A peril-filled year-long trip by kayak from Shetland to the Channel has been the stuff of legends. Scottish kayaker Morna Young’s book, `Lost at Sea,` is a testament to the raw beauty and unforgiving nature of the ocean.

Young’s journey was not just about the physical exertion; it was a profound exploration of the maritime traditions and history of Scotland and Ireland. Her account of the voyage, `Lost at Sea,` is a rich tapestry of adventure, resilience, and the natural world’s sheer power.

Young’s kayak, named `Nosey Aggie,` was a crucial companion on this epic undertaking. It was a vessel of incredible strength and durability, capable of surviving the harshest of conditions. With a cost of £18.99, it’s a must-read for anyone interested in the history of seafaring and the role of boats in shaping our understanding of the world.

Young’s journey was not without its harrowing moments. She encountered screeching gannets, a renowned bird known for its powerful wings and impressive diving techniques. She also navigated treacherous tidal waters, these small but powerful forces that can turn a calm sea into an unpredictable wilderness.

The richness of her account is palpable. She writes of the Scottish seas that are so calm and at peace, a welcoming sight after the tumultuous journey. But she also describes the savagery of the ocean, which can be as unpredictable and violent as it is beautiful.

Young’s narrative is a testament to the human spirit’s ability to thrive even in the most challenging circumstances. It’s a story of adventure, bravery, and the enduring bond between people and the natural world.

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