

Paddle and board sports



**Windsurfing | kitesurfing | canoeing
kayaking | paddle boarding | rowing**

Enjoy

This coast has some of the best natural facilities for kite, sail and paddle sports. The North Sea winds, dynamic coastline and stunning wildlife make a perfect destination for these thrilling pastimes.

Kite, sail and paddle sports bring us up close and personal with nature so it's essential that our activities are wildlife friendly, respectful to others and keep ourselves and everyone around us safe.

Remember to follow these guidelines to help you get the most from your time at sea.

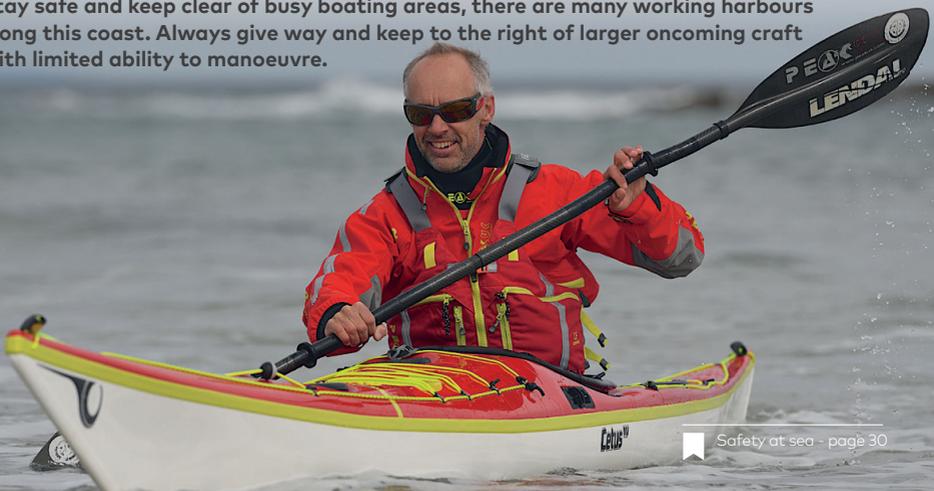
Respect

Always be considerate to everyone else on and in the water, especially swimmers and children. There are many other people enjoying the coast and out making a living.

Keep your kit away from people, animals and craft on land and water. Wind up your lines if leaving your kite and don't leave your equipment unattended on the beach for too long.

Select a safe launch site and find out about local rules and restrictions. Remember, this is a busy working coastline so be careful not to block access points often used by people who are at work.

Stay safe and keep clear of busy boating areas, there are many working harbours along this coast. Always give way and keep to the right of larger oncoming craft with limited ability to manoeuvre.



Protect

Try and keep to footpaths to avoid erosion and trampling of sensitive habitats. Sand dunes and saltmarsh are particularly sensitive and can take a long time to recover.



Never kit up on the sand dune vegetation on the upper shore. It is an important habitat for diverse wildlife and very sensitive to trampling and disturbance and can take a long time to recover.

It's always safest to enter the water from a designated launch point. If you can't, always float your craft for launch and lift out when landing so as not to damage natural banks and beaches.

Always enjoy wildlife from a safe distance, keeping noise and sudden movements to a minimum. Don't linger too long if you think you may disturb them.



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If you encounter wildlife, such as seals either at sea or on sandbanks, slow down, give them a wide berth and maintain a slow steady rhythm as you pass. Exercise caution if they happen to swim to you. Don't harass them and just enjoy the moment.

Keep an eye out for ground nesting birds and never walk through shingle beaches, saltmarsh or sand dunes during breeding season. If parents are frightened they may abandon their nests.

Avoid panicking birds into flight, especially during winter and cold spells. These birds are likely to be feeding or resting and disturbance will use up valuable energy, reducing their chance of survival. Birds are particularly vulnerable at high tide.

Never land on a beach where seals are hauled out or are with their pups. Sudden disturbance can lead to pups being crushed or separated and abandoned by their parents and you risk serious injury from being bitten.

See the [British Canoeing website](http://www.britishcanoeing.org.uk) for some great information on getting the most out of your excursion, stay safe, respect others and protect wildlife (www.britishcanoeing.org.uk).