



IOW RALLY

16th-19th July 2026

A 4-day coastal rowing route around the Isle of Wight, with planned stopovers for food, rest, and enjoyment.

Price: £1,400 per person.

Thursday 16th

Gosport → Cowes (10-12 nm)

- 8:00 safety briefing at Haslar Marina
- 10:30 set off for Solent crossing
- Overnight: Cowes (Yacht Haven / BnB / onboard)
- Dinner options: The Anchor Inn, The Coast Bar & Dining Room, The Union Inn, The Lifeboat

Friday 17th

Cowes → Shanklin → Ventnor (17 + 4 nm)

- Lunch stop: Shanklin (anchor or ashore)
- Overnight: Ventnor (anchor / accommodation)
- Harbour wall access for shore (TBC)

Saturday 18th

Ventnor → Freshwater Bay → Yarmouth (13 + 10 nm)

- Round St Catherine's Point near slack water
- West-going tide to Yarmouth
- Lunch: Freshwater Bay (weather permitting)
- Overnight: Yarmouth Marina (berths are on a first come, first served basis)
- Dinner and accommodation options: The George Hotel or The Bugle Coaching Inn

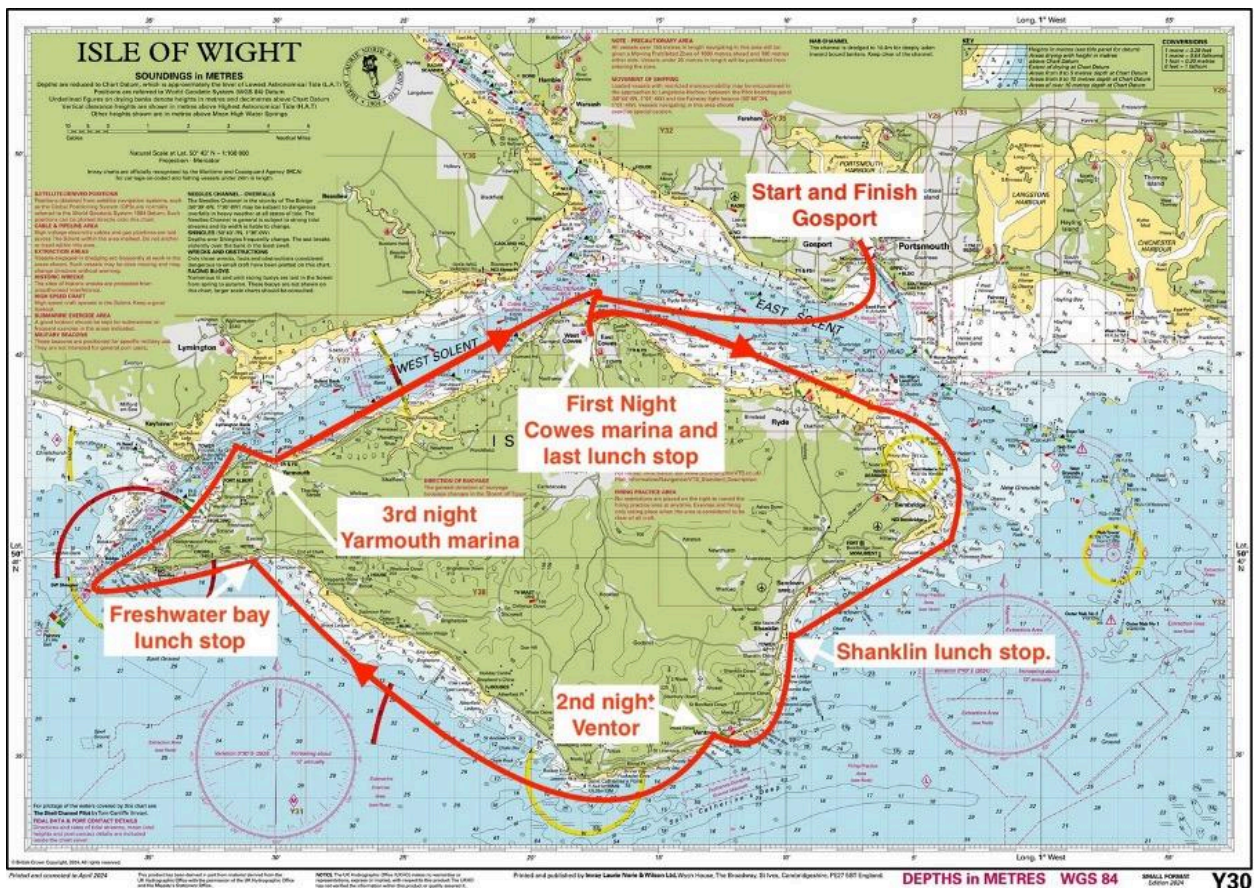
Sunday 19th

Yarmouth → Cowes → Gosport (10 + 9 nm)

- East-going flood through Solent
- Optional lunch stop: Cowes
- Finish: Gosport

Optional last night : Catch the ferry to Old Portsmouth, dinner at The Still & West Pub.

All of the above is subject to weather and change at short notice.



Rannoch Adventure Ltd.

Unit 8, Dammerwick Farm, Marsh Road, Burnham-on-Crouch, Essex CM0 8NB United Kingdom
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 Company Registration No 7887751 - Company VAT No GB 129 1364 20

This row is tough and both mentally and physically challenging, but the scenery is just reward for the hard work. Living in close quarters with other recently befriended rowers in a small vessel can also be emotionally demanding.

Rowing in the open waters 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 either on board Roxy or ashore if desired. Rowers are required to bring their own sleeping bag. Your accommodation on land at the start, during or the end of the row are not included in the package.

Meals

All expedition meals and snacks onboard 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 sufficient food will be available. Stop offs and restaurant meals may be scheduled, depending on weather conditions at the time. The costs of these are not included in the price.

Safety & Medical

- There are 2 professional Rannoch Adventure staff accompanying all expeditions.
- 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 your expedition!

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 6-8 week personal training programme which mixes erg work with dynamic exercise (ideally cycling but swimming, aerobics, yoga are all good too).
- 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.

No specific Ocean Rowing Training is required for this adventure.

Social Media

All social media posts relating to the expedition should be written 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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Essential kit for open water rowing

- A full set of marine foul weather clothing
- Sports shorts, leggings
- Base layers, sports t-shirts (no cotton)
- Gilet, fleece
- White soled training shoes, trainers for onshore
- Swim suit/trunks, hat, neck buff, underwear, socks
- Waterproof phone holder, headphones, ear plugs, book, rowing gloves, sunglasses
- Essential toiletries
- Warm sleeping bag
- A set of clothes for going ashore.

This should be packed into three bags:

- one 10 litre DRY BAG containing foul weather clothing and sleeping bag
- one 20 litre DRY BAG containing all clothes and kit
- one 3 or 5 litre 'day' DRY BAG containing all your loose bits that you take on the row deck with you such as suncream, hat, sunglasses etc).

A comprehensive Kit List is available on request.

What's included in the price?

- A place on Rannoch's professionally skippered ocean rowing boat
- All food 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: 20% deposit of £280 to secure your place on the expedition

Payment 2: Balance of £1,120 due no later than 1 June 2026

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

Apply for a place

To apply for a place on the above adventure, please complete the [Application Form](#)

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