



The Long Paddle 2021- Paddle Plan

This Paddle Plan is at the mercy of the tides, weather, MOD firing ranges, port authorities, coastguard, rest days and general paddlers fatigue. The first day is accurate, after that only the Gods are in charge!

Date	Day	Start Location	Finish Location	Distance Travelled KM	Total Distance travelled KM	Notes	
*24 April	1	Torre Abbey Sands (Torbay)	Salcombe (North Sands)	43.31	43.31	South West England	
*25	2	Salcombe (North Sands)	Polperro	60.2	103.51		
26	3	Polperro	Lizard	69.87	173.38		
27	4	Lizard	Sennen	44.81	218.19		
28	5	Sennen	Towan Beach/Newquay Harbour	64.63	282.82		
29	6	Towan Beach/Newquay Harbour	Bude (Summerleaze Beach)	67.81	350.71		
30	7	Bude	Ilfracombe	63.94	414.65		
*1 May	8	Ilfracombe	Porthcawl	48.61	463.26	Wales	
*2	9	Porthcawl	Tenby	72.47	535.73		
3	10	REST DAY 1					
4	11	Tenby	Little Haven	59.72	595.45		
5	12	Little Haven	Fishguard	55.75	651.20		
6	13	Fishguard	Aberystwyth	81.54	732.74		
7	14	Aberystwyth	Abersoch	59.82	792.56		
*8	15	Abersoch	Trefor	59.99	852.55	North West England	
*9	16	Trefor	Colwyn Bay	70.07	922.62		
10	17	Colwyn Bay	Liverpool	49.33	971.95		
11	18	Liverpool	Fleetwood	52.13	1024.08		
12	19	Fleetwood	Whitehaven	86.11	1110.19		
13	20	Whitehaven	Garlieston	67.46	1177.65		
14	21	REST DAY 2					
*15	22	Garlieston	Port Logan	62.59	1240.24		
*16	23	Port Logan	Girvan	71.53	1311.77		

17	24	Girvan	West Kilbride	54.62	1366.39	South West Scotland
18	25	West Kilbride	Carradale	46.16	1412.55	
19	26	Carradale	Machrihanish	65.65	1478.20	
20	27	Machrihanish	Ormsary House	56.15	1534.35	
21	28	Ormsary House	Oban	67.92	1602.27	
*22	29	Oban	Portuairk	64.84	1667.11	West Scotland
*23	30	Portuairk	Mallaig	48.12	1715.23	
24	31	Mallaig	Applecross	56.48	1771.71	
25	32	REST DAY 3				
26	33	Applecross	Mellon Udrig	71.48	1843.19	North West Scotland
27	34	Mellon Udrig	Culkein Drumbeg	66.33	1909.52	
28	35	Culkein Drumbeg	Just Past Droman	34.65	1944.16	
*29	36	Just Past Droman	Skerry Bay	62.75	2006.92	North Scotland
*30	37	Skerry Bay	Ham (between Scarfskerry and Brough)	66.57	2073.48	
31	38	Ham (John O'Groats)	Wick	46.93	2120.41	
1 June	39	Wick	Dornoch	87.14	2207.55	
2	40	Dornoch	Burghead	66.58	2274.13	
3	41	Burghead	Portsoy	52.59	2326.70	East Scotland
4	42	Portsoy	Peterhead	73.39	2400.12*	
*5	43	REST DAY 4				
*6	44	Peterhead	Stonehaven	67.93	2468.05	
7	45	Stonehaven	St Andrews	81.55	2549.60	South East Scotland
8	46	St Andrews	North Berwick	48.04	2597.60	
9	47	North Berwick	Tweedmouth	62.87	2660.51*	
10	48	Tweedmouth	Amble	61.73	2722.24	North East England
11	49	Amble	Sunderland	52.25	2774.49	
*12	50	Sunderland	Cowbar	60.52	2835.01	
*13	51	Cowbar	Filey	55.76	2890.77	
14	52	Filey	Withernsea	69.87	2960.71	
15	53	Withernsea	Skegness	74.38	3035.02	East England
16	54	REST DAY 5				
17	55	Skegness	Sheringham	70.91	3105.93	
18	56	Sheringham	Lowestoft	71.67	3177.60	
*19	57	Lowestoft	Felixstowe	65.47	3243.06	South East England
*20	58	Felixstowe	Clacton-on-Sea	28.80	3271.86	
21	59	Clacton-on-Sea	Margate	55	3326.86	
22	60	Margate	Folkestone	49.78	3376.44	
23	61	Folkestone	Hastings	56.87	3433.51	
24	62	Hastings	Brighton	55.88	3489.39	

25	63	Brighton	Selsey	50.14	3539.53	South Coast
*26	64	Selsey	New Milton	69.91	3609.43	
*27	66	REST DAY 6				
28	67	New Milton	Lulworth Cove	49.36	3658.79	
29	68	Lulworth Cove	Lyme Regis	62.63	3721.42	
30	69	Lyme Regis	Torre Abbey Sands (HOME)	59.62	3781.42	

NB- This paddle plan is just a guide; due to weather conditions the finish date may be up to a month later than shown.