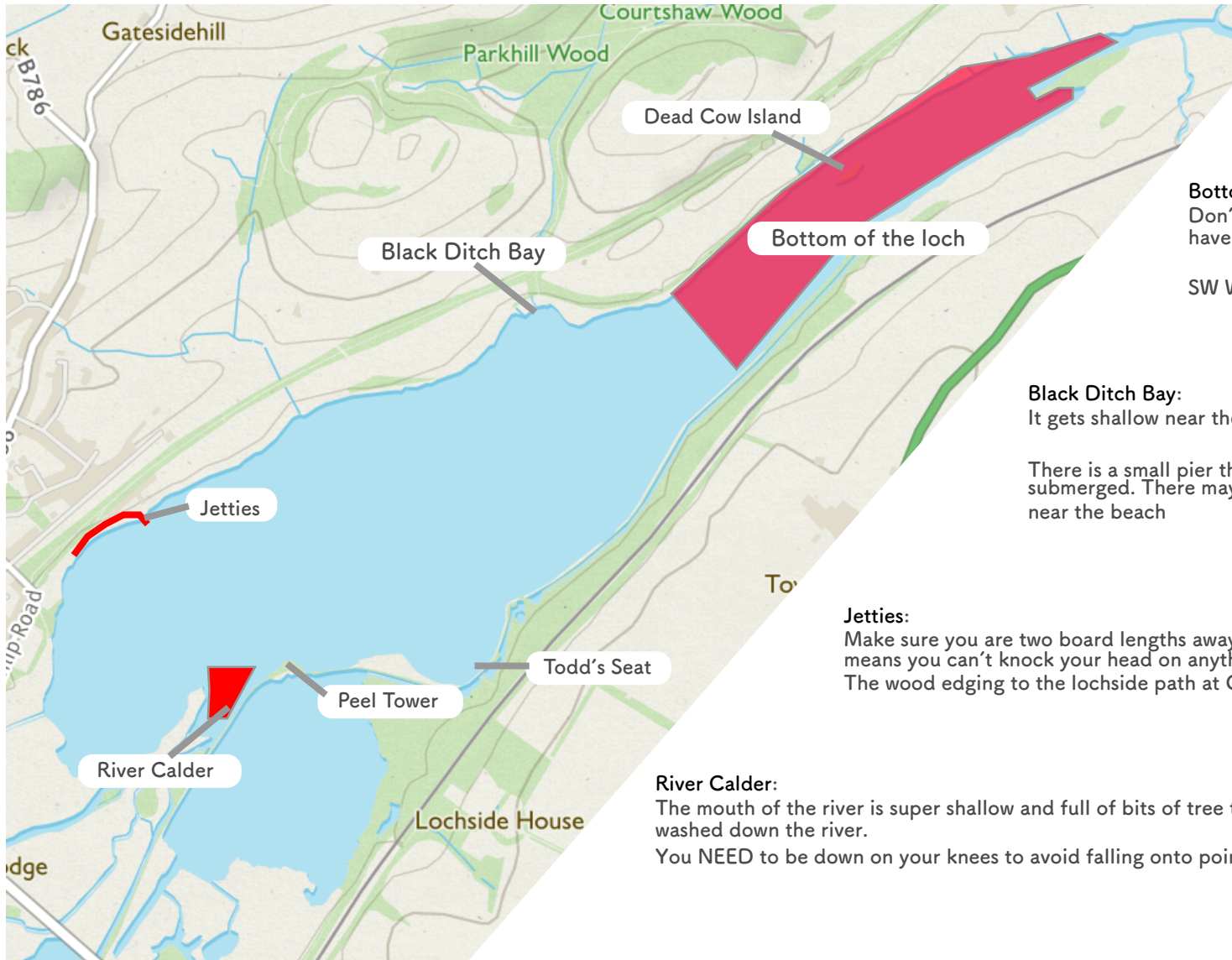


Loch SUP: Castle Sempole Loch primary danger areas



Bottom of the Loch:

Don't go here alone. We can't see you if you have an incident.

SW Wind and Waves can be amplified here.

Black Ditch Bay:

It gets shallow near the beach.

There is a small pier that can be submerged. There may be broken glass near the beach

Jetties:

Make sure you are two board lengths away from the side before you stand up. This means you can't knock your head on anything hard and sharp :-)
The wood edging to the lochside path at Car Park is VERY slippery.

River Calder:

The mouth of the river is super shallow and full of bits of tree that have washed down the river.
You NEED to be down on your knees to avoid falling onto pointy branches.