

Free Recreational Paddles for Members



Patricia Thomson rescues an unwell Percy the Pelican on our May 15 Central Coast paddle day

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*.

Trips are free to Paddle NSW members **BUT YOU MUST REGISTER** (don't just turn up on the day). Phone our Paddle Co-ordinator Tony Carr on 0417 502 056 or email tonycarr@ozemail.com.au. BYO - or hire doubles available at \$55 per person. *Non-member mandatory single day insurance cover \$20. Check out our website – www.paddlensw.org.au

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.

Beyond the Roseville Bridge/Garigal National Park – Sat July 17

Paddle NSW Recreational Paddle Co-ordinator Tony Carr leads this full day kayak on Sydney's Middle Harbour. We'll launch at Tunks Park in Northbridge and avoid all the nonsense at Spit Bridge. You'll see two historic wrecks at Salt Pan Creek, then we'll take a break at exquisite Flat Rock Beach. Under the Roseville Bridge and into the Park, where it's peaceful and there's a beaut, sandy strip surrounded by trees where we'll stop for lunch. Full day paddle with lots of highlights. Grade Medium.

Chipping Norton Lakes Discovery Paddle – Saturday August 28

Join **Trisha Hamilton from Sutherland Shire Canoe Club** for an easy day on this fascinating part of the Georges River. Consisting of a picturesque series of lakes and creeks, the area attracts over 50 different species of birds including egrets, pelicans and sacred ibis. We hope to see hundreds of bats and ibis at close quarters. There are wonderful, sandy pull in points and thriving stands of casuarina, eucalyptus and angophora. 40 mins from the CBD on the M5. 10am to 3pm. Grade Easy/Medium.

Coming Soon: Upper Colo River Adventure Paddle

Come with us on a wild ride! The Upper Colo River can only be negotiated when the depth is at least 1.1m. We need about 40mm of rain in the two or three days before the paddle, so when we get it, we'll be off! Register now and we'll contact you when conditions are right. Experienced paddlers only.

Kayak Technique Workshop with Christine Heywood - Sun June 6

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 \$65 including kayak hire. Venue Lake Narrabeen. A great way to get your partner into paddling! Hurry – limited vacancies.

