Claims

1. A shore comprising:

a plurality of truss frames;

shore lifting engagement means adapted to laterally receive a lifting means for lifting the shore;

wherein the plurality of truss frames and the shore lifting engagement means are arranged to define an opening, and the plurality of truss frames include a truss frame which is opposite the opening, and

wherein the lifting means is capable of being laterally received adjacent the opening such that the shore is capable of being lifted and moved in a manner so as to be laterally received by an analogous shore via the opening of the analogous shore.

2. The shore according to claim 1, wherein the plurality of truss frames comprise

a first truss frame and a second truss frame, the first truss frame arranged opposite the second truss frame;

a third truss frame disposed between and adapted to connect the first and second truss frames,

wherein the third truss frame is the truss frame which is opposite the opening.

3. The shore according to claim 2, wherein the third truss frame is adapted to connect the first and second truss frames via one of their ends.

4. The shore according to claim 2 or 3, wherein the first and second truss frames taper towards the third truss frame.

5. The shore according to claim 4, wherein the first and second truss frames each comprise two vertical supports and at least one brace adapted to connect the two vertical supports.

6. The shore according to claim 5, wherein the at least one brace is adapted to connect to an outer portion of one vertical support and adapted to connect to an inner portion of the other vertical support.

7. The shore according to claim 2, further comprising a fourth truss frame adapted to connect the first, second and third truss frames via their base portions.

8. The shore according to claim 7, wherein the fourth truss frame comprises a pair of braces extending from the third truss frame towards the opening.

9. The shore according to claim 8, wherein the pair of braces comprises a first lifting engagement means adapted to laterally receive via a first direction, a lifting means for lifting the shore.

10. The shore according to claim 9, wherein the pair of braces comprises a second lifting engagement means adapted to laterally receive via a second direction, a lifting means for lifting the shore.

11. The shore according to claim 10, wherein the first and/or second lifting engagement means are integral with the pair of braces.

12. The shore according to claim 1,

wherein the shore is capable of being detachably coupled to a height adjustment mechanism, and

wherein the height adjustment mechanism is at a base portion of the shore, and wherein the height adjustment mechanism comprises a height adjustable landing leg.

13. The shore according to claim 7, the shore further comprising a fifth truss frame adapted to close the opening when in operation.

14. The shore according to claim 1, wherein the truss frame opposite the opening is capable of abutting the truss frame opposite the opening of the analogous shore after the shore is fully received, in a lateral manner, by the analogous shore.