

**AMC June 1-3, 2018 kayak trip on Connecticut River.**

AMC Format by David Elliott, revised by Bonna Wieler

**LOCATION:** Connecticut River between Orford boat launch, NH, and Lyme, NH / or Norwich, VT boat launch . Saturday 6 miles, Sunday 5 ½ or 8 miles.

**REGISTRATION:** Registration is required for this activity. Please contact Registrar: Bonna Wieler,  
[boldpaths@gmail.com](mailto:boldpaths@gmail.com)  
802-333-3549 home office, Cell on the water 802-274-0810  
[www.boldpaths.com](http://www.boldpaths.com)

**REGISTER FIRST** before making your Inn reservations.  
<https://boldpaths.com/bold-paths-adventure-travel/our-tours/>

**OVERVIEW:** In Central Vermont, join our Saturday and Sunday Connecticut River calm-water paddle on flat gently moving waters, delightful for a relaxing paddle or to stretch your muscles. Kayak rentals are available, with paddle, pfd and dry bag.

Instruction in paddling fundamentals for participants with a range of abilities, from the wary new paddler to those seeking to refine their technique. We aim to keep participants comfortable while teaching them to become more efficient, capable and confident paddlers. Flat-water lessons by ACA Flat-water, Sea Kayak, and White Water certified instructor Bonna Wieler and co-leader Debra Weisenstein.

For Friday (optional) and Saturday night lodging you have the choice of the only B&B on the Connecticut River (\$100 and up a night) or \$25 a night camping.

Contact registrar for details and to sign up. Limited to 12 participants. Deadline May 20<sup>th</sup>.

Leader: David Elliott <AMCPaddle@gmail.com>  
Co-leader Bonna Wieler [boldpaths@gmail.com](mailto:boldpaths@gmail.com), 802-333-3549  
Co-leader Debra Weisenstein <dkweis@gmail.com>

**DETAILS:**

Accommodations: Folks may stay at the Breakfast on the Connecticut B&B's main house (It is the only B&B on the entire Connecticut River, and is lovely, right on the water, and their breakfasts are great). For this option, you are responsible for your own reservations directly with Breakfast on the Connecticut, Lyme NH 03768. 603-353-4444.  
<http://breakfastontheconnect.com/>

Or you could camp overnight at my place in S. Strafford (\$35/night normal rates) and use the covered tent platform for group space. Firepit, stream, outhouse, nearby house. We can provide tents, groundcloths, sleeping pads, even sleeping bags if you need them.

Or you could commute: Join us for one day or two days of paddling.

Saturday: 11:00am start from Breakfast on the Connecticut. Shuttle boats to starting point at Orford NH boat launch. We leave a car at the B&B for the return drive that night to pick up the cars. Paddling fundamentals taught.

6 miles paddle from Orford to B&B in Lyme. We count on 2 mph, which includes exploring the river, wetlands, estuaries.

Bring your Saturday lunches and snacks.

Dinner at B&B: campfire dinner provided if weather permits, or we may eat out (individuals' cost). Relaxing evening together.

Sunday: 9:30 meet and launch from the B&B, paddling fundamentals review lessons and further skills. Paddle 5 ½ miles to Lyme Hewes Brook boat launch for picnic lunch. You may take out there or continue downriver 3 miles more to Thetford VT launch. We will pre-set the cars where you plan to finish your trip.

### AMC Trip Policy

**COST:** \$40 for food, includes Saturday dinner, Sunday lunch  
\$25/day kayak rentals, includes choice of kayak, pfd, paddle, dry bag if needed.  
\$35/night camping fees, or stay at the B&B (you make the reservations).

**ACTIVITY:** 12-15 miles on a 2-day kayaking trip on the calm Connecticut River in central Vermont. Instruction in paddling fundamentals for participants with a range of abilities, from the wary new paddler to those seeking to refine their technique. We aim to keep participants comfortable while teaching them to become more efficient, capable and confident paddlers.

**OFFERED BY:** David Elliott, Worcester AMC paddling chair,  
Debra Weisenstein co-leader,  
Bonna Wieler, co-leader  
Bold Paths Adventure  
[www.boldpaths.com](http://www.boldpaths.com)  
802-333-3549, 802-274-0810 cell

**STATUS:** Open

**AUDIENCE:** Novice or seasoned paddlers looking for a 2 day flat-water adventure and technique review.