

A Sea Kayaking Tour of Southeastern Massachusetts

David Arruda

MITOC Spring Kayaking Social 2012

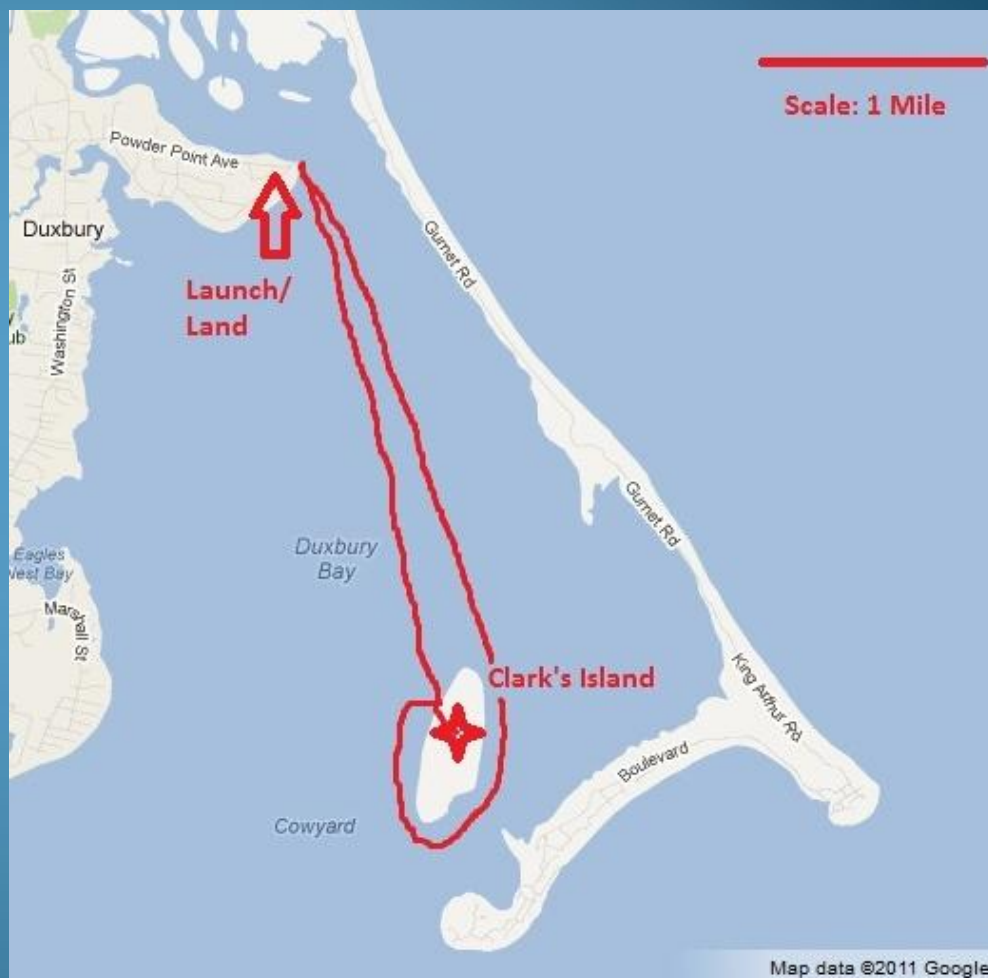
The 30-Minute Tour:

- 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

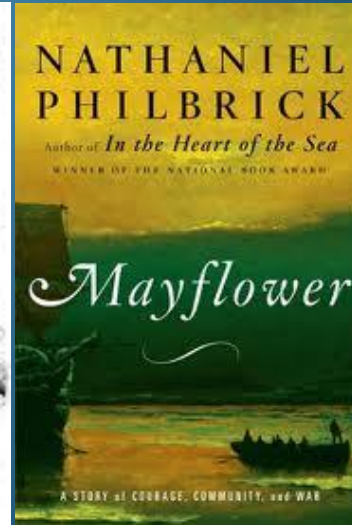
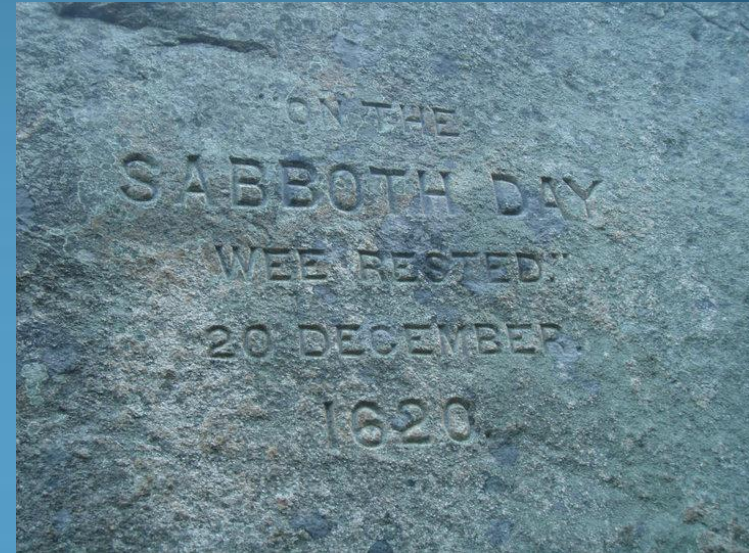


The Real Plymouth Rock??



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



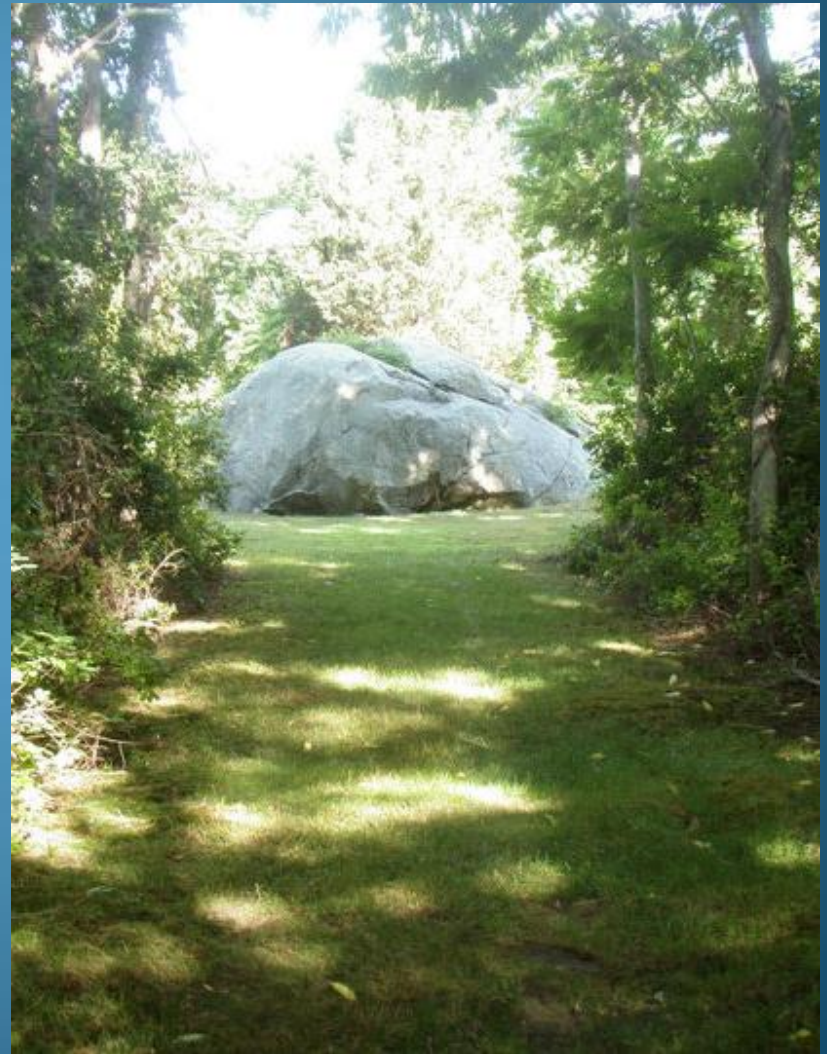
Island Bound



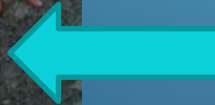
Exploring the Shoreline



Island Interior



The “Real” Plymouth Rock



Bouldering on a National Landmark!?!?

Weak Sauce...



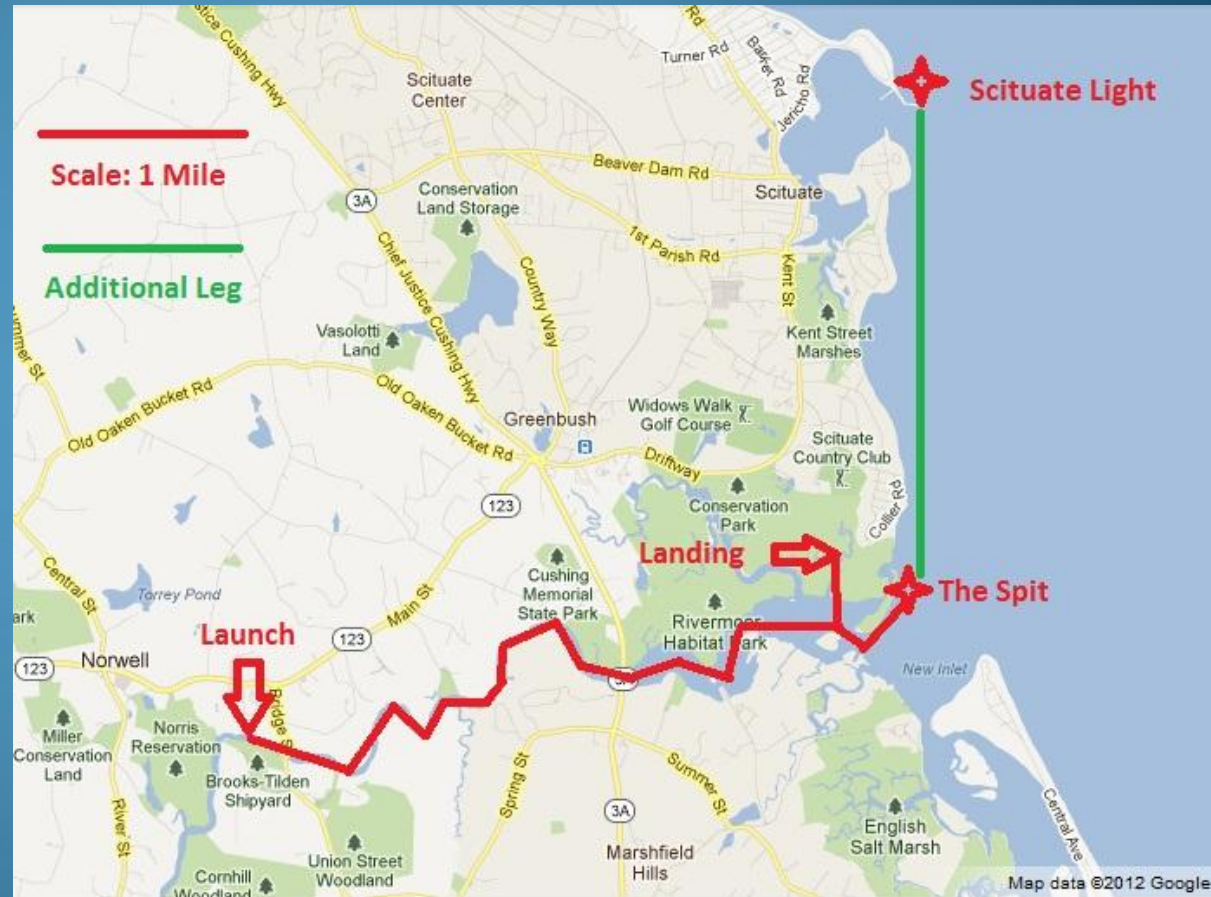
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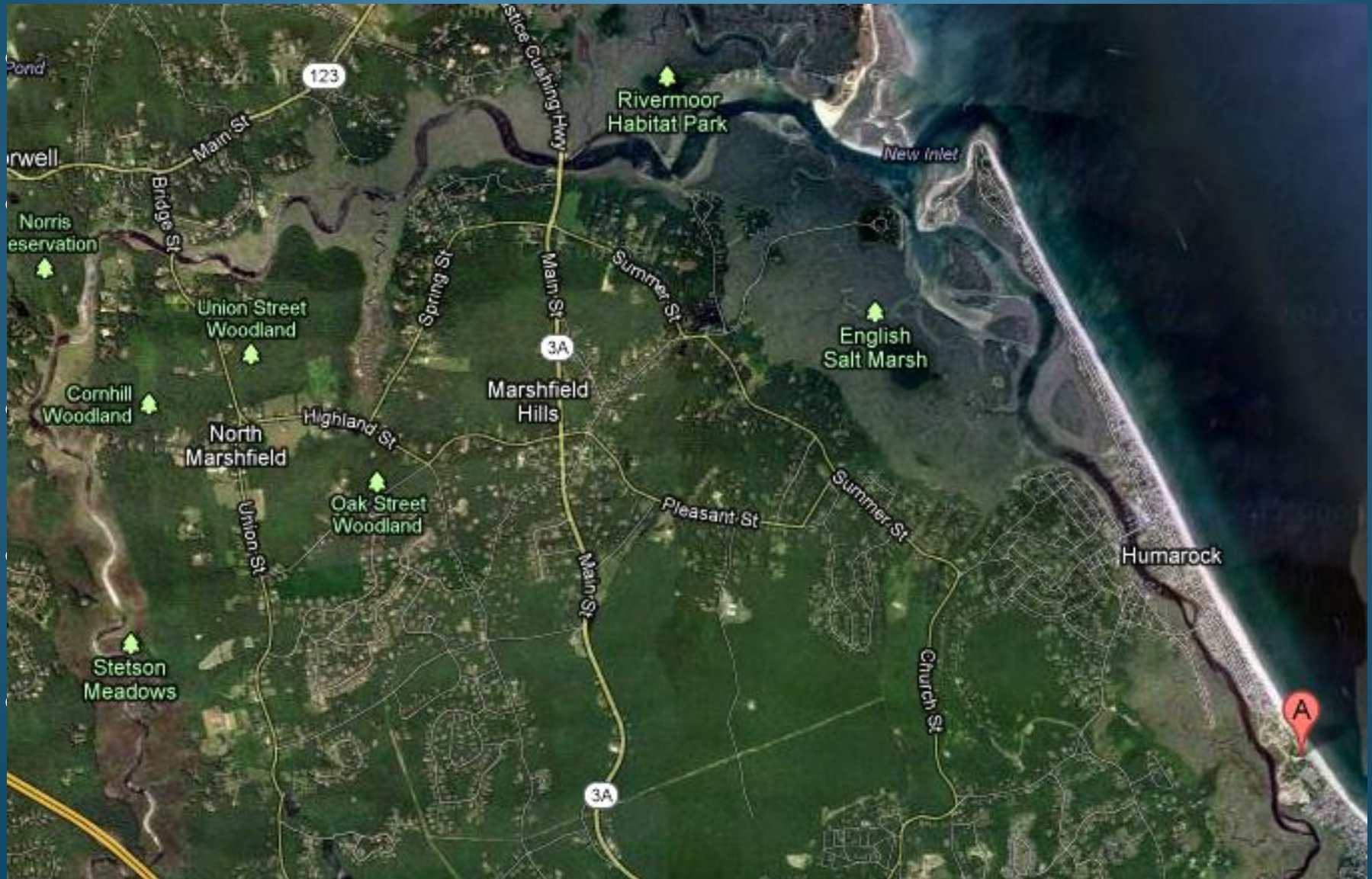


The North River

- 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



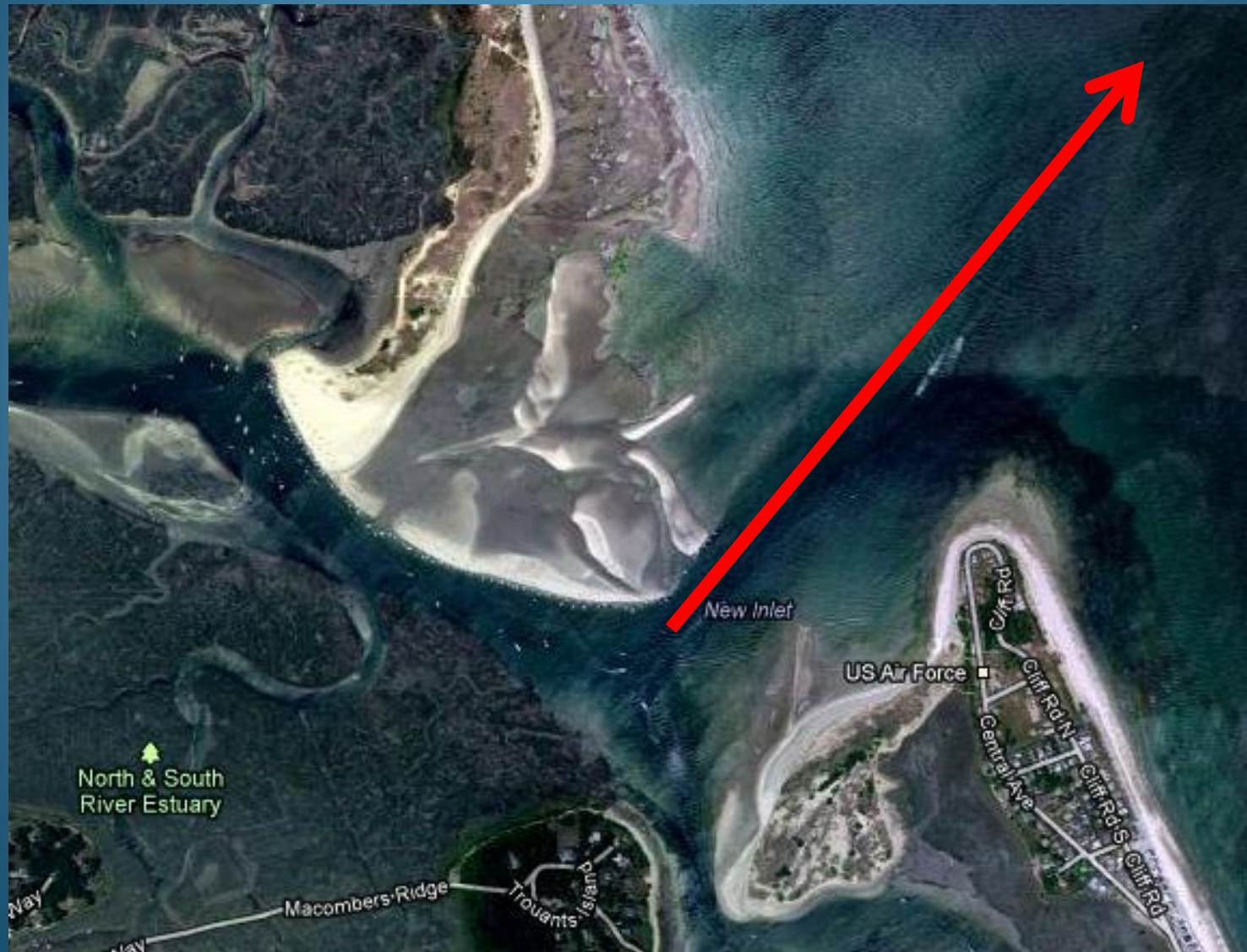
So we're doing this??

Yuuuuup!

WARNING
LIFE THREATENING SURF CONDITIONS CAN DEVELOP RAPIDLY AND WITHOUT WARNING AT THE MOUTH OF THIS RIVER, ESPECIALLY DURING THE FALLING TIDE AND ONSHORE WINDS.
THE CHANNEL IS SUBJECT TO CHANGE AND SHOULD NEVER BE ENTERED EXCEPT BY SMALLCRAFT WITH LOCAL KNOWLEDGE. THERE IS A HISTORICAL LOSS OF LIFE IN THE AREA WITH 9 LIVES LOST IN THE LAST 10 YEARS.

SCITUATE COAST GUARD

Dangerous Currents



Ben Rockin' It



Dave Eatin' It



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- **Cohasset Harbor**
- The Long Way Home: Boston to Plymouth

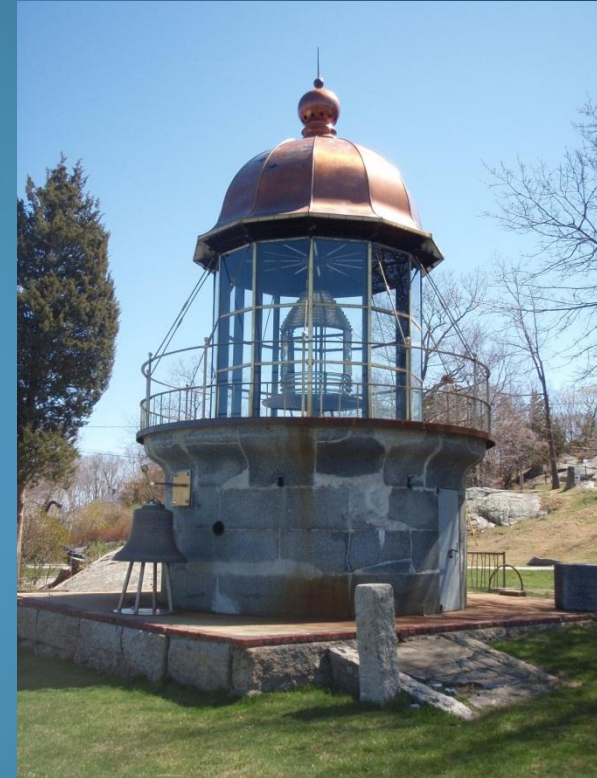
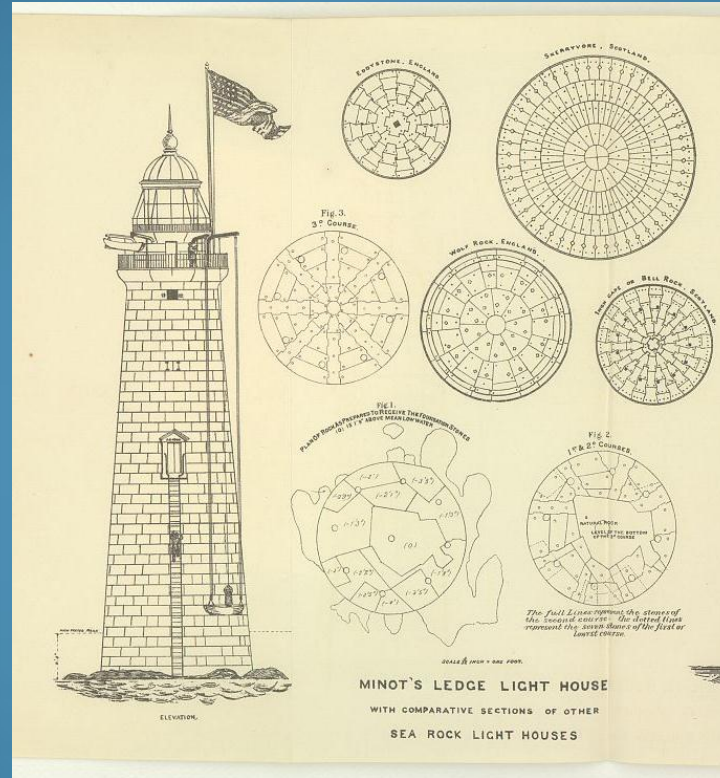


Cohasset Harbor

- 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



Minot Light @ 1.5 miles



This wave is ~15ft tall!



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!!!

Yummm
PASTA!!!



Launch: Presidents Landing in Medford, MA @ 0700



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

Portage #1: Mystic River Dam

Next time we should just call the lock operator on the radio like normal people!



Boston Inner Harbor



Currents of Boston Harbor

Drawn for Robert C. White Instruments of Boston
by Jan Adriaens



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: 25miles

Scituate Light



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

That's Enough for One Day...

Hummarock, MA

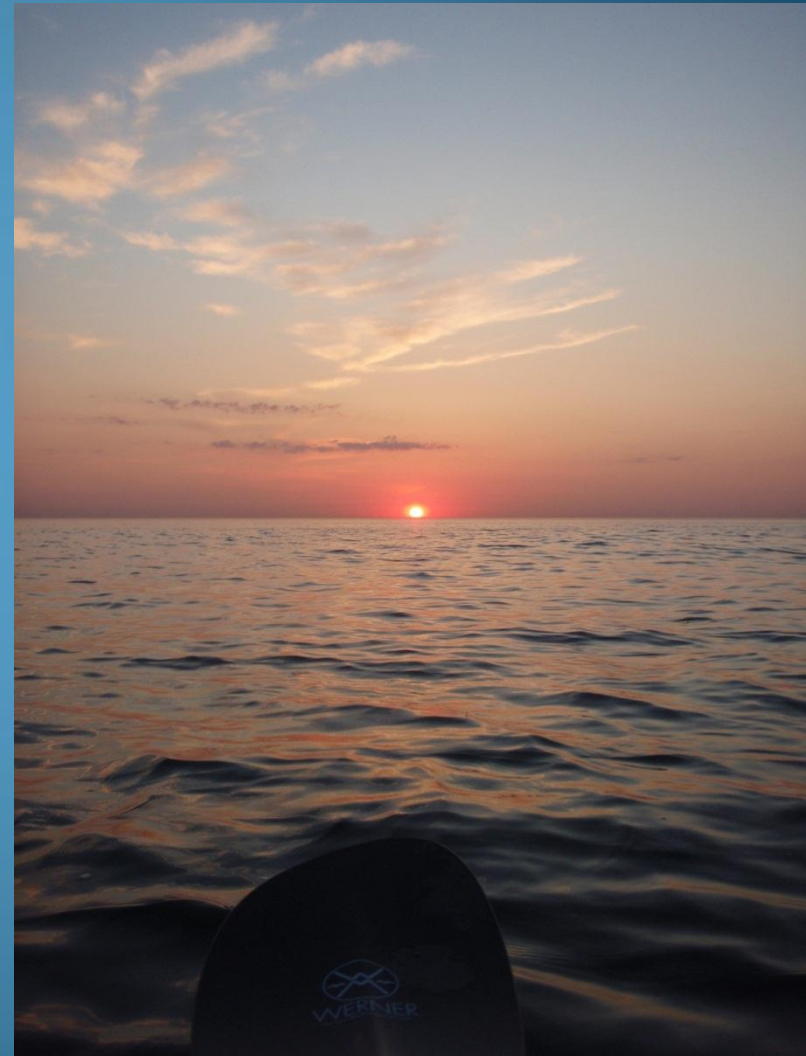


Time: 1800, Distance Covered: 35 miles, Distance to Go: 15 miles

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

Hey Guys! Look
what I found...



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

Sunscreeeennnn!

My PFD is holding
my body together!

Good thing I made it
back in time for my
Prom Date!



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

