

# Atlantic Kayak Tours

## Coastal Paddling

### Course Descriptions

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E-mail: [Info@AtlanticKayakTours.com](mailto:Info@AtlanticKayakTours.com)

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**Meeting Place:** Narrow River, RI

**Meeting Time:** 9:00 AM

**Finish Time:** This program covers a lot of information and could run until between 4:30 & 7:00 PM.

**Distance:** 6-20 miles depending on the day. We will be paddling at a 4 knot pace for extended distances.

**Equipment:** You should dress for the water temperature, not the air temperature. We will be in the water for extended periods. 4 star equipment, including helmets are needed, while trying to keep boats as light as possible for the best handling in the conditions.

Kayak needs to be a sea kayak with a minimum length of 15 feet, have full deck lines, compass and two bulkheads. Rudder boats are not suggested (remove the rudder or at a minimum duct tape them down). If your kayak does not meet this requirement, please contact us.

You need to carry signaling equipment, head lamp, tow line, spare paddle, extra clothes, storm cag, repair kit, first aid kit, compass, chart, repair kit, food and water. Helmets can be borrowed if you let us know the size you need.

**Note:** There are no restrooms at or near the put-in, so make a stop on the way.

**Tide & Chart:** The tide is given for Narragansett Pier. High tide at the Narragansett Pier is 0:10 before Newport, at a height of 3.2 feet.

Maptech chart #18: Narragansett Bay

Waterproof Chart # 61 Narragansett and Buzzards Bays

**Meals:** Bring a lunch, snacks and plenty to drink for our lunch break.

**Motel:** The Surfside Motel (401) 364-1010 334 Narrow Lane, Charlestown, RI

Ocean View Motel (401) 364-0080 on Route 1 in Rhode Island.

Krystal Penguin Motel (401) 364-0062 next door to Ocean View Motel. A bit less expensive.

**Camping:** For Camping goto [www.reserveamerica.com](http://www.reserveamerica.com) and enter Burlingame State Campground

**Directions:** Take Route 95 to exit 92, town of Westerly. Take a right at the bottom of the exit ramp onto route 2 east. After 1.3 miles turn right onto Route 78. After 4.5 miles, turn left onto Route 1 north. Follow Route 1 north for about 19 miles to the Point Judith/Block Island Ferry exit (North 108). At the top of the exit ramp make a right. Take a left at the 2nd light (4-way intersection), which is Point Judith Road. Keep left at the immediate fork and a traffic circle will be just ahead. Take the first right in the circle which is route 1A north (Kingstown Rd.). Continue a couple of miles and make a left at the end (still route 1A north) and another left the next light. Continue on 1A for less than two 2 miles. You will come to a bridge with a parking area on the right along the Narrow River. An 8"x10" plaque on the bridge's stone rail says "State of Rhode Island 1981." Use this parking area before the bridge for the best access.

**lat/lon:** N41.448853 W71.449942

# Description

This course focuses on skills needed to paddle on open water where you encounter challenging conditions created by the tides, currents and winds. We will cover many areas including equipment, strokes on open water, rescues, surfing small waves, handling following and beam seas, navigation, playing in rock gardens and more. On-the-fly navigation techniques like “ranges” that will keep you on course will also be covered.

The Coastal Paddling program is one of the steps needed to gain the skills and knowledge to be a open water kayaker. A solid skills foundation is needed before taking the Coastal Paddling program. Playing in rock gardens and landing on rocky coast lines are risky activities. Everyone will need to carry full kit for an open water trip including; chart, compass, spare paddles, first aid kit, helmet, head lamp, signaling equipment. There is a possibility that we will get back after sunset.

The conditions can range from near flat to force 4 Sea State or above. Where we go and what is covered will be determined by the skill of the group and the conditions of the day. Most people would take the Coastal Paddling program a few times before taking the BCU 4 Star Sea Leader Training program.

**Topics may include:** equipment, group awareness, knots, basic navigation, handling moderate sea and surf, deep-water rescues, strokes on open water.

