddler update briefing
- **9:00am - 9:30am** - Kit / safety check
- **9:30am** - Mass start (7.5 hrs cut off = 4 km/hr)
- **6:00pm - 12:00am** - Dinner and finishers party

## Sunday 8th

- **8:00am - 9:45am** - Breakfast
- **9:30am** - Optional paddle clinic (TBC)
- **11:30am** - Event close, until next time !

**LOCH AWESOME**

# The Paddle

Day 1 = 48km Day 2 = 29km

## Conditions

- Very remote, no road access on west shore
- Large open water environment, that constantly changes
- Highly changeable water conditions (from flat to ocean like) with an average temperature of 7 deg C in May
- Highly changeable air conditions, from warm and sunny to very cold and windy, this can all happen during the same paddle
- No portages, very little other water users
- All rocks / jetties slippery
- Shallow water / submerged objects can be found anywhere

## Checkpoints, EAPs & Marshals

- Checkpoints can be found about every 15kms at Loch Awe Boats (pass twice), Kilchurn castle and Torran Bay
- Shout your name and team name to the marshals, you cannot proceed past until they tell you
- It is not mandatory to stop at a checkpoint
- Water and sealed snacks available at all checkpoints
- Paddlers are responsible for taking their own supplies on their boards
- We will take your rubbish off you at checkpoints
- EAP (Emergency access points can be found on the East Shore approximately every 5kms (see route guide). Please download WhatThreeWords app

## Route

<https://explore.osmaps.com/route/11228885/loch-awesome-challenge-with-eap>

- You can decide on your own route, however must check in at checkpoints in order
- Laminated route guides (see next pages in this guide) will be issued at registration
- 12 hour cut off time Friday, 7.5 hour cut off time Saturday

## Key Risks

- The loch is remote with the nearest A&E up to 1.5 hrs by road
- Risk of catching fin and nose diving, go on knees as soon as it looks to be getting shallow, keep an eye out for obstacles
- Hyperthermia - dress for cold water immersion, wear either a drysuit or wetsuit, carry a spare change of clothes and safety blanket
- When you stop paddling your body temperature can drop rapidly particularly with wind chill against a wet body
- Separation from board and equipment. Make sure your leash is in good condition, carry mobile, whistle and safety blanket on person

**LOCH AWESOME**

# Bad Weather Plans

This is a pilot event and although the intention is to circumnavigate the loch, this creates obvious challenges particularly in bad weather. Even with low levels of wind you would expect to paddle into a headwind, experience side winds and theoretically some downwind!

We have a couple of options should the organisers of the event feel that it is too dangerous to complete the challenge.

We reserve the right to cancel the event in full should none of these options be deemed safe or suitable. We will attempt to provide as much notice as possible, but as conditions can change very quickly, please be prepared to not paddle (there is an excellent bar)!

## Option 1 - Downwind

- We have reserved a small coach to shuttle participants from Dalavich to either end of the loch on both Friday and Saturday, there will likely be 2 trips depending on demand.
- The downwind will be from CP2 (24km) to Dalavich or CP4 (to Dalavich (14km).
- Transport will be provided for iSUPS.
- Scoping will be carried out in the morning to assess the suitability of the wind direction and swell.

## Option 2 - Back Yard

- A team challenge closer to home, last team standing!
- More details to follow (only if challenge or downwind option are not deemed safe / suitable.

**LOCH AWESOME**

# IN CASE OF EMERGENCY CALL 0800 140 4624 DIAL 999 FIRST IF LIFE IS IN DANGER

## SAFETY RULES

**PFD & Leash:** Must be worn always.

**Storm:** Pull off the water until the storm passes

**Check In/Out:** Give your Name and Team name at all Checkpoints

**Withdrawing from event:** Call 0800 140 4624. You MUST inform a Safety Marshal. Teams must not proceed until the paddler has been designated safe by Loch Awesome Crew.

**In the event of an emergency be prepared to provide the following information.**

- 1.State IMMEDIATELY that the message is an Emergency
- 2.Your name and status
- 3.Confirmation of crew name(s)
- 4.Nature/time/location of the incident
- 5.Which emergency services have already been informed?
- 6.Your location or distance from start

**CHECKPOINT 2 (EAP N5) 25km**  
/// [sandbags.ballpoint.iron](http://sandbags.ballpoint.iron)

**EAP N4**  
/// [mows.discussed.noting](http://mows.discussed.noting)

**CHECKPOINT 1 & 3 EAP N3 15km / 35km**   
/// [spacing.outline.brightens](http://spacing.outline.brightens)

**EAP N2**  
/// [rafters.variation.repayment](http://rafters.variation.repayment)

**EAP N1**  
/// [saucepan.polygraph.riots](http://saucepan.polygraph.riots)

**START / FINISH 48km**   
/// [agreeing.episode.cashiers](http://agreeing.episode.cashiers)

Scale - 5KM

# LOCH AWESOME DAY 1



# IN CASE OF EMERGENCY CALL 0800 140 4624 DIAL 999 FIRST IF LIFE IS IN DANGER

## SAFETY RULES

**PFD & Leash:** Must be worn always.

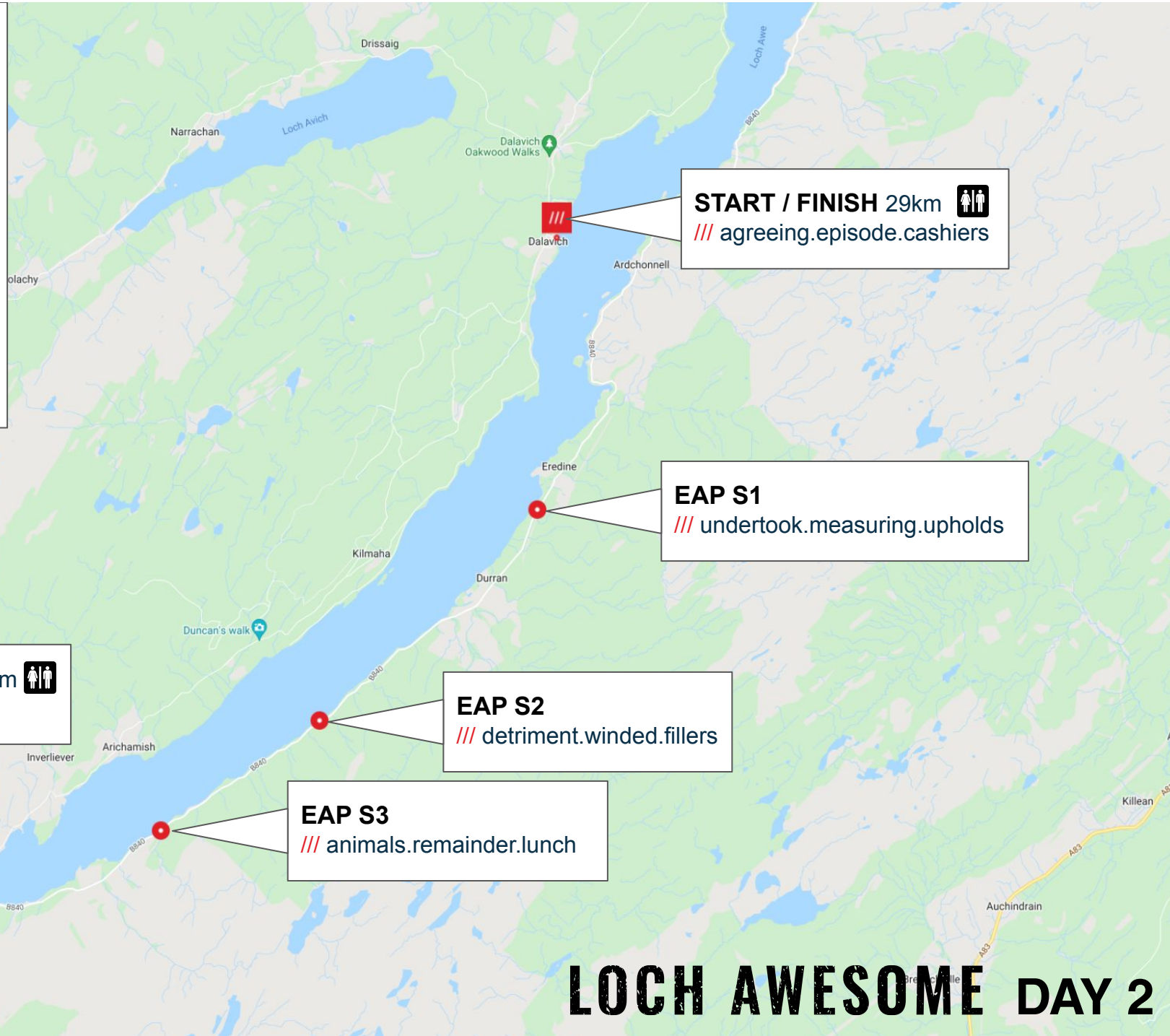
**Storm:** Pull off the water until the storm passes

**Check In/Out:** Give your Name and Team name at all Checkpoints

**Withdrawing from event:** Call 0800 140 4624. You MUST inform a Safety Marshal. Teams must not proceed until the paddler has been designated safe by Loch Awesome Crew.

**In the event of an emergency be prepared to provide the following information.**

- 1.State IMMEDIATELY that the message is an Emergency
- 2.Your name and status
- 3.Confirmation of crew name(s)
- 4.Nature/time/location of the incident
- 5.Which emergency services have already been informed?
- 6.Your location or distance from start



# LOCH AWESOME DAY 2

# The Rules

## Ethos

- Loch Awesome is a **Team** Challenge
- It's not a race, no prizes are given for speed!
- Paddle strong, enjoy the view and soak up the good times..

## Rules

- You must be a confident swimmer and can swim a minimum of 100 meters
- Minimum of 3 in a team and a maximum of 8
- You must achieve the paddle within time limits
- You must complete all sections and be accounted for at all checkpoints
- You must paddle with your team, you must pass through checkpoints together
- Leave no trace, look after the environment you are paddling in
- You must have the mandatory kit, **this will be checked before you are allowed on the water.**
- No night paddling
- No drugs or alcohol
- No drafting or wash hang of any vessels
- Take a wide route around anglers
- No trespassing on private land (except in an emergency)
- No landing at Innes Chonnel castle

**Full rules are here:** <https://lochawesome.com/rules>

## Recommended additional kit

- Hand sanitiser
- Face mask
- Food and drink for your paddles
- Camping equipment
- Chairs / lazy beds
- Camping table
- Insect repellent
- Hat
- Sun screen (we know)
- Spare paddle
- Spare fin
- ISUP repair kit
- Clothes - lots of layers
- Big umbrellas
- Sunglasses
- GPS watch
- Phone
- Battery power bank (we provide a charging station)
- Party gear
- Cash for Laundry / Massages / Pizza Thursday.

**LOCH AWESOME**



# Mandatory Kit

## Per Paddler

### PFD

CE or ISO rated 50KN. Can be a self deployment belt type. (we advise PFD's are as slimline as possible to assist with board remount. If using self-deployment belt, make sure you have tested the system and have a spare canister with you on the water) rough water.

### Leash

Can be a quick release or coiled ankle leash.

### Communications

Mobile phone in water proof case, carried on person with event control number saved and the What Three Words app installed. Familiarise yourself with this app! At least one team member should be on vodaphone or O2 as other networks do not work on the loch.

### Survival Equipment

Bivy bag/foil blanket bag to be carried on person. Whistle for signaling distress.

### Clothing

You need to be dressed in appropriate clothing for the weather, neoprene or dry suits are required. You must be prepared for cold water immersion. You must carry a spare full set of dry clothing in a dry bag. You must have appropriate footwear with you for use on land.

### Sustenance

Sufficient food and hydration for up to 12 hours of paddling x 2

Note: Craft carrying packs must have it tethered to the board to assist with re-flipping the board. A min 2m tether from pack to board required.

## Per Team

**GPS tracker (supplied)**

**Waterproof first aid kit**

**Route map with marked EAP's (supplied)**

**We will perform a kit check both mornings before the briefing, you will be issued a 'kit checked' wristband on passing the kit check.**

**You will not be allowed on the water without a kit checked wrist band.**

**Wrist bands must be returned when back off the water.**

**LOCH AWESOME**

# Supporters

Come and join the food, party and vibe of Loch Awesome without the hassle of paddling!

## What's Included?

- Breakfast Friday
- Dinner Friday
- Breakfast Saturday
- Dinner Saturday
- Breakfast Sunday
- Camping
- Showers
- Finishers Party

## Tickets available

<https://lochawesome.com/>

## Team Tracking

[Live event tracking link](#)



Access available to all Checkpoints. The loch is only accessible by vehicle on the East shore and the very top of west shore north of the River Awe. **Please do not park in passing places, although these are numerous, we have been asked specifically to prohibit this.**

**No access to basecamp to supporters without a valid ticket.**

# LOCH AWESOME

# Useful Stuff

## Team Tracking

[Live event tracking link](#)



## Addresses

**Basecamp : Dalavich Social Club**, Dalavich, Taynuilt PA35 1HN

**CP1 & 3 : Loch Awe Boats**, The Boat Yard, Dalmally PA33 1BH

**CP2 : Kilchurn Castle**, Lochawe, Dalmally PA33 1AF

**CP4 : Torran Bay Hostel**, Ford, Lochgilphead PA31 8RH

## Choice of board

Please ensure you paddle the correct craft for the water conditions. We would advise one that is suitable for ocean conditions. The large bodies of water can resemble the ocean if the wind picks up. We do not advise the use of flat water narrow boards.

## Primary Contacts

**Event Control** 0800 140 4624

**Event Organisers:**

**Dave Mistry Pain** 07966754625

**Helen Dennison** 07968994663

**Cajsa Johansson** 07826848009

[info@saltwalk.com](mailto:info@saltwalk.com)

**LOCH AWESOME**

# Whats Next

## To Do

- 1 Finalise your team
- 2 Sort your kit
- 3 Register your supporters
- 4 Complete online [safety briefing](#) and waiver
- 5 Attend virtual zoom Q&A - Thursday 14th April 7:30pm

## Safety Briefing

- [Safety briefing](#)
- Please watch and sign event waiver
- Challengers must complete to participate

See you at **Basecamp!** Dave, Helen & Cajsa X

**LOCH AWESOME**