







**Key to Symbols**

- Slipway Access
- Shore Access
- Sailing Club Access
- Parking
- Caravan & Camp Site
- Rough Camping
- Bothy
- Hostel/Youth Hostel
- Suitable Picnic Site
- Shop
- Toilets
- Fresh water
- Telephone
- Shower
- Public house
- Cafe/restaurant
- Historical Building
- Tourist Information
- Hospital
- Nesting/Wintering Birds
- Seals
- Overfalls - Tidal Rapids and waves, dangerous to the inexperienced canoeist
- Surf beach - dependent on conditions
- Tidal Eddies
- Caves
- Towns or Residential areas
- Beaches
- Access points
- Ferry Routes

**Wind Strength and Corresponding Sea Conditions**

Beaufort Scale Force	Wind Speed Knots	Wind Speed MPH	Description	Sea State
0	0	0	Calm	Sea like a mirror.
1	1-3	1-3	Light Air	Ripples but without foam crests.
2	4-6	4-7	Light Breeze	Small wavelets, crests do not break.
3	7-10	8-12	Gentle Wind	Large wavelets, occasional white horses, crests begin to break. Noticeable work paddling into headwind.
4	11-16	13-18	Moderate Wind	Small waves, frequent white horses, becoming bouncy. Inexperienced should consider heading to shore unless it's an onshore wind.
5	17-21	19-24	Fresh Wind	Moderate waves, many white horses, some foam and spray. Hard work paddling into wind or across wind.
6	22-27	25-31	Strong Wind	Big seas with large waves. White foam crests and spray. Rescues difficult to execute, warnings issued to small craft.
7	28-33	32-38	Near Gale	Big seas with large waves, white foam blown in streaks along the direction of wind. Kayak handling difficult even for experienced paddlers. Communication very difficult.
8	34-40	39-46	Gale	High waves, crests begin to break into spindrift. Very dangerous conditions; communication almost impossible, rescues impractical, each man for himself.

- Limit for inexperienced paddlers
- Limit for experienced paddlers
- Limit for advanced paddlers

COUNTRY & ACTIVITIES NETWORK