

MAINE KAYAK

P.O. Box 674 UNITY, Maine 04988

TOLL FREE (866) 624-6352 (USA & CANADA) PH • (207) 948-5194 FAX • (207) 948-5193

Dear Participant,

Thank you for enrolling in our lake kayaking trip. We look forward to sharing a memorable day on the water with you and thank you for choosing Maine Kayak for your kayaking vacation. You will find enclosed in this packet your reservation letter, a daily itinerary, equipment list and directions. Please review the enclosed reservation package and make sure that the details of your reservation are correct and to your satisfaction.

Please feel free to contact our friendly office staff to answer any questions or address any concerns you or your group might have about your kayaking trip. Please help us make your kayaking experience easy and fun!

See you on the Water!

Alvah Maloney

Program Director

"THE WAY PADDLING SHOULD BE"

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Pemaquid Lake/Biscay Pond Trip Outline

Half Day –

9:00 am – Meet at Maine Kayak's New Harbor Base

Morning to Noon – Pre trip briefing and go paddling

- Learn paddling strokes and proper boat form
- Safety issues and self-rescue techniques
- Leisurely paddle along Biscay Pond/Long Lake shoreline – look for wildlife
- Debrief of morning

Full Day –

9:00 am – Meet at Maine Kayak's New Harbor Base

Morning to Noon – Pre-trip briefing and go paddling

- Pre trip briefing
- Introduction to kayak equipment and gear
- Safety issues, concerns, techniques
- Stroke technique and paddling form
- Go for a paddle along the scenic lake shoreline and look for wildlife

Noon – Lunch

Early Afternoon to Mid-Afternoon – Review morning and go paddling

- Leisure paddle around sheltered coves
- Learn about weather, wind, and environment
- Leave no trace ethics
- Debrief of day

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Lake Kayaking Equipment List

Here is a list of items you will need to bring with you for your trip:

- Towel and change of clothes
- Bathing suit and shorts
- Hat and sunglasses and safety strap
- Sunscreen
- 2 Water Bottles
- Any personal medication

Optional Items:

- Light synthetic undergarment (polypropylene, bergalene, capilene) top & bottom
- Wetsuit
- Paddling Pants
- Booties/Wet shoes
- Dry top
- Camera/Film

Maine Kayak will provide:

- Top-of-the-line kayaks
- Wetsuit Top and Bottom
- Spray Skirt and Paddle
- Transportation from our Base
- Lakeside lunch on full day trips
- Life Jacket and Whistle
- Splash Top and Booties
- Photographer on Every Trip

Note: Maine Kayak welcomes and encourages the use of personal kayak and gear provided that it meets with our standards of safety.

Resource List

Below is a list of optional recommended resources in preparation for your kayaking learning experience:

Recommended Reading

- The Essential Sea Kayaker: A Complete Guide for the Open Water Paddler by David Siedman
- Kayak Touring: Canoe and Kayak Techniques by David Harrison
- Sea Kayaking Illustrated: A Visual Guide to Better Paddling by John Robinson
- Kayaking Made Easy: A Manual for Beginners with Tips for the Experienced by Dennis Stuhaug

Videos

- Performance Sea Kayaking – Produced by Performance Video
- Nigel Foster's Sea Kayaking #1 Getting Started – Produced by Nigel Foster
- Nigel Foster's Sea Kayaking #2 Essential Strokes – Produced by Nigel Foster
- Sea Kayaking: The Ultimate Guide – Produced by Ken Whiting

Websites

- www.paddling.net (Kayaking Information)
- www.kayakonline.com (Kayaking Information)
- www.necky.com (Necky Kayaks)
- www.acanet.org (American Canoe Association)

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Directions to our Biscay Pond/Pemaquid Lake Meeting Location

MAINE KAYAK'S NEW HARBOR BASE

Follow I-95 North (South-through Augusta) to I-295 until you reach Brunswick/Bath Exit 28 (formerly Exit 22). Merge onto US-1 North and drive through Wiscasset/Newcastle. Take the US-1-BR exit to Damariscotta. Turn slight right onto ME-129/ME-130 toward Bristol. Continue on ME-130 to New Harbor and make a right onto Huddle Road (follow the signs to Pemaquid Beach/Colonial Pemaquid). Maine Kayak is approximately one half mile on the right – just after the Purple Cactus Gift Shop. The phone number to the Maine Kayak office is (866) 624-6352. Please call if you have any questions.

Thanks again for selecting Maine Kayak for your kayaking vacation. **Please note that the Maine Department of Transportation has changed the exit numbers. New exit numbers are provided in the directions – former exit numbers are provided in parentheses. Looking forward to meeting you at 9:00 a.m. for all Muscongus Bay Trips - please arrive on time. See you on the water!**

To Sea Acres Cottages: Follow directions above to Bristol. Take a right onto Bradley Hill Road - Sea Acres Cottages is at 23 Bradley Hill Road. **From Sea Acres Cottages:** Take Bradley Hill Road to Route 130 South to New Harbor and follow directions above from New Harbor.

To Pemaquid Point Campground: Follow directions above to New Harbor. Continue on Route 130 South through the village of New Harbor. Pemaquid Point Campground is on the left just over 1 mile from the village of New Harbor.

To Bradley Inn: Continue on Route 130 South past the center of New Harbor. The Bradley Inn is on the right – 3063 Bristol Road. **From Bradley Inn:** Take Route 130 North to New Harbor and follow directions above from New Harbor.

To The Down Easter inn: Follow directions above to Damariscotta. Turn slight right onto ME-129/ME-130 towards Bristol. The Down Easter Inn will be on the left hand side just a couple miles from turning onto Rt 129/130. **From The Down Easter inn:** Take Rt 129/130 South to Bristol and follow directions above from New Harbor.

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