

# Trip Report kayaking May 4 and photos (set 1)

Inbox



**Barbara Waldern**

Sat, May 4, 6:45 PM  
(18 hours ago)

to me

BOC's first kayaking event in a long time happened on a mild, dry yet greyish day. A private session arranged by the City of Burnaby parks and recreation staff, we met our instructor and guide, Martin, at the boat shed in Barnet Marine Park. First, we learned about the proper fit of PFDs (Personal Floater Devices). We were shown how to transport by dolly and launch the single kayaks properly and given an overview of paddling techniques. All three of us had had introductions to the sport before, so we had not asked for a full lesson; we wanted maximum yet guided paddling time and we got it, more than expected! We were on the water in hour two and paddling along the park shoreline. We practiced maneuvering the craft rudders controlled by foot pedals. Another challenge was the head wind and choppy waters, another learning experience. After a rest and photo shoot in "raft" position, we lined up, side-by-side, to cross the Inlet over to the edge of Belcarra Park. Martin made the unusual suggestion of taking a break ashore. We did and enjoyed snacks, chat and posing for photos there. By then the wind and water had calmed. We carried on as far as Admiralty Point then turned to traverse the Inlet and return to Barnet Marine Park. With time to spare, we gently paddled back to the launch point. That was enough--a good work out for the shoulders. The tide was higher, making it fairly easy, though lifting the boats and taking them to the grassy bank was tough. Successfully loading them on their dollies, we pulled them back to the shed. This event sparked our enthusiasm for the sport; we talked about future lessons and excursions by kayak. Despite it not being a full lesson, we learned quite a lot, but knew that there was still more to learn.

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