

# Atlantic Kayak Tours

## Kayak Fundamentals

### Course Description

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**Arrival Time:** 10:30 AM for an 11:00 start

**Finish Time:** Program finishes about 3:30.

**Meeting Place:** **Norrie Point Paddlesport Center** (see map on other side)

**Phone/Text:** (845) 246-2187

**Equipment:** Wear clothes to swim in and bring a change of clothes. We will be capsizing the kayaks. You should dress for the water temperature and the air temperature. It's the best to wear quick dry clothing. On cool days keep away from cotton clothing. If you wear glasses you should have a strap to hold them on your head if you capsize. We recommend straps that float the glasses. We have bottled water and eyeglass straps for sale.

**Lunch:** Bring a lunch and plenty to drink for our rest stops. We will be learning on the move and will carry all the equipment including lunch with us.

**Motels:** See the Norrie Program Description on the website for a link to motels in the Rhinebeck Area.

**Camping:** For camping at Norrie State Park go to [www.reserveamerica.com](http://www.reserveamerica.com) and enter Norrie State Park.

**Directions:** From Kingston or Saugerties area, take Route 199 across the Rhinecliff Bridge. Make a right at the second light onto Route 9G south. Go 1.3 miles to intersection, turn right onto Route 9 south. Go 9 miles (past Staatsburg, golf course and Taconic Region Park Headquarters). Norrie State Park entrance is on the right. Follow signs for the Atlantic Kayak Tours or the Maria and go to the Norrie Point Paddlesport Center.

From New Jersey or down state New York, take the New York Thruway to exit 18 (New Paltz). After the toll take the first right to Route 299 east. Take Route 299 to Route 9W. Make a right onto 9W going south to the Mid Hudson Bridge. Take the first exit over bridge to Route 9 North (Hyde Park). Continue on Route 9 north through Hyde Park. Go 3 miles past the Vanderbilt Mansion, look for sign for Park. Make a left onto Old Post Road and park entrance will be in 100'. Follow signs for the Atlantic Kayak Tours or the Maria and go to the Norrie Point Paddlesport Center.

From Connecticut or any place on the eastern side of the Hudson River, take the Taconic Parkway to Route 55 west. Take Route 55 to Route 9 north. Continue on Route 9 north through Hyde Park. Go 3 miles past the Vanderbilt Mansion, look for sign for Park. Make a left onto Old Post Road and park entrance will be in 100'. Follow signs for the Atlantic Kayak Tours or the Maria and go to the Norrie Point Paddlesport Center.

By train from Manhattan or Albany: Enjoy a beautiful trip by train, followed by a taxi ride. Take Amtrak to the Rhinecliff stop. Call (800) 872-7245 for train information. Rhinebeck Taxi (914) 876-2010. Call ahead for taxi prices and availability.

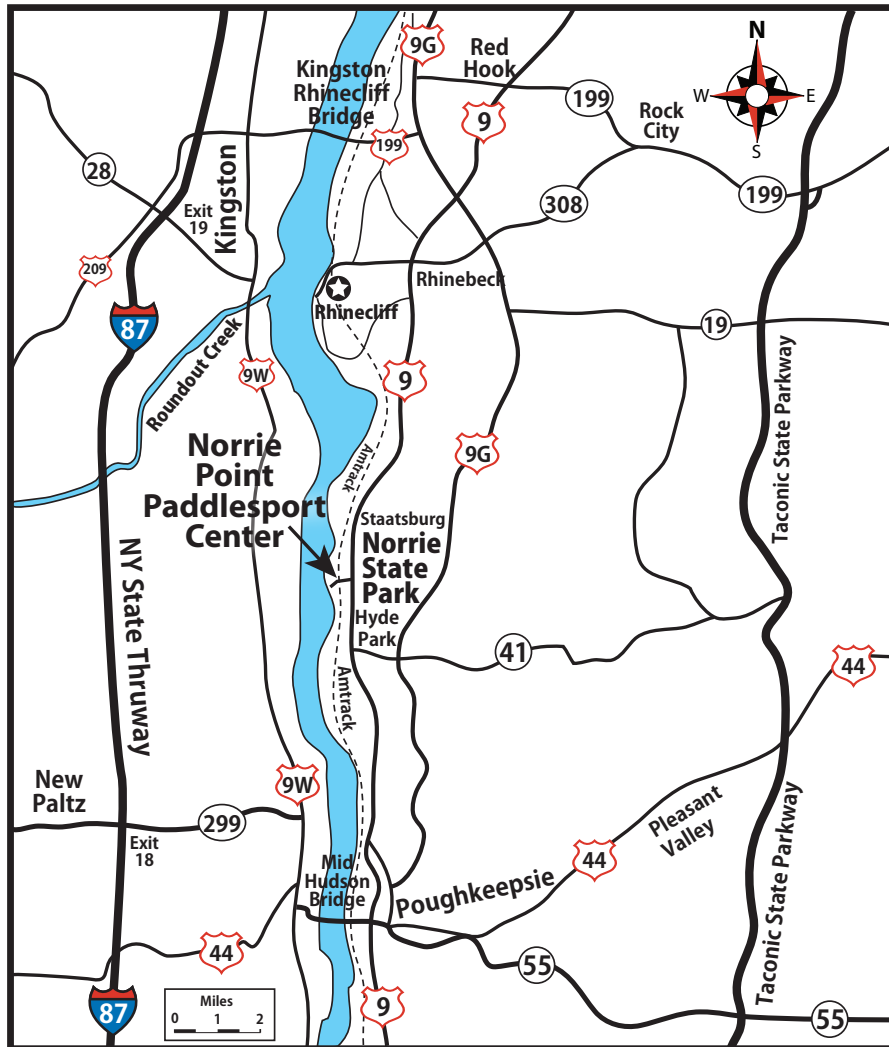
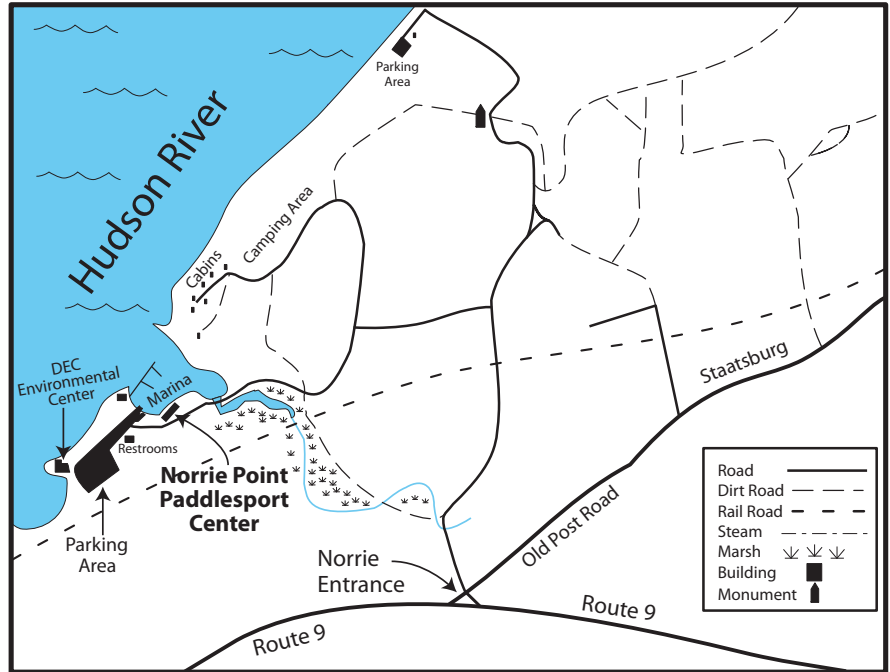
**lat/lon:** N41.8339/W73.9415

# Description

This is a course for people who are new to kayaking and want to learn the fundamentals from qualified paddling coaches. Your coaches will teach you how to paddle straight forward, and maneuver your kayak in every direction. We will work on wet exits, self rescues and peer rescues. At the end of the day you will come away knowing the basic kayaking skills you'll need to participate safely in organized kayak trips.

We will carry our lunch with us as we will teach on the go. Our lunch spot might be on Esopus Island, Mills Mansion, or the Vanderbuilt mansion.

While we expect you will learn a lot on this program, we'll do our best to make sure you have fun learning. At lunch we can discuss



kayak design, which will help you decide what boat best suits your needs or talk about outfitting yourself and your kayak for safe paddling. We offer many different styles and makes of kayaks for rental on this program. If you have not already purchased a kayak, we will help you pick the right boat for your size, skill, and budget.

**Topics include:** introduction of basic strokes including forward, reverse, stopping, and turning. We will also cover equipment, injury prevention, safety and fun, fun, fun.

Getting wet will be part of the day. Dress for the water temperature.

After this program you will need to get out and practice the skills you have learned. Our beginner programs are a great way to practice what you learn on this program. Paddle with more experienced paddlers and come on some tours. Join a club and learn from your fellow paddlers. After going on a few organized trips, take the next level training course to reinforce all the skills from this program and learn new skills.