

# VSKC Paddle Fest & AGM weekend

## Barwon Heads

### 8th – 10th November, 2019

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This is a weekend not to be missed!

With a host of on- and off-water paddling activities in conjunction with the club's AGM and dinner, the weekend is a great opportunity for members to socialise.

The paddling opportunities are superb, ranging from exploring the Barwon Heads Marine Sanctuary to longer trips for more experienced paddlers including to Point Lonsdale.

Take advantage of the opportunity to participate in training for all levels of paddlers, with a particular emphasis this year on training for beginners and Sea Kayak Basic paddlers.

A number of commercial operators will also be present over the weekend and will offer the opportunity to view and test some recent kayak designs.

Barwon Heads has a lot to offer non-paddling family members. There are long beach walks and rock pools to explore, and the town is well served by cafes and restaurants. There is also plenty more to see and do at the nearby towns of Point Lonsdale, Queenscliff and Torquay.

Our guest speaker this year is Shaan Gresser.



Shaan will be known to many members as a result of her non-stop paddle from Tasmania to Victoria earlier this year, which happened to be her second solo Bass Strait crossing. A self-confessed sea and nature nerd based on the east coast (Sydney), Shaan has been experiencing paddling adventures since before the age of 10. Thirty plus years later, Shaan is an

active member of the NSW Sea Kayak Club who has developed a depth of skill and exposure by playing in the waters of our amazing continental edge ...and sometimes a little off-shore! Her favourite kayaking trip of all time though was a shared adventure along the amazing South West Coast of Tassie (via Bathurst Harbour).

A sea guide and instructor passionate about finding adventure in our everyday lives, Shaan is now a manual and movement therapist, helping others find movement in an otherwise sedentary world. Hear her tales of local expeditions and her love of what makes Sydney so special for a paddling and outdoor enthusiast and why the spirit for adventure is present in all of us.

