



Cross Currents Sea Kayaking



Punta Banda, Baja

2020 Course Descriptions



Cross Currents Sea Kayaking – Overview of 2020 Courses

Here are the courses and trips that Cross Currents will be offering in 2020. The selection provides a wide range of opportunities for skill development and fun in a variety of venues ranging up and down the East Coast. There are several new courses/trips this year as well as the most popular courses from past years. Highlights include:

- Two week-long trips in the middle of winter to sunny (and warm): 1) Southwest Florida and 2) Jacksonville, FL. In both places we'll be staying in fantastic houses. The Jacksonville house is ocean-front. Both trips will involve seven days of paddling and seven nights in the house. For Southwest FL, we go to places like Anclote Key, Honeymoon Island, Cayo Costa, and Silver Springs. The Jacksonville week will involve day trips to places like the Okefenokee Swamp, Cumberland Island, Little Talbot Island State Park and historic St. Mary's City
- A new UnConscious Competence course ("UnCon", our fifth year!) that will involve a summer-long series of classes designed to gradually and dramatically improve your paddling skills. The basic goal is to get people to ACA Level 3/ British Canoeing 3 Star skills. The course will be run in various locations in the mid-Atlantic including Kent Island MD, Ocean City, NJ, the Susquehanna River and Metompkin Inlet in the Virginia Barrier Islands.
- A three-day "Gathering at Chincoteague" with fabulous instructors and guides including Jeff Atkins, Ashley Brown, James Kesterson, Mike Hamilton and Paula Hubbard. The Gathering will include trips to different destinations each day, optional skills sessions (e.g. surfing), and overnights in one of three great rental houses in this charming community; (new)
- An ACA L2 and L3 Instructor Update at Chincoteague during the Gathering (new).
- A long weekend exploring Virginia's Northern Neck with day paddles and visits to a winery and brewery in the evenings. In fact, we are going to paddle right up to the vineyard! (new!)
- A Risk Assessment and Incident Management course with Paula Hubbard. (new)
- A week-long trip to the Pacific side of Baja for playing amongst rocks and ledges and journeying to an off-shore island with overnights in a lighthouse; with Jen Kleck;
- And, of course, the 10th annual Kiptopeke symposium with the best coaches on the east coast.

The following page provides an overview of all the courses and brief bios of the coaches who will be working with Cross Currents this year. That is followed by the full course descriptions. Many of these courses fill quickly so please let me know which ones in which you're interested. If you have questions or want to reserve a spot in one or more of the courses, either email me at crosscurrentsseakayaking@gmail.com or give me a call (410.788.1241).

Schedule of Cross Currents Courses and Trips 2020

Day/Date	Course	Location	Instructors/Guides	Cost
I. Unconscious Competence Series				
May 11 - Aug. 15 <i>see course description</i>	Unconscious Competence:	Kent Is. MD + Metompkin Inlet, VA + OCNJ + others	Rick Wiebush, Paula Hubbard, Tom Noffsinger, inter alia	\$995 (6 weekends)
II. Individual Courses and Trips				
Sat – Sat Feb 8 - 15	SW Florida Exploration	Bradenton, FL base	Rick Wiebush, Jeff Atkins	\$845 Incl. housing
Sun – Sun Feb. 16 - 23	Jacksonville Journeys	Jacksonville, Amelia Island, FL	Rick Wiebush	\$795 Incl housing
Sat – Sat Apr. 18 - 25	Greece I	Poros Island	Rick Wiebush	\$945 Incl. housing
Sat Apr 26	On-Water Navigation	Annapolis, MD	Paula Hubbard	\$110
Sat May 23	Night Circumnavigation of Manhattan (Private)	NYC	Rick Wiebush	n/a
Sat – Sun May 30 - 31	Intensive Intermediate Skills	Kent Island, MD	Denise Parisi, Laurie Collins, Shelly Wiechelt	\$225
Fri – Sun June 5 - 7	The Gathering at Chincoteague	Chincoteague, VA	Jeff Atkins, Ashley Brown, James Kesterson, Mike Hamilton, Paula Hubbard, Rick Wiebush	\$425 Incl housing
Friday June 5	ACA L2 Instructor Update	Chincoteague, VA	Rick Wiebush	\$150 + housing
Sat – Sun June 6 - 7	ACA L3 Instructor Update	Chincoteague, VA	Rick Wiebush	\$150 + housing
Sat – Sun June 27 - 28	Greenland Skills	Baltimore - Rocky Pt Park	Mike Hamilton	\$250
Sat June 27	Manhattan Circumnavigation	NYC	Rick Wiebush	\$150 Incl. housing
Fri – Sun July 3 - 5	VA Northern Neck: Vineyards and Brewery	Reedville, VA	Rick Wiebush Laurie Collins	\$325 Incl. housing
Sat. July 25	Intro to Open Water Skills Pt I	Kent Island MD	Greg Hollingsworth	\$110.
Fri. – Sun July 17 - 19	Tangier Paddling and Cultural Immersion	Tangier Island, VA	Rick Wiebush	\$375 Incl housing
Sat – Sun Aug 1 -2	Intro to Open Water Skills Pt. II	Wachapreague, VA	Greg Hollingsworth	\$225 + housing
Sat – Sun Aug. 1 -2	Women’s Skills Weekend: “Paddle Smarter”	Wachapreague, VA	Paula Hubbard	\$225 + housing
Sat. Aug. 8	Risk Assessment and Incident Management	Chestertown, MD (Sassafras River)	Paula Hubbard	\$110
Fri – Sun Aug 14 - 16	Rocks and Ledges in RI	Newport RI	Ken Fandetting Rick Wiebush	#325 + housing
Sat – Sun Aug 22 - 23	Intensive Intermediate Skills	Kent Island, MD	Laurie Collins, Denise Parisi, Shelly Wiechelt	\$225
Sat Aug 29	Totally Cool Advanced Strokes	Rocky Gorge Res.	Rick Wiebush	\$110
Sun. Aug 30	Deep Trouble: Advanced Rescues	Annapolis, MD	Rick Wiebush	\$110
Fri – Sun Sept 25-27	10th Annual Kiptopeke Symposium	Kiptopeke State Park, VA	Jen Kleck, Ashley Brown, Tom Noffsinger, Rick Wiebush, Jeff Atkins, Ken Fandetti, inter alia	\$450 Incl housing
Sat – Sat Oct 10 - 17	Greece II	Poros Island, Grece	Rick Wiebush	\$945 Incl. housing
Sat – Sun Nov 7 - 15	Pacific Baja: Rocks and Ledges + Lighthouse Stay	Ensenada, Baja, Mexico	Jen Kleck, Victor Leon Rick Wiebush	\$895 Incl housing

Note: the different colors on this list don't signify anything

Continuing Two Frequent Paddler Programs

Frequent Paddler Points

Cross Currents is happy to announce our frequent paddler program (FPP) will be continued in 2020. With this program you can get reduced prices or even free classes or trips. In 2019, people saved almost \$3,000 in classes and trips via FPP participation. Here's how it works:

- You get one Frequent Paddler Point for each day of a Cross Currents trip or course that you take. So if you do a three-day trip, you earn three FPPs. If you also take a one-day class, you'd get another FPP for a total of four FPPs. You get the idea.
- Once you accumulate six points, you are eligible for a \$100 reduction in the next course or trip you take. You can accumulate as many points as you want before cashing them in, as long as you use them before the end of the calendar year. Here are some examples:
 - You accumulate and cash in six points, worth \$100. That would typically get you a free one-day skills class. Or if you wanted to apply it to a three-day trip that cost \$295, you would pay only \$195. Note that if you did a week-long trip (e.g., Jacksonville in February 2020), you would get seven points. So the next course/trip you did would cost \$100 less, and you'd still have a point left over.
 - You accumulate 12 points, worth \$200. You decide you want to hold on to those and use them for the Kiptopeke Symposium. That means you would pay \$225 (instead of \$425) for the symposium. In other words, almost half-off. Getting 12 points wouldn't be that hard. If you did a week-long trip (7 FPPs), a long weekend trip (3 FPPs) and a two-day class (2 FPPs), you'd have 12 points.
- There are a few restrictions. First, you can't carry points over from one calendar year to the next. Second, participation in UnCon gets a maximum of six FPPs. Third, you cannot cash in your FPPs for courses that other instructors run for and through Cross Currents. The money from those courses goes to the instructors, not Cross Currents. It wouldn't be fair to them to have people do their course at a reduced rate. You can earn points for those courses, but you can't cash in points for them. Examples are Paula Hubbard's "Paddle Smarter" course, Mike Hamilton's Greenland Skills class and Greg Hollingsworth's Intro to Open Water.

Free Practice Sessions

Cross Currents will be holding free mid-week practice sessions at Rocky Gorge over the summer for our customers. These sessions are free, but are only for those people who have taken any course or done any trip in 2020 prior to the session. The skills to be practiced (or taught) will in part be determined by participants' interest and in part by the interests of the available instructors. Here's the schedule:

Day/Date	Time	Location	Day/Date	Time	Location
Thurs. May 28	6 – 8:30	Rocky Gorge Res.	Thurs. July 30	6 - 8:30	Rocky Gorge
Thurs. June 11	6 – 8:30	Rocky Gorge Res	Thurs. Aug.13	6 - 8:30	Rocky Gorge Res
Thurs. June 25	6 – 8:30	Rocky Gorge Res.	Thurs. Aug. 27	6 - 8:30	Rocky Gorge Res
Thurs. July 9	6 – 8:30	Rocky Gorge Res	Thurs. Sept. 10	6 - 8:30	Rocky Gorge

Coaches

Rick Wiebush is an ACA L3 Instructor Trainer (IT) and BC 4* Sea Leader, 3* canoe, and Level 2 Coach. Rick runs Cross Currents Sea Kayaking and organizes the Kiptopeke Symposium. He has participated in expeditions in Greenland, the Exumas, and a month-long 400 NM unsupported Baja trip. He also has paddled in the U.K., Australia and New Zealand.

Jen Kleck is the first female BC Level 5 coach in North America. She is a frequent guest instructor at sea kayaking symposia throughout the U.S. Jen is not only highly skilled and fun to be around, but her enthusiasm and dedication to the sport is both inspiring and infectious.

Tom Noffsinger is an ACA Advanced Open Water Instructor (L5) who lives in Virginia Beach. He is not only highly skilled as a paddler, but also an incredible teacher. People *rave* about Tom's Open Water Skills and Surfing classes. His favorite paddling spots are Anglesey, Wales and the Triangle at Tybee.

Ashley Brown - is one of the few women in the US to hold the prestigious Level 5 ACA Advanced Open Water Coastal Kayaking certification. She is also an L2 IT. Ashley now serves as an Adjunct Professor in the Health Education and Human Performance Dept. at the College of Charleston, where she has been instrumental in the development of the curriculum in Kayaking and Expedition Kayaking.

Paula Hubbard learned to kayak in the big waters of the San Francisco Bay area. She is an ACA L4 Instructor, was initially certified by Roger Shumann in California, and recertified in Maryland by Ben Lawry. In 2013 Paula received the BCU 3* award and is working on 4*.

James Kesterson - is an ACA L-4 Instructor and BC 4* Sea Leader, who is also a Renaissance man. He has served in Vietnam, earned a mechanical engineering degree, owned a high-end art gallery, is a certified Master Scuba Diver and a mountaineer who has climbed peaks in North and South America.

Jeff Atkins is a former Park Ranger from Charleston SC. He is an ACA L5 instructor, L3 IT, L2 SUP instructor, and is also an instructor for the NC Outward Bound School. Jeff holds several other certifications including Wilderness First Responder and Leave No Trace Master Educator. He believes in helping others to expand their confidence and skills by having fun while learning.

Greg Hollingsworth - is an ACA Level 4 Instructor and BCU 4* paddler who got hooked on the sport in 1990 when he paddled Alaska's Glacier Bay. He has paddled most of the Chesapeake Bay and particularly enjoys rough water paddling.

Mike Hamilton is an ACA L3 Coastal Kayaking Instructor with the Traditional Kayaking Endorsement. Mike is active with QajaqUSA, building traditional skin on frame Greenland kayaks. For the past several years Mike has coordinated all the instructors for the Delmarva Retreat.

Denise Parisi – is an UnCon I and II graduate, an L3 Instructor, a BCU 3* paddler and an avid rough water paddler. She is working toward the BC 4* (Sea Leader) award.

Shelly Wiechelt - is an ACA certified L2 Kayak Instructor who lives in Baltimore. She completed the Cross Currents' UnCon I and UnCon II series and holds the ACA L3 and BCU 3* skills awards. Shelly is working on both the BC 4* Sea Leader and ACA L3 Instructor certifications.

Laurie Collins – is a graduate of UnCon I and II, an L3 Instructor, and BC 3* paddler who fell in love with kayaking five years ago. Since then she has paddled coastal waters from Massachusetts to Florida and kayaked with whales in Baja and the San Juan Islands.

COURSE DESCRIPTIONS

Part I: The Unconscious Competence Series

Locations: Kent Island, MD; Ocean City NJ; Metompkin Inlet, VA; Susquehanna River and the Chesapeake Bay.

Instructors: Rick Wiebush, Paula Hubbard, Tom Noffsinger, Greg Hollingsworth, Laurie Collins, Denise Parisi

Duration: May to August 2020 (see schedule below)

Cost: \$995 for the whole series (11 days; 5 weekends).

Course Description

This course is for rising paddlers who want to become really, really good at the sport. Initiated five years ago, “UnCon” has trained about 40 people and won a national award from the American Canoe Association (ACA) for innovative programming. Each year the participants saw their skill set skyrocket, gained enormous confidence, and had big fun doing it!

The themes underlying this course are "long-term paddler development" and “unconscious competence”. The first refers to an intensive, summer-long series of skill development sessions. "Unconscious competence" means that the paddler has learned something so well that they can do it without thinking much about it i.e., it's virtually automatic. The focus is on developing unconscious competence with respect to BCU 3* and ACA Level 3 personal skills. Almost all the previous participants have attained the L3/3* level.

Schedule for the Unconscious Competence Series in 2020

Day/Date/Time	Focus	Location	Instructors	Cost
Sat – Sun May 16 - 17 9:30 – 4:30	Flat water strokes, maneuvers and rescues	Jonas Green Park, Annapolis	Rick Wiebush Paula Hubbard	\$995
Sat May 30 9:30 – 4:30		Baltimore – Rocky Pt. Park	Rick Wiebush Laurie Collins	
Sun May 31 10:30 – 4:30	Dealing with current	Delta, PA Susquehanna River	Rick Wiebush Paula Hubbard	
Sat – Sun June 20 - 21	Intro to Surf and Rough Water strokes, maneuvers, rescues, surfing, towing, navigation	Ocean City, NJ	Rick Wiebush Paula Hubbard Greg Hollingsworth	
Sat - Sun July 11 - 12		Metompkin Inlet; Onley, VA	Rick Wiebush Denise Parisi Laurie Collins	
Fri – Sun July 31 – Aug 2		Metompkin Inlet (Onley VA)	Tom Noffsinger Rick Wiebush Laurie Collins	

Part II: Individual Courses and Trips

Feb 8 – 15 (Sat – Sat): Southwest Florida Exploration - **this trip is currently full; waitlist available.**

Location: Bradenton, FL area

Instructor/Guide: Rick Wiebush and Jeff Atkins

Cost: \$845

Join Jeff and I for this south Florida trip in late February, when the average air temperatures are 75 degrees (high) and 55 degrees (low). The average water temperature for that time period is 65 degrees. Perfect!

We will be staying in a great rental house and doing a week of day trips in south Florida during the dead of winter up here. The paddling will be mostly flat water, about 10 – 12 NM each day, and will include a wide range of environments and wildlife. The trips will include:

- exploring the cerulean waters and sparkling white sandy beaches near Fort DeSoto
- winding our way through a series of mangrove tunnels near St. Petersburg
- a crossing from Pine Island to Cayo Costa (accessible only by boat!)
- a trip from Tarpons Springs (Greek sponge divers!) out to the lighthouse and state park on Anclote Key
- a special trip to Silver Springs, home to spectacular flora and amazing wildlife including alligators, manatees and MONKEES!

We have a rental house in Bradenton, which will be centrally located for all our paddling destinations. The house is a really nice, with 5 BRs and 4 baths. The cost of housing is included in the fee.

The \$845 course cost includes 7 nights lodging, pick up/drop off at the airport (if flying), and guiding. If needed, we can transport your kayak (from/to Baltimore) for an additional \$100. Trip cost does not include transportation to/from south Florida, meals, any park entrance fees, your beer/wine/liquor, and other miscellaneous expenses. We typically go out to local restaurants after paddling, but we also cook at the house a couple of nights.



Feb 16 – 23 (Sun – Sun): Jacksonville Journeys - **this trip is currently full; waitlist available.**

Location: Jacksonville, FL area

Instructor/Guide: Rick Wiebush

Cost: \$795 (housing included)

The second of this year's Florida trips is one of Rick's favorites: to the Jacksonville area and some spectacular paddling venues. Our base will be a six-bedroom beachfront house from which we'll do a wide variety of 10 to 12-mile day trips.

The trips are very diverse including open water and sheltered rivers, the Okefenokee Swamp, historic cities (St. Augustine and St. Mary's, GA) and gleaming urban areas (downtown Jax), National Parks (Cumberland Island) and places most people never paddle (upper St. Mary's River which forms the border between GA and FL). Oh, and some wildlife like alligators, dolphins and tons of birds.

Why February 16 - 23? That includes Presidents Day so people only have to take four days off of work AND because the average high in JAX is 66 in Feb.

The cost is \$795 for the week. That includes housing (semi-private for singles, private for couples) for seven nights (Saturday through following Friday). It also includes breakfast and lunch fixins' every day. I buy a range of things; you make what you want each day. It also includes guiding and some informal instruction if you want it. Think about this: you are getting housing and two meals each day + the trips for about \$110 per day.

You are responsible for getting yourself there, your boats and equipment, your dinners, snacks and adult beverages. Right now, airfare from Baltimore to Jax is as low as \$300 r/t. If you fly, we can transport your boat down and back for an additional \$100.



Okefenokee Swamp

April 18 – 25: Poros Island, Greece - this trip is currently full; waitlist available.

Location: Poros, Greece

Guide/Instructor: Rick Wiebush + Local Guide

Cost: \$995 (housing included)

Cross Currents is going to Europe for the first time! This trip to Greece will be a paddling and cultural trip to an island with fantastic paddling venues and crystal clear blue (mostly flattish) water. We will be staying at a boutique waterfront hotel that is very highly rated and that has great food. It is steps from the put-in.

It's important to stress that this is both a paddling and cultural experience. It will not be high adventure, rough water paddling; just exploration with beautiful scenery and outrageously clear water. Expect 10 - 12 NM/day.

There are several additional activities that people can do including: a Greek cooking class with dinner (60 euros), yoga, mountain biking (6 euros/day), a visit to an olive farm, snorkeling, and others. These are "add-ons" the cost of which is not included in the price shown below.

The dates for the first trip are 18 - 25 April (Sat - Sat). There will be a second trip October 10-17.

The cost is \$995 + airfare. The \$995 gets you a two-person shared en suite room, 5 or 6 days of paddling, 7 breakfasts and 1 dinner. Non-paddling spouses/friends (if they share a room with you) are welcome. The cost is 20% less, so \$795.

Airfares right now are around \$750 from Baltimore/DC.

This is the hotel: <https://odysseyactivities.com/>

This is the kind of boats they have: They have so-so paddles, so we would do well to bring our own. <https://rainbowkayaks.com/gb/sea-kayaks-9-oasis-425.html>

Here are some pics and things to see and do:

<https://www.thecrazytourist.com/15-best-things-to-do-in-poros-greece/>



April 26: On Water Navigation

Location: Annapolis, MD
Instructors: Paula Hubbard
Cost: \$110

Take what you have learned in a classroom setting and apply it to the “real world” i.e. actually on the water. This is the stuff you need to know to find your way effectively and to know where you are at all times when you’re on the water.

The overall context for the class will be planning and executing a trip in the Annapolis area. In the planning stage, we’ll review some key issues such as route selection, plotting a course, measuring distances, estimating elapsed time, the potential effects of wind and current, identifying potential bail-out points, etc.



Once on the water, we will see what those zillion little symbols on charts actually look like in real life, with particular attention paid to aids to navigation. Several key skills will be reviewed and practiced, such as establishing ferry angles and using ranges to deal with the effects of current. We will also spend a *lot* of time matching up what we see on the chart to actual land and water features, and you will be constantly challenged to identify “where are we now?”

Get a handle on practical, useful navigation skills – join us for this popular course!



May 30 - 31 (Sat - Sun) – Intensive Intermediate Skills Workshop

Location: Kent Island/Kent Narrows

Instructor: Denise Parisi, Laurie Collins, Shelly Wiechelt

Cost: \$225

This is a two-day intensive skills development course that will focus on learning or refining a whole range of core skills including strokes and maneuvers, edging, bracing and rescues. It is designed for rising intermediate paddlers. We hope to get you on the road to paddling with grace and style, like the person in this photo:



The course will include refinement of all the basic strokes (forward, reverse, sweeps, draws, stern rudder) and rescues (e.g. T-rescue, paddle float) as well as a range of intermediate strokes (e.g., bow rudder, low brace turn) and rescues (e.g., eskimo, scoop). We will place a major emphasis on edging to facilitate turns (or going straight!), bracing, and using the wind to your advantage.

The course is geared toward developing ACA Level 2 (and some Level 3) personal skills proficiencies.



June 5 – 7: The Gathering at Chincoteague: Paddling, Lighthouses and Ponies

Location: Chincoteague Is. VA

Instructors: James Kesterson, Jeff Atkins, Ashley Brown, Paula Hubbard. Mike Hamilton, Rick

Cost: \$395, includes housing

In past years, the extremely popular spring “Gathering” has been held at Onancock and Tangier Island. This year we are heading somewhere totally new, namely Chincoteague! And we will have a new, exciting set of fabulous instructors and trip leaders including James Kesterson, Jeff Atkins, Ashley Brown, Paula Hubbard. Mike Hamilton, Rick and others.

You’ll be able to choose between doing a class or trip each day. The exact classes and trips will be determined by the people attending, but there will be something exciting for people of all skill levels each of the three days.



The Paddling

There will be opportunities for:

- surfing at Assateague for all skill levels;
- current play;
- intermediate skills classes;
- rolling
- a circumnavigation of Chincoteague Island;
- flat water day trips; and
- a trip on the Chesapeake Bay side to the now-abandoned Chesapeake Bay Foundation facility on Great Fox Island.

The Gathering will be house-based. I have three wonderful old houses lined up. They all face the water. They are within about one-half mile of each other. If some people want to stay over Sunday night, we can do that. Sunday night stay would be an additional \$55.

The Eating

There are several excellent restaurants right on the island some just a short walk away from the houses. People can go out or arrange to cook in at their house. We will try to have a cocktail party at one of the house one or two nights. I'd like to use the house below for that, if there is sufficient parking.



One of the houses



CBF building on Great Fox Is

June 5 (Friday): ACA L2 Instructor Update

Location: Chincoteague

Instructor: Rick Wiebush

Cost: included in cost of the Gathering, or \$125

An L2 Instructor Update will be conducted on the Friday of the Gathering at Chincoteague. The ACA requires all instructors to attend an update once every four years. It does not have to be in the fourth year after you got certified. It can be at any time during the four-year period.

As part of the update, you will be expected to demonstrate many of the same skills that led to your initial certification. That includes teaching. There will be a group of L2-level participants at Chincoteague that will serve as your students. The Update is not a formal assessment – it is designed to refresh and expand your skills. You will be expected to make a formal 15-minute presentation on a topic of mutual choice.

If you are attending the Gathering, the cost of the Update is included in that fee and housing is provided. If you are coming just for the Update, the cost is \$125, and housing is not provided.



June 6 – 7 (Sat and Sun): ACA L3 Instructor Update

Location: Chincoteague

Instructor: Rick Wiebush

Cost: included in cost of the Gathering, or \$250

An L3 Instructor Update will be conducted on the Saturday and Sunday of the Gathering at Chincoteague. The ACA requires all instructors to attend an update once every four years. It does not have to be in the fourth year after you got certified. It can be at any time during the four-year period.

As part of the update, you will be expected to demonstrate many of the same skills that led to your initial certification. That includes teaching. There will be a group of L2-level participants at Chincoteague that will serve as your students. The Update is not a formal assessment – it is designed to refresh and expand your skills. You will be expected to make a formal 15-minute presentation on a topic of mutual choice.

If you are attending the Gathering, the cost of the Update is included in that fee and housing is provided. If you are coming just for the Update, the cost is \$250, and housing is not provided.



June 27 - 28: Greenland Skills

Location: Rocky Point Park, Essex, MD

Instructors: Mike Hamilton

Cost: \$250

This two-day Greenland skills course will be custom-tailored to meet the needs and abilities of the participants. Potential items to work on include introducing or refining basic and advanced maneuvering strokes using a Greenland paddle, an intense forward stroke clinic, introduction to rolling or rolling refinement, safety and rescues of skin on frame qajaqs, an overview of traditional qajaq gear, stalking prey and harpoon throwing. Greenlandic cultural appreciation is an integral component of this class. Traditional gear will be available to try.

The course will take place at Rocky Point Park at Essex in eastern Baltimore County. Class is limited to four participants.



June 27 (Sat) – Circumnavigation of Manhattan

Location: Saturday: George Washington Bridge, Fort Lee, NJ

Guide: Rick Wiebush

Cost: \$150 (includes housing)

This is a 27 nm circumnavigation of Manhattan that includes *free housing on Friday and Saturday nights*. This is a bucket- list trip that's so good, many people do it every year.



It's 27 nautical miles, but feels much shorter because we time things so that we are always going with the current. Since that current can reach three knots in some places, we'll get a big boost.



A break at the Brooklyn Bridge

Most of our local paddling environments feel mostly horizontal – not just the broad expanses of the Chesapeake Bay or Atlantic Ocean, but also the flatness of the land, and our far-as-the-eye-can-see salt marshes and barely-visible-above-the-horizon sandy islands. But Manhattan is a paddle that offers some impressive *vertical* dimensions: from the multitude of elaborate bridges stretching above our boats across the East and Harlem Rivers, to the soaring George Washington Bridge, and the stunning, huddled skyscrapers stretching upward from downtown streets. This is a very different kind of paddle in part because you're always looking up!



The Harlem River

It's a varied trip in that we sometimes will be on flat, scenic water while at other times we'll have to negotiate the swells and clapotis created by ferry wakes at the southern tip of Manhattan. What makes this trip special – and safe - is that we do it with 10-15 people, rather than the 200 + paddlers that some of groups organize.

Note: this is not a trip for beginners. You need to have pretty good endurance and it would be wise to train before doing this trip. You should work your way up to paddling at least 15 nm for a couple of weeks prior to the trip. The trip will be more pleasant if you do this kind of training.

You should also have basic skills including a good forward stroke, effective stopping and reverse strokes, knowledge of bracing, and strong experience with assisted rescues. The trip will be a lot safer for you and everyone else if you ensure that you have these skills before doing the trip.

July 3 – 5 (Fri- Sun) – July 4th on Northern Neck: Chesapeake Wine Trail and Brewery

Location: Reedville, VA

Guides: Rick Wiebush, Laurie Collins

Cost: \$325, includes housing

Join for a long 4th of July weekend enjoying the northern neck of Virginia and the quaint, historic town of Reedville. This is unexplored territory for me, but all reports are that it is a fabulous paddling destination. This will be a house-based trip and a wonderful way to spend the July 4th weekend! We'll arrive Thursday night and depart mid-afternoon on Sunday.

What I like is that in addition to the paddling trips each day (including parts of the John Smith Historic Water Trail), a lot of "culture" will be mixed in. "Culture" is defined as: 1) five vineyards that are part of Virginia's Chesapeake Bay Wine Trail and 2) a local brewery!



After circumnavigating Fleet's Island (10.5 NM) on Friday, we'll head to the Kilmarnock Brewhaus to try one or more of their 15 locally-brewed beers AND locally caught crabs and oysters AND live music! See attached chart of Fleet's Island.

The plan for Saturday is to set up a one-way paddle (with shuttle) so that at the end of the day we land at a *vineyard that has its' own beach*. Then we can partake without having to worry about paddling back. That night we will also have a cookout on or near the vineyard property.

<https://jaceyvineyard.com/>

On Sunday we can do the shorter Cockerell Creek Water Trail with a stop at the waters edge ice cream shop and the Fisherman's Museum (shorter Sunday so we can get on the road)

The \$325 cost includes housing, one dinner and guiding. Does not include adult beverages at the vineyard or brewhaus. No formal instruction is included, but we are happy to help informally.

July 17 – 19 (Fri. – Mon.) Tangier Island Paddling and Cultural Immersion

Location: Tangier, VA

Instructors/Trip Leaders: Rick Wiebush

Cost: \$375 (housing included)

We are going back to Tangier Island for the 12th year in a row! Tangier is so special because: 1) everyone who has come here to paddle with Cross Currents has absolutely loved it; 2) it is a fascinating community of watermen that has an incredible history (from the mid-1600's) and a unique culture; 3) there are several wonderful trips to do in the middle of the Chesapeake Bay; 4) we stay in a great B&B and 5) the food is fabulous! Need any other reasons?

As in previous years, this will be for a small group of paddlers who will get together for a long three-day weekend. We'll catch the ferry from Crisfield MD on Friday, paddle that afternoon and all day Saturday, and most of the day on Sunday before getting the ferry back to Crisfield.



The Paddling

The trips will be for people of all skill levels (beginners excepted). Trips over the weekend will be selected from some of the following options:

- Circumnavigation of Tangier Island (8 - 9 NM)
- Exploring the various guts and sinuous creeks of the “Uppards”
- Following a string of sandy isles north toward Smith Island and across the Virginia –Maryland border
- Playing in a rambunctious (but safe) “zipper” at the extreme southern tip of the island



Culture

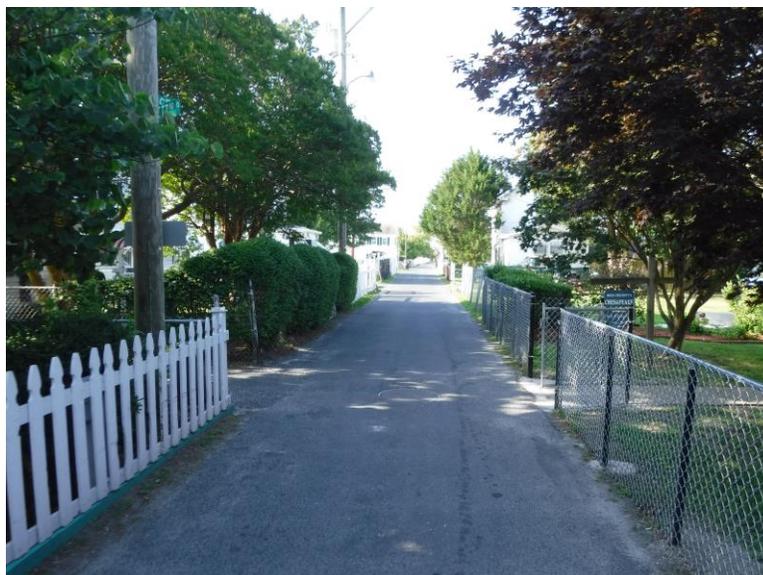
If you have never been to Tangier Island you are in for a real treat. It is like no place else you've ever been. These are friendly, hard-working people, almost all of whom have grown up on the island and are descended from about eight main families. They have a distinct dialect (allegedly Elizabethan) that at times is extremely hard to understand. Although they historically have all been watermen (and women), the difficulty of making a living that way has led some of the younger people to take jobs working two-week-on, two-week-off shifts on tug boats in the Gulf of Mexico and the Mississippi River.

You'll have an opportunity to wander around the island on its two or three very narrow streets, watch people get around in their golf carts, see the teen-agers cruise up and down the main street (in golf carts) on Saturday night, and eat unbelievably good, fresh food at two different restaurants.

We can also arrange for you to have an evening tour of one of the crabbing operations where you'll get a close up view of how the watermen make their living.

Cost

The \$375 cost includes housing for two nights, the round-trip ferry, two breakfasts, one dinner, guiding and instruction. The fee does not include the cost of one dinner, your lunches and snacks, your adult beverages, or your transport to/from Crisfield.



July 25 (Sat) – Introduction to Open Water Skills, Part I (Part II is on Aug. 1 - 2)

Location: Kent Narrows, MD

Instructor: Greg Hollingsworth

Cost: \$110 (for just this day; \$295 if taking both part I and II)

This is a two-part course that will introduce paddlers to open water skills on the Chesapeake Bay (Sat 7/25), and then have people apply those skills in open water conditions during a weekend session at the shore (Sat – Sun, 8/1 – 8/2).

Thinking about venturing into more challenging kayaking conditions or just want to be better prepared should weather conditions unexpectedly change? This course will provide you with a set of foundation skills that will help advance your paddling abilities and become comfortable and more confident in bouncier water. We will be focusing on the development of ACA Level 3 personal skills.

While Part I will be taught in flat water conditions, we will work on a variety of skills that are directly applicable to open water. And for each skill, we will describe how it will assist you in waves, winds and currents. We will work to refine the strokes and rescues you'll need and will go through some fun drills to reinforce the learning. Our intent for this course is to make sure you grasp each skill, can apply it when needed and understand its relationship to your paddling in rougher conditions.



August 1 - 2 (Sat – Sun): Intro to Open Water Skills, Part II

Location: Metompkin Inlet (Wachapreague), VA Eastern Shore

Instructors: Greg Hollingsworth

Cost: \$225 (for just this weekend; \$295 if taking both parts I and II)

Looking to try out rougher water paddling? Metompkin Inlet provides the best possible venue along the DelMarVa Atlantic coastline for learning. It provides a variety of conditions allowing for a safe and exciting learning environment that can easily be adapted for paddlers at many skill levels.

This course is designed for those who took Part I of Intro to Open Water Skills (on July 20) OR those who have taken some intermediate skills training and are looking to apply their skills in somewhat rougher water conditions. This two-day course will expose you to paddling in surf, current and open water under the watchful supervision of qualified ACA instructors.

We'll get acclimated to rougher water by practicing skills in smaller waves, including those skills that will keep you upright in waves and surf. You will learn a variety of techniques to launch and land through surf and to play safely in the surf zone. We'll gradually increase the challenges by venturing into more challenging conditions. Rescue drills will be intermixed and, if conditions permit, we will try our hand at surfing our kayaks.

This is always a fun and exciting weekend. You will come away with a new skill set and greater confidence. Part of what makes this a fun weekend is that we will be staying in a group house on the Virginia Eastern shore (near Onancock and the put in for Metompkin). Housing is not included in the course fee, but is usually only about \$50/night.



Aug 1 - 2 (Sat –Sun) – Paddle Smarter, Not Harder: Women’s Skills Workshop

Location: Wachapreague, VA Eastern Shore

Instructor: Paula Hubbard

Cost: \$225

This course is all about helping grow the women who have recently started in our sport and for those who may have been paddling for a while but have never had outstanding formal instruction. The women who did this course last year absolutely loved it! The class emphasizes the ways in which women can use proper technique, better balance, and a supportive learning environment to develop and enhance skill development. Learn how small women can keep up with the big boys, or even leave them in the dust. Explore ways of using your body to facilitate assisted and self-rescues, and see how a lower center of gravity can be a huge advantage in some aspects of paddling. This is all about paddling smarter, not harder.

The classes on both days will be on flat, calm water on the Chesapeake Bay.

On Saturday, the focus will be on strokes. It will start with a review of the basics, and emphasize effective use of the body to get the maximum performance with minimum effort. Don’t worry about being the slowest paddler in a group, we will spend a lot of time on the forward stroke making keeping up easier. Then we will work on boat control with grace and finesse. This will include standard sweep strokes, draw strokes, and blending strokes for efficient, elegant, and precise maneuvers. We will finish with support strokes, bracing and sculling. These strokes can increase your confidence in rougher water by giving you more stability. While it sounds very serious, be prepared for fun, games and lots of laughs, no pressure.

Sunday will be all about Recovery, Reentry and Rescues. The focus is on different ways to perform self and assisted rescues. The class will start with a review of the basics, then we will work on different aspects of a rescue starting with boat maneuvering, using your body to effectively perform an assisted rescue, climbing back into a kayak using a variety of techniques, plus a few more scenarios. There will be more fun, more games and more laughs.

As a bonus, we will be staying in two apartments at the wonderful Wachapreague Inn on the Virginia Eastern Shore. Staying together gives us more opportunity to talk about paddling trips, skills and just have fun together. The cost will likely be around \$50 per night for a shared room.

There will be two more advanced groups of paddlers staying (and playing) nearby, so you’ll have an opportunity to interact with them and watch them work on more advanced skills in bouncier water.



August 8 (Sat) – Risk Assessment and Incident Management

Location: Chestertown, MD (Sassafras River)

Instructor: Paula Hubbard

Cost: \$110

This course will introduce paddlers to the concept and practice of risk assessment for sea kayakers. It will also train participants in how to deal with situations in which – in spite of the assessed risks – things have gone very wrong.

The risk assessment portion of the course will present and discuss the factors that need to be taken into account by all paddlers at all times *before* getting on the water and what issues require constant monitoring once on the water, to avoid chaos and possible tragedy. Wind, weather, waves, current, the group's skill level, available equipment, and other considerations will all be reviewed. In addition, Paula will present the formal risk assessment models used by the Tsunami Rangers (discussed in the November 2019 issue of *Coastbusters*) and by Body, Boat, Blade (discussed in the January 2020 issue of *Coastbusters*).

Sometimes, in spite of careful planning and risk assessment, shit happens. The situations that arise – and responding appropriately to them – will form the main part of this course. During a journey on the water, various and multiple manufactured “incidents” will confront the group and will need to be dealt with by them. These may include relatively mild incidents like the paddler who wants to go off on her own, or a blown/lost hatch cover. They will also likely include more serious incidents like a capsized paddler who is unable to get back in his boat, a lost paddler, or a situation in which everyone in the group has capsized.

This course is on flat water, but it will challenge you both physically and mentally. It will also deepen your understanding of how to *prevent* “incidents” and how to *respond* safely and creatively to them when they do happen.

Both because and in spite of the above, this course is also an incredible amount of fun!



August 14 - 16 (Fri – Sun) – Introduction to Rocks and Ledges

Location: Narragansett Bay, Newport, Rhode Island area

Instructors: Ken Fandetti, Rick Wiebush

Cost: \$325

Course Description:

Join us on this very exciting and challenging course during which we will learn all the basic strategies for dealing with swell as it meets dramatic rocky shorelines and islands. It is just too much fun!

This is a three-day course. The first day (Fri) will focus on practicing the strokes and maneuvers that are used most frequently when playing in rocks and ledges. These include forward and reverse “sprints”, sculling draws and draws on the move, advanced stern rudders, bow rudders and low brace turns. We’ll also review the safest strategies for dealing with the unexpected capsize near swell and rocks. To see how these strokes and maneuvers work around rocks – and to develop confidence - we’ll practice in small play spots for most of the day.



Over the next two days, we’ll try some runs through narrow slots in the rocks, ride swell up to get as close to the rock face as possible and try some pour-overs. You’ll learn how to use risk assessment to select appropriate play spots. We’ll start with small features to develop water-reading skills and work our way up to bigger features. In all play spots, what you do will be “challenge by choice” i.e. if you don’t feel comfortable trying something, that is totally fine. You can just watch or maybe try a smaller feature. This is about expanding your skills and challenging yourself; not about being stupid or unsafe. This is not a testosterone challenge!

If you want to do this course you should be a pretty solid intermediate-level sea kayaker with good boat control and bracing skills. A roll would be helpful but isn’t required. You do not need previous experience in rock gardens, although you are welcome to join us if you have had some exposure to this aspect of paddling. You definitely need a helmet.

Aug 22 - 23 (Sat - Sun) – Intensive Intermediate Skills Workshop

Location: Kent Island/Kent Narrows

Instructor: Denise Parisi, Laurie Collins, Shelly Wiechelt

Cost: \$225

This is a repeat of the two-day intensive skills development course (see May 30 – 31) that will focus on learning or refining a whole range of core skills including strokes and maneuvers, edging, bracing and rescues. It is designed for rising intermediate paddlers. We hope to get you on the road to paddling with grace and style, like the person in this photo:



The course will include refinement of all the basic strokes (forward, reverse, sweeps, draws, stern rudder) and rescues (e.g. T-rescue, paddle float) as well as a range of intermediate strokes (e.g., bow rudder, low brace turn) and rescues (e.g., eskimo, scoop). We will place a major emphasis on edging to facilitate turns (or going straight!), bracing, and using the wind to your advantage.

The course is geared toward developing ACA Level 2 (and some Level 3) personal skills proficiencies.



August 29 (Sat) - Advanced Strokes and Cool Moves

Location: Rocky Gorge Reservoir, Laurel, MD

Instructor: Rick Wiebush

Cost: \$110

At the end of this day, you will totally be able to impress not only your paddling friends but also yourself with all the things you'll learn. The next time you go paddling with your friends and do some of this stuff, they'll be saying "Whoa! What was that? What did you just do? Can you show me again?"

We are going to spend the day learning a bunch of techniques and moves that most paddlers either don't know how to do or don't use often enough. These are strokes and maneuvers that will expand your repertoire AND make you look very cool. We'll work on turning strokes like the cross-bow rudder, and forward and reverse high brace turns; evasive moves like the draw on the move; gliding strokes such as forward and reverse side slips; and corrective strokes including the advanced stern rudder and keyhole stroke.

Then in the afternoon we are going to jack it up even further by focusing on ways to make you a more effective and fluid paddler by combining various strokes with one another. This part of the day is about taking strokes you already know (plus some you learn in the morning) and learning how to combine them with each other to create more powerful turns and doing maneuvers without losing momentum. Not only is it fun to do, but linking and combining strokes could be critical for getting to a capsized paddler – or out of a dangerous situation - much more quickly.



August 30 (Sunday) – Deep Trouble: Advanced Rescues

Location: Annapolis/Chesapeake Bay

Instructor: Rick Wiebush

Cost: \$110

As the name suggests, this course will be about learning rescues that you may need when you are in serious trouble, which typically happens in rougher water. We'll head out to the Bay to a few spots where we know we can find rougher water. During the day we'll learn and practice rescues that many people are not familiar with or don't practice often such as eskimo rescues (with bow, stern and paddle presentation), scoop, Hand of God, back deck carries, inter-boat transfers and rescues while under tow. We'll then have opportunities ("incidents") that will challenge us to find creative solutions to difficult problems.

This will be a demanding and challenging course. Consequently, you need to have a lot of experience – and be very confident about - basic rescue techniques such as the T-rescue and some form of self-rescue. This is not a course for "newish" paddlers.

Sept. 23-24 (Weds – Thurs) – ACA L3 Trip Leader Training/Assessment and BC 4* Prep

Location: Kiptopeke State Park, VA

Instructors: Jen Kleck, Rick Wiebush

Cost: \$260

The purpose of this training – besides having a lot of fun in a fabulous place to paddle - is to prepare people who want to lead others in a moderate water environment (ACA L3 or BC 4*). There will be a dual focus during these two days: training or assessment. One group will consist of paddlers who want to take the required L3 trip leader training course (training track). The other group will consist of those who want to be assessed for certification as an ACA L3 Trip Leader (assessment track). In order to be assessed, you need to have taken the L3 Trip Leader training course (or have equivalent skills). Participation in this course will also provide strong preparation for BC 4*. However, it will not technically meet the BC requirements for 4* training or assessment.

There is a major emphasis in this course on leadership skills including planning, communication, risk assessment, and incident management. Skills such as navigation, rescues and towing in rougher water, and launching and landing a group in moderate surf also receive considerable attention. The L3 Trip Leader award (and BC 4*) are leadership awards, not coaching awards. More details about the ACA L3 Trip leader award can be found here:

https://cdn.ymaws.com/www.americancanoe.org/resource/resmgr/sei-courses/L3_CK_TL_Skills.pdf

Housing

We always rent a house in Cape Charles for these special pre-Kiptopeke classes. Housing costs are typically \$50 - \$55/night for a shared room.



Sept 27 – 29 (Fri – Sun) – 10th Annual Kiptopeke Sea Kayaking Symposium

Location: Kiptopeke State Park, VA

Instructors: Jen Kleck, Tom Noffsinger, Alison Sigethy, Jeff Atkins, Ashley Brown, Rick Wiebush, Ed Schiller, Ken Fandetti, Brian Blankinship, Paula Hubbard, Greg Hollingsworth

Cost: \$450 (includes three days of classes + three nights lodging + Sat. dinner)

The Kiptopeke Symposium routinely is a fabulous event. People *love* it! There are several reasons for all the positive reviews including:

- the range of courses, with everything from novice to advanced level courses; and the number of courses, with about 10 to choose from each day
- the quality of the coaches, who are the best in the mid-Atlantic area and include some who are considered to be the best in the country
- the mix of participants, who come from 10 -12 different states, some as far away as Tennessee, Texas, California, Florida and Canada!
- the fact that the vast majority of participants stay together in the fantastic lodges, which helps create a wonderful sense of community
- the venue itself, next to the Virginia barrier islands, and with immediate access to the calmer waters of the Chesapeake Bay and the rougher conditions that can be had in the Atlantic Ocean.



The 2020 courses will be finalized by about May 1 and registration will start that date as well. We plan to offer the most popular courses from past years, plus some new ones. Typical courses include:

- Beginning and Advanced Rolling
- Greenland Skills
- Intermediate skills
- Life on the Edge and Open Water Skills
- Intro to Surf; Advanced Surfing
- Intro to Rougher Water
- Basic and Advanced Rescues
- Towing
- Paddling with Grace and Style
- Edging and Bracing
- Wreckage in the Wave Train
- Barrier Island touring trips

If you would like to get a better sense of the kinds of courses that have been offered, see here:

<http://www.crosscurrentsseekayaking.com/#!symposium>

Also, don't forget to check out the video here: <http://www.youtube.com/watch?v=PA6ls-AsWl0>



Oct 10 - 17: Poros Island, Greece - this trip is currently full; waitlist available.

Location: Poros, Greece

Guide/Instructor: Rick Wiebush + Local Guide

Cost: \$995 (housing included)

Cross Currents is going to Greece for the second time this year! This trip to Greece will be a paddling and cultural trip to an island with fantastic paddling venues and crystal clear blue (mostly flattish) water. We will be staying at a boutique waterfront hotel that is very highly rated and that has great food. It is steps from the put-in.

It's important to stress that this is both a paddling and cultural experience. It will not be high adventure, rough water paddling; just exploration with beautiful scenery and outrageously clear water. Expect 10 - 12 NM/day.

There are several additional activities that people can do including: a Greek cooking class with dinner (60 euros), yoga, mountain biking (6 euros/day), a visit to an olive farm, snorkeling, and others. These are "add-ons" the cost of which is not included in the price shown below.

The cost is \$995 + airfare. The \$995 gets you a two-person shared en-suite room, 5 or 6 days of paddling, 7 breakfasts and 1 dinner. Non-paddling spouses/friends (if they share a room with you) are welcome. The cost is 20% less, so \$795.

Airfares right now are around \$750 from Baltimore/DC.

This is the hotel: <https://odysseyactivities.com/>

This is the kind of boats they have: They have so-so paddles, so we would do well to bring our own. <https://rainbowkayaks.com/gb/sea-kayaks-9-oasis-425.html>

Here are some pics and things to see and do:

<https://www.thecrazytourist.com/15-best-things-to-do-in-poros-greece/>



Nov. 7 – 15 (Sat. – Sun): Pacific Baja – Rocks and Ledges + Lighthouse Stay

Location: San Diego and Ensenada, Baja Mexico

Instructors: Jen Kleck, Rick Wiebush, Victor Leon

Cost: \$895 (includes instruction, boats and equipment, 6 nights lodging, most meals, transportation to Baja and back)

Everyone that has done this with us over the past five years called it one of the best paddling trips they've ever done! Everyone!



Paddle pour-overs, chutes, ledges, caves. Push yourself. Hold back if something makes you nervous. Take in the incredible vistas. Relax in the evenings in Victor's house overlooking the Pacific. Enjoy great local meals. This is where we paddle and play:



Join Jen Kleck and Rick for a week-long trip that will feature several days of rock gardening and a crossing to Todos Santos islands where we'll be spending the night in a lighthouse overlooking the Pacific Ocean! This trip is for those who have had some rock gardening experience and/or the equivalent of 3* skills.

In addition to the fabulous paddling, the Baja trip has now been extended one additional day to give us some time to experience the (non-paddling) culture of Baja. We will sample street food, check out the local fish markets, visit a vineyard and do wine tasting and/or go to a local brewery.

After traveling by van from San Diego to our base at a house in La Burfadora, we will spend a couple of days playing amidst the rocks and waves of the Pacific coast. The shoreline here is absolutely gorgeous, with mountains rising up from the sea, and massive stone pillars and caves dotting the coast. It is also a paddler's playground with all kinds of features that are easily accessible and safe. As is always the case with our rock gardening courses, this will be challenge by choice – if you don't feel comfortable doing something, it's totally fine to not do it. But you will be thrilled by the challenges you do take on.

Here is the basic agenda for the week:

Saturday Nov 7: fly San Diego; stay hotel

Sunday: AM drive to Ensenada (3 hrs.); food shop; get set up in the house; short afternoon paddle to play at a gigantic blowhole. Stay in Victor's house which is perched on a cliff overlooking the Pacific.

Monday and Tuesday: coastal exploration; play in rocks and ledges; stay at house.

Wednesday: paddle 9 NM (3 mile crossing) out to Todos Santos islands; rock gardening; stay in lighthouse.

Thursday: return to mainland; rocks and ledges along the way; return to house

Friday: More coastline exploration with a focus on finding and exploring caves as well as the usual pour overs, chutes, etc.

Saturday: "culture day" – street food, the markets, a vineyard and wine tasting, etc. Late afternoon return to San Diego; stay hotel

Sunday, Nov 15: Fly home.



The Slot of Boom

:



The view from Victor's house



Baja sunset



Running a chute