

City of Biddeford, Maine

189 ALFRED STREET

BIDDEFORD, MAINE 04005

Pine Point Marsh Sea Kayaking Tour

Frequently Asked Questions

Directions to JR Martin Community Center

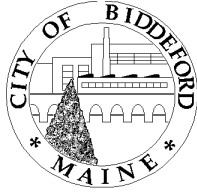
Clark St side parking lot

(Our meeting place for the Pine Point Sea Kayak Tour)

(Meeting time is 10:00am)

The JR Martin Community Center, (the old High School), is located on the right side of Route 111, @ **189 Alfred Street** in Biddeford. Heading north toward downtown Biddeford, about $\frac{3}{4}$ of a mile from the intersection of Route 1 and Route 111 (Five Points). The Community Center is $\frac{1}{4}$ mile south of the Biddeford Fire Department and Portland Glass on Alfred Street.

Follow I-95 to the Biddeford Exit 32 (formerly Exit 4). After you exit the tollbooth area, turn left on Alfred Street (Route 111). Follow Alfred Street (Route 111) about 1 mile until you come to Five Points Intersection. Go through the Five Points Intersection(right lane) heading North toward downtown about $\frac{3}{4}$ of a mile, you will see the Community Center on your right. There is a playground out front. Park in the Clark st. parking lot along the side of the building. If you pass the Central Fire Station or Portland Glass, you have gone to far. Look for the Recreation Department Van and trailer in the parking lot. If you are still having problems finding the Community Center you can call (207) 450-3246 for directions.



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Equipment List

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

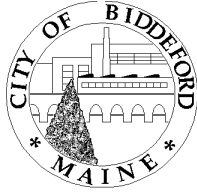
- Towel, Bathing Suit or paddling shorts, Sunglasses with retainer straps(chums)
- Shoes or sandals that can get wet- (Tevaz, booties, water shoes, old sneakers)
- Lunch and water bottle
- Rain Jacket/ windbreaker
- Change of dry clothes for the ride home
- Personal medications, chap stick, sun screen, bug spray etc.
- Enthusiastic and Positive Attitude

Optional items that you can bring with you if you have them:

- Drybag
- Camera or binoculars (Bring at your own risk. Biddeford Recreation does not take responsibility for lost, stolen, or water damaged items!)
A drybag or box is strongly recommended.
- Sun hat

Biddeford Recreation provides:

- Kayaks, Paddles and PFD's
- Rescue/ Emergency gear
- Registered Maine Sea Kayak Guide
- Van transportation round trip to and from the launch site
- Great learning environment and quality instruction



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What to Expect

Goal: To introduce beginner paddlers to the enjoyment of recreational touring and kayaking on tidal water, in a calm, protected salt water marsh environment, while emphasizing safety and skill acquisition. We will be able to view wildlife and many types of birds up close and enjoy Maine's largest salt water marsh as we paddle through an area where five tidal rivers converge along the Maine coastline.

Objective: Participants will be introduced to:

- 1) Paddling Equipment
- 2) Group Safety and Wet Exit
- 3) Basic Strokes and Boat control
- 4) The Saltwater Marsh Environment

Course Content: We will briefly discuss history, and equipment that is essential in kayaking as well as other gear that can make your kayaking experience more enjoyable and safe. Basic strokes, maneuvers, and bracing will be introduced and a leisurely paddle through the marsh will follow as we paddle upriver.

Resources

American Canoe Association, www.acanet.org

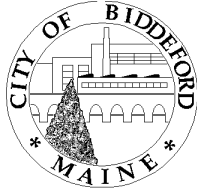
City of Biddeford Recreation Department, www.BiddefordRec.com

Maine Island Trail Association, www.mita.org/

Friends of Scarborough Marsh

www.scarboroughmaine.com/marsh/index.shtml

Scarborough Marsh Audubon Center <http://maineaudubon.org/our-locations/scarborough-marsh/>



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Important Things to Remember

- 1) We are guests at the Pine Point Boat Launch. Please respect the facility, staff, and equipment as well as other patrons at the launch.
- 2) Remember to bring a bag lunch, hat, sunscreen, sunglasses, bug dope, and water. Most of our day will be spent on the water, so be prepared to be outside the entire time.
- 3) Bathroom facilities are available at the boat launch before and after we launch.
- 4) Lifejackets are required to be worn during all Biddeford Recreation Sea Kayaking Programs.
- 5) A bag lunch is required.
- 6) Transportation to and from Pine Point is provided in our van.
- 7) We provide kayaks for you, If you prefer to use your own, please make prior arrangements as parking is limited and to be sure the model is acceptable for the conditions. Call (207) 283-0841 ext 4210 or e-mail me at bdunphe@biddefordmaine.org
- 8) This program is run in conjunction with Kennebunk Recreation Department.

* Thank you for your help in making this a successful program and preserving this opportunity for future participants to enjoy the thrill and exhilaration that comes with paddling along the Maine Coast.