Day: Thursday, August 29, 2019	Start Time: 8:30 AM	End Time: 12:30 PM
Co-Leader:	Co-Leader:	Limit: 18
Transportation: Personal Car	Driver:	Location: Secaucus, NJ
Tour Cost: \$ 46	Travel Distance: 13 miles	Travel Time: 20-30
		minutes Hotel—Laurel Hill
		County Park

Thu1 Meadowlands Kayaking

Experience Level: Intermediate Level and Above. It may not be suitable for beginners.

The waters of the Meadowlands are now home to more than sixty species of fish and shellfish. At last count, sixty-three species of birds were found to nest there, with an additional two hundred species utilizing the marsh and adjacent uplands as migratory stopovers. Endangered northern harrier and yellow-crowned night heron are confirmed nesters and resident ospreys and peregrine falcons utilize the marshes as primary hunting grounds.



Paddle through the rich and diverse waters of the Meadowlands, a unique mix of natural and human-made features. As you paddle through the marshes and creeks, you may see snowy egrets wading and feeding in the murky waters. Hear the rush of marsh grass blowing in the breeze. The New Jersey Turnpike and the Manhattan skyline towering above the reeds are not far away.

- Tour Duration: 9:15 am ~ 11:15 pm
- Travel Time: 8:30 am 12:30 pm
- Tour Cost \$46 Advance Registration
- Maximum of 15
- Bring water, snacks, sunscreen, insect repellent, shorts/swimwear, hat, closedtoe water shoes, paddlers wallet, chums / croakies (for eyewear), long sleeve sun shirt, and money for lunch
- Pack a complete change of clothing for afterward, including underwear.
- Distance from Hotel: 20-30 Min (pending traffic) / 13 Miles
- Hackensack Riverkeeper

Leader Responsibilities

- Run the meet the leader meeting on Tuesday evening.
- Brief participants on what they need to bring. Sunscreen, hat, insect repellant, at least a liter of water, water shoes or sandals, extra shirt, snack.
- Remember that all participants must be packed, their baggage brought to the storage room, and checked out <u>before</u> departing for morning activities.
- Have participant phone numbers on the cell and tell drivers to turn on their phones.
- Assign pre-approved carpool drivers to Hackensack Riverkeeper at Laurel Hills County Park.
- Caravan together to and from Laurel Hill County Park

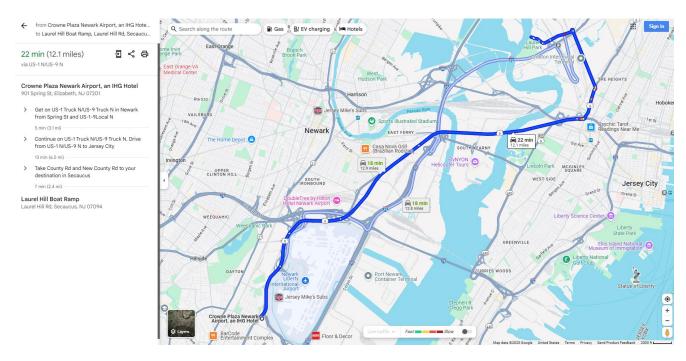
Logistics:

- 6:30 am 8:30 am Breakfast in the Breakfast Room adjoining the lobby.
- 6:30 am–8:30 am Pack, check out of the room, and store bags for the day in the hotel storage room.
- 8:30 am Meet in the lobby.
- 8:30 am–9:00 am Drive to Laurel Hill County Park, Boat Launch Dock, Secaucus.
 The first parking lot is on your right when you enter the park.
- 9:00 am 11:30 am Kayak Trip
- 11:30 a.m. to 12:00 p.m. Drive to the Crown Plaza Hotel area for lunch. Several options are nearby.
- 1:15 pm Be back at Drive to Crown Plaza Hotel
- 1:30 pm Be outside with luggage for the MOCA Shuttle Bus
- 2:01 pm Mosaic Shuttle Bus Departure from the Crown Plaza Hotel Newark
- 2:11 pm Mosaic Shuttle Bus arrives at Newark Airport's Terminal A to pick up people arriving via the airport that day.
- 2:22 pm Depart from Newark Airport
- 4:00 pm Arrive at Cedar Lake Camp, Milford, PA

Directions to Laurel Hill County Park, Secaucus, NJ Laurel Hill Rd, Secaucus, NJ 07094 40.76388, -74.08668

> Hackensack Riverkeeper Kayaking Marta Pomerantz Cell (201) 906-0925

https://maps.app.goo.gl/ocjd7wusLweXmYKM7





Paddler's Wallet

Please secure your body with a Paddler's Wallet. Please attach it to yourself but avoid anything around your neck. Think about what would happen if you were unconscious and needed help. How do you let people know how to proceed? What happens to your stuff in an emergency? How do you make sure the information gets to the right people? A small waterproof container that has a COPY of the following items below. Remember that ANYTHING on the water WILL get wet and ALWAYS can be lost. Water is a powerful force of nature. It does not matter how well you try; Mother Nature will always win:

- Driver's License (for ID). It can be expired, but it should at least have current mailing information.
- Medical Insurance Card.
- Emergency Contact Info (list of people who should be called to get a medical proxy or at least made aware of the situation).
- List of medications/medical conditions/allergies
- Spare credit card
- \$20 to \$60 in cash (emergencies or small bills for the tip)