

# Atlantic Kayak Tours

## Core Techniques

### Course Description

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**Arrival Time:** 11:00 is time to get boat and personal equipment ready, so the program can start at 11:30

**Finish Time:** Program finishes about 4:30

**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, not 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 Vanderbuilt 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 Vanderbuilt 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.

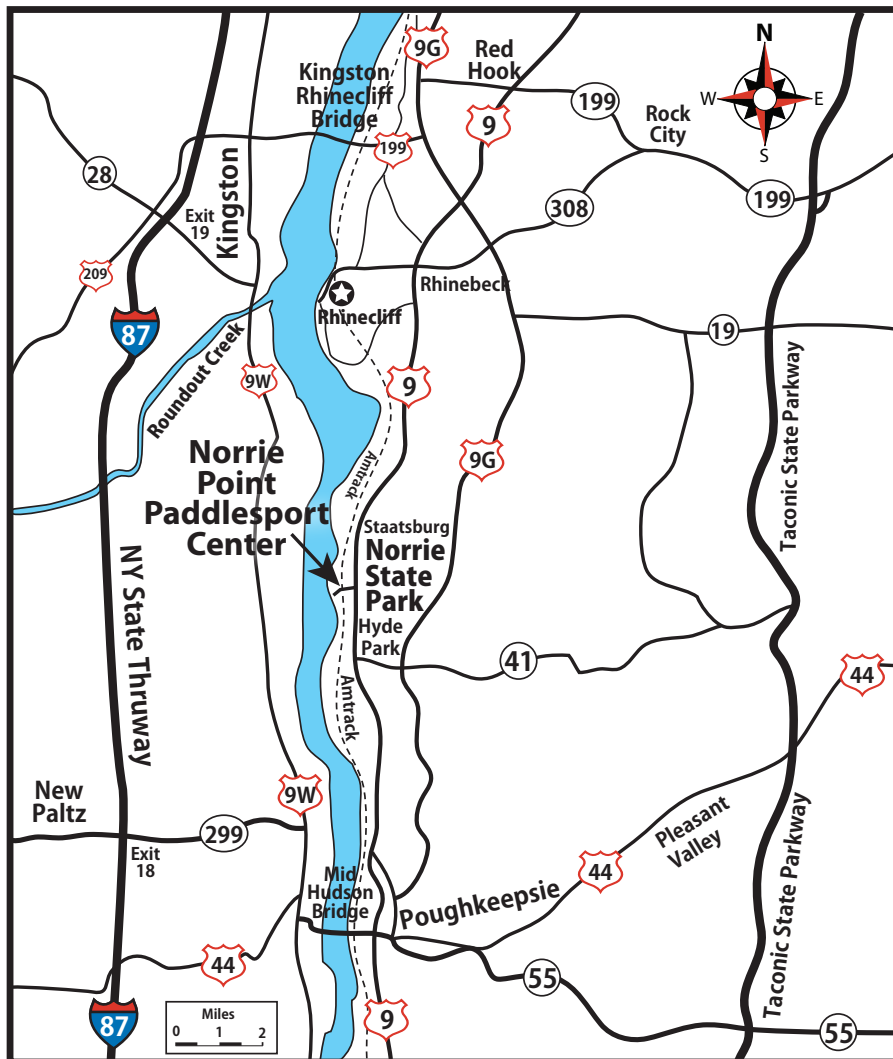
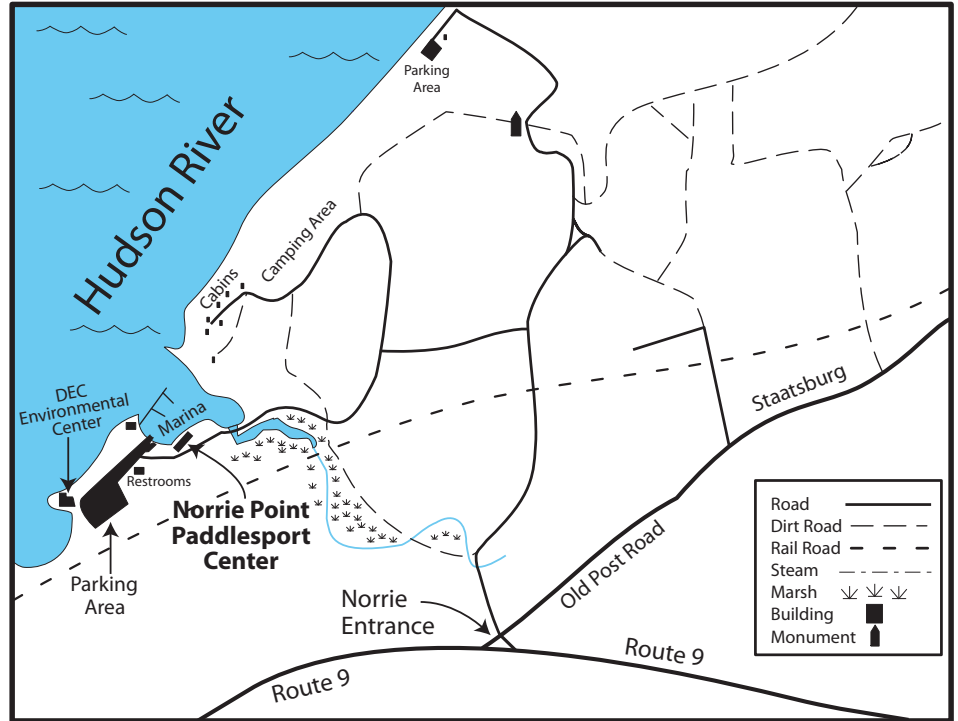
By train from Manhattan or Albany: Enjoy a beautiful trip by train, followed by a taxi ride. Take Amtrak to the Rhinecliff stop. Call (800) 872-7245 for train information. Rhinebeck Taxi (914) 876-2010. Call ahead for taxi prices and availability.

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

# Description

This is the course for people with some kayaking experience who want to get the most from themselves and their kayaks by learning core kayaking skills. People attending this course should have completed at least a few full-day trips. They should be comfortable in their boats, and should be comfortable with the likelihood of capsizing for fun and skill development.

Our day will be spent learning to use the whole body to control boats efficiently and effectively. We will use edging for turning and stability control and focus on legs and torso as well as arms for efficient forward paddling, turning, and moving to the side. Many of the skills covered in Basics will be fine tuned in Core Techniques.



Boat edging is a major focus of this course, but there's more. We will learn fundamental skills and information needed to contribute to successful and enjoyable journeys.

**Topics include:** fine tuning forward, reverse, stopping, draw, rudder and sweep strokes. Boat edging, support strokes, rescues, bow rudder and low brace turn.

A high guide to client ratio will allow individual attention as needed. We ask you to come prepared to work hard and to have an enthusiastic attitude. You will only get as much out of this program as you put into it. The use of games and activities will be used during the program to make learning fun.

The goal of this program is to improve your skills, so you can kayak safely with more experienced paddlers to protected areas. It is intended to lay down a solid foundation on which to build upon. Start slow and keep within your experience level. Paddle with more experienced paddlers and come on some tours. Join a club and learn from your fellow paddlers.