

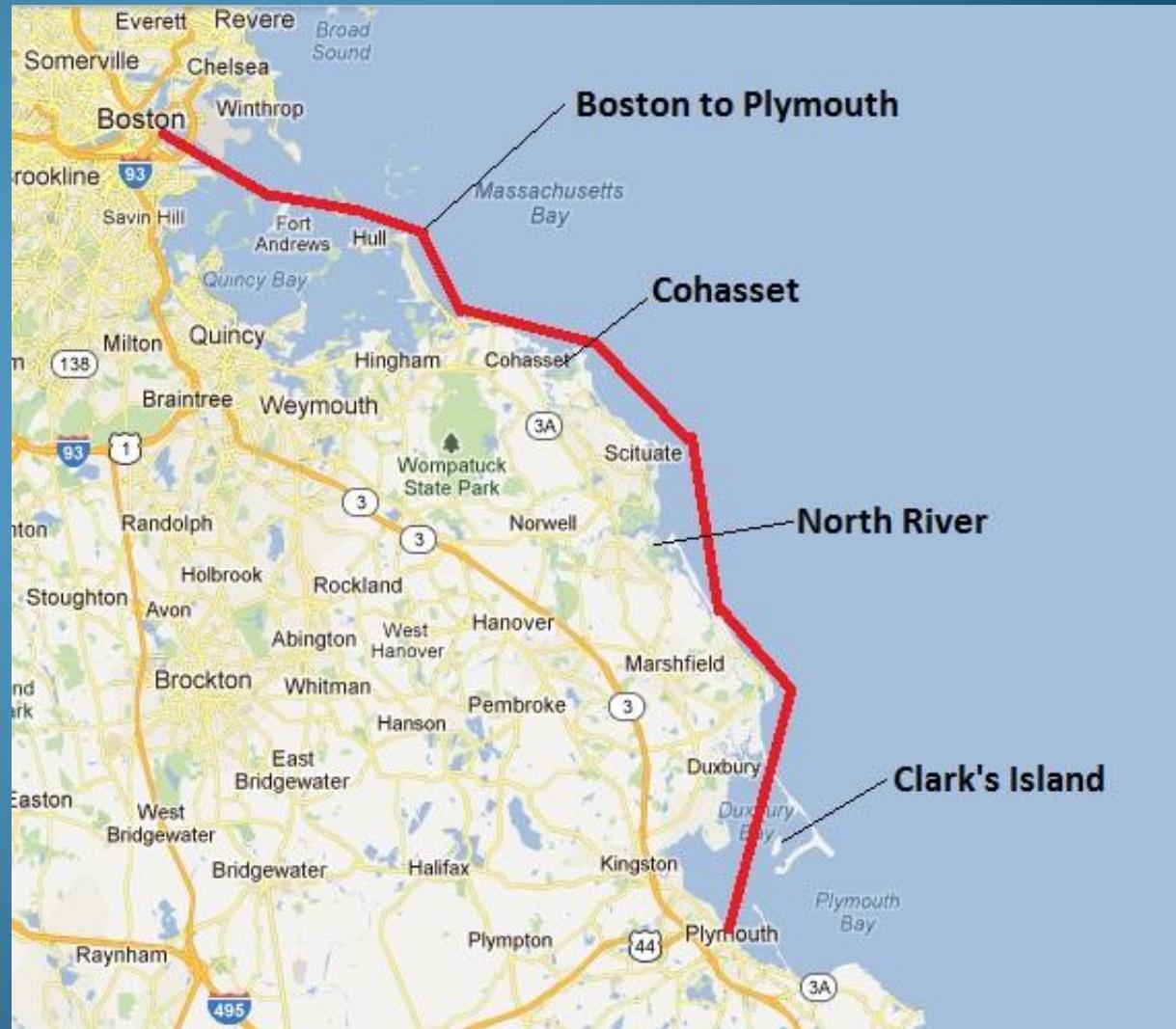
A Sea Kayaking Tour of Southeastern Massachusetts

David Arruda

MITOC Spring Kayaking Social 2012

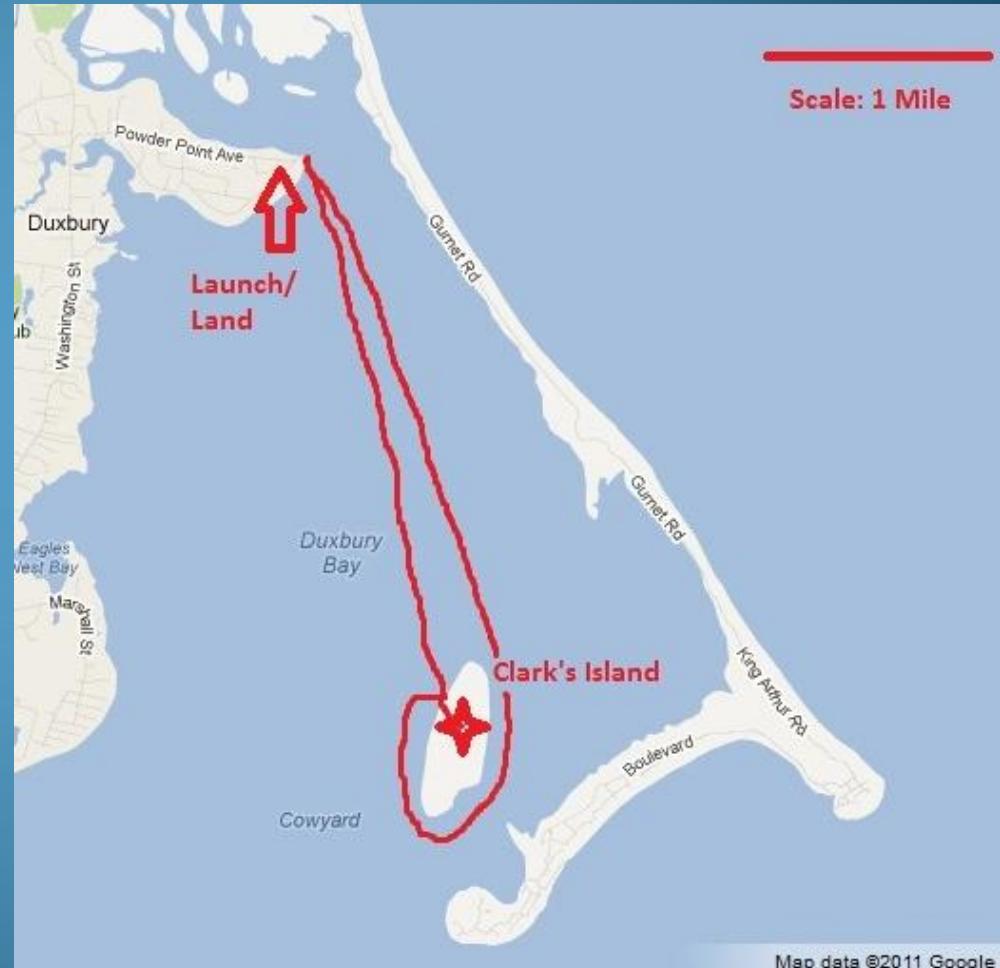
The 30-Minute Tour:

- Clark's Island & the Real Plymouth Rock
- The North River and Surfing The Spit
- Cohasset Harbor
- The Long Way Home: Boston to Plymouth



Clark's Island

- Clark's Island from Powder Point in Duxbury, MA
- Trip Stats:
 - 5-6 miles RT (~2-3hrs)
 - Shallow, protected bay
- Highlights:
 - The “Real” Plymouth Rock
 - Saquish Beaches
 - Cowyard Currents
 - Afternoon SW Winds
- Pointers:
 - Clark's Island is privately owned so ask permission

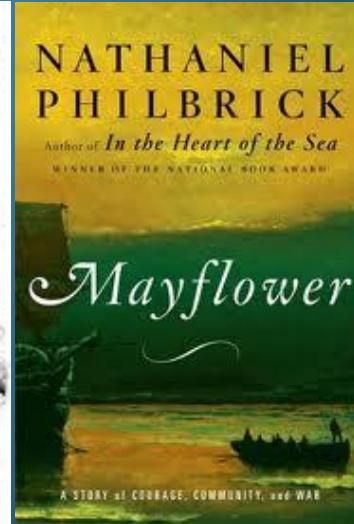
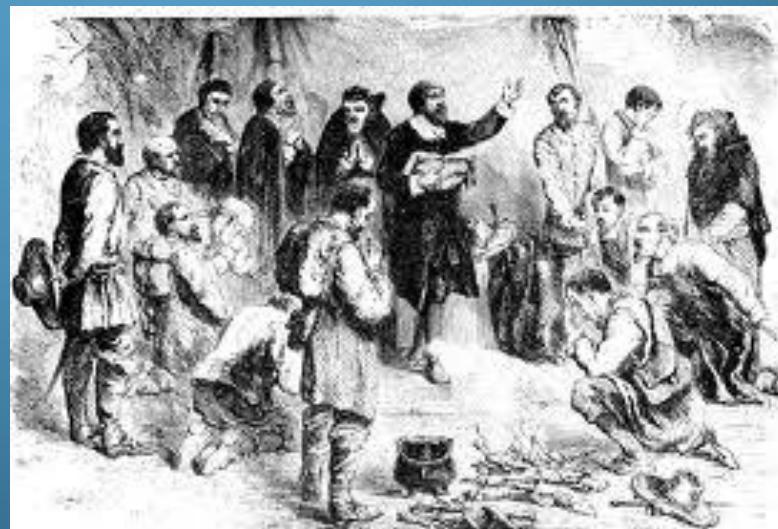
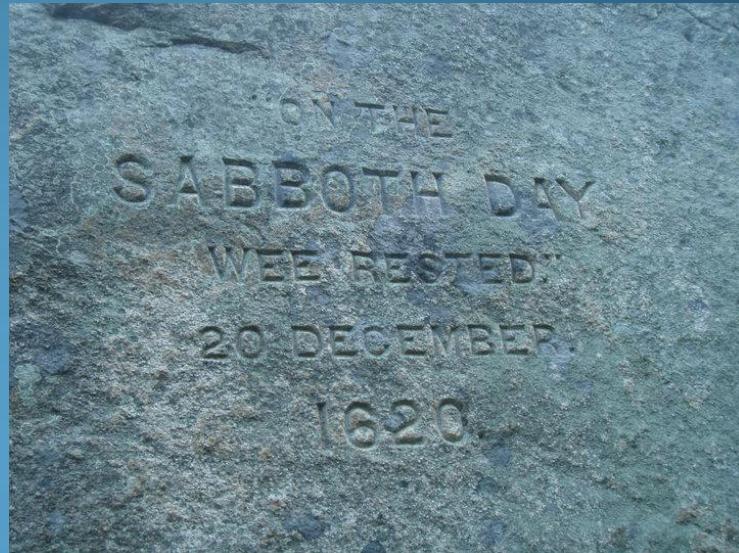


The Real Plymouth Rock??

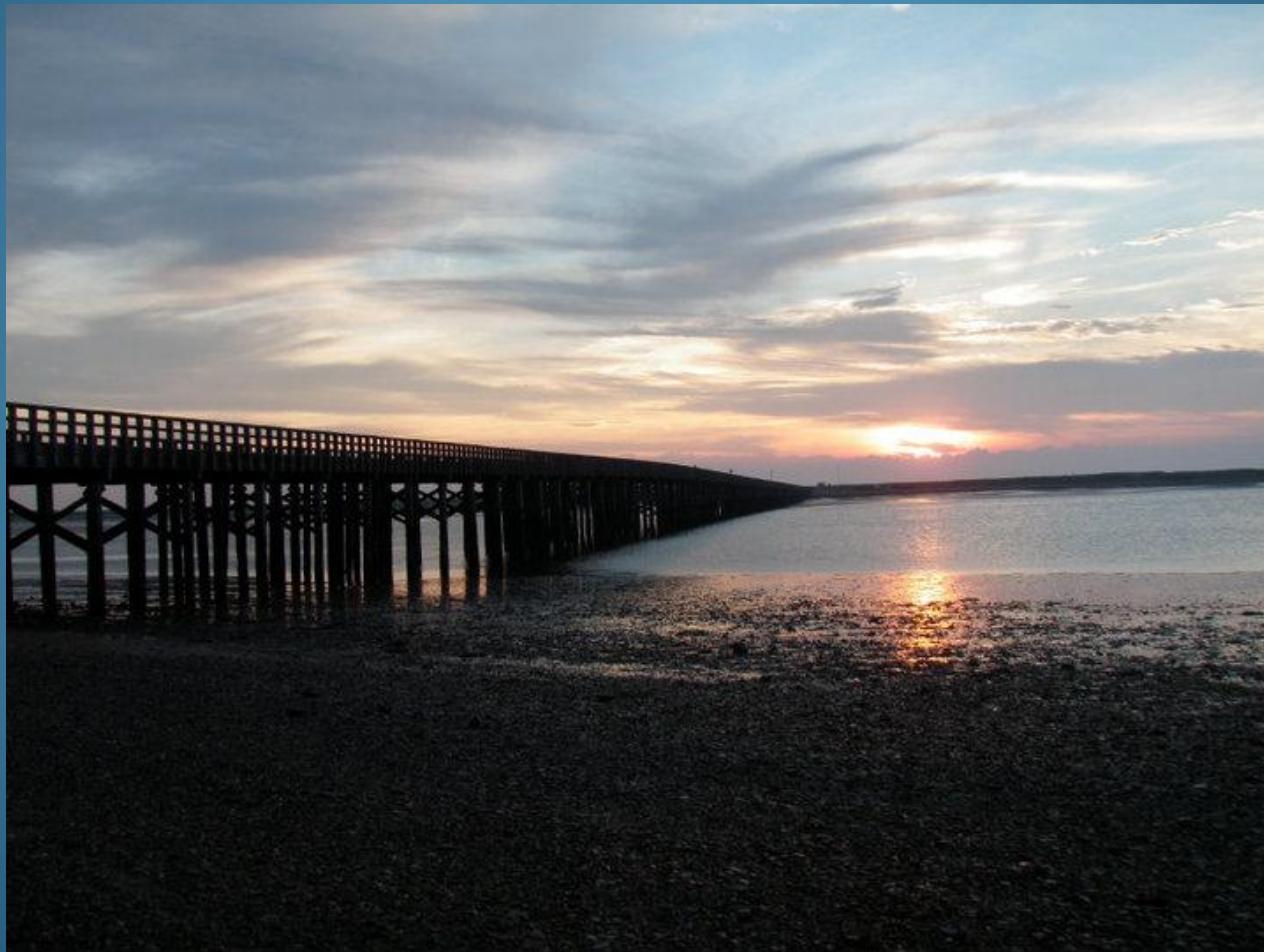


In Search of the “Real” Plymouth Rock

- Pulpit Rock
 - The “Real Plymouth Rock”
 - The Corner Stone of America
- Historic Significance:
 - Site of Pilgrim’s first landing and religious service in Plymouth on December 20th, 1620
 - Visited by Henry David Thoreau



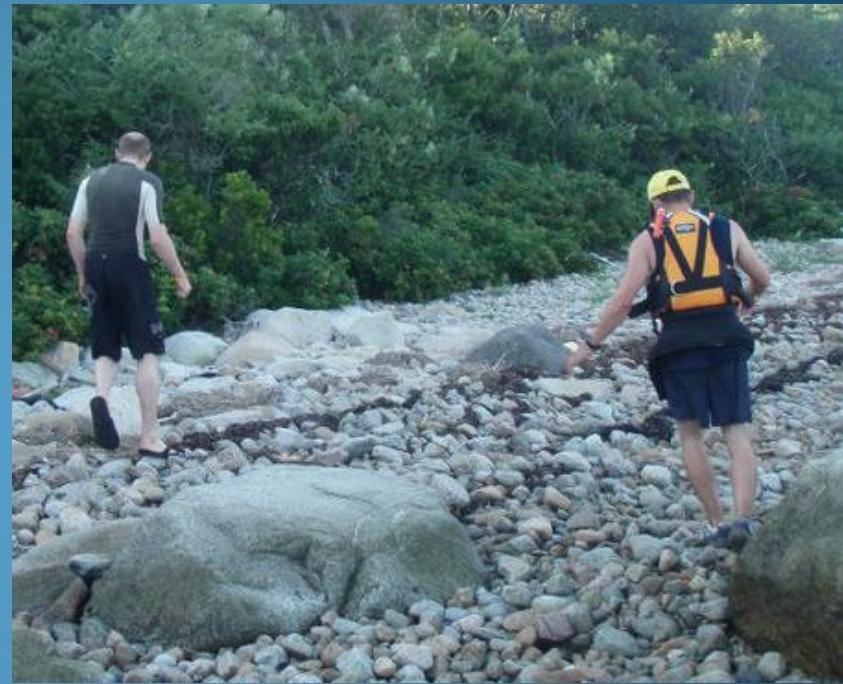
Sunrise at Powder Point



Island Bound



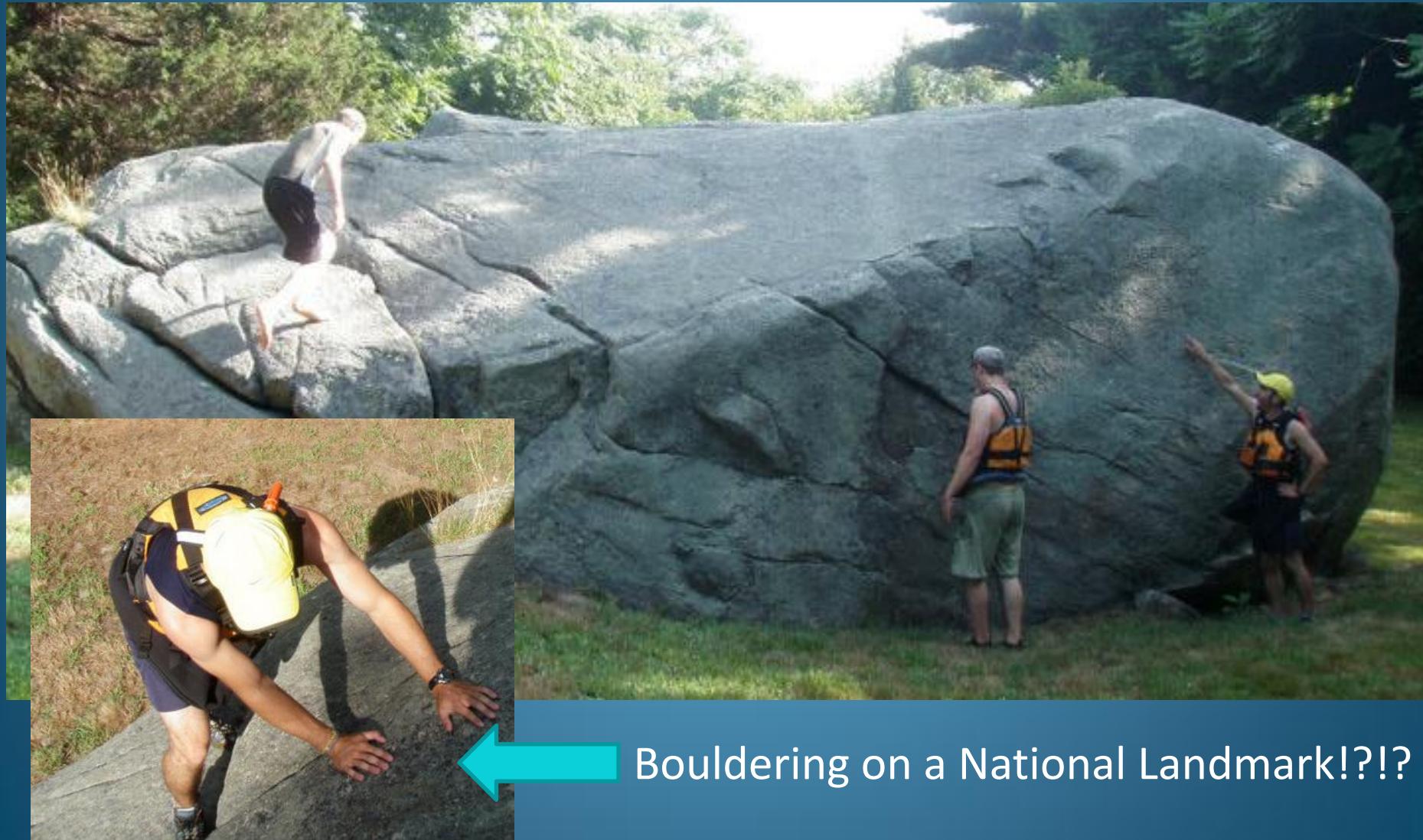
Exploring the Shoreline



Island Interior



The “Real” Plymouth Rock



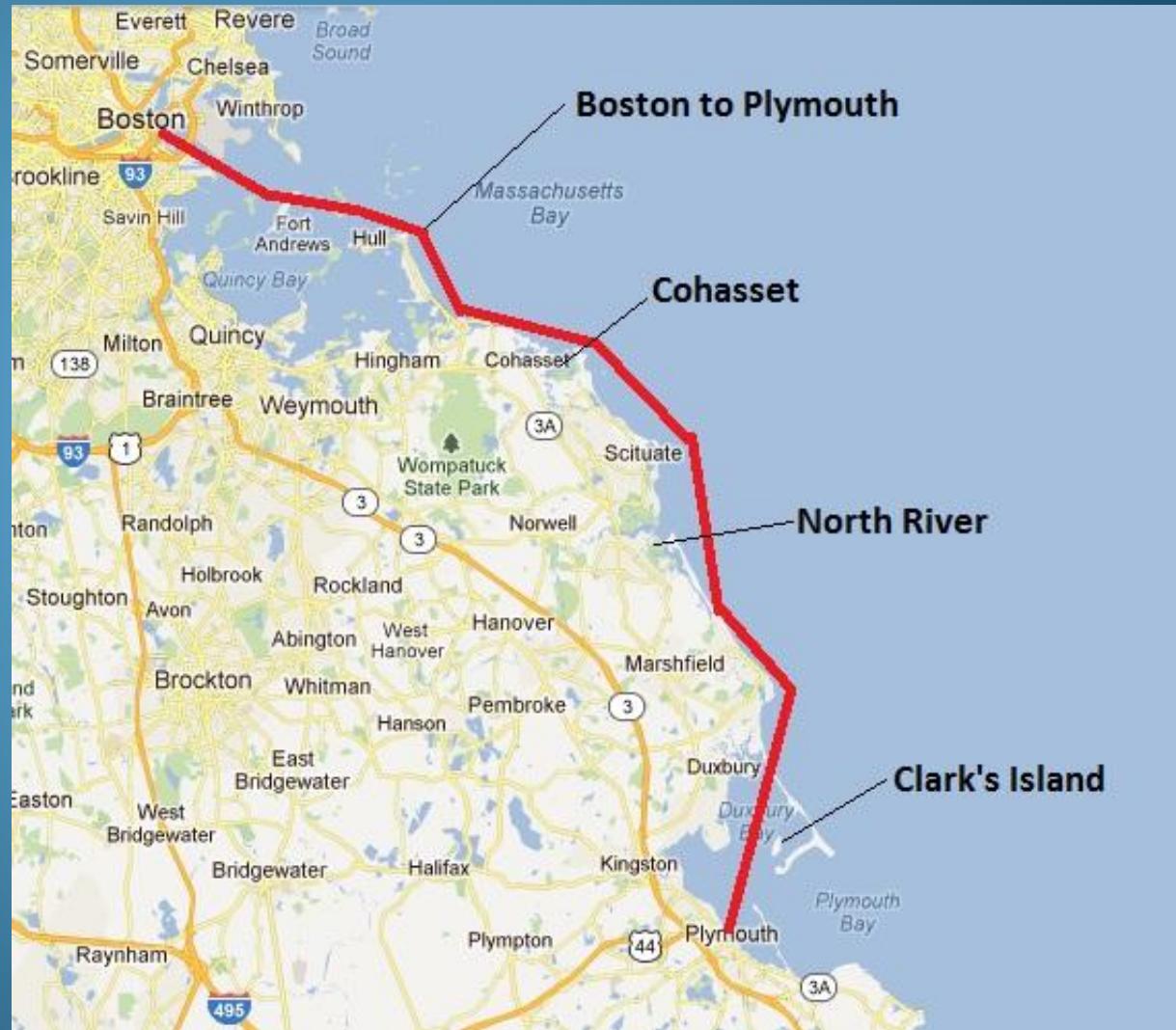
Bouldering on a National Landmark!?!?

Weak Sauce...



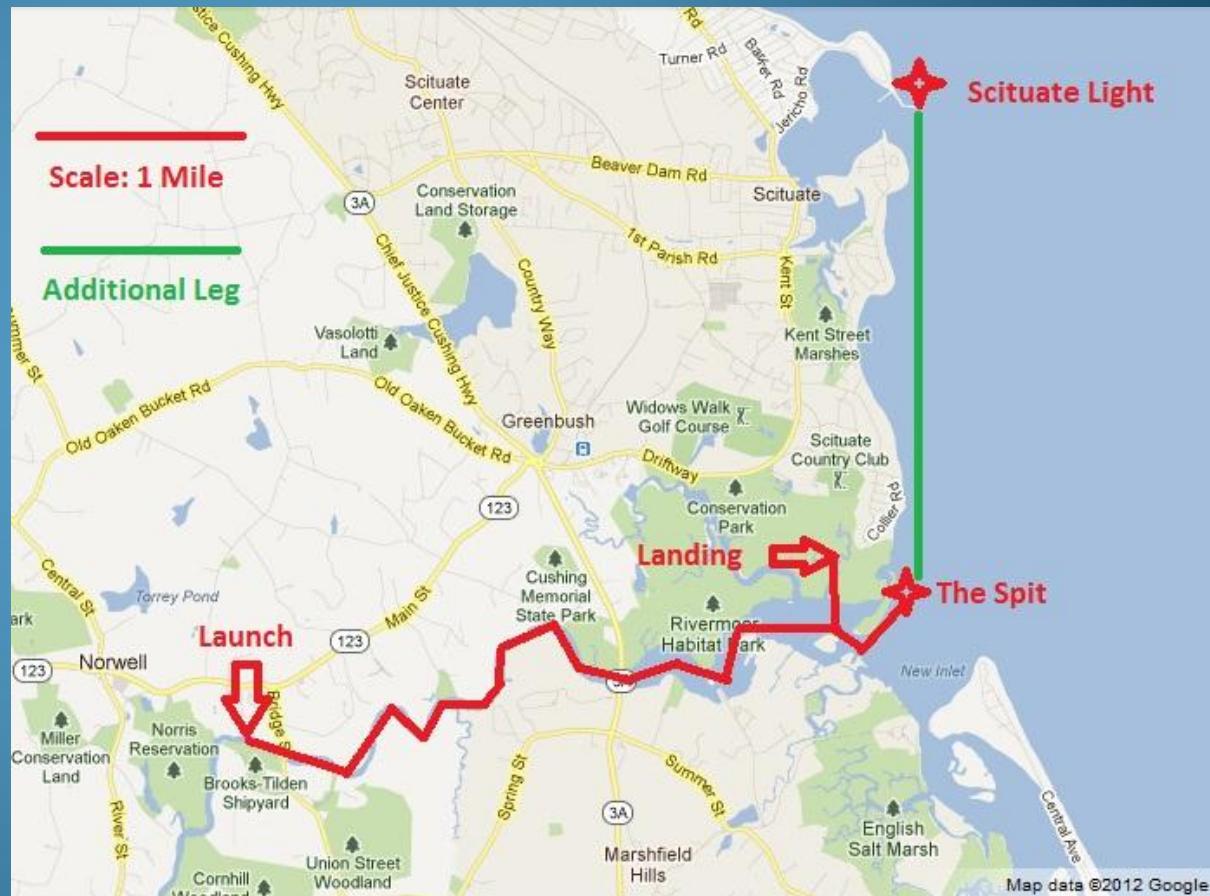
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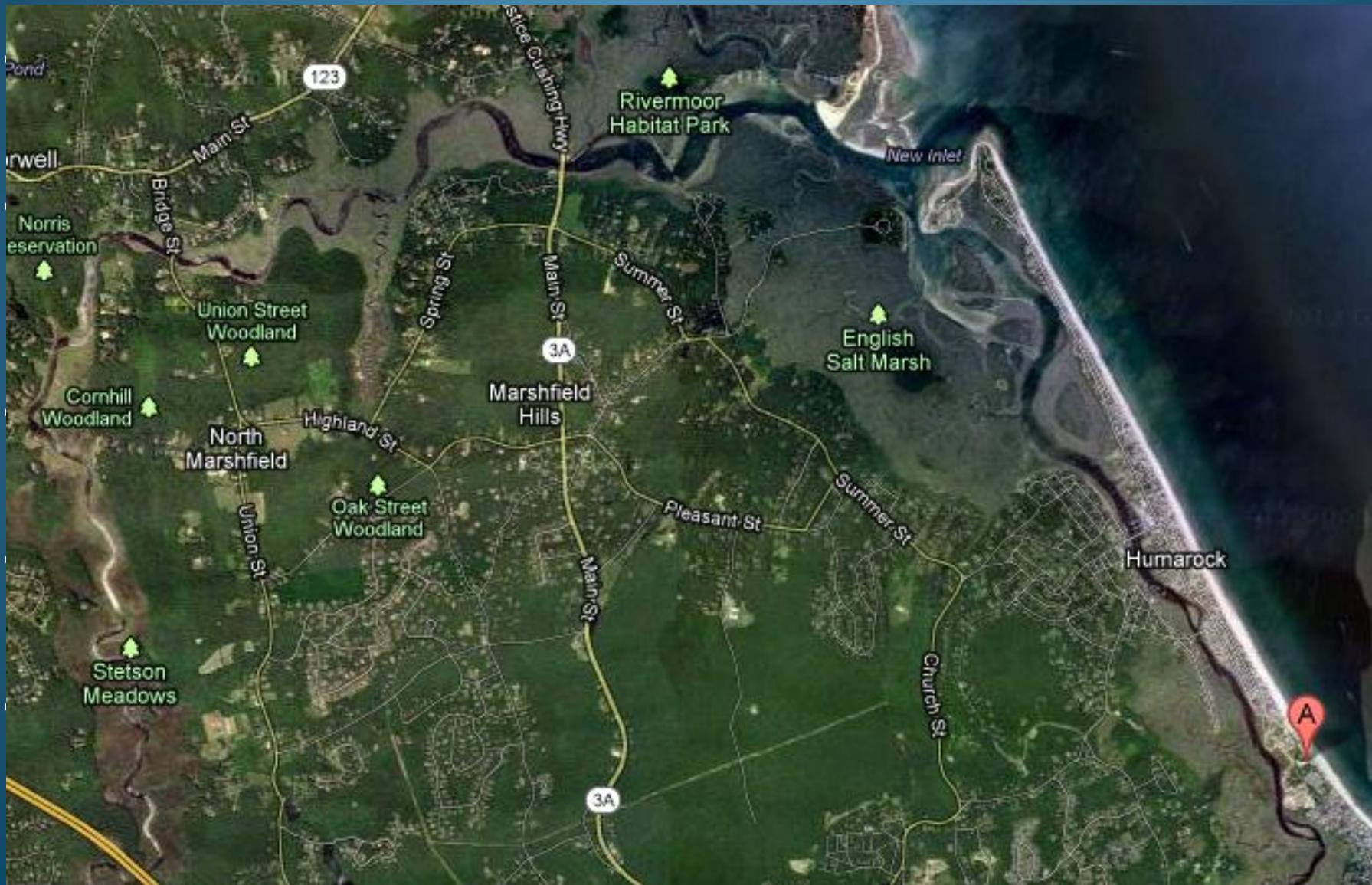


The North River

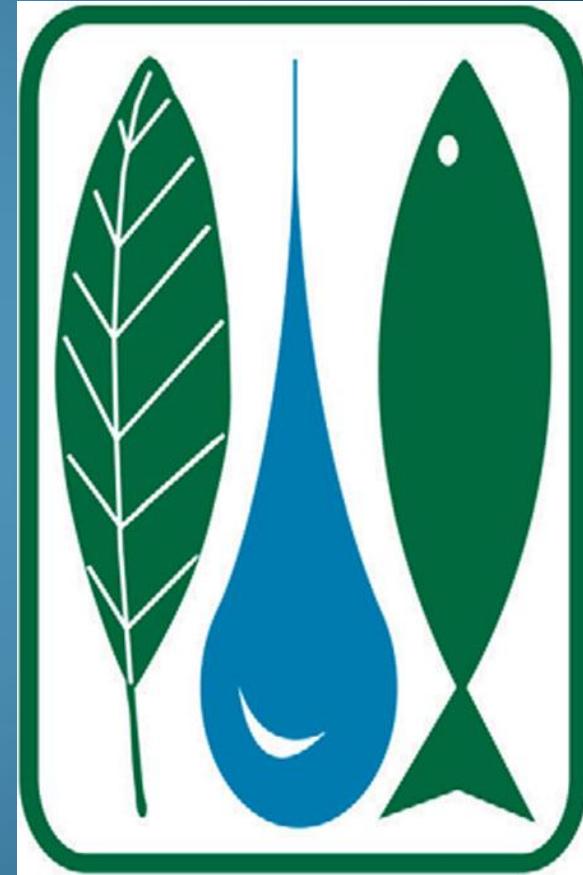
- Union Street Bridge to the Driftway
- Trip Stats:
 - 4 miles one way
 - 8 miles with Scituate
 - Estuary environment
- Highlights:
 - Shipbuilding history
 - Great River Race
 - Surfing @ the spit
- Pointers:
 - Respect conditions at the mouth of N. River
 - Use tides to your advantage



Ship Building on the North River



North & South River Watershed Association



- Conservation and Education
- Kayak Expo in February
- Great River Race in July

NSRWA Great River Race

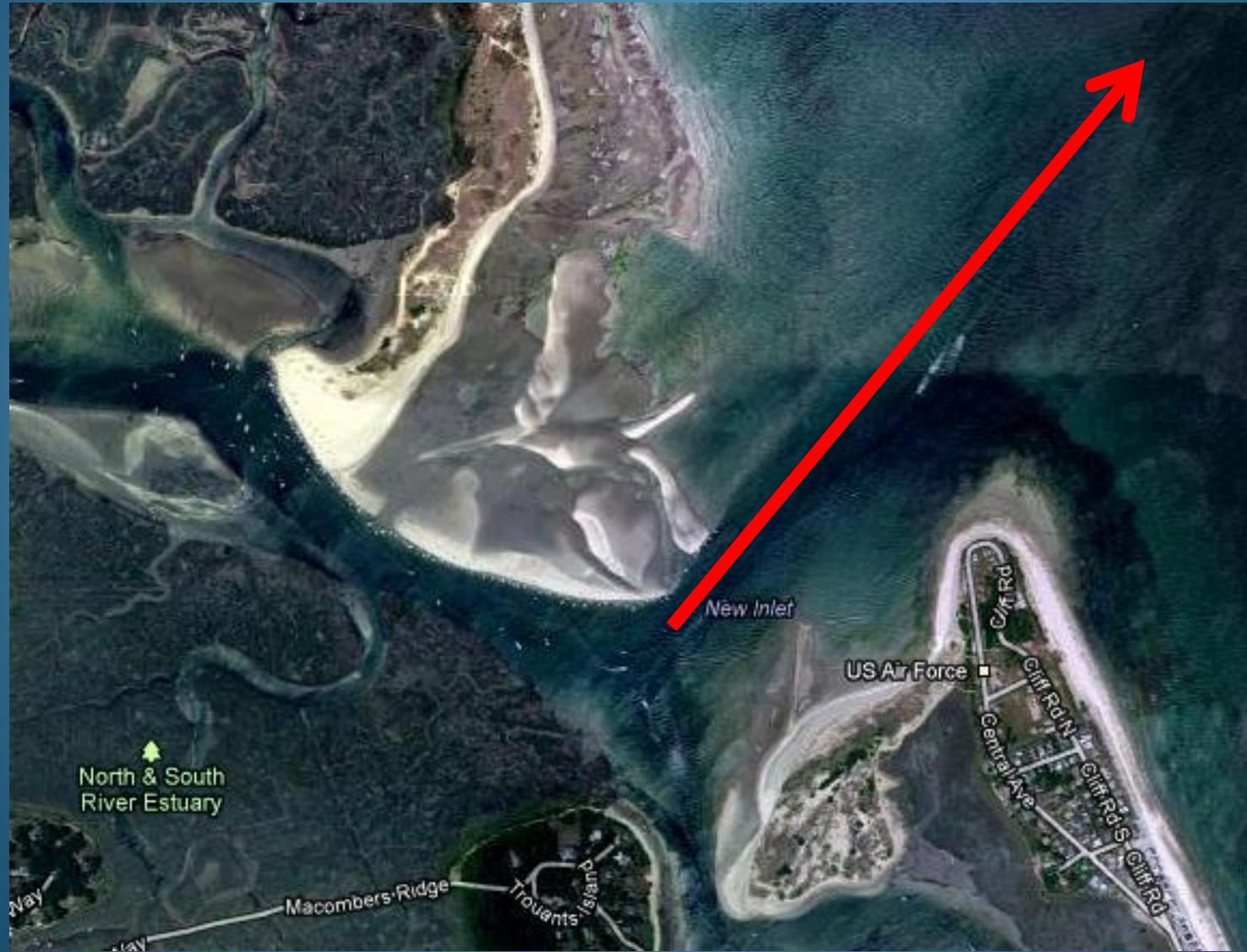


- 6.5 miles long (~1-2hrs)
- Kayaks, canoes and row boats
- Costume division
- Awards and BBQ

Surfing at The Spit



Dangerous Currents



Ben Rockin' It

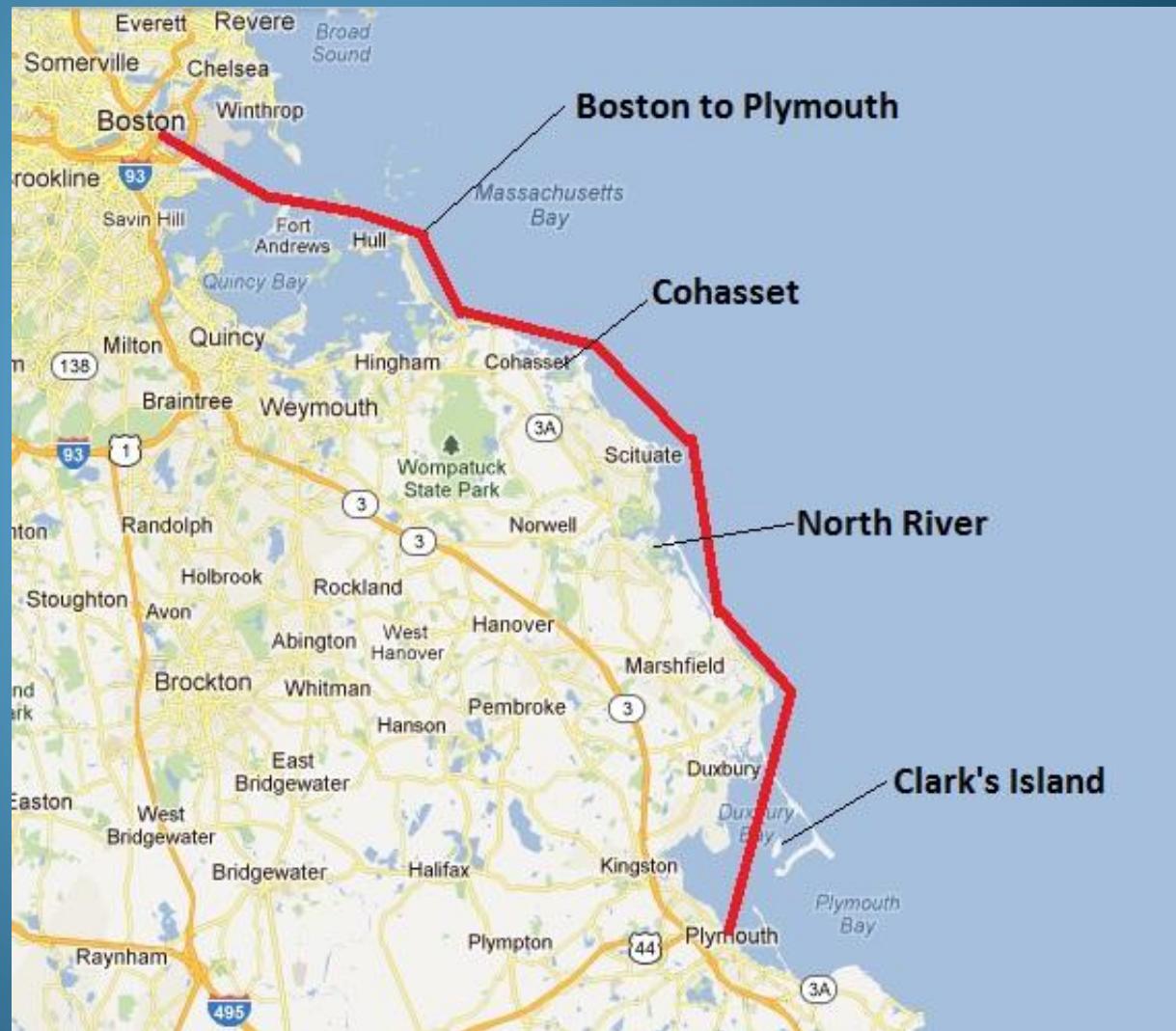


Dave Eatin' It



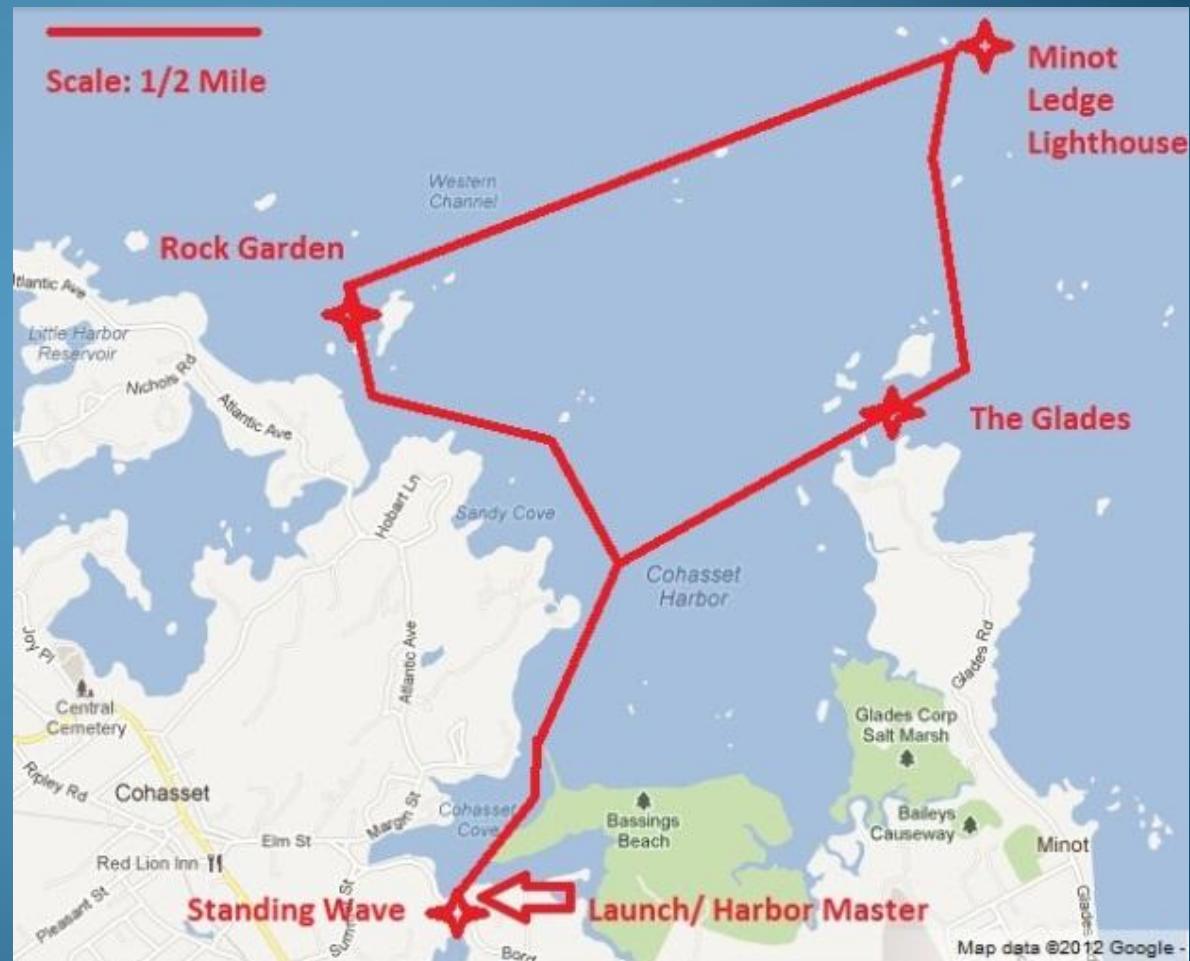
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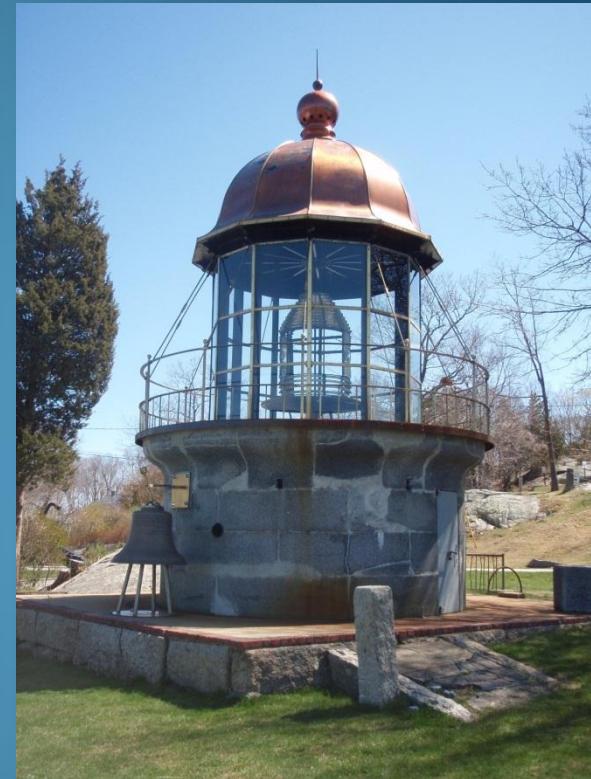
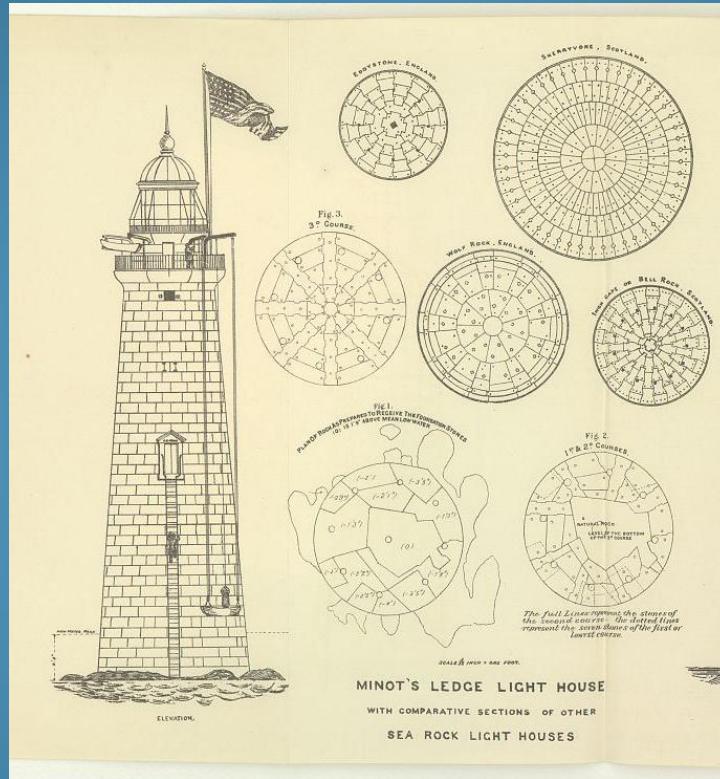


Cohasset Harbor

- Trip Stats:
 - Fun trip for training, surfing, and sightseeing
- Highlights:
 - Numerous rock gardens
 - Minot's Ledge Light
 - Standing wave
- Pointers:
 - Conditions outside of harbor not for beginners
 - Rocky coastline with few landings



Minot's Ledge Light



- Built in 1855, 114ft tall, 3500 tons of Quincy granite
- Tragedy: Keepers Joseph Antoine and Joseph Wilson were lost to the sea during a NE storm

Lambs and Lions



Just Play!



Standing Wave



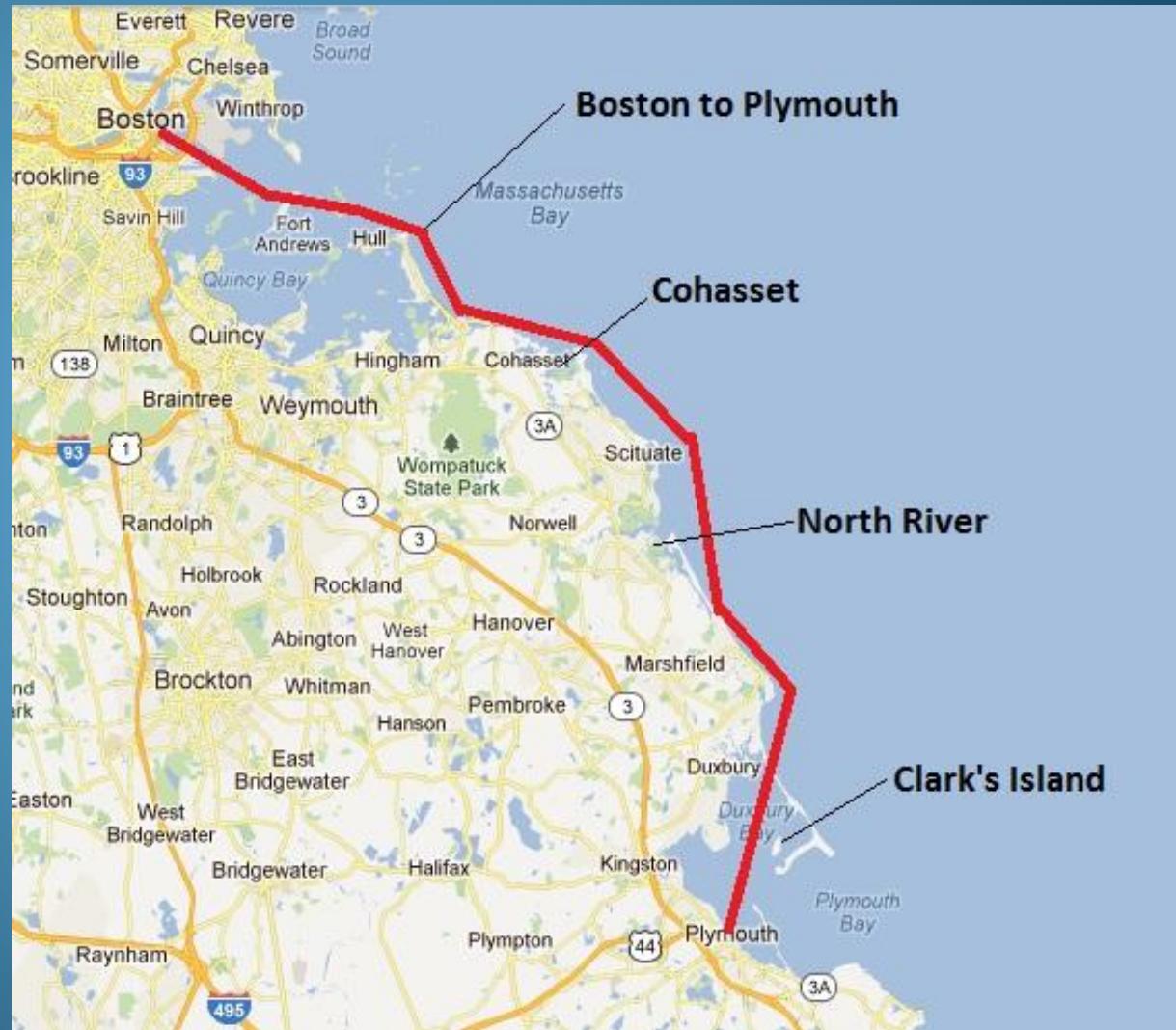
- Wave forms on the incoming tide (3hrs before high) at the mouth of the Gulf River in Cohasset Harbor
- Class I to II with building wave up to 3-4ft tall.

Caught on Camera...



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Boston-to-Plymouth Epic

The Looonng Way Home:

- 3 Great friends
- 50 Nautical miles
- 6 Legs
- 14 Hours on the water
- 1 Night on the beach
- 2 Portages
- 24 PB&J sandwiches
- 2.5 boxes of oatmeal pies

... and a pair of red panties



First Things First...EAT!!!



Launch: Presidents Landing in Medford, MA @ 0700



Conditions: Clear Skies, Light Winds, Seas <1ft, High Tide

Portage #1: Mystic River Dam

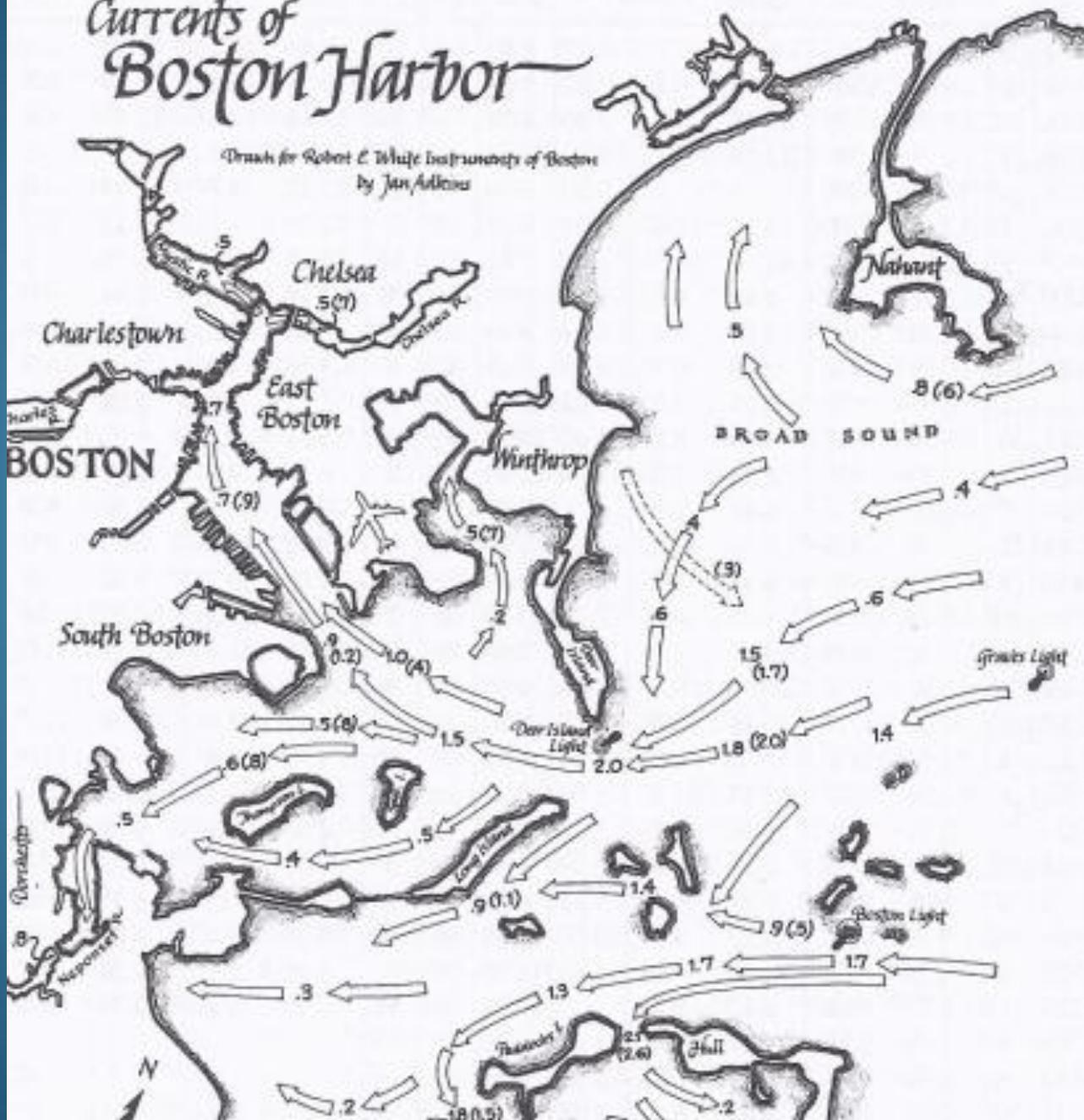


Boston Inner Harbor



Currents of Boston Harbor

Draft for Robert E. White Instrumental of Boston
by Jan Adkins



Rest Stop #1: Georges Island



Time: 1000, Distance Covered: 12 miles, Distance to Go: 38miles

Crossing Nantasket Roads



Conditions: Clear Skies, Wind NE @ 5-10, Seas 3-4ft, Mean Tide

Rest Stop #2: Gunrock Beach in Hull, MA



Time: 1300, Distance Covered: 19miles, Distance to Go: 31miles

Cohasset Rock Gardens



Conditions: Clear Skies, Wind NE @ 5-10, Seas 2-3ft, Low Tide

Rest Stop #3: Minot Beach in Scituate, MA



Time: 1530, Distance Covered: 25 miles, Distance to Go: 25 miles

Scituate Light



Conditions: Clear Skies, Wind NE @ 5-10, Seas 2-3ft, **Surf is UP**

That's Enough for One Day...

Hummarock, MA

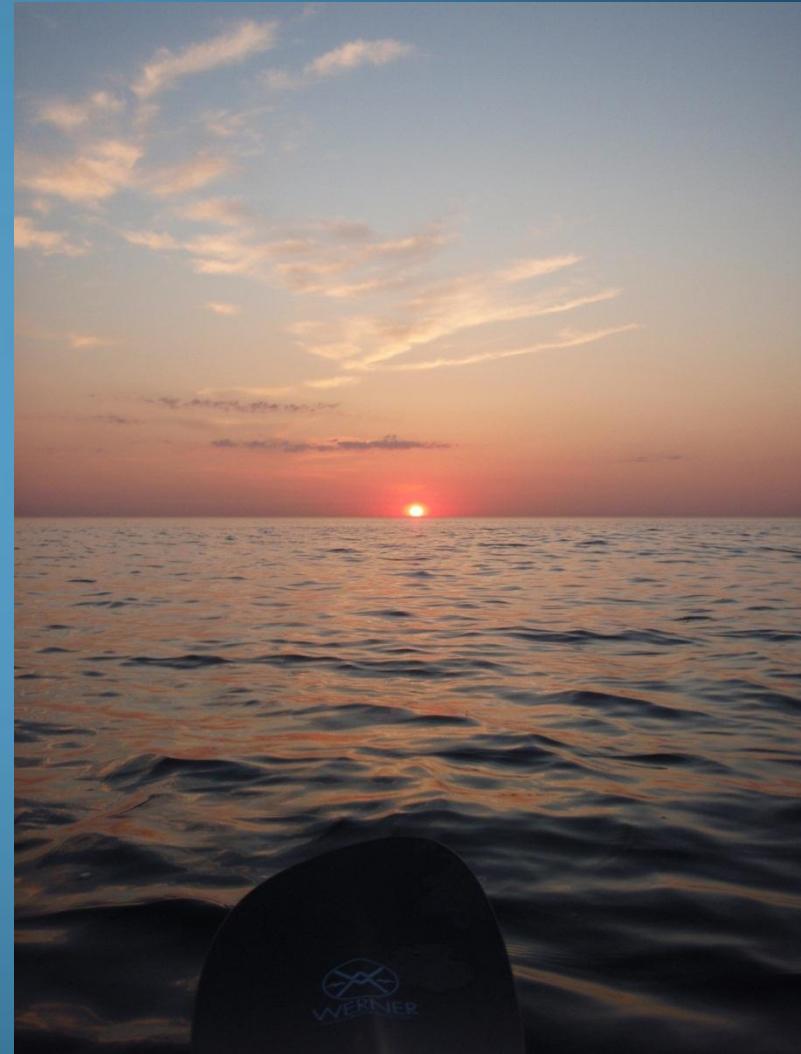


Time: 1800, Distance Covered: 35 miles, Distance to Go: 15 miles

About that sunscreen...



Sunrise at Hummarock



Hitting the water at 0530 was never better!

Sunrise Paddle Along the South Shore



Conditions: Clear Skies, Wind Light NE, Seas <1ft, High Tide

Portage #2: Duxbury Beach



Time: 0730, Distance Covered: 44 miles Distance to Go: 6miles

Entering Plymouth Harbor



Conditions: Clear Skies, Wind NE @10-15, Seas 2-3ft, High Tide

Home, Sweet Home!



Time: 0900, Distance Covered: 50 miles Distance to Go: 0 miles!!!

An Epic Adventure



Caught on Google Earth!



Have a Safe Paddling Season!

- Always wear your PFD
- Dress for immersion
- Momentum Rules
- Beer is for the after party
(Don't pee in the boats!)
- Stay off of the CG's radar



Have a Fun Paddling Season!

Special Thanks:

- MITOC
- Billington Sea Kayak
- Coastal Kayak Educators
- Meaghan
- All of my paddling partners

Check out KayakDave.com

