

## JOE 2019 PRE-TRIP Info-Packet for Th2-Meadowlands Kayaking Tour

<b>Day:</b> Thursday, August 29, 2019	<b>Start Time:</b> 8:00 AM	<b>End Time:</b> 12:30 PM
<b>-Leader:</b>	<b>Co-Leader:</b>	<b>Limit:</b> 18
<b>Transportation:</b> Personal Car / Passenger Van	<b>Driver:</b>	<b>Location:</b> Secaucus, NJ
<b>Tour Cost:</b> \$30.00	<b>Travel Distance:</b> 9 miles	<b>Travel Time:</b> 20 minutes Hotel—Laurel Hill County Park

### Th2-Meadowlands Kayaking

#### Experience Level:

**Intermediate Level and Above. May not be suitable for beginners.**

Paddle through the rich and diverse waters of the Hackensack River and adjacent Saw Mill Creek Wildlife Management Area. This tidal estuary comprises a unique mix of natural and human-made features. As you paddle the river, marshes, and creeks, you may see snowy egrets wading and feeding in the murky waters. Hear the rush of marsh grasses blowing in the breeze. The panoramic views include geologically-ancient Palisade outcroppings, in-use commuter railroad trestles, the New Jersey Turnpike, and the Manhattan skyline, featuring the Freedom Tower and Empire State Building towering above the reeds.

The waters of the NJ Meadowlands are now home to more than 60 species of fish and shellfish. At last count, 63 species of birds were found to nest there, with an additional 200 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 a primary hunting ground.



- Tour Cost \$30.00 Advance Registration
- Travel Time: 8:00 am ~ 12:30 pm
- Tour Duration: 9:00 am ~ 11:30 am
- Maximum of 18
- Distance from Hotel: 20 Min
- Vendor: [Hackensack Riverkeeper](#)

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### What to bring/wear

- **Do NOT bring ANYTHING on the river you cannot easily replace.** The river is a powerful force of nature which can strip **anything** off you. Leave your primary prescription glasses (wear backups), keys, wallet, and jewelry at the hotel.
- **WE DO NOT RECOMMEND ANYTHING ELECTRONIC ON THE WATER THAT IS NOT WATERPROOF ON ITS OWN AND IN A WATERPROOF CASE AS WELL. MAKE SURE YOU HAVE A WAY TO SECURE SUCH ITEMS THAT IS NOT AROUND YOUR NECK. ANY WATCHES SHOULD BE WATERPROOF.**
- Wear water shoes, closed-toe sandals or old sneakers, or neoprene or wetsuit boots – **you must wear closed-toed shoes**, and they need to stay on your feet via secure straps or lacing — No **FLIP-FLOPS ALLOWED**. The activity leader will ban you from the trip if you do not have proper footwear. Foot/toe injuries are VERY common due to improper gear on paddles.
- **Do NOT wear any cotton.** Cotton sucks all the body heat out of you when it gets wet. Recommend a synthetic shirt (such as Under Armor type, polyester fleece, wool, etc.) for warmth and/or sun protection and swimsuit or shorts (nylon or other quick-drying material). Again, NO cotton! Clingy clothes are better than loose-fitting clothes because they are more comfortable when wet. You WILL get WET, even if you stay in the boat. That is part of paddling if **you do not want to get wet, DON'T paddle.**
- Water. Bring enough for three hours. You will not have a chance to refill.
- Sunscreen. A small bottle that you can keep on you. There will be no storage.
- Eyewear Retainers: [Chums](#)/[Croakies](#)
  - Recommend using spare prescription glasses (leave your primary at the hotel) or Sunglasses with retainer strap
- Hat/Visor
- Chapstick
- Insect Repellent
- Windbreaker/ Extra layer in case you get a chill.
- Binoculars & Field Guides: There are many species of wildlife to observe while paddling.
- Drybag for personal gear with a carabiner/mechanism to attach to the boat

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- Please be sure to [check the weather](#) before and on your day of paddling and dress appropriately.
- Waterproof camera with a hand strap. DO NOT wear anything around your neck. Again, bring only equipment you are willing to get lost during the paddle. No expensive SLRs without proper protection. Keep in mind that your hands need to be free to paddle.
- **Paddlers wallet/fanny pack:** Wear a paddlers wallet or equivalent securely on your body. Attach it to yourself but avoid anything around the neck. Think about what would happen if you are unconscious and need help. What do people need to know about you? [A small waterproof container](#) that has a **COPY** of your:
  - Driver's License (for ID). Can be expired.
  - Medical Insurance Card.
  - Emergency Contact Info
  - List of medications/medical conditions/allergies
  - Spare credit card
  - \$20 to \$60 in cash (emergencies or small bills for the tip)

**In addition to the boat(s), paddles, and personal flotation devices (life jackets), the vendor will provide:**

1. **WHISTLE.** It is to be used for emergencies ONLY.
2. **AERIAL PHOTOGRAPH/MAP.** It will orient and guide you while paddling the river & marshes.
3. **ORIENTATION AND LESSON.** Whether you're experienced or not, there is no escape.

**Experience is a great teacher. Here are some more pointers:**

**1. PERSONAL FLOTATION DEVICES.**

- a. **Mosaic insurance and the vendor requires everyone to always wear their properly fitted PFD while on the water.**
- b. **Anyone who does not follow this rule will be asked to leave the event upon return to the hotel and not allowed to join us for the main event with no refund.**

2. **TIDES AND CURRENTS.** People often underestimate the Hackensack – a deep, tidal river that flows in **both** directions. Many paddlers who have lake or river experience don't have experience paddling tidal waterways. The vendor will work with you to make your trip as easy or as hard as you'd like.

## JOE 2019 PRE-TRIP Info-Packet for Th2-Meadowlands Kayaking Tour

- a. [We will be at high tide at the start of the paddle and water will be going out towards the bay during the paddle \(Downstream /South/ To the left of put-in\).](#)
3. **KEEP ON THE SUNNY (OR CLOUDY) SIDE.** We always try to compromise with Mother Nature, but the vendor will *never* compromise your safety. If there is any credible threat of thunderstorms, heavy rain or strong winds, the vendor will cancel Guided Paddles and close the Paddling Center.

### Leader Responsibilities

- Run the meet the leader meeting on Tuesday evening.
- Brief participants on what they need to bring. Sunscreen, hat, insect repellent, at least a liter of water, water shoes or sandals, extra shirt, snack, waterproof bag, and binoculars.
- Remind all participants that they must be packed, baggage brought to the storage room and checked out before departing on morning's activities
- Have participant phone numbers available cell and tell drivers to leave their phone on.
- Assign pre-approved drivers for carpools to Hackensack Riverkeeper at Laurel Hills County Park.
- Assign passengers to drivers.
- Caravan together to and from Laurel Hill County Park
- Mosaic insurance and the vendor requires everyone to always wear their properly fitted PFD while on the water. Anyone who does not follow this rule will be immediately asked to leave the event upon return to the hotel with no refund. It will be the leader responsibility to police the group as such.

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### Logistics:

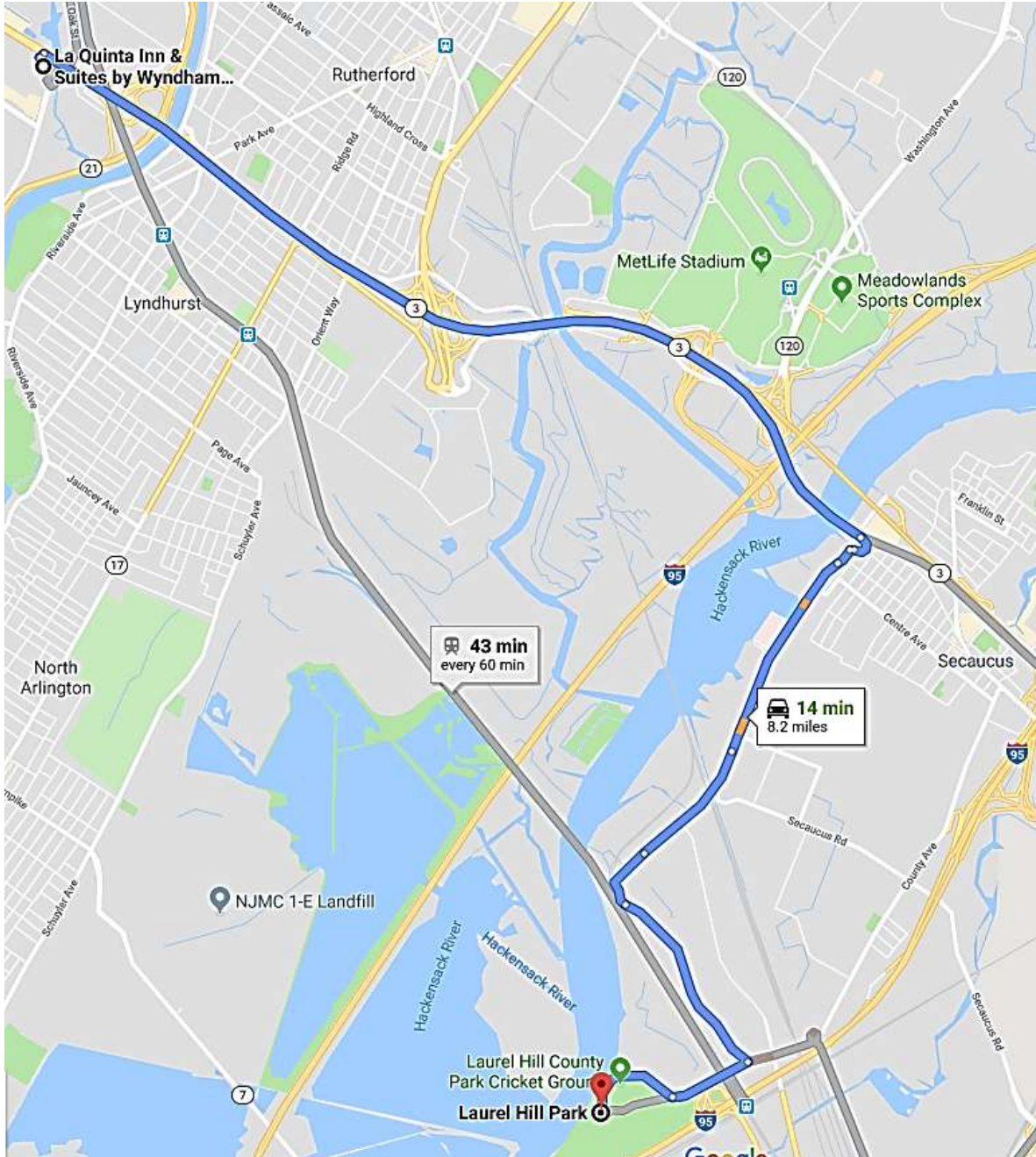
- 6:30 am – 8:00 am Breakfast in the Breakfast Room adjoining the lobby
- 6:30 am – 7:45 am Pack, checkout of room, store bags for a day in the hotel storage room.
- 7:45 am Meet in the lobby
- 8:00 am – 8:30 am Drive to Laurel Hill County Park, Boat Launch Dock, Secaucus, First parking lot on your right when you enter the park. Look for signs for the Boat Launch.
- 8:30 am – 9:00 am Get organized and geared up.
- 9:00 am – 11:30 am Kayak Trip
- 11:30 am – 12:00 am Return Gear and get ready for travel back to the hotel
- 12:15 pm to 12:30 pm Drive to Clifton Commons for lunch at the restaurant of your choice Applebee's, Chevys Fresh Mex, Shannon Rose, Red Robin, Chipotle, Pizzeria Uno, Wendy's.
  - Glatt Kosher Option – Juniors Glatt Kosher Deli 215 Main Ave Passaic, NJ  
Jerusalem Pizza & Falafel 233 Main Ave Passaic, NJ
- 1:30 pm Be back at the La Quinta Inn
- 2:15 pm Be outside with luggage for MOCA Camp Shuttle
- 2:30 pm MOCA shuttle departs for Cedar Lake Camp
- 4:00 – 4:15 pm Arrive in Cedar Lake Camp, 570 Sawkill Rd Milford, PA

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Directions to Laurel Hill County Park, Secaucus, NJ  
Hackensack Riverkeeper Eco Cruise and Kayaking

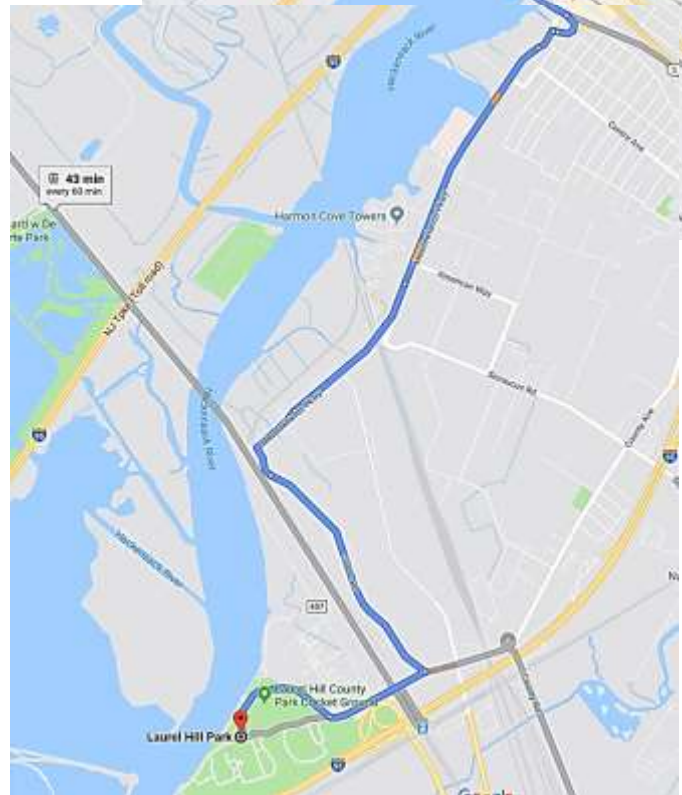
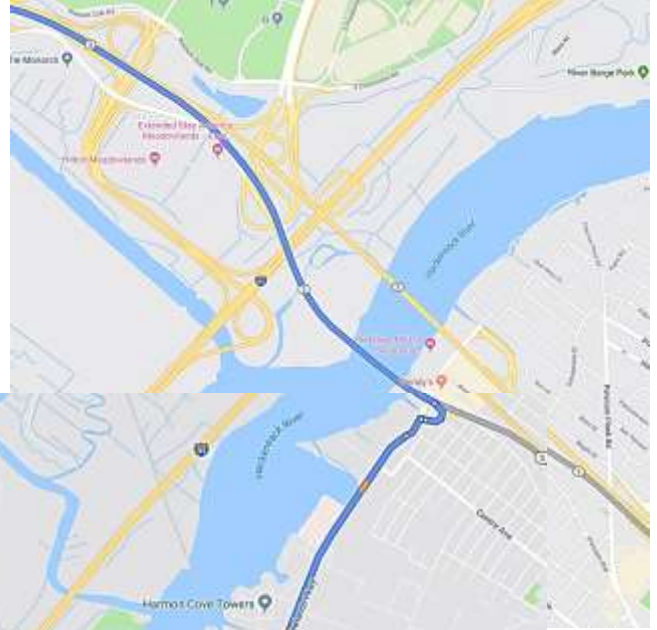
40°45'50.4"N 74°05'11.6"W      Hugh Carola (201) 968-0808

<https://goo.gl/maps/w32UcmJ6XJ6Z2TMR8>



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1. Turn right on Rt. 3 and then proceed east on Route 3 for four miles to exit to Meadowlands Parkway.
2. As you pass the Meadowlands Sports complex, get into the right lane. As you come over the bridge, take the Meadowlands Parkway exit. Meadowlands Parkway is the 6th exit on your right and immediately after the Western Spur of the New Jersey Turnpike.
3. At the bottom of the ramp, turn left onto Meadowlands Parkway
4. Take Meadowlands Parkway through several sets of traffic lights, over a bridge and straight past Harmon Cove Towers
5. A short way past Harmon Cove Towers, Meadowlands Parkway becomes CASTLE ROAD until it ends at PAUL AMICO WAY.
6. Turn right on Paul Amico Way, proceed over a bridge and drive straight into Laurel Hill Park
7. Once inside the park, turn into the first parking lot on your right. Look for the Hackensack River Public Boat Launch sign.
8. That's where we are.



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**Sign at the start of the park drive.**



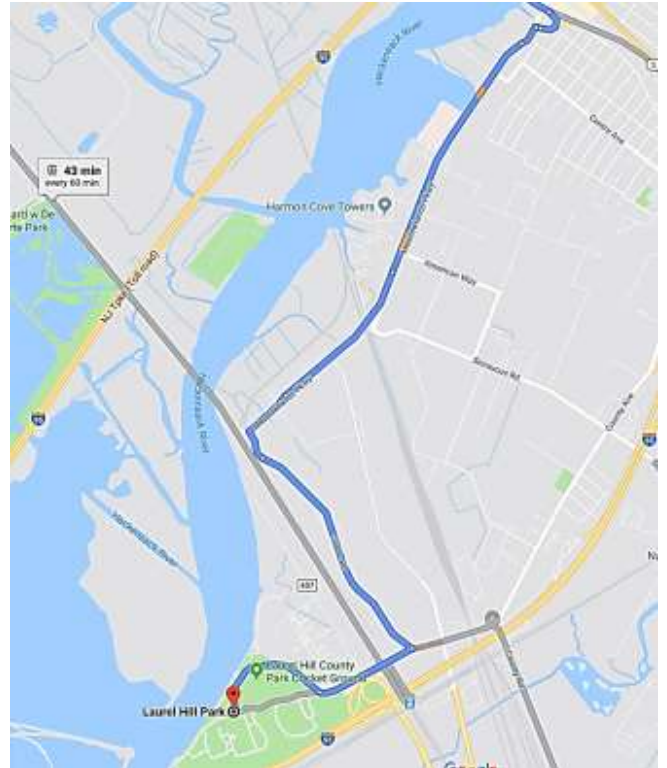
**Sign at the parking lot**



## JOE 2019 PRE-TRIP Info-Packet for Th2-Meadowlands Kayaking Tour

**Return Directions to La Quinta Inn, 265 Route 3 East, Clifton, NJ**  
**(973) 778-6500 40°49'37.7"N 74°08'03.9"W**  
<https://goo.gl/maps/YyppDivE5xAkttPg8>

1. Drive north out of Laurel Hill County Park. and proceed north for 0.6 miles.
2. Cross the bridge over and take first left on Castle Road.
3. Proceed west on Castle Road for one mile the road will bend sharply right and become Meadowlands Parkway.
4. Proceed north on Meadowlands Parkway for 1.75 miles to Route 3.
5. Cross under Route 3 and take the second right for Route 3 West.



6. Proceed west for 4.5 miles for exit to “Main Avenue, Nutley Passaic.”
7. Turn left on Main Avenue and proceed under Route 3.
8. Turn left on the entrance ramp to Route 3.

After entering Route 3, the first entrance is for Clifton Commons for

