

Free Recreational Paddles for Members



Plenty to see on our Chipping Norton Lakes Discovery Paddle on August 28

Paddle NSW organises recreational paddles to a variety of great spots - plus Kayak Technique Workshops on Lake Narrabeen. Put your name down now for any of the paddles below. Partners and friends are welcome. Non-member mandatory single day insurance cover \$20. Trips are free to Paddle NSW members **BUT YOU MUST REGISTER** (don't just turn up on the day). Email our Paddle Co-ordinator Tony Carr at tonycarr@ozemail.com.au or phone 0417 502 056. BYO boat - or hire doubles available for most paddles at \$58 per person. If you have a favourite spot you'd like to share, email Tony and he'll explain how easy it is to lead a PaddleNSW day.

Upper Colo River Adventure Paddle – Sat September 25

Come with **Gary Roberts from Rivers Canoe Club** on a wild ride! One way down the Colo, paddling when it's deep enough and walking our boats through the water when it's not. A great way to experience the Blue Mountains National Park. Full day with rests. Grade Medium.

Cruisin' the Royal National Park – Sunday November 7

Craig Findlay and the Cronulla Sutherland Kayak Club invite you to enjoy a fantastic day paddling from their base at Grays Point to Bundeena via Lilli Pilli, Yowie and Gymea Bays. Beautiful views of the National Park and some expensive real estate on show. Stops for snacks, lunch and swimming on the way. Return to Grays Point. Easy to get to from the CBD. Full day. Grade Easy/Medium.

Lake Illawarra Expedition – Sunday December 5

Over 87 bird species make their home on this waterway, located just south of Wollongong. Join **Sharyn Cahill, President of Illawarra Canoe Club**, as we paddle the foreshore looking for cormorants, egrets, ibis and sandpipers. We'll see stingrays – and if you trail a line you might take home a flathead, bream or blackfish! Unique industrial and natural history. Full day. Grade Medium.

Kayak Technique Workshop with Christine Heywood - Sun Oct 31

New to kayaking? Want to brush up on your paddling skills? Top instructor Christine Heywood will cover stroke technique, correct posture and how to conserve energy and minimise muscle soreness on typical PNSW recreational day paddles. Self-rescue will be demonstrated. Suitable for first time paddlers and those who have only been out a few times. Group and one-on-one tuition. Only \$75 including kayak hire. Venue Lake Narrabeen. A great way to get your partner into paddling! Hurry – limited vacancies.

