



26
April
2026

Contents

1.	Coastal VHF Stations eg, Ports, Marinas, Coastguard, Coastwatch etc	3
2.	Coastguard and Coastwatch Data	22
3.	Expedition tracking tools	26
4.	Interactive Resource Map for Britain-by-Kayak	30
5.	Kit List for Britain-by-Kayak	31
6.	Major Lighthouses around Britain	36
7.	Military Live-Fire Ranges	40
8.	Post Offices with "Poste-Restante" Services (For Re-Supply)	43
9.	Shipping Lane - Navigational Notes	50
10.	Tidal Races and Major Headland Accelerations around Britain	58

Coastal VHF Stations eg, Ports, Marinas, Coastguard, Coastwatch etc

"This data shows all coastal VHF stations listed in geographical

The source of this data is "The British and Irish Marine Channel List", linked, [here](http://www.coastalradio.org.uk/freqlists/vhfmarinebases.pdf). (http://www.coastalradio.org.uk/freqlists/vhfmarinebases.pdf) # BBK26 VHF Stations (Clockwise from Lowestoft)

Schematic / operational reference only – not for navigation.

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
1	Lowestoft Haven Marina	Marina / Yacht	80/M	nan	East Anglia
2	Lowestoft Pilot	Pilotage	14	nan	East Anglia
3	Southwold Port Radio	Harbour / Port	12/16	nan	East Anglia
4	Felixstowe	Coastal Service	65	nan	East Anglia
5	Felixstowe	Coastal Service	10/12/74	nan	East Anglia
6	Felixstowe Ferry Boat Yard	Coastal Service	08	nan	East Anglia
7	Felixstowe Ferry Pilot 08Page 8 of	Pilotage	22	nan	East Anglia
8	Felixstowe Tugs 10/12/13 Berthing	Tugs / Towage	nan	nan	East Anglia
9	Harwich Harbour Patrol Launch	Harbour / Port	11	nan	East Anglia
10	Harwich Harbour Radar	Range / Safety	20	nan	East Anglia
11	Harwich Haven Pilot Station	Pilotage	09	nan	East Anglia
12	Harwich International Port	Harbour / Port	13	nan	East Anglia
13	Harwich Port	Harbour / Port	10/12/13	nan	East Anglia
14	Harwich VTS	VTS	71/09/10/20	nan	East Anglia
15	Royal Harwich Yacht Club	Marina / Yacht	77	nan	East Anglia
16	Sunk Pilots Harwich	Pilotage	09	nan	East Anglia

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
17	Sunk VTS Harwich	VTS	14	nan	East Anglia
18	Ipswich Haven Marina	Marina / Yacht	M/80	nan	East Anglia
19	Ipswich Port Radio	Harbour / Port	68	nan	East Anglia
20	Orwell Navigation Services	Coastal Service	68	nan	East Anglia
21	Shotley Marina	Marina / Yacht	80	nan	East Anglia
22	Titchmarsh Marina Walton Backwaters	Marina / Yacht	80	nan	East Anglia
23	Walton Yacht Haven	Marina / Yacht	80	nan	East Anglia
24	Brightlingsea Harbour Radio	Harbour / Port	68	nan	East Anglia
25	Brightlingsea Pilots	Pilotage	68	nan	East Anglia
26	Brightlingsea Water Taxi	Coastal Service	68	nan	East Anglia
27	West Mersea Marina	Marina / Yacht	M	West	East Anglia
28	West Mersea Yacht Club	Marina / Yacht	M	West	East Anglia
29	Tollesbury Marina	Marina / Yacht	80/M	Tollesbury	East Anglia
30	Burnham Harbour Master & Pilot	Pilotage	08/16	nan	East Anglia
31	Burnham Yacht Harbour	Marina / Yacht	M	nan	Thames & Kent
32	Burnham on Crouch Port Authority	Harbour / Port	16/11	nan	Thames & Kent
33	Crouch Harbour Master Launch	Harbour / Port	80	Crouch	Thames & Kent
34	Southend	Coastal Service	65	nan	Thames & Kent
35	Southend Marine Activity Centre	Coastal Service	16/68	nan	Thames & Kent

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
36	Canvey Island	Coastal Service	65	nan	Thames & Kent
37	Sheerness Pilots	Pilotage	09/69/74	nan	Thames & Kent
38	Warp/Oaze Pilot (Sheerness)	Pilotage	09	nan	Thames & Kent
39	Medway Pier Marine	Coastal Service	80/M	nan	Thames & Kent
40	Medway Port Tugs	Tugs / Towage	08/11/73	nan	Thames & Kent
41	Medway VTS	VTS	09/11/22/73/74	nan	Thames & Kent
42	Medway VTS Radar Assistance	VTS	22	nan	Thames & Kent
43	Port Medway Marina	Marina / Yacht	M/80	nan	Thames & Kent
44	Whitstable	Coastal Service	65	nan	Thames & Kent
45	Whitstable Harbour Radio	Harbour / Port	09	nan	Thames & Kent
46	Herne Bay	Coastal Service	65	nan	Thames & Kent
47	Ramsgate Marina	Marina / Yacht	80	nan	Thames & Kent
48	Ramsgate Northeast Spit Pilots	Pilotage	09/69	nan	Thames & Kent
49	Ramsgate Port Control	Harbour / Port	14	nan	Thames & Kent
50	Dover Marina (Only to be used within the Marina)	Marina / Yacht	80	nan	Thames & Kent
51	Dover Tugs	Tugs / Towage	71/69	nan	Thames & Kent
52	Dover VTS	VTS	74	nan	Thames & Kent
53	Folkestone	Coastal Service	65	nan	Thames & Kent
54	Folkestone Port Information	Harbour / Port	15	nan	Thames & Kent
55	Rye Harbour Master	Harbour / Port	14	nan	Thames & Kent

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
56	Sovereign Harbour Eastbourne	Harbour / Port	17	nan	South Coast (Sussex–Solent)
57	Newhaven	Marina / Yacht	65	nan	South Coast (Sussex–Solent)
58	Newhaven Marina	Marina / Yacht	80/M	nan	South Coast (Sussex–Solent)
59	Newhaven Radio	Marina / Yacht	12	nan	South Coast (Sussex–Solent)
60	Brighton Marina (Brighton Control)	Marina / Yacht	M/80/16	nan	South Coast (Sussex–Solent)
61	Lady Bee Marina Shoreham Harbour	Marina / Yacht	14	nan	South Coast (Sussex–Solent)
62	Shoreham	Coastal Service	65	nan	South Coast (Sussex–Solent)
63	Shoreham Harbour Radio	Harbour / Port	16/06/09/11/14	nan	South Coast (Sussex–Solent)
64	Shoreham Pilots	Pilotage	14	nan	South Coast (Sussex–Solent)
65	Shoreham Tugs	Tugs / Towage	11/14	nan	South Coast (Sussex–Solent)
66	Littlehampton Harbour	Harbour / Port	71/16	nan	South Coast (Sussex–Solent)
67	Littlehampton Marina	Marina / Yacht	80/M	nan	South Coast (Sussex–Solent)
68	Littlehampton Pilots	Pilotage	71	nan	South Coast (Sussex–Solent)
69	Chichester Harbour Patrol	Harbour / Port	14/16	nan	South Coast (Sussex–Solent)
70	Chichester Harbour Radio	Harbour / Port	14/16	nan	South Coast (Sussex–Solent)
71	Langstone Harbour Radio	Harbour / Port	16/68	Stone	South Coast (Sussex–Solent)
72	Langstone Marina	Marina / Yacht	80/M	Stone	South Coast (Sussex–Solent)
73	KHM Portsmouth	Harbour / Port	11/13/71/74	nan	South Coast (Sussex–Solent)

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
74	Portsmouth Fog Routine	Harbour / Port	11/13	nan	South Coast (Sussex–Solent)
75	Portsmouth Harbour Radio	Harbour / Port	14	nan	South Coast (Sussex–Solent)
76	Portsmouth Naval Firings (Broadcast)	Range / Safety	06	nan	South Coast (Sussex–Solent)
77	Portsmouth Royal Clarence Marina	Marina / Yacht	80	nan	South Coast (Sussex–Solent)
78	Gosport	Harbour / Port	65	nan	South Coast (Sussex–Solent)
79	Gosport Marina	Marina / Yacht	80/M	nan	South Coast (Sussex–Solent)
80	Gosport-Camper Base	Harbour / Port	80/M	nan	South Coast (Sussex–Solent)
81	Lee-on-the-Solent	Coastal Service	65	nan	South Coast (Sussex–Solent)
82	Port Solent Marina	Marina / Yacht	80	Port Solent	South Coast (Sussex–Solent)
83	Marchwood Military Port Southampton	Harbour / Port	73	Marchwood Military	South Coast (Sussex–Solent)
84	Royal Southampton Yacht Club	Marina / Yacht	77	Royal	South Coast (Sussex–Solent)
85	Shamrock Quay Southampton Marina	Marina / Yacht	80	Shamrock Quay Southampton	South Coast (Sussex–Solent)
86	Southampton Container Terminal	Harbour / Port	87	Southampton	South Coast (Sussex–Solent)
87	Southampton Harbour Patrol	Harbour / Port	16/12	Southampton	South Coast (Sussex–Solent)
88	Southampton Marina's	Marina / Yacht	80/M	Southampton	South Coast (Sussex–Solent)
89	Southampton Pilots	Pilotage	09/71	Southampton	South Coast (Sussex–Solent)
90	Southampton Tugs	Tugs / Towage	10/71/74	Southampton	South Coast (Sussex–Solent)
91	Southampton Tugs Esso & BP Terminals only	Tugs / Towage	19	Southampton	Dorset

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
92	Southampton VTS	VTS	12/14/16/09/20	Southampton	Dorset
93	BP Hamble Terminal (Callsign BP Hamble)	Harbour / Port	12/71/74	nan	Dorset
94	Hamble Harbour Radio	Harbour / Port	68	nan	Dorset
95	Hamble Point Marina	Marina / Yacht	80/M	nan	Dorset
96	Hamble Water Taxi	Coastal Service	77	nan	Dorset
97	Hamble Yacht Services	Marina / Yacht	80/M	nan	Dorset
98	Port Hamble Marina	Marina / Yacht	80	nan	Dorset
99	Berthon Lymington Marina	Marina / Yacht	80	nan	Dorset
100	Lymington Harbour Master 66Page 4 of	Harbour / Port	22	nan	Dorset
101	Lymington Yacht Haven	Marina / Yacht	80	nan	Dorset
102	Royal Lymington Yacht Club	Marina / Yacht	80/M	nan	Dorset
103	Poole Bay fuels	Coastal Service	80	nan	Dorset
104	Poole Harbour Control	Harbour / Port	16/14	nan	Dorset
105	Poole Harbour water taxis	Harbour / Port	06	nan	Dorset
106	Poole Pilots	Pilotage	14/16	nan	Dorset
107	Poole Quay Boat Haven	Marina / Yacht	80	nan	Dorset
108	Poole Yacht Club Haven (Callsign Pike)	Marina / Yacht	M	nan	Dorset
109	Port of Poole Marina	Marina / Yacht	80	nan	Dorset
110	Hengistbury Head	Coastal Service	65	nan	Dorset

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
111	Swanage	Coastal Service	65	nan	Devon
112	St Alban's Head	Coastal Service	65	nan	Devon
113	Chickerell Range Portland 26 Via Coastguard	Coastguard	nan	nan	Devon
114	Portland Bill	Harbour / Port	65	nan	Devon
115	Portland Harbour Pilots	Pilotage	74	nan	Devon
116	Portland Harbour Radio	Harbour / Port	16/09/71/74	nan	Devon
117	Portland Harbour Radio	Harbour / Port	74	nan	Devon
118	Portland Marina	Marina / Yacht	80	nan	Devon
119	Portland Marina	Marina / Yacht	80	nan	Devon
120	Weymouth Harbour	Harbour / Port	12	nan	Devon
121	Weymouth Marina	Marina / Yacht	80	nan	Devon
122	Weymouth Marina (For Diesel)	Marina / Yacht	60	nan	Devon
123	Weymouth Pilot	Pilotage	16/09/12	nan	Devon
124	Lyme Bay	Coastal Service	65	nan	Devon
125	Lyme Regis Harbour Radio	Harbour / Port	14/16	nan	Devon
126	Charmouth	Coastal Service	65	nan	Devon
127	Bridport Radio	Harbour / Port	11/16	nan	Devon
128	Exmouth	Coastal Service	65	nan	Devon
129	Exmouth Docks	Harbour / Port	14/16	nan	Devon

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
130	Exmouth Water Taxi	Coastal Service	M	nan	Devon
131	Teignmouth	Coastal Service	65	nan	Devon
132	Teignmouth Pilots	Pilotage	16/12	nan	Devon
133	Teignmouth Port (Emergencies only.)	Harbour / Port	12	nan	Devon
134	Torbay	Coastal Service	65	nan	Devon
135	Torbay Harbour (Callsign Bay Reporting)	Harbour / Port	09	nan	Devon
136	Torbay Pilots	Pilotage	16/09	nan	Cornwall (South)
137	Brixham Harbour (Callsign Brixham Port)	Harbour / Port	16/14	nan	Cornwall (South)
138	Brixham Marina	Marina / Yacht	80	nan	Cornwall (South)
139	Brixham Pilots	Pilotage	09	nan	Cornwall (South)
140	Brixham Yacht Club & Water Taxi Shuttle	Marina / Yacht	M	nan	Cornwall (South)
141	Dartmouth Fuel Barge 06Page 3 of	Coastal Service	22	nan	Cornwall (South)
142	Dartmouth Harbour (Callsign Dartnav)	Harbour / Port	11	nan	Cornwall (South)
143	Dartmouth Water Taxi	Coastal Service	08	nan	Cornwall (South)
144	Lincombe Yard, Salcombe	Coastal Service	72	nan	Cornwall (South)
145	Salcombe Fuel Barge	Coastal Service	06	nan	Cornwall (South)
146	Salcombe Harbour Taxi	Harbour / Port	12	nan	Cornwall (South)
147	Salcombe Harbour or Launch	Harbour / Port	14	nan	Cornwall (South)
148	Prawle Point	Coastal Service	65	nan	Cornwall (South)
149	Froward Point	Coastal Service	65	nan	Cornwall (South)

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
150	Flag Officer Sea Training Plymouth (FOST OPS)	Coastal Service	74	nan	Cornwall (South)
151	Longroom Port Control Plymouth	Harbour / Port	14/13/16	nan	Cornwall (South)
152	Mayflower Int. Marina Plymouth	Marina / Yacht	80	nan	Cornwall (South)
153	Plymouth Flagstaff Port Control (Callsign Flag)	Harbour / Port	14/13/16	nan	Cornwall (South)
154	Plymouth Port Control	Harbour / Port	12/14/16	nan	Cornwall (South)
155	Plymouth VTS	VTS	14/13/16	nan	Cornwall (South)
156	Plymouth Yacht Haven	Marina / Yacht	80	nan	Cornwall (South)
157	Royal Plymouth Corinthian Yacht Club	Marina / Yacht	M	nan	Cornwall (South)
158	Rame Head	Coastal Service	65	nan	Cornwall (South)
159	Looe Harbour Master (Occasional use)	Harbour / Port	16	nan	Cornwall (South)
160	Fowey Bodinnick Ferry	Coastal Service	09/12	nan	Cornwall (South)
161	Fowey Harbour Patrol	Harbour / Port	12	nan	Cornwall (South)
162	Fowey Harbour Radio	Harbour / Port	12/16	nan	Cornwall (South)
163	Fowey Pilots & Tugs	Pilotage	09/12	nan	Cornwall (South)
164	Fowey Refueller	Coastal Service	10/16	nan	Cornwall (South)
165	Fowey Water Taxi	Coastal Service	06	nan	Cornwall (South)
166	Polruan	Coastal Service	65	nan	Cornwall (South)
167	Charlestown	Coastal Service	65	nan	Cornwall (South)
168	Charlestown (St Austell Bay)	Coastal Service	14/16	nan	Cornwall (South)
169	Charlestown Pilots	Pilotage	14	nan	Cornwall (South)

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
170	Mevagissey Harbour Radio	Harbour / Port	16/14	nan	Cornwall (South)
171	Falmouth Harbour Commissioners	Harbour / Port	12/13/14/16	nan	Cornwall (North)
172	Falmouth Harbour Pollution Control	Harbour / Port	10	nan	Cornwall (North)
173	Falmouth Harbour Radio	Harbour / Port	16/09	nan	Cornwall (North)
174	Falmouth Haven Marina	Marina / Yacht	12	nan	Cornwall (North)
175	Falmouth Marina	Marina / Yacht	80	nan	Cornwall (North)
176	Falmouth Pilot Radio	Pilotage	09	nan	Cornwall (North)
177	Falmouth Visitors Yacht Haven	Marina / Yacht	12	nan	Cornwall (North)
178	Royal Cornwall Yacht Club Falmouth	Marina / Yacht	80	nan	Cornwall (North)
179	Royal Cornwall Yacht Club Launch Falmouth	Marina / Yacht	M	nan	Cornwall (North)
180	Portscatho	Harbour / Port	65	nan	Cornwall (North)
181	Nare Point	Coastal Service	65	nan	Cornwall (North)
182	Porthleven	Harbour / Port	16	nan	Cornwall (North)
183	Newlyn Harbour	Harbour / Port	1612	nan	Cornwall (North)
184	Penzance	Coastal Service	65	nan	Cornwall (North)
185	Penzance Harbour	Harbour / Port	12/09/16	nan	Cornwall (North)
186	St Ives	Coastal Service	65	nan	Cornwall (North)
187	St Ives Port	Harbour / Port	12	nan	Cornwall (North)
188	Hayle Harbour	Harbour / Port	14/16/18	nan	Cornwall (North)

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
189	Gwennap Head	Coastal Service	65	nan	Cornwall (North)
190	St Agnes Head	Coastal Service	65	nan	Cornwall (North)
191	Cape Cornwall	Coastal Service	65	nan	Cornwall (North)
192	Newquay Harbour	Harbour / Port	08/16/14	nan	Cornwall (North)
193	Padstow Harbour	Harbour / Port	12/16	nan	Cornwall (North)
194	Stepper Point	Coastal Service	65	nan	Cornwall (North)
195	Boscastle	Coastal Service	65	nan	Cornwall (North)
196	Ilfracombe Harbour	Harbour / Port	12/16	nan	Cornwall (North)
197	Minehead Harbour	Harbour / Port	16/12/14	nan	Cornwall (North)
198	Portishead Quays Marina	Marina / Yacht	80	nan	Cornwall (North)
199	Barry Radio	Coastal Service	11/10/16	nan	Cornwall (North)
200	Nells Point (Barry Island)	Coastal Service	65	nan	Cornwall (North)
201	Cardiff Port Radio	Harbour / Port	14/16	nan	Bristol Channel
202	Porthcawl	Harbour / Port	65	nan	Bristol Channel
203	Porthcawl Harbour	Harbour / Port	80	nan	Bristol Channel
204	Swansea Docks Radio (Port)	Harbour / Port	14	nan	Bristol Channel
205	Swansea Marina	Marina / Yacht	80	nan	Bristol Channel
206	Worms Head	Coastal Service	65	nan	Bristol Channel

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
207	Tenby Harbour	Harbour / Port	16/80	nan	Bristol Channel
208	Saundersfoot Harbour	Harbour / Port	11/16	nan	Bristol Channel
209	Milford Haven Patrol Launches	Marina / Yacht	11/12	nan	Bristol Channel
210	Milford Haven VTS	VTS	11/12/14/16	nan	Bristol Channel
211	Milford Pierhead	Coastal Service	14	nan	Bristol Channel
212	Fishguard Harbour Master	Harbour / Port	14/16	nan	Bristol Channel
213	Aberystwyth Harbour Master	Harbour / Port	14/16	nan	Bristol Channel
214	Aberystwyth Marina (Call Abermarina)	Marina / Yacht	80	nan	Bristol Channel
215	Barmouth Harbour	Harbour / Port	12/16	nan	Bristol Channel
216	Aberdovey Harbour	Harbour / Port	12/16	nan	Bristol Channel
217	Hafen Pwllheli Harbour	Harbour / Port	12/16	nan	Bristol Channel
218	Hafen Pwllheli Marina	Marina / Yacht	80/M	nan	Bristol Channel
219	Pwllheli Harbour Master	Harbour / Port	16	nan	Bristol Channel
220	Pwllheli Marina	Marina / Yacht	80/M	nan	Bristol Channel
221	Porthdinllaen	Harbour / Port	65	nan	Bristol Channel
222	Holyhead Port Control	Harbour / Port	14/16	nan	Bristol Channel
223	Rhoscolyn	Coastal Service	65	nan	Bristol Channel
224	Moelfre Anglesey	Coastal Service	65	nan	Bristol Channel
225	Anglesey Terminal Amlwch	Harbour / Port	10/12/19/26/28	nan	Bristol Channel

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
226	Great Orme Llandudno	Coastal Service	65	nan	South Wales
227	Llandudno Pier	Coastal Service	06/12	nan	South Wales
228	Conwy Harbour Master	Harbour / Port	14	Conwy	South Wales
229	Conwy Marina	Marina / Yacht	80	Conwy	South Wales
230	Conwy Yacht Marina	Marina / Yacht	M	Conwy	South Wales
231	Fleetwood	Coastal Service	65	nan	South Wales
232	Fleetwood Haven Marina	Marina / Yacht	12	nan	South Wales
233	Heysham Cargo	Coastal Service	14	nan	South Wales
234	Heysham Pilot	Pilotage	14	nan	South Wales
235	Heysham Port Control	Harbour / Port	14	nan	South Wales
236	Barrow Port Radio	Harbour / Port	12	nan	South Wales
237	Barrow Port Radio	Harbour / Port	12/16	nan	South Wales
238	Silloth (Cumbria)	Coastal Service	16/12	nan	South Wales
239	Maryport	Harbour / Port	12/16	nan	South Wales
240	Maryport Harbour	Harbour / Port	12	nan	South Wales
241	Maryport Marina	Marina / Yacht	12/16	nan	South Wales
242	Maryport Marina	Marina / Yacht	80/12/M	nan	South Wales
243	Workington Local Port Service	Harbour / Port	14/16	nan	South Wales
244	Whitehaven Harbour Master	Marina / Yacht	12/16	nan	South Wales

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
245	Whitehaven Marina	Marina / Yacht	12	nan	South Wales
246	Cairnryan Local Port Services	Harbour / Port	16/14	nan	South Wales
247	Ayr Harbour	Harbour / Port	16/14	nan	South Wales
248	Troon Harbour	Harbour / Port	16/14	nan	South Wales
249	Troon Harbour Master	Harbour / Port	14	nan	South Wales
250	Troon Pilots	Pilotage	16/14	nan	South Wales
251	Troon Yacht Haven	Marina / Yacht	80/M	nan	West Wales
252	Ardrossan Radio	Coastal Service	16/12	nan	West Wales
253	Largs Yacht Haven	Marina / Yacht	80/M	nan	West Wales
254	Serco Greenock Control	Coastal Service	73	nan	West Wales
255	North Pier (Oban)	Coastal Service	16/12	nan	West Wales
256	Northern Lighthouse Board Oban	Coastal Service	16/12	nan	West Wales
257	Oban Marina	Marina / Yacht	80	nan	West Wales
258	Oban Yachts Marina	Marina / Yacht	16/80	nan	West Wales
259	Mallaig Harbour Radio	Harbour / Port	09/16	Mallaig	West Wales
260	Fort William	Coastal Service	10	Fort	West Wales
261	Ullapool Harbour	Harbour / Port	14/16	nan	West Wales
262	Gairloch Harbour	Harbour / Port	16	nan	West Wales
263	Kinlochbervie Port	Harbour / Port	14/16	nan	West Wales

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
264	Berwick upon Tweed Harbour	Harbour / Port	12/16	nan	West Wales
265	Chiswick Quay Marina	Marina / Yacht	14	nan	West Wales
266	Findhorn (Chadwick Base) MPage 11 of	Coastal Service	22	nan	West Wales
267	West Wick Marina	Marina / Yacht	M	nan	West Wales
268	Wick	Coastal Service	14/16	nan	West Wales
269	Helmsdale Harbour Master	Harbour / Port	13/16	nan	West Wales
270	Cromarty Firth Port Radio	Harbour / Port	16/11	nan	West Wales
271	Inverness Boat Centre	Coastal Service	80/M	nan	North Wales
272	Inverness Harbour Office	Harbour / Port	12	nan	North Wales
273	Inverness Marina	Marina / Yacht	12	nan	North Wales
274	Inverness Pilots	Pilotage	12	nan	North Wales
275	Nairn (Weekends only)	Coastal Service	M	nan	North Wales
276	Findhorn Boat Yard	Coastal Service	80	nan	North Wales
277	Lossiemouth Harbour	Harbour / Port	12/16	nan	North Wales
278	Buckie Harbour	Harbour / Port	12/16	nan	North Wales
279	Banff Harbour	Harbour / Port	12	nan	North Wales
280	Macduff Harbour	Harbour / Port	12/16	nan	North Wales
281	Fraserburgh Harbour Control	Harbour / Port	12/16	nan	North Wales
282	Peterhead Bay Marina	Marina / Yacht	14	nan	North Wales

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
283	Peterhead Harbour Radio/VTS	VTS	14	nan	North Wales
284	Peterhead Pilots	Pilotage	14	nan	North Wales
285	Aberdeen VTS	VTS	12/16	Aberdeen	North Wales
286	Stonehaven Harbour	Marina / Yacht	11	Stone	North Wales
287	Montrose Port Control	Harbour / Port	12/16	Montrose	North Wales
288	Arbroath Harbour	Harbour / Port	11/16	Arbroath	North Wales
289	Dundee Harbour Radio	Harbour / Port	12/16	Dundee	North Wales
290	Anstruther Harbour	Harbour / Port	11/16	Anstruther	North Wales
291	Forth & Tay Navigation Service	Coastal Service	71	Forth	NW England
292	Forth Navigation	Coastal Service	71/16/20	Forth	NW England
293	Forth Ports Pilots	Pilotage	72	Forth Ports	NW England
294	Royal Forth Yacht Club	Marina / Yacht	M	Royal	NW England
295	Royal Forth Yacht Club Club House	Marina / Yacht	M	Royal	NW England
296	Royal Forth Yacht Club Race Management	Marina / Yacht	M	Royal	NW England
297	Upper Forth Boat Club	Marina / Yacht	80/M2/M	Upper	NW England
298	Leith Harbour Radio	Harbour / Port	12	Leith	NW England
299	Leith Harbour Tugs	Tugs / Towage	06/08/11/12/14	Leith	NW England
300	Eyemouth Fishing Vessels	Coastal Service	06	nan	NW England
301	Eyemouth Harbour	Harbour / Port	16/12	nan	NW England
302	Dunbar Harbour	Harbour / Port	12/16	nan	NW England

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
303	Amble Harbour Master	Harbour / Port	16/14	nan	NW England
304	Amble Marina	Marina / Yacht	80	nan	NW England
305	Blyth Harbour Control	Harbour / Port	12/16/11	nan	NW England
306	Royal Northumberland Yacht Club Blyth	Marina / Yacht	12	nan	SW Scotland
307	Tyne Harbour Radio 12/16Page 10 of	Harbour / Port	22	nan	SW Scotland
308	Tyne VTS	VTS	12/11	nan	SW Scotland
309	Sunderland Harbour Radio	Harbour / Port	16/11/14	nan	SW Scotland
310	Sunderland Marina	Marina / Yacht	M/80	nan	SW Scotland
311	Sunderland Port Authority	Harbour / Port	16/11/14	nan	SW Scotland
312	Sunderland Tugs	Tugs / Towage	16/11/14	nan	SW Scotland
313	Seaham Harbour	Harbour / Port	12/16/06	nan	SW Scotland
314	Seaham Marina	Marina / Yacht	80	nan	SW Scotland
315	Hartlepool Marina	Marina / Yacht	M/80	nan	SW Scotland
316	Hartlepool Yacht Club	Marina / Yacht	M	nan	SW Scotland
317	Whitby Marina	Marina / Yacht	11/16/12	nan	SW Scotland
318	Whitby Port Control	Harbour / Port	16/11	nan	SW Scotland
319	Scarborough Port Control	Harbour / Port	16/11	nan	SW Scotland
320	Bridlington Harbour	Harbour / Port	12/16/67	nan	SW Scotland
321	Filey	Coastal Service	65	Filey	West Scotland

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
322	Hornsea	Coastal Service	65	nan	West Scotland
323	Grimsby Marina (Callsign Humber Cruising)	Marina / Yacht	74	nan	West Scotland
324	Humber Yacht Club	Marina / Yacht	M	Humber	West Scotland
325	Humber Yawl Club	Marina / Yacht	M	Humber	West Scotland
326	VTS Humber	VTS	12/14/15/16	VTS	West Scotland
327	VTS Humber area intership	VTS	13/10	VTS	West Scotland
328	Grimsby & Cleethorps Yacht Club	Marina / Yacht	M	nan	West Scotland
329	Grimsby Fish Dock	Coastal Service	74	nan	West Scotland
330	Grimsby Meridan Quay Marina	Marina / Yacht	74	nan	West Scotland
331	Grimsby Royal Docks Radio	Harbour / Port	74	nan	NW Highlands
332	Skegness	Coastal Service	65	nan	NW Highlands
333	Mablethorpe	Coastal Service	65	nan	NW Highlands
334	Chapel Point	Coastal Service	65	nan	NW Highlands
335	Donna Nook Range & Tower	Range / Safety	16/67	Donna	NW Highlands
336	Boston Marina	Marina / Yacht	12	Boston	NW Highlands
337	Boston Port Control	Harbour / Port	12	Boston	North Coast (Scotland)
338	Wells-next-to-the-Sea	Coastal Service	65	nan	North Coast (Scotland)
339	Brancaster	Coastal Service	65	nan	North Coast (Scotland)
340	Cromer	Coastal Service	65	nan	East Scotland / NE England

Seq (BBK26 clockwise from Lowestoft)	Station / Service	Type	VHF Channel(s)	Geo anchor (inferred)	BBK26 Route Sector
341	Mundesley	Coastal Service	65	nan	East Scotland / NE England
342	Caister	Coastal Service	65	nan	East Scotland / NE England
343	Gorleston	Coastal Service	65	nan	East Scotland / NE England

Coastguard and Coastwatch Data

>

The routine telephone numbers for the Marine Rescue Co-ordination Centers around the UK are below. These are listed in the order, clockwise around the country starting with my home region.

HM Coastguard Centres, Coastwatch Stations and RNLI Stations are also included in our interactive map, [here](https://www.goosejuice.co.uk/resources/maps/). (https://www.goosejuice.co.uk/resources/maps/)

Other Useful Contacts General Enquiries (Maritime and Coastguard Agency switchboard): 0203 817 2000

National Coastwatch Institution (NCI) lookout stations: The NCI is a charity that provides a visual watch of the coast. Individual stations have local numbers, see below.

Deceased Marine Mammals: To report a deceased whale, porpoise, dolphin, or sturgeon (“Royal Fish”) on the coast, contact the Receiver of Wreck on 0203 817 2575.

HM Coastguard MRC Centre	Telephone Number
Humber	01262 672317
Dover	01304 210008
Solent	02392 552100
Falmouth	01326 317575
Milford Haven	01646 690909
Holyhead	01407 731176
Belfast	02891 463933
Stornoway	01851 702013
Shetland	01595692976
Aberdeen	01224 592334

UK Coastwatch Stations – Clockwise from Felixstowe (Simple Version)

CW No	Station / Unit	Region (Org)	MCA Region	Nearest Harbour / RNLI Station	Telephone	Email	VHF Channel
1	Felixstowe	East Anglia (NCI)	Thames	Felixstowe / Harwich RNLI	01394 802143	felixstowe@nci.org.uk	16/65
2	Canvey Island	East Anglia (NCI)	Thames	Southend RNLI	01268 956370	canvey.island@nci.org.uk	16/65

CW No	Station / Unit	Region (Org)	MCA Region	Nearest Harbour / RNLI Station	Telephone	Email	VHF Channel
3	Southend	East Anglia (NCI)	Thames	Southend RNLI	01702 593152	southend@nci.org.uk	16/65
4	Herne Bay	South East (NCI)	Thames	Whitstable RNLI	01227 743208	herne.bay@nci.org.uk	16/65
5	Whitstable	South East (NCI)	Thames	Whitstable RNLI	01227 314554	whitstable@nci.org.uk	16/65
6	Ramsgate	South East (NCI)	Dover Strait	Ramsgate RNLI	07749 010793	ramsgate@nci.org.uk	16/65
7	Folkestone - QAVS	South East (NCI)	Dover Strait	Dover RNLI	01303 227132	folkestone@nci.org.uk	16/65
8	Bembridge	Isle of Wight (NCI)	Solent	Bembridge RNLI	01983 873943	bembridge@nci.org.uk	16/65
9	Gosport	South Coast (NCI)	Solent	Gosport RNLI	02392765194	gosport@nci.org.uk	16/65
10	Lee-on-the-Solent	South Coast (NCI)	Solent	Lee-on-the-Solent RNLI	02392556758	lee.on.the.solent@nci.org.uk	16/65
11	Calshot Tower - QAVS	South Coast (NCI)	Solent	Calshot / Hamble RNLI	02380893562	calshot@nci.org.uk	16/65
12	Hengistbury Head	South Coast (NCI)	Solent	Mudford RNLI	01202 425630	hengistbury.head@nci.org.uk	16/65
13	Swanage - QAVS	South Coast (NCI)	Wessex	Swanage RNLI	01929 422596	swanage@nci.org.uk	16/65
14	St Alban's Head - QAVS	South Coast (NCI)	Wessex	Swanage RNLI	01929 439220	st.albans.head@nci.org.uk	16/65
15	Portland Bill - QAVS	South Coast (NCI)	Wessex	Portland RNLI	01305 860178	portland.bill@nci.org.uk	16/65
16	Exmouth	Devon (NCI)	Western Approaches	Exmouth RNLI	01395 222492	exmouth@nci.org.uk	16/65
17	Teignmouth	Devon (NCI)	Western Approaches	Teignmouth RNLI	01626 772377	teignmouth@nci.org.uk	16/65
18	Froward Point	Devon (NCI)	Western Approaches	Dart RNLI	01803 262173	froward.point@nci.org.uk	16/65

CW No	Station / Unit	Region (Org)	MCA Region	Nearest Harbour / RNLI Station	Telephone	Email	VHF Channel
19	Prawle Point - QAVS	Devon (NCI)	Western Approaches	Salcombe RNLI	01548 511259	prawle.point@nci.org.uk	16/65
20	Burnham-on-Sea	Devon & Somerset (NCI)	Bristol Channel	Burnham-on-Sea RNLI	07887 401021	burnham.on.sea@nci.org.uk	16/65
21	Minehead	Devon & Somerset (NCI)	Bristol Channel	Minehead RNLI	07543 128472	minehead@nci.org.uk	16/65
22	St Donat's Bay	Wales (NCI)	Bristol Channel	Barry Dock RNLI	01446 799061	st.donats.bay@nci.org.uk	16/65
23	Nells Point (Barry Island)	Wales (NCI)	Bristol Channel	Barry Dock RNLI	01446 420746	nells.point@nci.org.uk	16/65
24	Porthcawl	Wales (NCI)	Bristol Channel	Porthcawl RNLI	01656 782936	porthcawl@nci.org.uk	16/65
25	Worms Head	Wales (NCI)	Bristol Channel	Mumbles RNLI	01792 390167	worms.head@nci.org.uk	16/65
26	Wooltack Point	Wales (NCI)	Bristol Channel	Angle RNLI	01646 795195	wooltack.point@nci.org.uk	16/65
27	Porthdinllaen	Wales (NCI)	Irish Sea	Abersoch RNLI	01758 435004	porthdinllaen@nci.org.uk	16/65
28	Rhoscolyn	Wales (NCI)	Irish Sea	Holyhead RNLI	07935 822171	rhoscolyn@nci.org.uk	16/65
29	Point Lynas	Wales (NCI)	Irish Sea	Moelfre RNLI	07934 995666	point.lynas@nci.org.uk	16/65
30	Llandudno	Wales (NCI)	Irish Sea	Llandudno RNLI	01492 463083	llandudno@nci.org.uk	16/65
31	Fleetwood - QAVS	North West (NCI)	Irish Sea	Fleetwood RNLI	01253 870618	fleetwood@nci.org.uk	16/65
32	Coastwatch Scotland Irvine	Coastwatch Scotland (SCIO)	Clyde	Irvine RNLI	01294 271855 / 07942 289658	coastwatch-irvine@outlook.com	16/65
33	Coastwatch Scotland St Monans	Coastwatch Scotland	Forth	Anstruther RNLI	7764297249	coastwatchstmonans@hush.com	16/68

CW No	Station / Unit	Region (Org)	MCA Region	Nearest Harbour / RNLI Station	Telephone	Email	VHF Channel
34	Coastwatch West Fife	Independent Coastwatch	Forth	Queensferry RNLI	03303 410901	info@coastwatchwestfife.org.uk	16/68
35	Filey	North East (NCI)	Humber	Filey RNLI	01723 256246	filey@nci.org.uk	16/65
36	Hornsea	North East (NCI)	Humber	Hornsea RNLI	01964 530482	hornsea@nci.org.uk	16/65
37	Chapel Point	East Coast (NCI)	Humber	Skegness RNLI	01754 874311	chapel.point@nci.org.uk	16/65
38	Mablethorpe - QAVS	East Coast (NCI)	Humber	Mablethorpe RNLI	01507 237069	mablethorpe@nci.org.uk	16/65
39	Skegness - QAVS	East Coast (NCI)	Humber	Skegness RNLI	01754 482082	skegness@nci.org.uk	16/65
40	Brancaster	East Anglia (NCI)	Thames	Hunstanton RNLI	01485 478007	brancaster@nci.org.uk	16/65
41	Wells-next-the-Sea	East Anglia (NCI)	Thames	Wells RNLI	01328 710587	wells.next.the.sea@nci.org.uk	16/65
42	Cromer	East Anglia (NCI)	Thames	Cromer RNLI	01263 519751	cromer@nci.org.uk	16/65
43	Mundesley - QAVS	East Anglia (NCI)	Thames	Cromer RNLI	01263 722399	mundesley@nci.org.uk	16/65
44	Gorleston	East Anglia (NCI)	Thames	Gorleston RNLI	01493 440384	gorleston@nci.org.uk	16/65

Expedition tracking tools

A quick guide to the devices, kit and apps I'll be using on the

Navigation, Comms and Photography: Building a System That Won't Let Me Down

There's a temptation, when planning something like **Britain by Kayak**, to look for the *perfect* bit of kit.

It doesn't exist.

What matters is something far more important:
a system with no single point of failure.

Out on the water—cold, tired, committed—you don't want clever. You want **reliable, layered, and predictable**. Each piece of kit has a job. If one fails, another steps in.

This is the setup I'm trusting for BBK26.

Garmin Fenix 7 Sapphire Solar — The Constant Companion

This is the device I'll use the most—and think about the least.

It's always there. For BBK26, its primary role is to record my daily track, which uploads to Garmin Connect and Strava as soon as I save it. This lets those following the journey see what I've achieved each day, while also building a complete expedition track history.

It also provides key metrics—heart rate, calories, HRV, sleep—which are all vital in managing fatigue and informing decision-making.

Navigationally, it's a useful backup if needed (for example, if I lose my GPS). At a glance it can give me: - Speed
- Bearing
- Distance to next waypoint
- Whether I'm drifting off line

Battery life is impressive, and the solar charging helps extend it further—important on a long expedition.

Garmin GPSMAP 86i — The Backbone

If I had to strip everything back to one device, this would be it.

Navigation. Tracking. Communication.

- Satellite messaging (inReach)
- Three preset messages (*I'm starting*; *I'm finishing*; *I'm delayed but OK*) sent to predefined contacts
- Additional editable messages within subscription limits
- Live tracking with a dedicated web link
- Global SOS capability
- Floats and includes a mini strobe
- Real-world battery: ~2–3 long days per charge

The 86i pairs with my phone, allowing messages to be sent and received more easily. Crucially, it works completely off-grid—no mobile signal required—so I can stay in touch and access weather forecasts wherever I am.

This is the device I'll rely on when it matters—long crossings, poor visibility, committing decisions.

...*But it's not cheap to buy or to run!*

Icom IC-M25 EVO — The Human Connection

Satellite comms are brilliant—but they're not immediate.

VHF is.

This is how you: - Call harbour control

- Speak to nearby vessels

- Raise a distress call that gets heard *now*

Local, instant, human communication.

In reality, my VHF will stay switched off most of the time to conserve battery, coming on when needed.

Ocean Signal rescueME PLB1 — The Red Button

No menus. No signal issues. No subscriptions.

Flip the antenna. Press the button.

It sends a **distress signal via the global Cospas-Sarsat system.**

No nuance. No conversation.

Just: *I need help. Now. You can find me here.*

Single-use activation, but with a **7-year battery life.**

It lives clipped to the outside of my buoyancy aid shoulder strap—always accessible.

Rocket-Man!!!

In case it gets really serious, I'm also carrying: - 1 × rocket parachute flare

- 1 × orange smoke flare

Both are stored in my buoyancy aid pocket.

iPhone 15 Pro Max — The Thinking Tool

The phone is powerful—and waterproof to 6m. It lives in my buoyancy aid front pocket on a lanyard.

Aside from obvious communication, it provides a **third layer of redundancy for satellite rescue.**

Its day job is: - Plan routes (Savvy Navvy)

- Sync and manage data (Garmin Explore)

- Check weather and tides

- Capture photos and short clips

- Edit content for social media

- Phone my wife

The Camera Factor

This is also my **primary storytelling tool**.

- 48 MP main camera
- Ultra-wide + telephoto
- Strong low-light performance

It captures: - Quiet camp moments
- Big coastal landscapes
- The small details that tell the real story

GoPro HERO13 Black — The Reality Camera

If the iPhone captures the story, the GoPro captures the **experience**.

I run it in three ways: - Front deck (track-mounted with 1-inch ball mount)
- Rear deck (700mm carbon camera mount, facing forward past the cockpit)
- Handheld

The rear deck angle is particularly effective—it shows movement, rhythm, and the water flowing under the boat.

I can start recording instantly with a single button press, or control it via a **remote mounted on my paddle shaft**.

This is where the GoPro excels: - Surf launches and landings
- Rough crossings
- Wet, chaotic moments

There's Paper, Too!!!

It's not all electronic.

I'm backing everything up with a **modified road atlas**—yes, really.

- All inland pages removed
- Only coastal sections retained
- Scale: ~45 mm to 10 km

Each page can cover a day or two of paddling.

I annotate it with: - Tidal races
- Shipping lanes
- Military ranges
- Lighthouses
- Potential contacts and hosts

It gives a simple, reliable, big-picture overview—and somewhere to think and plan without a screen.

Passage Planning & Traditional Navigation

Each day starts with a **written passage plan**.

Even when tired, this forces me to: - Consider conditions

- Structure decisions
- Commit to a clear plan

On the reverse is a quick reference for wind speeds and sea states.

Backing everything up: - Suunto deck-mounted compass

- “Sawn-off” Silva compass in my buoyancy aid

Simple. Reliable. Always on.⁷

The System (Not the Gadgets)

This isn’t about owning lots of kit.

It’s about covering different failure points:

- Wrist navigation → Fenix
- Primary nav + global comms → GPSMAP
- Local comms → VHF
- Emergency beacon → PLB (plus iPhone backup)
- Planning + storytelling → iPhone
- Action capture → GoPro
- Written passage plan + compasses
- Annotated road atlas

Each piece overlaps slightly. None are identical.

That’s deliberate.

Because out there, the goal isn’t efficiency.

It’s **resilience**.

Final Thought

By the time I set off, I don’t need a perfect system.

I need a system that works well enough—

and keeps working when I’m tired, cold, and a long way from an easy exit.

That’s the standard everything here has to meet.

Interactive Resource Map for Britain-by-Kayak

>-

We've compiled a list of useful assets and locations which might need a visit need along the way, plus navigational features such as tide-races, live-fire ranges, Coastguard, Coastwatch and RNLI stations. Visit our maps site to see them!

<https://map.goosejuice.co.uk> (<https://map.goosejuice.co.uk>)

All locations are within two kilometres of the UK coastline, so should be easily navigable from a camp.

Kit List for Britain-by-Kayak

>+

Paddling Clothing	Where Stored (If not worn)	Notes
Peak Ocean-Wrap Buoyancy Aid		
Reed Aquatherm Paddling Suit	Rear Hatch	
Reed Aquatherm Shortie Top	Rear Hatch	
Reed Transpire Fleece	Rear Hatch	
Reed Transpire Leggings	Rear Hatch	
Reed Aquatherm leggings	Rear Hatch	
Reed Aquatherm Estuary hat	Rear Hatch	
Reed Ripstop Cag	Day Hatch	
Vaikobi Paddling shorts	Rear Hatch	
Barefoot Aqua shoes	Rear Hatch	
Ripcurl Surf cap	Rear Hatch	
Sweet Strutter Helmet	Rear Deck	
Paddling gloves	Day Hatch	

Camp Clothing	Where Stored (If not worn)	Notes
2x Pants		
1 x socks		
HH Odin Prima-Loft Belay Jacket		
HH Primaloft Underjacket		
HH Pro Shell Jacket		
Paramo Cascada II trousers		
Reed Transpire Fleece		
Merino T-shirt		
Merino Long T-Shirt		
HH Shorts		
HH Long Lightweight Trousers		
Pak-Towel		
Warm hat/gloves		

Camp Clothing	Where Stored (If not worn)	Notes
Sunglasses		

Navigation Equipment	Where Stored (If not worn)	Notes
Garmin GPSMAP 86i InReach		
Ram-Mounts Suction GPS Mount		
Silva Deck compass		
Type 4 Silva Hand Compass (in BA)		
Square plotter		
300mm ruler		
Pencils		
Chino graph pencils		
Sharpie Permanent marker		
Rite-in-the-rain pen		
Biro-Four colour in one		
Waterproof notebooks x 2		
Laminated ready reckoner		
Chart case		
Atlas of Great Britain 1:250000		
Phone Apps - Garmin Explore / Savvy Navvy Premium		

Safety Equipment	Where Stored (If not worn)	Notes
Ocean Safety ACR C-Strobe 45 Lumen Light- In BA		
Icon MC-25 radio - in BA		
Petzl Rope knife - in BA		
Radar kite - in BA		
1 x Rocket Flare - In BA		
1 x Hand-Held Orange Smoke Flare - In BA		
Safety bag: Neoprene hats / gloves / Foil Blanket - Rear Pocket of BA		
Spare Greenland paddles- Front deck		
Whetman Short-tow line - Front Deck		
Monocular - Front Deck Bag		

Safety Equipment	Where Stored (If not worn)	Notes
1 x Whistle - Front Deck bag (also on BA)		
Deck bag (in-reserve)		
Neoprene Spare deck hatches - Day hatch		
Cable lock - Rear Deck		
Hand Pump - Inside cockpit		
RUK Inflatable Paddle float - Inside cockpit		
Whetman River-Rat Throwline (attached as Swimline inside cockpit)		

Sleeping / Overnight Kit	Where Stored (If not worn)	Notes
RAB 600 Down Sleeping bag & liner		
RAB Bivvy bag		
Neo-Air Sleeping Matt		
Flextail Tiny Pump/light		
Flextail Vac-Pac bags		
Terra-Nova Explorer 4-season tent + Reflective Footprint		
Tatonka Tarp???		
Piss-Bottle		
Eye-Mask/Myo-Tape (Mouth-Tape)		

Accessories	Where Stored (If not worn)	Notes
iPhone 15 Pro Max		
Small Gerber spade		
Net Carry-bag (Similar to Ikea Bags)		
MSR X-GK Multi-Fuel Stove + 2 x fuel bottles		
Stainless Steel Pan set		
Kelly Kettle 1 litre		
Ortlieb water carrier 4 litre		
Yeti Rambler Flask 500ml		
Yeti Rambler Flask 1000ml		
Ridgemonkey Vault C-Smart 27000 mAh Powerbank		
Flextail Zero 10000 mAh Powerbank		

Accessories	Where Stored (If not worn)	Notes
Flextail Waterproof head torch IP67		
600x600 Foam Sit Matt		
Leatherman		
Tool kit		
Go-Pro 13 and Hero 3 Cameras		
Go-Pro Deck mounted Pole		
Camera Tripod		
Shokz-SwimPro Headphones		
Various Dry-Bags inc. Ortlieb, OEX, Whetman Hydrosyl		
Platypus 6 litre water carrier ???		

Repair Kit	Where Stored (If not worn)	Notes
Duct tape		
White Gell Repair		
Araldite		
Super-glue		
Nuts/bolts		
Tie-wraps		
Spare rudder line		
Sewing kit		
Sylglas strips		
Surf wax		
Cling film		
Roof Film repair		

Personal Toiletries and Medications	Where Stored	Notes
Small First aid kit	Day Hatch	
Medical kit	Rear Hatch	
Natural soap bar	Rear Hatch	
Sudacreme	Rear Hatch	
Zinc tape	Rear Hatch	

Personal Toiletries and Medications	Where Stored	Notes
Micropore tape	Rear Hatch	
Toilet paper	Rear Hatch	
Toothbrush/paste	Rear Hatch	
Anti-histamine	Rear Hatch	
Painkillers	Rear Hatch	
Baby wipes	Rear Hatch	
Deet/Mozzy Hood	Rear Hatch	

Major Lighthouses around Britain

Information on Lighthouses/Ships listed clockwise from Lowestoft

Lighthouses and Major Offshore Lights Around Britain

LINK TO
INTERACTIVE
MAP (SHOWING
LAT/LONG
LOCATIONS)
[https://
map.goosejuice.co.uk](https://map.goosejuice.co.uk)

Lighthouses and Major Offshore Lights Around Britain

#	Feature	Lat	Lon	Light Characteristic	Risk	Last Safe Departure	First Safe Landing	Dist nm	Onshore Landing Issue	Slack Critical
1	Lowestoft Lighthouse	52.487	1.756	Fl W 15s	Low	Lowestoft	Southwold	8-12	No	No
2	Southwold Lighthouse	52.328	1.684	Fl W 10s	Low	Southwold	Aldeburgh	12-18	Maybe	No
3	North Foreland Lighthouse	51.372	1.449	Unlit	Low	Margate	Broadstairs	3-6	No	No
4	South Foreland Lighthouse	51.140	1.371	Unlit	Medium	Deal	Dover	6-10	Yes	Recommended
5	Beachy Head Lighthouse	50.742	0.248	Fl(2) W 20s	Medium	Eastbourne	Cuckmere Haven	5-10	Maybe	Recommended
6	Nab Tower Lighthouse	50.673	-0.949	Fl(3) W 15s	Medium	Bembridge	Portsmouth	10-18	Maybe	Recommended

#	Feature	Lat	Lon	Light Characteristic	Risk	Last Safe Departure	First Safe Landing	Dist nm	Onshore Landing Issue	Slack Critical
7	St Catherines Point Lighthouse	50.577	-1.297	Fl(3) W 30s	High	Ventnor	Freshwater Bay	15-22	Yes	Yes
8	The Needles Lighthouse	50.662	-1.588	Fl(2) W 10s	High	Yarmouth	Christchurch Bay	12-18	Yes	Yes
9	Anvil Point Lighthouse	50.611	-1.959	Fl W 15s	Medium	Swanage	Chapmans Pool	2-5	Maybe	Recommended
10	St Albans Head Lighthouse	50.596	-2.058	Fl W 10s	Medium	Swanage	Kimmeridge Bay	3-6	Yes	Recommended
11	Portland Bill Lighthouse	50.516	-2.451	Fl(2) W 10s	High	Weymouth	Chesil Cove	4-8	Yes	Yes
12	Start Point Lighthouse	50.185	-3.642	Fl(2) W 10s	Medium	Dartmouth	Salcombe	6-10	Maybe	Recommended
13	Lizard Lighthouse	49.960	-5.202	Fl W 10s	High	Coverack	Mullion	5-10	Yes	Yes
14	Longships Lighthouse	50.066	-5.716	Fl(2) W 10s	High	Sennen Cove	Porthgwarra	2-5	Yes	Yes
15	Wolf Rock Lighthouse	50.049	-5.809	Fl W 15s	High	Lands End	Scilly approaches	20-30	Yes	Yes
16	Bishop Rock Lighthouse	49.872	-6.345	Fl W 15s	High	St Marys	St Agnes	6-10	Yes	Yes

#	Feature	Lat	Lon	Light Characteristic	Risk	Last Safe Departure	First Safe Landing	Dist nm	Onshore Landing Issue	Slack Critical
17	Round Island Lighthouse	49.955	-6.328	Fl W 10s	Medium	St Marys	St Martins	3-6	Maybe	Recommended
18	Hartland Point Lighthouse	51.017	-4.533	Fl W 10s	High	Bude	Clovelly	10-16	Yes	Yes
19	Lundy North Lighthouse	51.189	-4.666	Fl W 15s	Medium	Ilfracombe	Lundy	12-20	Yes	Recommended
20	Lundy South Lighthouse	51.146	-4.667	Fl(2) W 20s	Medium	Lundy	Morte Point	10-18	Yes	Recommended
21	Nash Point Lighthouse	51.405	-3.542	Fl W 10s	Medium	Barry	Llantwit Major	6-10	Maybe	Recommended
22	Mumbles Lighthouse	51.566	-3.979	Fl W 20s	Low	Swansea Bay	Oxwich Bay	6-10	Maybe	No
23	St Anns Head Lighthouse	51.641	-5.053	Fl W 10s	Medium	Angle	Dale	3-6	Maybe	Recommended
24	Strumble Head Lighthouse	52.016	-5.058	Fl(3) W 15s	High	Fishguard	Newport Sands	10-16	Yes	Yes
25	South Bishop Lighthouse	51.833	-5.693	Fl(2) W 15s	High	St Davids	Whitesands Bay	4-8	Yes	Yes
26	Bardsey Lighthouse	52.748	-4.792	Fl W 10s	High	Aberdaron	Porth Neigwl	6-12	Yes	Yes
27	South Stack Lighthouse	53.314	-4.692	Fl W 10s	High	Holyhead	Rhoscolyn	5-10	Yes	Yes
28	Point of Ayre Lighthouse	54.417	-4.358	Fl W 10s	Medium	Ramsey	Bride	6-10	Maybe	Recommended

#	Feature	Lat	Lon	Light Characteristic	Risk	Last Safe Departure	First Safe Landing	Dist nm	Onshore Landing Issue	Slack Critical
29	Chicken Rock Lighthouse	54.054	-4.831	Fl W 15s	High	Port St Mary	Castletown	6-10	Yes	Yes
30	Mull of Galloway Lighthouse	54.635	-4.853	Fl(2) W 20s	High	Port Logan	Drummore	6-12	Yes	Yes
31	Ardnamurchan Lighthouse	56.734	-6.227	Fl W 15s	High	Kilchoan	Loch Sunart	10-18	Yes	Yes
32	Skerryvore Lighthouse	56.328	-6.396	Fl W 20s	High	Tiree	Coll	10-18	Yes	Yes
33	Cape Wrath Lighthouse	58.628	-5.000	Fl W 30s	High	Kinlochbervie	Sandwood Bay	15-25	Yes	Yes
34	Dunnet Head Lighthouse	58.670	-3.373	Fl W 10s	High	Thurso	Dunnet Bay	8-12	Yes	Yes
35	Tarbat Ness Lighthouse	57.868	-3.774	Fl W 15s	Medium	Portmahomack	Dornoch	10-18	Maybe	Recommended
36	Flamborough Head Lighthouse	54.121	-0.077	Fl W 15s	High	Bridlington	Filey	10-16	Yes	Yes
37	Happisburgh Lighthouse	52.821	1.542	Unlit	Low	Sea Palling	Mundesley	6-10	Maybe	No
38	Cromer Lighthouse	52.931	1.302	Unlit	Low	Sheringham	Overstrand	2-5	No	No
39	Lowestoft Lighthouse	52.487	1.756	Fl W 15s	Low	Southwold	Lowestoft	8-12	No	No

Military Live-Fire Ranges

This data-set provides information on known operational live-firing

Military Live-Fire & Restricted Areas – Coastal Britain

Clockwise from Lowestoft (initial heading south)

Caveats

⚠ Operational caveats

- Firing schedules, contacts, and procedures change frequently
- Admiralty / Imray charts, NTMs, NAVTEX, and Range Control on the day override this dataset
- No flags, lights, or noise does NOT mean safe
- Never commit past a point of no return without a satisfied decision rule
- When uncertain: hold, land, or reroute

[Download: Military Live-Fire & Restricted Areas – Coastal Britain \(v1.2\)](#)

```
## LINK TO  
INTERACTIVE  
MAP (SHOWING  
LAT/LONG  
LOCATIONS)  
https://  
map.goosejuice.co.uk
```

EAST COAST (Lowestoft → Thames)

#	Range name	Approx lat / long	Live-firing indicators (VHF / visual)	Telephone (range control)	Last safe landing before commitment	Decision rule
1	Shoeburyness Range	51.53 N, 0.80 E	VHF “Shoeburyness Range” Ch 08; red flags / red lights	01702 383111	Southend-on-Sea / Leigh foreshore	Do not enter Thames sector without positive VHF confirmation
2	Foulness Island Range	51.62 N, 0.93 E	VHF “Foulness Range” Ch 08; signage and lights	01702 383111	Shoebury / Wakering Stairs	No transit during activation — plan full avoidance or long wait

SOUTH COAST (Thames → Dorset → Devon → Cornwall)

#	Range name	Approx lat / long	Live-firing indicators (VHF / visual)	Telephone	Last safe landing before commitment	Decision rule
3	Lulworth Ranges	50.65 N, 2.15 W	VHF “Lulworth Range” Ch 08; red flags & lights	01929 462721	Kimmeridge Bay	Transit only when flags down and range confirmed cold

#	Range name	Approx lat / long	Live-firing indicators (VHF / visual)	Telephone	Last safe landing before commitment	Decision rule
4	Portland Gunnery Areas	50.52 N, 2.45 W	Portland Harbour Radio Ch 74; local notices	01305 860200	Portland Harbour (inside breakwater)	Tides dictate decision; confirm firing status secondarily

WALES (South → North)

#	Range name	Approx lat / long	Live-firing indicators (VHF / visual)	Telephone	Last safe landing before commitment	Decision rule
5	Castlemartin Range	51.62 N, 5.03 W	VHF “Castlemartin Range” Ch 08; red flags	01646 662367	Freshwater West / Angle Bay	Do not commit past last landing unless range confirmed inactive
6	Pendine Sands Range	51.75 N, 4.50 W	Shore signage; local range control	01994 453784	Pendine village end / Laugharne	Beach closures govern decisions more than offshore risk
7	Aberporth Range	52.13 N, 4.55 W	VHF “Aberporth Range” Ch 08; lights & flags	01239 813301	Tresaith / Aberporth village beach	No transit during activity — land and wait

NORTH-WEST ENGLAND & SOUTH-WEST SCOTLAND

#	Range name	Approx lat / long	Live-firing indicators (VHF / visual)	Telephone	Last safe landing before commitment	Decision rule
8	Luce Bay Gunnery Range	54.73 N, 4.83 W	VHF “Luce Bay Range” Ch 08; flags	01776 870203	Sandhead / Drummore	Cross only with explicit clearance
9	Dundrennan Range	54.82 N, 3.83 W	VHF “Dundrennan Range” Ch 08	01556 670219	Kippford / Rockcliffe	Land and wait if active — no safe offshore holding area

NORTH-WEST SCOTLAND

#	Range name	Approx lat / long	Live-firing indicators (VHF / visual)	Telephone	Last safe landing before commitment	Decision rule
10	Cape Wrath Range	58.63 N, 5.00 W	VHF “Cape Wrath Range” Ch 08; red flags	01971 511242	Kinlochbervie / Sandwood Bay	Absolute stop if active — do not round without clearance

NORTH & EAST SCOTLAND (Heading South)

#	Range name	Approx lat / long	Live-firing indicators (VHF / visual)	Telephone	Last safe landing before commitment	Decision rule
11	Tain & Dornoch Firth Range	57.82 N, 3.90 W	VHF "Tain Range" Ch 08	01862 832032	Portmahomack / Dornoch beach	Remain inside firth until explicit clearance
12	Barry Buddon Range	56.48 N, 2.75 W	Local Range Control; signage	01382 552244	Monifieth / Carnoustie	Shore access restrictions more critical than sea transit

ENGLAND EAST COAST (North → South)

#	Range name	Approx lat / long	Live-firing indicators (VHF / visual)	Telephone	Last safe landing before commitment	Decision rule
13	Donna Nook Air Weapons Range	53.48 N, 0.15 E	VHF "Donna Nook Range" Ch 08; red flags	01472 398000	Saltfleet / Mablethorpe	Transit only when range confirmed cold
14	Holbeach Air Weapons Range	53.00 N, 0.03 E	VHF "Holbeach Range" Ch 08; red flags	01406 540444	Hunstanton / Wells-next-the-Sea	Do not commit into the Wash unless inactivity confirmed

Post Offices with "Poste-Restante" Services (For Resupply)

>-

BBK26 Resupply Protocol (Poste Restante)

What is Poste Restante?

A service from the UK Post Office that allows mail/parcels to be sent to a Post Office branch and **held there until I collect it in person.**

SIMPLE RULE

Send supplies to a named Post Office using the exact format below.

ADDRESS FORMAT (CRITICAL)


Ian Hayward
POSTE RESTANTE
[Post Office Name]
[Full Address of Post Office]
[Postcode]
UNITED KINGDOM

 Example:

Ian Hayward
POSTE RESTANTE
Fort William Post Office
High Street
Fort William
PH33 XXX
UNITED KINGDOM

WHAT YOU CAN SEND

- Food resupply (dehydrated meals, snacks)
- Small equipment / spares
- Maps / documents
- Clothing swaps

 Keep parcels to a sensible size — larger Post Offices are best for handling packages. Remember - I have to pack and carry what you send in an already full kayak!

TIMING (IMPORTANT)

- Parcels are typically held for **2–3 weeks**
- Do **NOT send too early**

- Aim for:
 - 👉 **Arrival 2–5 days before I get there**
 - You can check my current location via the “Maps” page, here: <https://www.goosejuice.co.uk/pages/map/>
-

HOW TO CHOOSE A POST OFFICE

Use the dataset below to select a post office.

Guidelines:

- Contact me first, if possible, to discuss which post office is preferable.
 - Prefer **main / large Post Offices**
 - Coastal towns on my route
 - Within easy walking distance from landing point
-

COLLECTION (WHAT I NEED)

To collect:

- Photo ID (passport or driving licence)
 - Name must **exactly match parcel label**
-

IMPORTANT RULES / LIMITATIONS

- Service is intended for travellers
 - Not all branches offer Poste Restante
 - Always include a **return address**
 - Use listed locations where possible
-

SENDER CHECKLIST

Before sending, check:

- Correct address format (POSTE RESTANTE included)
 - Correct Post Office from my list
 - Timed to arrive just before I do
 - Name exactly: **Ian Hayward**
 - Return address included
 - Tracking recommended (Signed For / Tracked)
-





EXPEDITION NOTE

Because BBK26 is weather and tide dependent:

- My arrival may shift by a few days
- I'll communicate pickup locations via:
 - Direct messaging eg WhatsApp
 - Website updates

- Social media
- My “Anchor” (Adam)

PRO TIPS

-  Use strong, waterproof packaging
-  Send calorie-dense, compact food
-  Small but critical items are best
-  Avoid tight weekend timing (limited opening hours)


Post Office Contact Guidance

UK Post Offices generally do not publish direct branch phone numbers.

For enquiries about Poste Restante, parcel holding, or branch capability:

 **Post Office Customer Services: 0345 611 2970**

They can confirm services and advise on suitable branches.

 Tier-3 locations (small / remote communities) often have limited or seasonal services. Treat these as contingency options only and verify locally before sending.

Drop Locations (Clockwise from Lowestoft)

EAST ANGLIA → THAMES

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
1	Lowestoft	England	1	Poste Restante	Lowestoft Crown PO	52.475	1.751	Start
2	Great Yarmouth	England	2	Poste Restante	Great Yarmouth PO	52.606	1.729	
3	Ipswich	England	1	Poste Restante	Ipswich Crown PO	52.056	1.148	
4	Felixstowe	England	2	Poste Restante	Felixstowe PO	51.963	1.351	
5	Colchester	England	2	Poste Restante	Colchester Crown PO	51.889	0.904	
6	Southend-on-Sea	England	2	Poste Restante	Southend PO	51.537	0.713	
7	Chatham	England	2	Poste Restante	Chatham PO	51.381	0.524	Medway hub

KENT → SUSSEX

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
8	Dover	England	2	Poste Restante	Dover PO	51.127	1.313	

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
9	Folkestone	England	2	Poste Restante	Folkestone PO	51.081	1.179	
10	Eastbourne	England	2	Poste Restante	Eastbourne PO	50.768	0.291	
11	Brighton & Hove	England	1	Poste Restante	Brighton Crown PO	50.822	-0.137	
12	Worthing	England	2	Poste Restante	Worthing PO	50.814	-0.373	
13	Chichester	England	2	Poste Restante	Chichester PO	50.836	-0.779	

SOLENT → DORSET

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
14	Portsmouth	England	1	Poste Restante	Portsmouth PO	50.798	-1.091	
15	Southampton	England	1	Poste Restante	Southampton PO	50.905	-1.404	
16	Bournemouth	England	2	Poste Restante	Bournemouth PO	50.721	-1.879	
17	Poole	England	2	Poste Restante	Poole PO	50.716	-1.987	
18	Weymouth	England	2	Poste Restante	Weymouth PO	50.611	-2.453	

DEVON → CORNWALL

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
19	Exeter	England	2	Poste Restante	Exeter Crown PO	50.724	-3.527	
20	Torquay	England	2	Poste Restante	Torquay PO	50.461	-3.525	
21	Plymouth	England	1	Poste Restante	Plymouth Crown PO	50.372	-4.142	
22	Falmouth	England	2	Poste Restante	Falmouth PO	50.154	-5.071	
23	Truro	England	1	Poste Restante	Truro Crown PO	50.263	-5.054	
24	St Austell	England	2	Poste Restante	St Austell PO	50.338	-4.788	
25	Newquay	England	2	Poste Restante	Newquay PO	50.414	-5.075	
26	Penzance	England	1	Poste Restante	Penzance PO	50.118	-5.538	

BRISTOL
CHANNEL →
NORTH WALES

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
27	Barnstaple	England	2	Poste Restante	Barnstaple PO	51.081	-4.061	
28	Weston-super-Mare	England	2	Poste Restante	Weston PO	51.346	-2.977	
29	Cardiff	Wales	1	Poste Restante	Cardiff Queen St PO	51.481	-3.179	
30	Swansea	Wales	2	Poste Restante	Swansea PO	51.620	-3.943	
31	Aberystwyth	Wales	2	Poste Restante	Aberystwyth PO	52.414	-4.081	
32	Bangor	Wales	2	Poste Restante	Bangor PO	53.228	-4.129	
33	Holyhead	Wales	1	Poste Restante	Holyhead PO	53.309	-4.633	
34	Llandudno	Wales	2	Poste Restante	Llandudno PO	53.324	-3.827	
35	Rhyl	Wales	2	Poste Restante	Rhyl PO	53.319	-3.489	

NW ENGLAND → SOLWAY

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
36	Liverpool	England	1	Poste Restante	Liverpool Crown PO	53.408	-2.991	
37	Blackpool	England	2	Poste Restante	Blackpool PO	53.816	-3.055	
38	Barrow-in-Furness	England	2	Poste Restante	Barrow PO	54.111	-3.227	
39	Whitehaven	England	2	Poste Restante	Whitehaven PO	54.549	-3.588	
40	Workington	England	2	Poste Restante	Workington PO	54.644	-3.548	
41	Carlisle	England	2	Poste Restante	Carlisle Crown PO	54.893	-2.932	

SCOTLAND — WEST & NORTH

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
42	Dumfries	Scotland	2	Poste Restante	Dumfries PO	55.069	-3.612	
43	Stranraer	Scotland	2	Poste Restante	Stranraer PO	54.904	-5.027	
44	Ayr	Scotland	2	Poste Restante	Ayr PO	55.463	-4.633	
45	Greenock	Scotland	2	Poste Restante	Greenock PO	55.948	-4.761	
46	Oban	Scotland	1	Poste Restante	Oban PO	56.415	-5.471	
47	Fort William	Scotland	1	Poste Restante	Fort William PO	56.819	-5.105	
48	Arisaig	Scotland	3	Post Office	Arisaig PO	56.913	-5.839	⚠ Limited hours
49	Mallaig	Scotland	2	Poste Restante	Mallaig PO	57.005	-5.830	
50	Stornoway	Scotland	1	Poste Restante	Stornoway PO	58.208	-6.388	
51	Ullapool	Scotland	2	Poste Restante	Ullapool PO	57.895	-5.160	
52	Durness	Scotland	3	Post Office	Durness PO	58.568	-4.750	⚠ Limited hours
53	Tongue	Scotland	3	Post Office	Tongue PO	58.477	-4.418	⚠ Limited hours
54	Thurso	Scotland	2	Poste Restante	Thurso PO	58.592	-3.527	
55	Wick	Scotland	2	Poste Restante	Wick PO	58.441	-3.094	
56	Fraserburgh	Scotland	2	Poste Restante	Fraserburgh PO	57.693	-2.004	

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
57	Peterhead	Scotland	1	Poste Restante	Peterhead PO	57.505	-1.784	
58	Aberdeen	Scotland	1	Poste Restante	Aberdeen Crown PO	57.149	-2.095	

EAST COAST (RETURN LEG)

#	Town	Country	Tier	Drop-box type	Post Office (suggested)	Lat	Lon	Notes
59	Dundee	Scotland	2	Poste Restante	Dundee PO	56.463	-2.970	
60	Edinburgh	Scotland	1	Poste Restante	Edinburgh PO	55.953	-3.188	
61	Berwick-upon-Tweed	England	2	Poste Restante	Berwick PO	55.770	-2.004	
62	Sunderland	England	2	Poste Restante	Sunderland PO	54.905	-1.382	
63	Whitby	England	2	Poste Restante	Whitby PO	54.487	-0.614	
64	Scarborough	England	2	Poste Restante	Scarborough PO	54.282	-0.401	
65	Bridlington	England	2	Poste Restante	Bridlington PO	54.083	-0.198	
66	Kingston upon Hull	England	2	Poste Restante	Hull Crown PO	53.745	-0.336	
67	Cromer	England	2	Poste Restante	Cromer PO	52.931	1.301	
68	Great Yarmouth	England	2	Poste Restante	Great Yarmouth PO	52.606	1.729	
69	Lowestoft	England	1	Poste Restante	Lowestoft Crown PO	52.475	1.751	Loop closed

Shipping Lane - Navigational Notes

This data set provides information on major shipping lanes and

BBK26 – Shipping Lane & Traffic Crossings

Britain by Kayak 2026 (Clockwise from Lowestoft)

INTRODUCTION & CAVEATS

This document identifies **major commercial shipping lanes, port approaches, ferry corridors, and high-risk traffic areas** likely to be encountered during a **clockwise sea-kayak circumnavigation of mainland Britain**, starting and finishing at Lowestoft.

Purpose

The dataset is designed to support:

- Passage planning
- VHF / VTS liaison
- Decision-making at sea
- Fatigue-aware risk management

It focuses on **real crossing decisions**, not chart replication.

Critical Caveats

- **All coordinates are notional and indicative only**
- This document **does not replace Admiralty charts**, Notices to Mariners, COLREGS, or real-time VTS advice
- Traffic patterns, VHF channels, and procedures **may change**
- Final crossing decisions must always consider:
 - Visibility
 - Traffic at the time
 - Tidal state
 - Weather and sea state
 - Fatigue and exposure

Recommended crossing points are conservative suggestions, not fixed waypoints. You should make your own decisions but a framework for that is:

- Be as close to 90° to traffic flow as practicable
 - Avoid pilot boarding areas
 - Avoid tight bends in channels
 - Be outside harbour limits if possible
 - Have VTS coverage
 - Be reachable in <60–90 minutes of paddling (realistic exposure window)
-

DATASET STRUCTURE

Each crossing entry includes (where available):

- Lane / Scheme Name
- Origin Port (primary traffic generator)
- Lane Type (TSS, port approach, ferry corridor, etc.)

- Notional Lane Centre (lat/long)
 - Recommended Crossing Point (lat/long)
 - Controlling Authority (VTS / Port Control / Coastguard)
 - Primary VHF Channel
 - Practical Crossing Notes
-

LINK TO INTERACTIVE MAP (SHOWING LAT/LONG LOCATIONS)

<https://map.goosejuice.co.uk>

SECTION 1

East Coast – Initial Leg

(Clockwise: Lowestoft → Thames)

Context: Moderate-to-heavy commercial traffic, offshore energy support vessels, and busy port approaches. Good visibility days are common — complacency is the risk.

1. Great Yarmouth Approaches

- Lane Type: Port approaches (Outer Harbour and River Yare Harbour)
 - Notional Centre: 52 34.45N 1 45.58E
 - Recommended Crossing: **52 35.135N 1 46.694E (SW Scroby Bouy)**
 - Authority: Lowestoft Port Control
 - VHF: Ch 14 (secondary Ch 12)
 - Notes: Offshore wind-farm traffic and fishing vessels common.
-

2. Harwich / Felixstowe Approaches

- Lane Type: Major port approach
 - Notional Centre: 51 55.703N 1 22.294E
 - Recommended Crossing: **51 55.548N 1 19.752E (Rolling Ground Green Cone)**
 - Authority: Harwich VTS
 - VHF: Ch 71
 - Notes: Extremely busy container traffic. Avoid pilot boarding areas.
-

3. Thames Estuary – Northern Approaches

- Lane Type: TSS feeders
 - Notional Centre: 51 30.802N 1 1.487E
 - Recommended Crossing: **51 30.435N 0 52.384E (Sth Shoebury Green Cone)**
 - Authority: London VTS
 - VHF: Ch 69
 - Notes: Dense traffic. Cross decisively at right angles only in good visibility.
-

SECTION 2

English Channel

(Clockwise: Thames → Land's End)

Context: Highest traffic density of the entire expedition. **VTS liaison is essential**, not optional.

4. Dover Harbour

- Lane Type: Access to Mandatory TSS and Ferry Port
 - Notional Centre: 51 6.404N 1 20.871E
 - Recommended Crossing: **51 6.404N 1 20.871E**
 - Authority: Dover Coastguard / CNIS
 - VHF: Ch 11
 - Notes: One of the busiest shipping areas globally. AIS strongly advised.
-

5. Eastern Solent Approaches

- Lane Type: Multiple Harbour & Port approaches / ferry routes
- Notional Centre: 50 40.083N 0 57.17W (Nab Tower)
- Recommended Crossings:

-Chichester Harbour 50 45N 0 54.902W (Bay Bouy) VHF Channel 14

-Langstone Harbour 50 46.32N 1 1.362E (Langstone Fairway Bouy) VHF Channel 68.

-Portsmouth Harbour 50 46.041N 1 5.261W (Boyne Conical Starboard Hand Bouy).

- Authority: QHM Portsmouth VHF: Ch 11.
- Notes: Continuous ferry traffic. Strong tides.

-Southampton Harbour 50 48.86N 1 15.432W (Special Purpose Bouy)

- Authority: Southampton VTS VHF: Ch 12.
- Notes: Large cruise ships and container vessels.

-Beaulieu River 50 46.913N 1 21.694W (Lateral Beacon Bouy). VHF Channel 68.

-Lymington Harbour 50 44.412N 1 30.478W (Lateral Beacon Bouy). VHF Channel 66.

7. Portland Bill Traff

- Lane Type: Coastal traffic
 - Notional Centre: 50.5000 N, 2.4500 W
 - Recommended Crossing: **50 30.716N 2 27.395W**
 - Authority: Portland Harbour
 - VHF: Ch 74
 - Notes: Strong tidal race. Timing critical. Take inshore channel inside The Shambles
-

8. Lyme Bay Ferry Routes

- Lane Type: High-speed ferry corridor
 - Notional Centre: 50.6000 N, 3.2000 W
 - Recommended Crossing: Inshore passage across bay according to conditions eg **50 38.99N 3 14.009W**
 - Authority: Poole Harbour
 - VHF: Ch 14
 - Notes: Fast inshore vessels eg Tourist RIBS with limited deviation.
-

9. Plymouth Sound Approaches

- Lane Type: Port approach
 - Notional Centre: 50.3300 N, 4.1500 W
 - Recommended Crossing: Inshore of breakwater **50 20.216N 4 9.05W**
 - Authority: Longroom Port Control
 - VHF: Ch 14
 - Notes: Naval movements common.
-

SECTION 3

Bristol Channel & Milford Haven

(Clockwise: Land's End → Pembrokeshire)

Context: UK's largest tidal range. Crossings are **tide-driven decisions**, not distance-driven.

10. Bristol Channel - Actual crossing point determined by passage plan, conditions and competence.

- Lane Type: Commercial fairway
 - Notional Centre: 51 23.402N 4 9.629W Recommended Crossing: **51 23.402N 4 9.629W** Authority: Swansea Coastguard
 - VHF: Ch 16
-

11. Cardiff / Newport Approaches

- Lane Type: Port approach
 - Notional Centre: 51 22.541N 3 7.13W
 - Recommended Crossing: Option via McKenzie Light-Tower **51 22.541N 3 7.13W**
 - Authority: Cardiff Barrage Control
 - VHF: Ch 18
-

12. Milford Haven Approaches

- Lane Type: Major port approach
- Notional Centre: 51.6500 N, 5.1000 W
- Recommended Crossing: **51 40.994N 5 8.663W** (West Chapel Bouy)
- Authority: Milford Haven VTS
- VHF: Ch 12

- Notes: LNG tanker movements.
-

SECTION 4

Irish Sea

(Clockwise: Milford → North Wales → Clyde)

Context: Fast ferries + confined channels. Treat ferry routes as de-facto shipping lanes.

13. St George's Channel Ferry Routes (Fishguard Port)

- Lane Type: Ferry corridor
 - Notional Centre: 552 2.301N 4 59.804W
 - Recommended Crossing: 52 2.052N. 4 57.309W
-

14. Holyhead Ferry Concentration Zone

- Lane Type: Port + ferry routes
 - Notional Centre: 53 20N 4 36.732W
 - Recommended Crossing: Inshore of Langdon W Cardinal Bouy 53 22.757N 4 38.653W
 - Authority: Holyhead Port Control
 - VHF: Ch 14
-

15. Liverpool Bay / Mersey Approaches. Ferries/Shipping and Wind Turbine Farms

- Lane Type: Major port approach
 - Notional Centre: 53 28.185N 3 25.427W
 - Recommended Crossing: Inshore of wind farms also avoids TSS
 - Authority: Mersey VTS
 - VHF: Ch 12
-

16. Clyde Estuary

- Lane Type: Estuary traffic
 - Notional Centre: 55 41.342N 4 59.384W
 - Recommended Crossing: South of Little Umbrae Island 55 42.411N 4 57.477W
 - Authority: Clydeport
 - VHF: Ch 12
-

SECTION 5

West Coast Scotland

(Clockwise: Clyde → Cape Wrath)

Context: Lower traffic density, **much higher consequence**. Ferries + tides dominate risk.

17. Sound of Mull

- Lane Type: Ferry route across Sound of Mull
- Recommended Crossing: **56 31.52N 5 47.662W**

18. Inner Sound (Skye)

- Lane Type: Ferry corridor
- Recommended Crossing: **57 2.76N 5 52.036W**

19. The Minch

- Lane Type: Long ferry crossings - Ullapool to Stornaway, Skye
- Recommended Crossing: **558 1.15N 5 38.265W**

20. Cape Wrath Approaches

- Lane Type: Through traffic
 - Recommended Crossing: **58 37.2N 5 12W**
-

SECTION 6

Pentland Firth & Orkney

Context: A tidal gate system with **zero margin for error**. Timing and comms are everything.

21. Pentland Firth Transit

- Lane Type: High-consequence crossing Recommended Crossing: Inshore of Stroma - Fierce tidal streams! **58 39.47N 3 8.801W** Do your research !
 - Authority: Orkney VTS
 - VHF: Ch 11 (working), Ch 16 (watch)
-

SECTION 7

North Sea Return

(Clockwise: Pentland → Lowestoft)

Context: Persistent industrial traffic.

22. Moray Firth

- Lane Type: Commercial routes
- Recommended Crossing: West of **57 49.2N 3 39W**

23. Aberdeen

- Lane Type: Commercial and Oil/Gas shipping
- Recommended Crossing: **57 9.168N 2 1.911W**

24. Dundee

- Lane Type: Commercial Shipping
- Recommended Crossing: Middle Red Bouy **56 27.33N 2 38.96W**

25. Firth of Forth

- Lane Type: Major port approach
- Recommended Crossing:
 - *Up-Estuary* **56 7.586N 2 48.413W**
 - *Outer line: Isle of May* **56 10.992N 2 33.785W**
- Authority: Forth VTS
- VHF: Ch 71

26. River Blyth

- Lane Type: Commercial and recreational shipping
- Recommended Crossing: **55 6.773N 1 29.059W**

27. River Tyne

- Lane Type: Port approach
- Recommended Crossing: **55 0.816N 1 23.75W**
- Authority: Tyne VTS
- VHF: Ch 12

28. River Wear, Sunderland

Lane Type: Port approach Recommended Crossing: 54 55.266N 1 20.957W** VHF 11, 14

29. River Tees, Hartlepool

- Lane Type: Port Traffic
- Recommended Crossing: Inside of Windfarm - **54 39.163N 1 28.294W**
- VHF 14

30. Humber Estuary

- Lane Type: Major port approach
- Recommended Crossing: Cardinal Checker 3 **53 33.072N 0 10.609W**
- Authority: Humber VTS
- VHF: Ch 14

31. Great Yarmouth / Lowestoft (Finish)

Lane Type: Port approaches

- Recommended Crossing: Outer Harbour: **52 34.656N 1 44.869E Inner Harbour (River Yare): 52 34.329N 1 44.503E****
VHF 12

This document represents a **planning framework**, not a prescription. Good seamanship, real-time judgement, and conservative decision-making always take precedence.

Tidal Races and Major Headland Accelerations around Britain

Information on Tidal Races and Major Headland Accelerations, listed

Tidal Races & Major Headland Accelerations Around Britain

A sea-kayaker's planning resource – clockwise from Lowestoft

This page lists tidal races, tidal rapids, and major headland acceleration zones around Britain, ordered clockwise from Lowestoft, starting by heading south down the East Coast.

It is written specifically for expedition and solo sea kayakers, not for powered craft or short-duration play sessions.

Each entry represents a decision point — somewhere you may need to wait, reroute, hug the coast, or commit only at slack water.

How to use this table

For each feature you'll find: • Risk – an expedition-oriented assessment • Last Safe Departure – where to stop before committing • First Safe Landing – earliest sensible bail-out after • Onshore Wind flag – whether landings become hazardous • Slack flag – whether timing is critical • Notes – conservative guidance for a loaded kayak

This table does not replace charts, tide tables, forecasts, or your necessary planning and judgement.

Download this resource

-  [UK tidal races & headland accelerations – CSV \(clockwise from Lowestoft\)](https://www.goosejuice.co.uk/resources/UK_Tidal_Races_Clockwise_From_Lowestoft.csv) (https://www.goosejuice.co.uk/resources/UK_Tidal_Races_Clockwise_From_Lowestoft.csv)

LINK TO
INTERACTIVE
MAP (SHOWING
LAT/LONG
LOCATIONS)
[https://
map.goosejuice.co.uk](https://map.goosejuice.co.uk)

#	Tidal Feature	Coast Segment	Lat	Long	Risk	Last Safe Departure	First Safe Landing	Dist (nm)	No Landing Onshore Wind	Must Be at Slack	Kayak Navigation Note
1	Selsey Bill	South Coast (E → W)	50.723	-0.790	Medium	Chichester Harbour	Pagham Harbour	5–10	Yes	Recommended	Shall banks ampl inshore slack prefe

#	Tidal Feature	Coast Segment	Lat	Long	Risk	Last Safe Departure	First Safe Landing	Dist (nm)	No Landing Onshore Wind	Must Be at Slack	Key Navigation Notes
2	Beachy Head	South Coast	50.742	0.199	Medium	Eastbourne	Cuckmere Haven	5–10	Maybe	Recommended	Strong rebound swell inshore slack
3	St Albans Head	South Coast	50.590	-2.090	Medium	Swanage Bay	Chapman's Pool	2–5	Yes	Recommended	Head race; wind again
4	Portland Bill / Portland Race	South Coast	50.515	-2.461	High	Portland Harbour	Chesil Cove (inside)	2–5	Yes	Yes	Major inside passage at slack settle weather
5	Start Point	South Coast	50.214	-3.640	Medium	Salcombe	Slapton Sands	5–10	Yes	Recommended	Race quick spring slack
6	Prawle Point	South Coast	50.200	-3.740	Medium	Salcombe	Hope Cove	2–5	Yes	Recommended	Rebound clap avoid
7	Bolt Tail	South Coast	50.230	-3.850	Medium	Salcombe	Hope Cove	2–5	Yes	Recommended	Overform swell tight
8	Dodman Point	South Coast	50.210	-4.785	Medium	Gorran Haven	Hemmick	2–5	Yes	Recommended	Access zone; confused seas
9	Lizard Point	SW England	49.950	-5.209	High	Coverack / Cadgwith	Porthleven	10–20	Yes	Yes	Very exposed slack no swell
10	Land's End / Longships	SW England	50.068	-5.716	High	Sennen Cove	Porthcurno	2–5	Yes	Yes	Offshore race extreme inshore at slack

#	Tidal Feature	Coast Segment	Lat	Long	Risk	Last Safe Departure	First Safe Landing	Dist (nm)	No Landing Onshore Wind	Must Be at Slack	Kaya Navi Note
11	Trevoze Head	SW England	50.550	-5.010	Medium	Padstow	Constantine Bay	5–10	Yes	Recommended	Over swell choos wind
12	Hartland Point	Bristol Channel	51.020	-4.530	Medium	Bude	Hartland Quay	5–10	Yes	Recommended	Strong accel rebou cliffs
13	Lundy Overfalls	Bristol Channel	51.165	-4.697	High	Clovelly	Lee Bay	10–20	Yes	Recommended	Tide-swell neaps prefer
14	St David's Head	SW Wales	51.881	-5.301	Medium	Whitesands Bay	Caerfai Bay	<2	Yes	Recommended	Insho possi slack
15	Ramsey Sound (incl The Bitches)	SW Wales	51.872	-5.321	High	St Brides Haven	Whitesands Bay	10–20	Yes	Yes	Serious rapid or we neaps
16	Jack Sound	SW Wales	51.743	-5.324	Medium	St Brides Haven	Martin's Haven	<2	Maybe	Yes	Narrow sound turbu incre rapid
17	Wild Goose Race	SW Wales	51.731	-5.345	High	Martin's Haven	Broad Haven (N)	5–10	Yes	Yes	Open race; swell wind again
18	Bardsey Sound	Wales (S → N)	52.750	-4.790	High	Aberdaron	Porth Oer	<2	Yes	Yes	Strong slack limite escap
19	The Swellies (Menai Strait)	North Wales	53.219	-4.178	High	Beaumaris	Menai Bridge	2–5	No	Yes	Adva water slack requi
20	South Stack / Holyhead	Anglesey	53.312	-4.689	High	Holyhead Harbour	Trearddur Bay	5–10	Maybe	Yes	Turbu head race; only

#	Tidal Feature	Coast Segment	Lat	Long	Risk	Last Safe Departure	First Safe Landing	Dist (nm)	No Landing Onshore Wind	Must Be at Slack	Kaya Navigational Notes
21	The Skerries	Anglesey	53.420	-4.605	High	Cemaes Bay	Church Bay	5–10	Yes	Recommended	Power open; stream avoid
22	Carmel Head	Anglesey	53.410	-4.560	High	Cemaes Bay	Church Bay	5–10	Yes	Recommended	Offshore race; inshore preference
23	Bull Bay	Anglesey	53.430	-4.380	Medium	Moelfre	Cemaes	5–10	Yes	Recommended	Confused seas
24	Point Lynas	Anglesey	53.410	-4.350	Medium	Moelfre	Bull Bay	2–5	Yes	Recommended	Head acceleration; rebound effect
25	Calf Sound (Isle of Man – optional)	Irish Sea	54.057	-4.793	High	Port St Mary	Castletown	<2	Maybe	Yes	Very flow; only settle weather
26	Mull of Galloway	North Channel	54.633	-4.858	Medium	Port Logan	Drummore	5–10	Maybe	Recommended	Head acceleration; swell sensitive
27	Sanda Sound	North Channel	55.240	-5.600	Medium	Southend (Kintyre)	Carradale	5–10	Maybe	Recommended	Strong stream; island
28	Mull of Kintyre	North Channel	55.320	-5.730	High	Southend (Campbeltown)	Keil / Westport Bay	5–10	Maybe	Yes	Atlantic North Channel convergence; hug in
29	Gulf of Corryvreckan	West Scotland	56.154	-5.707	Extreme	Ardfern / Craobh Haven	Loch Melfort	5–10	No	Yes	Violent whirl system; avoid competition
30	Grey Dogs	West Scotland	56.220	-5.700	High	Puilladobhrain	Ardmaddy Bay	2–5	Maybe	Recommended	Open race; neaps

#	Tidal Feature	Coast Segment	Lat	Long	Risk	Last Safe Departure	First Safe Landing	Dist (nm)	No Landing Onshore Wind	Must Be at Slack	Kayak Navigation Notes
31	Cuan Sound	West Scotland	56.290	-5.630	High	Ellenabeich	Ardmaddy Bay	5–10	Maybe	Yes	Narrow sound only.
32	Sound of Seil (Clachan)	West Scotland	56.310	-5.620	Medium	Ellenabeich	Shuna	<2	Maybe	Recommended	Bridge narrow local turbu
33	Sound of Luing	West Scotland	56.300	-5.600	High	Ardfern	Shuna Sound	2–5	Maybe	Yes	Power narrow timing essen
34	Falls of Lora	West Scotland	56.456	-5.392	High	Oban	Inner Loch Etive	10–20	No	Yes	Major rapid only.
35	Sound of Sleat (South)	West Scotland	57.000	-5.800	Medium	Armadale	Loch Nevis	5–10	Maybe	Recommended	Long accel zones
36	Kyle Rhea	West Scotland	57.235	-5.662	High	Glenelg Ferry	Kylerheaslip	<2	No	Yes	Extreme fast narrow slack
37	Cape Wrath	North Coast (W → E)	58.627	-4.998	High	Loch Eriboll	Kyle of Durness	10–20	Maybe	Recommended	Extreme exposure cliffs escap
38	Kyle of Tongue (Outer)	North Coast	58.480	-4.430	Medium	Tongue Bay	Farr Bay	5–10	Maybe	Recommended	Ebb j swell intera
39	Holborn Head	North Coast	58.590	-3.520	High	Scrabster	Dunnet Bay	5–10	Maybe	Recommended	Access west Thurso
40	Merry Men of Mey	Pentland Firth (W → E)	58.700	-3.400	Extreme	Sinclair's Bay	Thurso Bay	10–20	Maybe	Yes	Major avoid flow.
41	The Swelkie (Stroma)	Pentland Firth	58.690	-3.120	Extreme	Sinclair's Bay	Gills Bay	10–20	Maybe	Yes	Violent whirl avoid comp

#	Tidal Feature	Coast Segment	Lat	Long	Risk	Last Safe Departure	First Safe Landing	Dist (nm)	No Landing Onshore Wind	Must Be at Slack	Kayak Navigation Notes
42	Inner Sound (Stroma–Mainland)	Pentland Firth	58.670	-3.180	Extreme	Sinclair’s Bay	Gills Bay	10–20	Maybe	Yes	Fast t main hugg at sla
43	Boars of Duncansby	Pentland Firth	58.648	-3.054	High	Duncansby Head	John O’Groats	2–5	Maybe	Yes	Over form offsh
44	Duncansby Ness (Inner)	Pentland Firth	58.640	-3.040	High	Duncansby Head	John O’Groats	2–5	Maybe	Yes	Inner distin timin critic
45	Rattray Head	East Scotland (N→S)	57.690	-1.780	Medium	Peterhead	Cruden Bay	5–10	Yes	Recommended	Over wind again
46	Farne Islands	NE England	55.640	-1.620	Medium	Seahouses	Bamburgh	<2	Yes	Recommended	Comp eddie betw island
47	Flamborough Head	East England	54.116	-0.080	Medium	Bridlington	Filey Bay	5–10	Yes	Recommended	Head accel swell fast.
48	Gibraltar Point / The Wash	East Coast	53.100	0.350	Low	Skegness	Boston Deeps shoreline	5–10	Maybe	No	Minor accel only; mana close insho