

DOWNUNDER ROWAYTON: KAYAKING TRAILS

1. DOWNUNDER

Have a great time & be safe. If you run into any difficulties, please call us. (203) 642-3660

2. THE WHITE BRIDGE

1/4 mile upriver. Take a right from Downunder dock. At high tide you can go to Indian Trail on the right. Then continue upriver to the White Bridge at the end, as far as you can go by kayak.

3. PUBLIC BOAT LAUNCH

If you are meeting other paddlers bringing their own boats, launch from here. Heading downriver, it's on the left just before you reach Tokeneke Creek (which is on your right). Be careful crossing boat channel.

4. TOKENEKE CREEK

3/4 mile downriver (left from Downunder) on the right is a protected tidal creek - great bird watching.

11. SHEFFIELD ISLAND

3-4 hours - not recommended for SUP. You have to cross a major boat channel to get here, and are very exposed. The conditions need to be ideal (on-shore wind) and paddlers experienced. We recommend guided tours only. Home to the lighthouse and a wildlife sanctuary.

10. FARM CREEK

2.5 miles, 2-3 hours
If you enter the inlet, 1/2 way up you'll see a bridge on your left, next to the Noroton Yacht Club. This leads to a protected wildlife sanctuary, accessible at high tide. Be careful of folks fishing and possibly kids jumping off. Home of the Farm Creek Land Trust, an organization dedicated to prevent over development in the area & protecting this local natural resource. www.norwalklandtrust.org

9. TAVERN ISLAND

2.5 miles. Continue around the bays, hugging the shore and you'll enter a cove full of yachts. Instead of entering the inlet, just ahead of you is a small private island, with a main house, and outbuildings, once former home to several Broadway producers. A busy boat channel - be careful, large and fast boats cannot see kayakers.

8. ROWAYTON BEACHES

1-2 miles, 30-60 minutes each way, depending on how far you go. Turn left leaving river (be careful crossing channel). First on your left is the Rowayton Beach Assn, then Wee Burn beach club, Bayley Beach (public), Roton Point. This area was an amusement park in the early 1900's, with Roton Point as it's home. The original hotel is still there, and the rotunda was a carousel. Bell Island and East Beach follow. NO landing on any of these beaches.

7. NASH ISLAND & GORHAM RIVER

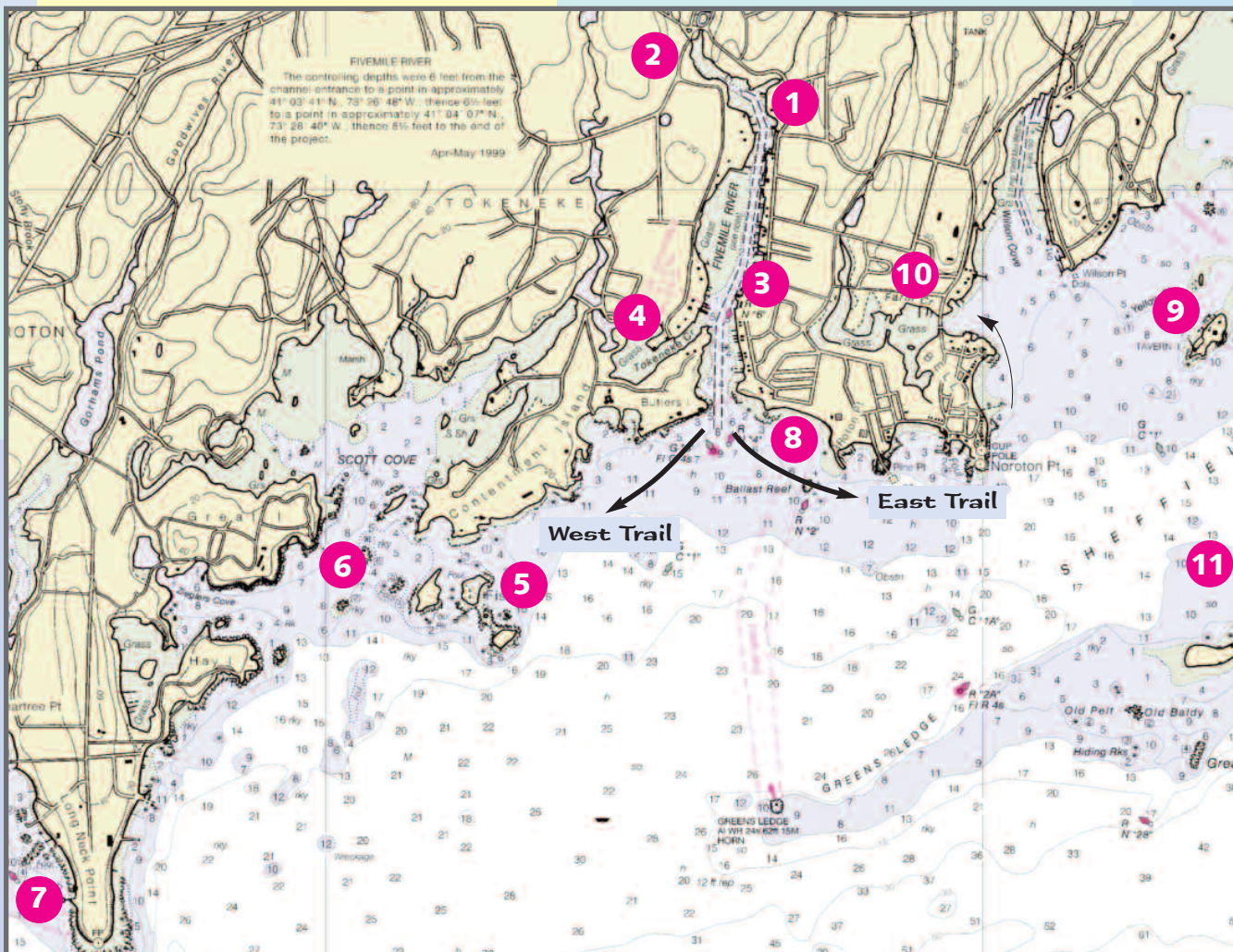
4 miles to mouth of river, allow 2 hours each way. Paddle out to the Gorham River at Pear Tree Point. Many options here on how far upriver you want to paddle, particularly at high tide.

5. FISH ISLAND

1.5 miles, 40 min each way. Take a right at the mouth of the river and paddle close to the shoreline. Fish is the first island on your left, with a sandy beach. A private island & wildlife sanctuary - paddlers are encouraged to stay along the beach only. Be sure to pull your boat up past the tideline. Please respect the wildlife. During high tide on a full moon you might see horseshoe crabs laying eggs.

6. SCOTT & ZEIGLERS COVES

2 miles, 50/60 minutes each way. Zeiglers is popular with boaters, be very cautious if paddling here. Scotts Cove, is quiet and safe from boats, directly opposite Fish Island, is larger, and home to the Convent of St. Birgitta.



DOWNUNDER ROWAYTON

At DOWNUNDER we're always looking out for our mates. When you're heading out for a paddle, there are a few things you need to know to keep everyone safe.

(203) 642-3660
157 Rowayton Ave
Rowayton CT 06853
www.downunderct.com

BEFORE YOU GO

- 1) Something to drink: a sip every 15 mins or so will keep you hydrated. Electrolyte drinks are best - you retain them longer.
- 2) Sunscreen
- 3) Sunglasses: sun reflects off the water into your eyes.
- 4) Sunglass strap/Croakies: #1 item lost while paddling is sunglasses.
- 5) Hat: helps deflect the sun
- 6) Footwear: #1 accident whilst paddling (other than blisters if you grip the paddle too hard), are cuts from not protecting your feet when you get off on rocky shorelines and beaches. Lots of sharp shells.
- 7) Phone: put it in a dry bag, turn it off and have a really nice time out there. If you need help, turn it on and call us.

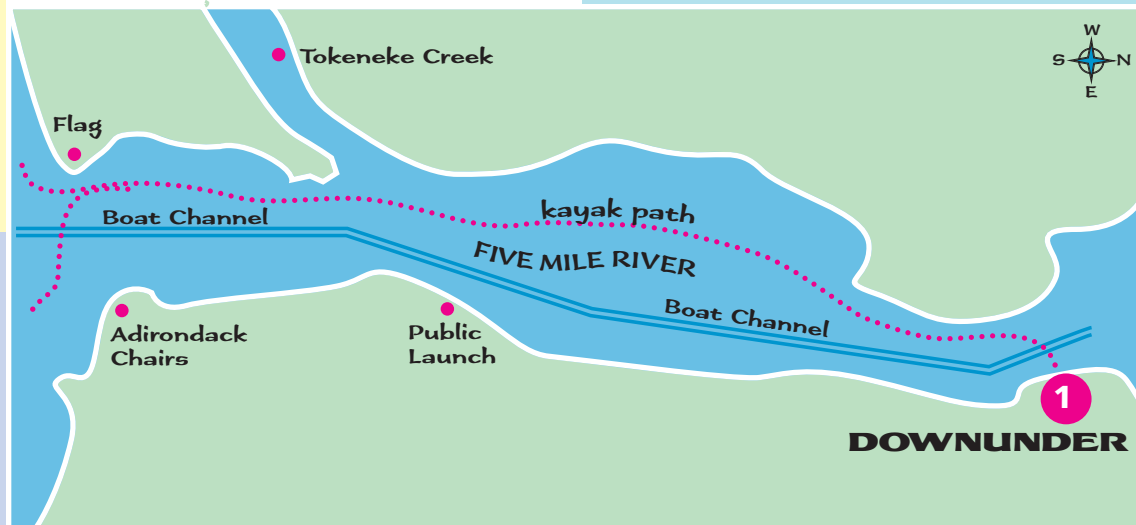


BOAT CHANNEL

Keep out of it. Boaters have right of way - they're bigger, take longer to stop, can't see you easily, and can't go anywhere else - let them have the channel.

RIVER MOUTH

This is where it can get choppy - as you enter the Sound, and boats enter the river. When crossing the river to take an easterly course (left if you're heading out), stop, look, go quickly across in a perpendicular fashion. Go together.



WEATHER

Wind: Look at which way it's blowing- that's where it will push you. Ideally go into the wind when you leave, save some energy for your return. SUPers - kneel or sit when you get tired, you can still paddle well. Thunder: is closely followed by lightning, if you hear thunder - head for land, ideally the coastline, not islands. Take cover away from any tall objects. If you have to paddle, keep it horizontal.

RETURNING TO DOWNUNDER

The mouth of the river has a flag on the western point. A good visual on the eastern point is a line of white Adirondack chairs along the beach (Rowayton Beach Association).

ISLANDS AND BEACHES

Fish and Sheffield are the only local islands you can get off on. We don't recommend Sheffield as you have to cross a major boat channel, and if the conditions become unfavorable, you might get stuck out there. Save it for a guided tour. Officially you can go to the high tide line at any location - so if you need to rest, go ahead and pull up. If it's clearly a residence, choose one where no-one's home!

FALLING OFF YOUR KAYAK OR BOARD

You can swim back on, grab it and swim to shore, or best - have a buddy help you.

1) Whilst in the water, lean across to grab the opposite side, and while kicking hard pull yourself across and roll yourself back into position. You might also try getting back on from the rear, cowboy style, by pushing down on the stern and pulling yourself up.

2) With your buddy on the opposite side of your kayak/board, have them reach across, grab the shoulder straps of your lifejacket and pull you across. Holding onto your boat/board they can keep it stable until you're situated.