



## North Atlantic Ocean (West to East) 2023



**St John's, Newfoundland to Galway, Ireland**

**June – July 2023**

**Rannoch Adventure Ltd.**

Unit 8, Dammerwick Farm, Marsh Road, Burnham-on-Crouch, Essex CM0 8NB United Kingdom

Tel +44 (0)1621 782127 - [info@rannochadventure.com](mailto:info@rannochadventure.com) - [www.rannochadventure.com](http://www.rannochadventure.com)

Company Registration No 7887751 - Company VAT No GB 129 1364 20

## Dates & Venues

This expedition will depart on 17 June 2023 from St John's, Newfoundland (subject to weather) and will arrive in Galway, Ireland in mid to late July 2023.



St John's, Newfoundland



Galway, Ireland

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## What to Expect

Participating in a Roxy Expedition will test you in every possible way. The rowing schedule for much of the time will be 12 hours of rowing per person per day, broken into three hour shifts. This is a tough schedule and is mentally and physically exhausting.

Living in close quarters with 11 other recently befriended rowers in a small vessel and unable to see land can also be emotionally challenging. This isolation is one reason why these expeditions are very unique but not necessarily suited to everyone.

Rowing across an entire ocean under your own power is a fantastic achievement and you will look back on the adventure with great pride. On the way, you will overcome many challenges, both physically, mentally and socially. But the memories and friendships made along the way will hopefully last a lifetime.

## Accommodation

All nights will be spent on board Roxy during the row and rowers are required to bring their own sleeping bags. In adverse weather, there is space for all 12 rowers in the cabins.

## Meals

All expedition meals and snacks are provided. Drinking water is available on the boat (via a water maker). Rowers may bring a limited amount of personal snacks if they wish, although plenty of food will be available.

## Safety & Medical

- There are 2x professional Rannoch Adventure staff on board for the duration of the row (a skipper and a co-skipper).
- All on board safety equipment is provided.
- First aid kits and non-prescription medical supplies are available on the boat.
- No smoking or drinking alcohol is allowed on or near Roxy.

## Training and Fitness

The fitter you are, the more you will enjoy the expedition and the faster we will row across the ocean!

### General Fitness

- You should be a strong swimmer, ideally being able to swim 100 metres fully clothed. Please certify yourself.
- In advance of a row of this nature, we suggest a minimum 16 week personal training programme which mixes erg work with dynamic exercise (ideally cycling but swimming, aerobics, yoga are all good too).
- Two sessions per day would be ideal – 45 minutes in the morning, an hour in the evening.
- A combination of high intensity exercise with prolonged endurance exercise is recommended.

We suggest rowers build their own programme bearing the above in mind and subject to their current level of fitness. We strongly advise rowers use a qualified personal trainer for any more specific advice.

Gus Barton is one of the best ocean rowing trainers - <https://www.gusbartonfitness.com/>

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## Ocean Rowing Training Programme

All participants are expected to attend the full training programme in the UK, some of which could take place on weekdays. Training dates will be confirmed in late 2022.

During the two weeks of training, the following aspects of ocean rowing will be covered:

- Rowing technique
- Safety on board
- The shift system
- Living on board and taking care of yourself
- Overnight rowing
- A minimum of 60 hours of rowing
- First aid
- Sea survival
- Essential navigation

## Social Media

We'd appreciate it if the following hashtags could be used whenever possible on social media - **#rowwithrannocho** & **#roxyexpeditions** - and that **@RannochAdventure** could be tagged in all posts relating to the row.

## Sponsorship & Fundraising

We fully support any of our team of rowers gaining sponsorship or raising monies for charitable causes. We can offer each rower space on the boat for one sponsor / charity logo (300x300mm). These will sit along the side of the boat and we have space for a maximum of 10 logos, 5 each side. Each rower will be given a Roxy branded t-shirt and fleece but they are welcome to wear other branded clothing to support their sponsors / charities during the expedition.

## Essential kit for open water rowing

- A full set of marine foul weather clothing
- Sports shorts, leggings
- Base layers, sports t-shirts (no cotton)
- Fleece
- White soled training shoes, flip flops or alternative for onshore
- Swim suit/trunks, hat, neck buff, underwear, socks
- Waterproof phone holder, headphones, ear plugs, book, rowing gloves, sunglasses
- Essential toiletries
- Sleeping bag

A comprehensive Kit List will be sent once a place is guaranteed.



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# Price

**Total Price: £13,500**

What's included:

- A place on Rannoch's professionally skippered ocean rowing boat
- All freeze dried meals, snacks and cooking equipment during the expedition
- All on board safety equipment
- First Aid kits and general medical supplies (excluding any personal prescriptions)

What's NOT included?

- Travel to and from the start and finish of the expedition
- Accommodation and meals onshore before, during and after the expedition
- Personal effects (clothes, sleeping bags, additional snacks etc.)
- Personal insurance

## Payment schedule

Payment 1: £3,000 deposit to secure your place

Payment 2: £5,250 is due no later than 25 March 2023

Payment 3: £5,250 is due no later than 6 May 2023

Full Terms & Conditions will be sent once a place on an expedition has been offered.

**To apply for a place on this expedition, please complete the Application Form on this page:**

**<https://www.rannochadventure.com/roxy/apply-for-a-place>**

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