



2017 Guided Excursions, Instruction and Programs: (June 16 - October 1)

For those who seek a more educational and personal experience or the comfort of paddling with an experienced guide, naturalist or instructor, a guided outing is a nice alternative to a rental. The following tours are currently available and we can always arrange a custom tour to meet your group's needs. Reservations are required for most activities. Receive a coupon good for 25% off your next rental or \$15 of your next guided excursion or lesson when you book an outing with us!

RESERVATIONS & DEPOSIT REQUIRED IN ORDER TO SECURE A SPOT ON GUIDED EXCURSIONS. OUTINGS MAY BE CANCELLED DUE TO INCLEMENT WEATHER.

Sunrise Tour

Rise and shine. This tour launches at approximately one half hour before sunrise. Paddlers greet the new day by heading toward the mouth of the river to watch the sun rise above the Atlantic. Participants have the rare opportunity to experience tranquility and solitude of the estuary at dawn. This approximately 2.5-3 hour round-trip tour also provides participants with outstanding photographic and nature viewing opportunities. **Cost: \$59 per adult, \$29 per child 11 and under accompanied by an adult. THE TOUR IS AVAILABLE BY APPOINTMENT ONLY WITH AT LEAST 24 HOURS NOTICE JUNE 16-OCTOBER 1.**

Sunset Paddle

After brief instruction and orientation, paddlers set off on an approximately 2.5-3 hour round-trip tour of the lower portion of the Pettaquamscutt Watershed, commonly known as "Narrow River". Explore the peaceful John H. Chafee National Wildlife Refuge at Pettaquamscutt Cove during a time of day when wildlife is most active, particularly shore birds feeding in the salt marsh. Learn about the unique features of the watershed, including its ecology, geography and diverse history as you navigate the estuary. Let your worries melt away as the sun gently sets over the western horizon on your return to Narrow River Kayaks. No prior paddling experience is necessary. **Cost: \$59 per adult, \$29 per**

child 11 and under accompanied by an adult. Sunset Tours depart every Tuesday and Thursday June 16 - October 1 or BY APPOINTMENT. **NOT AVAILABLE June 22, July 4, August 8 and September 5.** ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.

SUPset Paddle **NEW!**

Same as the Sunset Paddle, but by stand up paddle board. Prior experience recommended, but not required. **Cost: \$59 per adult per participant. SUPset Paddles depart every Wednesday July 5 - August 30 or BY APPOINTMENT. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.**

Full Moon Paddle

Arrive to Narrow River Kayaks prior to sunset for a brief orientation before departing on this approximately 2.5-3-hour twilight tour. Witness the splendor and peacefulness of the inlet and refuge as the full moon rises over the Atlantic while the sun gently sets on the western horizon. Your glow sticks will keep you illuminated in the semi-darkness on your return trip. Tours take place during each full moon. Call ahead for to reserve and for times and details. This tour may be taken by SUP only by participants with prior experience and the ability to fully propel, maneuver and control their boards without assistance. **Cost: \$59 per adult, \$29 per child 11 and under accompanied by an adult. 2017 Full Moon Tours are available July 6, 7, 8, August 6, 7, 8, and September 4, 5, and 6. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.**

Starlight Paddle:

Navigate Narrow River as the light of the waning full moon glistens on the surface of the water. This guided tour is an experience like no other. Glow sticks illuminate your kayak as you glide through the stillness of the John H. Chafee National Wildlife Refuge at night and hear only the faint call of a Great Blue Heron or the splash of your paddle in the water. With any luck, the water will come alive and glow with each stroke of your paddle with the seasonal presence of glow-in-the-dark bioluminescent jellies. Prior paddling experience is recommended, but not necessary for this nighttime excursion. This tour may be taken by SUP only by participants with prior experience and the ability to fully propel, maneuver and control their boards without assistance. **Cost: \$59 per adult, \$29 per child 11 and under accompanied by an adult. Dates for the starlight paddle are June 16, July 14, August 12, 13 and/or BY APPOINTMENT. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.**

Eco Tour (Lower and/or Upper Narrow River)

Our Master Naturalist Guide takes paddlers through either the kettle ponds at the head of the watershed or the salt marsh area of the John. H. Chafee National Wildlife Refuge. As you explore the tidal flats and estuary, witness firsthand what lives in the watershed formed by the last receding ice sheet over 19,000 years ago and what makes it so unique. Hear about past, present and future concerns for the watershed and efforts being made to preserve the ecosystem. **Cost: \$59 per adult, \$29 per child 11 and under accompanied by an adult. This tour is available Saturdays and Sundays at 10 am and 2 pm June**

16-October 1 or BY APPOINTMENT. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.

Kayak Fishing Tour

If you've never experienced the thrill of catching a fish from your kayak, this is the way to go. Join our *U.S.G.A. Certified Guide* with over 20 years of experience on this 5-hour fishing charter. Get to all the spots the motor boats can't on your kayak. We take you where the fish are and provide you with all the equipment necessary. We can also take you by motorboat if the conditions are not suitable for kayaking or kayaking is not your thing (additional fee). **Cost: \$125 per person (maximum of 4 participants). Tours are available BY APPOINTMENT ONLY.**

Gilbert Stuart Tour

This 4-5-hour guided tour takes you from the freshwater Carr Pond (optional) near the head of the Narrow River Watershed, through Gilbert Stuart Stream to the Upper and Lower Kettle Ponds, under Lacey (Bridgetown) Bridge where the river narrows, all the way to Narrow River Kayaks located in the heart of the John H. Chafee National Wildlife Refuge. Ride the glide of the ebb tide all the way home. Participants visit Gilbert Stuart Birthplace Museum during the outing for a guided tour of the grounds and 18th century snuff mill. Kayaks only on this tour. **Cost: \$79 per person (limit 8 participants). Dates TBD. Tours are available June 23, July 6, August 4 and BY APPOINTMENT. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.**

Level 1: Intro to Stand Up Paddleboarding

Instructor: A.C.A. Certified Staff from Narrow River Kayaks

Discover the fun of Stand-Up Paddling, the world's fastest growing water sport and the closest thing to walking on water! It's fun and easy to learn, and Narrow River's calm waters offer the perfect spot for beginners. We'll provide you with a stand up paddle board (SUP), paddle, personal floatation device (pfd), and a qualified instructor to lead the way. As you glide through Narrow River's waters, you'll have gorgeous views of the John H. Chafee National Wildlife Refuge. We'll teach you all the basic skills you need to know so you can paddle with confidence the next time. Incomplete level 1 instruction may be continued with additional classes. **Cost: \$59 per participant. Classes take place every Saturday and Sunday June - September 30 at 9:30 am and 1 pm or BY APPOINTMENT. Instruction lasts approximately 1-1.5 hours. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.**

Level 2: Essentials of Stand Up Paddleboarding *NEW!*

Instructor: A.C.A. Certified Staff from Narrow River Kayaks

Take your game to the next level with this succeeding class to Intro to SUP. Refine the skills you learned in Level 1 and learn more advanced strokes, techniques and maneuvers including, but not limited to pivot turns, offset stances, bracing, draw strokes, assisted rescues and towing. Incomplete level 2 instruction may be continued with additional classes.

Cost: \$59 per participant. Classes take place BY APPOINTMENT ONLY. Instruction lasts approximately 1-1.5 hours.

Level 1: Intro to Kayaking *NEW!*

Instructor: A.C.A. Certified Staff from Narrow River Kayaks

Learn the basic skills, maneuvers and techniques to become a stronger and more confident paddler. Dryland topics include kayak nomenclature and equipment, kayak safety, the paddling environment and personal preparation. On-water instruction includes, but is not limited to basic strokes such as forward, sweep (forward and reverse), draw, back, and rudder strokes and rescue techniques. Incomplete level 1 instruction may be continued with additional classes. **Cost: \$59 per participant. Instruction lasts approximately 1-1.5 hours. Classes available every Monday in July and August at 9:30 am and by appointment. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.**

Level 2: Essentials of Kayaking *NEW!*

Instructor: A.C.A. Certified Staff from Narrow River Kayaks

Take your game to the next level with this succeeding class to Intro to Kayaking. Refine the skills you learned in Level 1 and learn new and more advanced skills, techniques, maneuvers as well as assisted and unassisted rescues. Incomplete level 2 instruction may be continued with additional classes. **Cost: \$59 per participant. Classes take place BY APPOINTMENT ONLY. Instruction lasts approximately 1-1.5 hours with extra time to paddle on your own.**

PaddlesStrong: Stand-Up Paddleboard Fitness *NEW!*

Instructor: Steve McKanna, A.C.A. Certified Level 2 SUP Instructor and Certified Functional Strength Coach

Take the monotony out of your workout routine with PaddleStrong, an hour long stand-up paddleboard fitness class. After a brief warm-up on dry land, paddlers hit the water for a dynamic and fast-paced paddle-based workout routine. Participants work on stance, balance stroke technique, tracking, turning, pivoting, speed, strength and stamina. The workout includes interval training and distance paddling as well as stationary and stretching exercises while on the board. The aim of this course is to make you a stronger and more confident paddler and to have fun in the process! **Cost: \$59 per participant. Classes meet every Saturday in July and August (except 7/15 & 8/5) and July 16 and August 6 (Sunday) from 8 am - 9 am or BY APPOINTMENT. Instruction lasts approximately 1 hour with extra time to paddle on your own. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT. Cost: \$30 for one class (\$20 with own board), \$150 for five classes (\$110 with own board).**

PaddleKids Kayak and SUP Camp *NEW!*

Instructor: A.C.A. Certified Staff and support staff from Narrow River Kayaks

This 3-day half-day camp introduces kids ages 12-15 to the wonderful world of kayaking and stand-up paddleboarding (SUP) through instruction, games and discovery. Participants learn basic and immediate strokes, techniques and maneuvers for each discipline with a strong emphasis on safe paddling. Participants also explore and learn about Narrow River's unique ecosystem throughout the program. The aim of this program is to foster safe paddling, a love of paddlesports and stewardship of our natural surroundings while building skills and confidence on the water by kayak or SUP for enjoyment. Each camper receives a water bottle and tee shirt. Bring your own lunch, snacks and drinks. **ALL STAFF IS CERTIFIED IN ADULT AND CHILD FIRST-AID, CPR, AND AED. Cost: \$125 per participant. Dates: Session 1: July 25 - July 27 9 am - 1 pm and Session 2: August 8-10 9 am - 1 pm. ADVANCE RESERVATIONS REQUIRED TO SECURE SPOT.**

Photography Tour

Narrow River provides rich visual settings for both the recreational and professional photographer. Narrow River kayaks will create custom tours specifically for each need. Contact Narrow River Kayaks to arrange your custom tour. This tour is by appointment only with at least 24 hours advanced notice. **Cost: \$79 per first person and \$59 2nd and 3rd person. BY APPOINTMENT ONLY.**

Bird Lover's Tour

Our eco system is a birder's paradise. Narrow River offers excellent opportunities for birding enthusiasts to witness a wide array of birds in their natural habitat. Each day brings new opportunities for a unique experience. Sighted bird species may include but are not limited to bald eagles, osprey, great blue heron, green heron, crowned night heron, wild turkey, snowy egrets, great egrets, glossy ibis, turkey vultures, willets, spotted sandpipers, common terns, least terns, marsh sparrows, red and yellow-winged black birds, blue-winged teals, Canada geese, mallard ducks, black ducks, mute swans, ring-billed gulls, ring-billed gulls, great black-backed gulls, and double crested cormorants. **Cost: \$59 per adult, \$29 per child 11 and under accompanied by an adult. BIRD LOVER'S TOURS ARE AVAILABLE BY APPOINTMENT ONLY EARLY MORNING AND EARLY EVENING.**

Offsite Excursions

Narrow River Kayaks also offers offsite tours to other area locations including Point Judith Salt Pond in South Kingstown/Narragansett, Ninigret Pond in Charlestown, the Chipuxet River and Worden's Pond in South Kingstown, the Queens River and the Wood River. **Cost: \$79 per adult, \$49 per child 11 and under. Minimum of 4 participants preferred. By appointment only.**

Private Tours and Group Outings

If you do not see a tour or outing that fits your needs, please do not hesitate to make an inquiry. Narrow River Kayaks is happy to make arrangements for your next group outing. We have experience hosting corporate groups, school groups, church groups, camps, wedding

parties, birthday parties and more. We can accommodate groups of most sizes and offer discounts to larger groups for guided excursions and rentals, including additional discounts for non-profit organizations.

Stokers Paddle Club and Twilight Specials:

Join the *Stokers Paddle Club* for our Twilight Specials every Wednesday in July and August with discounted rates from 5-8 pm! Take advantage of kayak, canoe and SUP rental rates cut nearly in half. Unwind after a hard day's work and enjoy the watershed at a beautiful time of day. All participants automatically receive a *Stokers Paddle Club* membership card, which gives you 15% off rentals with each visit and 10% off store merchandise (not including kayaks, canoes and paddle boards). We will keep your waiver on file for easy check-in during your next visit. Discounted rental rates for the twilight specials are \$15 per solo kayak, \$20 per canoe, SUP or specialty solo kayak, \$25 per tandem kayak, and \$30 per specialty tandem kayak or canoe (tandem plus and triple canoe models).

OTHER PROGRAMS AVAILABLE AT NARROW RIVER KAYAKS BY APPOINTMENT:

- UPPER BASIN EXPLORATION
- TIDAL ZONE DISCOVERY TOUR (scheduled at or near low tide)