



TRAVEL & LOGISTICS

Boston Area Sea Kayak Seminar

October 22 & 23, 2005

Location: Duxbury Beach, Duxbury, MA

Time: 9:45 AM – 4 PM

Cost: \$70.00

Meet at Duxbury Beach at 9:45AM— give yourself plenty of time to find parking.

Directions: Coming from the north take Route 3 south to exit 11, Duxbury/Pembroke. Go right at the end of the ramp on 14 East and drive through the roundabout. Pass the Police Station on your right. The road splits, stay to the right on 14 East. There will be a sign to Duxbury Beach pointing left. IGNORE this sign. In approximately one mile cross Route 3A at a set of lights. Continue on 14 East. Go approximately one more mile. Then take a left onto Powder Point Ave. There is a flagpole on this corner. The road quickly bears right and continues past King Caesar's Road. Duxbury Bridge is approximately one more mile. Depending on the wind, we will start on the east or west side of the bridge. Look for the trailer with sea kayaks and a NOLS sign.

We will finish the day at the same location.

Seminar Details:

We will start the day with boat anatomy, basic safety, paddling strokes and a few basic rescue skills will be covered, so plan on getting wet. We'll build on these basic skills during our afternoon paddle. Boats, paddles, PFD's (life jackets) and necessary boating equipment will be provided.

Wear shorts and t-shirt or bathing suit and a pair of shoes you don't mind getting wet—river or sport sandals with an ankle strap or old tennis shoes work well. Reflection off the water can be strong so bring sunscreen, sunglasses with a retainer strap and a sun hat. If you get cold easily we recommend bringing a wetsuit, paddle jacket or poly pro top and bottom. In any event, bring a raincoat or wind jacket. We suggest you bring an extra change of clothes in your vehicle.

What to wear:

- Shorts or swimsuit
- T-shirt or long sleeve sun shirt
- River/sport sandals or old tennis shoes

What to bring:

- water/beverage & food for lunch
- sun hat
- sunscreen
- sunglasses with retainer strap
- rain coat or wind jacket
- paddling jacket (optional)
- one layer of poly pro (optional)
- wetsuit (optional)
- neoprene booties (optional)
- Personal PFD , lifejacket (optional)

Contact Information Prior to the Seminar - (800) 332-4280, or email alumni@nols.edu