



# Roxy Atlantic Ocean 2027 Expedition



## The Canary Islands to the Caribbean

**January 2027**

**Rannoch Adventure Ltd.**

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

## What to Expect

Participating in a Roxy Expedition across an ocean 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, physically, mentally and socially. But the memories and friendships made along the way will hopefully last a lifetime.

## Dates & Venues

This expedition will depart on TBC January 2027 from Tenerife (subject to weather) and is likely to arrive in Antigua in mid-March 2027.

## Accommodation

All nights will be spent on board Roxy during the row and rowers are required to bring their own sleeping bags.

## Meals

All expedition meals, snacks, coffee and tea 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 2 x 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.

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# 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, hiking are all good too).
- Two sessions per day would be ideal – 45 minutes in the morning, an hour in the evening.
- A combination of medium 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. Please speak to Louise if you'd like to have access to her personal trainer (online) who provided programs and coaching via video calls.

## Ocean Rowing Training Programme

All participants are expected to attend the full training programme, some of which could take place on weekdays. Training dates are:

- **TBC September/October 2026 in Burnham on Crouch, Essex**
- **TBC January 2027 in Tenerife**

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
- Approx. 50 hours of rowing
- First aid
- Sea survival
- Essential navigation

# Social Media

All social media posts relating to the expedition should be written in a positive manner and in the spirit of the Roxy programme. The following hashtags should be used whenever possible: #rowwithrannoch, #roxyexpeditions and @RannochAdventure should be tagged in all posts relating to the row.

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## Sponsorship & Fundraising

We fully support any of our team of rowers gaining sponsorship or raising monies for charitable causes. We can offer each rower an entry onto our Roxy Charities page on our website and 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
- Gilet, fleece
- White soled training shoes, flip flops
- Swim suit/trunks, hat, neck buff, underwear, socks
- Waterproof phone holder, headphones, ear plugs, book, rowing gloves, sunglasses
- Essential toiletries
- Sleeping bag

The minimum amount of clothing you need to take is depicted in the photo below and must be packed into a 20 litre dry bag, a 10 litre dry bag and a 3 litre 'day' dry bag.

A full kit list is available once a place has been offered.



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## Price

**Total Price: £16,000**

What's included:

- A place on Rannoch's 12 person RX80 professionally skippered ocean rowing boat
- A comprehensive on water training programme
- A comprehensive shore based training programme
- All food and cooking equipment during the expedition
- All on board safety equipment
- Limited use of the satellite phone during the expedition
- First Aid kits and general medical supplies (no personal prescriptions are included)
- A post expedition social / dinner

What's NOT included:

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

### Payment schedule

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

Payment 2: £6,500 is due no later than TBC September 2026

Payment 3: £6,500 is due no later than TBC November 2026

A monthly payment plan can be arranged – please contact Louise Brown for more details.

### Bank details

Barclays Bank, 40-41 High Street, Chelmsford, Essex CM1 1BE, UK

Rannoch Adventure Ltd

Sort Code: 20-19-95 Account No: 40129364

IBAN GB38 BARC 2019 9540 1293 64 SWIFTBIC BARCGB22

Please use the following as your payment reference: **AOR27 SURNAME.**

## Applications and Contact

To apply for a place on this row, please go to

<https://www.rannochadventure.com/roxy/apply-for-a-place> and complete the application form. Places on all of our expeditions will be offered via a selection process. We need to be sure that anyone who joins us on Roxy is a team player and has the physical and mental strength that it takes to undertake this challenging row.

Once we have received your application, we will schedule a 1:1 Zoom call to meet you in person. The timing of this call will depend on which trip you have applied for. You will be told within a few days of the call whether you have been accepted onto a particular trip.

**Contact: Louise Brown**

**WhatsApp+44 7989586864 / [roxy@rannochadventure.com](mailto:roxy@rannochadventure.com)**

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