



Cross Currents Sea Kayaking



2019 Course Descriptions



Cross Currents Sea Kayaking – Overview of 2019 Courses

Here are the courses and trips that Cross Currents will be offering in 2019. 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 this year as well as the most popular courses from past years. Highlights include:

- A week-long trip in the middle of winter to the sunny (and warm) Jacksonville, FL area where we will stay in an ocean-front house and do day trips to places like the Okefenokee Swamp, Cumberland Island, Little Talbot Island State Park and historic St. Mary's City; ([new](#))
- A local weekend trip to the magical, mysterious Hooper Islands and the Blackwater Wildlife Refuge; ([new](#))
- A long house-based weekend in the Outer Banks in early May, doing day trips to explore Cape Lookout, Bear Island and other locations;
- A four-day “Gathering at Tangier” on Tangier Island in the middle of the Chesapeake Bay. The Gathering will include trips to different destinations each day, optional skills sessions, and overnights in one of two great B&B’s in this historic watermen’s community; ([new](#))
- A week-long, house-based trip to the Bar Harbor area of Maine for a series of day trips on one of the most compelling, dramatic coastlines on the East Coast ([new](#))
- A long weekend exploring Smith Island, Tangier’s neighbor to the north and also a fascinating watermen’s community; ([new](#))
- An Intro to Surf class for women called “Surf Sisters” ([new](#)) and a repeat of the now-famous two-day women’s workshop (“Paddle Smarter, Not Harder”), both with Paula Hubbard;
- A three-day “Low Country Gathering at Charleston” – with Ashley Brown and Jeff Atkins - that will include intermediate and advanced skills sessions, surf and current play, day trips to places like Ft. Sumter, and sharing waterfront homes;
- 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;
- ACA L3 trip leader training and assessment with Jen Kleck and Rick Wiebush; ([new](#))
- And, of course, the 9th 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 2019

Day/Date	Course	Location	Instructors	Cost
I. Unconscious Competence Series				
May 11 - Oct. 15 <i>see course description</i>	Unconscious Competence: Version 2.5 for UnCon Graduates	Cape Henlopen + Metompkin Inlet, VA + Rhode Island + OCNJ + others	Rick Wiebush, Paula Hubbard, Tom Noffsinger, inter alia	\$925 (6 weekends)
II. Individual Courses and Trips				
Sat – Sat Feb. 16 - 23	Jacksonville Journeys	Jacksonville, Amelia Island, FL	Rick Wiebush	\$795 Incl housing
Sat Apr 13	On-Water Navigation	Annapolis, MD	Paula Hubbard Rick Wiebush	\$100
Fri – Sun Apr 19-21	ACA L2 Instructor Certification Workshop	Lake Anna, VA	Rick Wiebush	\$325 + housing
Sat – Sun Apr 27 - 28	Hooper Islands + Blackwater Magical Mystery Tour	Fishing Creek, MD	Rick Wiebush	\$295 incl housing
Fri – Sun May 3 - 5	Cape Lookout and the Outer Banks	Emerald Isle, NC	Rick Wiebush James Kesterson	\$375 incl. housing
Fri – Mon May 24 - 27	The Gathering at Tangier Island	Tangier, VA	Rick Wiebush and others	\$425 Incl housing
Sat - Sun June 7-8	Intensive Intermediate Skills	Kent Island, MD	Denise Parisi, Laurie Collins, Shelly Wiechelt	\$200
Sat – Sun June 22 - 23	Women's Skills Weekend: "Paddle Smarter"	Chestertown, MD (Sassafras River)	Paula Hubbard	\$225 + housing
Sat – Sat June 29-July 6	Exploring the Maine Coast	Bar Harbor, ME	Rick Wiebush	\$795 incl housing
Fri – Sun July 19 - 21	ACA L3 Instructor Development Workshop	Chincoteague, VA	Rick Wiebush	\$325 + housing
Sat. July 20	Intro to Open Water Skills Pt I	Kent Island MD	Greg Hollingsworth	\$100
Sat – Sun July 27 - 28	Intro to Open Water Skills Pt. II	Metompkin Inlet, VA	Greg Hollingsworth	\$200 + housing
Sat – Sun July 27 -28	Intermediate and Advanced Surfing	Metompkin Inlet, VA	Tom Noffsinger	\$225 + housing
Sat. - Sun. July 27 - 28	Surf Sisters – Intro to Surf	Metompkin Inlet, VA	Paula Hubbard	\$200 + housing
Fri – Sun. Aug 3 - 5	Smith Island Getaway	Smith Is., MD	Rick Wiebush	\$325 incl housing
Fri – Sun. Aug. 23 - 25	Rocks and Ledges in RI	Newport, RI	Rick Wiebush Ken Fandetti	\$325 + housing
Sun. Sept 1	New York City Weekend	Circumnavigate NYC	Rick Wiebush	\$150 includes housing
Mon. Sept 2		Statue of Liberty		
Weds – Thurs Sept 25-26	ACA L3 Trip Leader Training + Assessment	Cape Charles, VA (Kiptopeke)	Jen Kleck Rick Wiebush	\$260 + housing
Weds – Thurs Sept 25-26	Expedition Training – Two Day Intensive	Cape Charles, VA (Kiptopeke)	Ed Schiller	\$200
Fri – Sun Sept 27-29	9th Annual Kiptopeke Symposium	Kiptopeke State Park, VA	Jen Kleck, Ashley Brown, Tom Noffsinger, Rick Wiebush, Jeff Atkins, Ken Fandetti, inter alia	\$450 Incl housing
Fri – Sun Oct 18 - 20	The Low Country Gathering at Charleston	Charleston, SC	Ashley Brown, Jeff Atkins Rick Wiebush	\$350 + housing
Sat – Sun Nov 9 - 16	Pacific Baja: Rocks and Ledges + Lighthouse Stay	Ensenada, Baja, Mexico	Jen Kleck, Victor Leon Rick Wiebush	\$895

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

Announcing Two New Frequent Paddler Programs

Frequent Paddler Points

Cross Currents is happy to announce our new frequent paddler program (FPP), through which you can get reduced prices or even free classes or trips. 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 2019), 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 were 23 people who would have earned 12 + points last year, so it's very doable.
- 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, Tom Noffsinger's Advanced Surfing course and Greg Hollingsworth's Intro to Open Water.

Free Practice Sessions

Cross Currents will be holding free mid-week practice sessions at various locations 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 2019 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 30	6 – 8:30	Rocky Gorge Res.	Thurs. Aug. 1	6 - 8:30	Rocky Gorge
Thurs. June 13	6 – 8:30	Little Seneca Lake	Thurs. Aug. 15	6 - 8:30	Inner Harbor/Canton
Thurs. June 27	6 – 8:30	Rocky Gorge Res.	Thurs. Aug. 29	6 - 8:30	Daniels Dam
Thurs. July 18	6 – 8:30	Centennial Lake	Thurs. Sept. 12	6 - 8:30	Rocky Gorge

Coaches

Rick Wiebush is an ACA L3 Instructor Trainer (IT) and L4 Open Water Instructor. He is also a 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 veteran Park Ranger from Charleston SC. He is an ACA L4 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 3 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. This year, Greg is working on his ACA Level 4 instructor certification

Mike Ward - is an ACA Level 3 Instructor who loves teaching people how to deal with rougher water and surf. Mike played a key role in the implementation of the Unconscious Competence series in 2015. He lives in Hershey, PA.

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; Cape Henlopen, DE; Metompkin Inlet, VA; Chesapeake Bay and Newport, Rhode Island

Instructors: Rick Wiebush, Paula Hubbard, Tom Noffsinger, Mike Ward, Denise Parisi

Duration: mid-May 2019 through October 2019 (see schedule below)

Cost: \$925 for the whole series (six weekends).

Course Description

This course is only for graduates of the Unconscious Competence program that Cross Currents had conducted for the past three years. “UnCon” 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. For the regular UnCon series, 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. It's time to expand those skills and move up to a new level. For this special program for UnCon graduates the focus will be on developing and/or solidifying ACA L4 skills and BC Sea Leader skills.

Schedule for the Unconscious Competence Series in 2019

Day/Date/Time	Course	Location	Instructors
Sat. May 11	Review of key maneuvers, rescues, towing, navigation, and incident management	Kent Narrows	Rick Wiebush Paula Hubbard
Sun. May 12	Dealing with current	Susquehanna River	Rick Wiebush Mike Ward
Sat – Sun June 15-16	Chesapeake Bay Expedition	Tangier and Smith Islands, Chesapeake Bay	Rick Wiebush Denise Parisi
Sat - Sun July 13 – 14	Open Water Skills and Advanced Surfing	Metompkin Inlet, VA	Tom Noffsinger Rick Wiebush
Fri – Sun Aug 9- 11	Advanced Rocks and Ledges	Newport, RI	Ken Fandetti Rick Wiebush
Sept 7	Delaware Bay Crossing	Cape Henlopen, DE	Rick Wiebush Mike Ward
Oct 12 - 13	Surf Zone Play (peer paddle)	Ocean City NJ	Rick Wiebush Paula Hubbard

Part II: Individual Courses and Trips

Feb 16 – 23 (Sat – Sat): Jacksonville Journeys

Location: **Jacksonville, FL area**

Instructor/Guide: Rick Wiebush

Cost: \$795 (housing included)



We are again getting out of the cold and snow in mid-winter and doing one of Rick's favorite trips: to the Jacksonville area and some spectacular paddling venues. Our base will be an eight-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, 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.

April 14: On Water Navigation

Location: Annapolis, MD

Instructors: Paula Hubbard, Rick Wiebush

Cost: \$100

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 ten-mile 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!



April 19 – 21 - ACA L2 Instructor Certification Workshop (ICW) and L2 Update

Location: Lake Anna, VA

Instructor Trainer: Rick Wiebush

Cost: \$325 for the ICW; \$225 for the Update

This is an Instructor Certification Workshop (ICW) for those wishing to get certified as an ACA L2 sea kayaking Instructor. It can also be used by current L2 instructors to meet the ACA requirement that you participate in an Update once every four years.

This course will be held at Lake Anna because one section of the lake has warm water all year. We will be staying in a rental house that has access to the warm portion of the lake. Housing costs will be about \$55/night for a shared room.

The ICW consists of two basic parts. The first two days involves tuning up the candidate's personal skills, expanding their general knowledge of kayaking, and learning about effective methods for teaching the sport to others. The candidates have multiple opportunities to practice their teaching skills. The third day is the formal assessment of personal skills, general knowledge of the sport (e.g. tides and currents, navigation), and teaching ability. Taking the course does not guarantee certification.

A candidate's likelihood of passing is greatly enhanced if he/she comes into the course with good command of the personal skills required at the L2 level. That's because an ICW is about learning how to teach effectively, not learning the skills yourself! To give you some idea of what's required, the following link provides the instructor criteria for Level 2.

https://cdn.ymaws.com/www.americancanoe.org/resource/resmgr/sei-courses/l2_ekt_instcrit.pdf

Current L2 Instructors and the Update

This ICW can serve as an update for current L2 instructors. The ACA requires that you 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.

You can participate for two of the three days to qualify for the update. The cost is \$225. As part of the update, you will be expected to demonstrate the same (or better) skills that led to your initial certification. You can also expect to dramatically expand your skill set during this course.

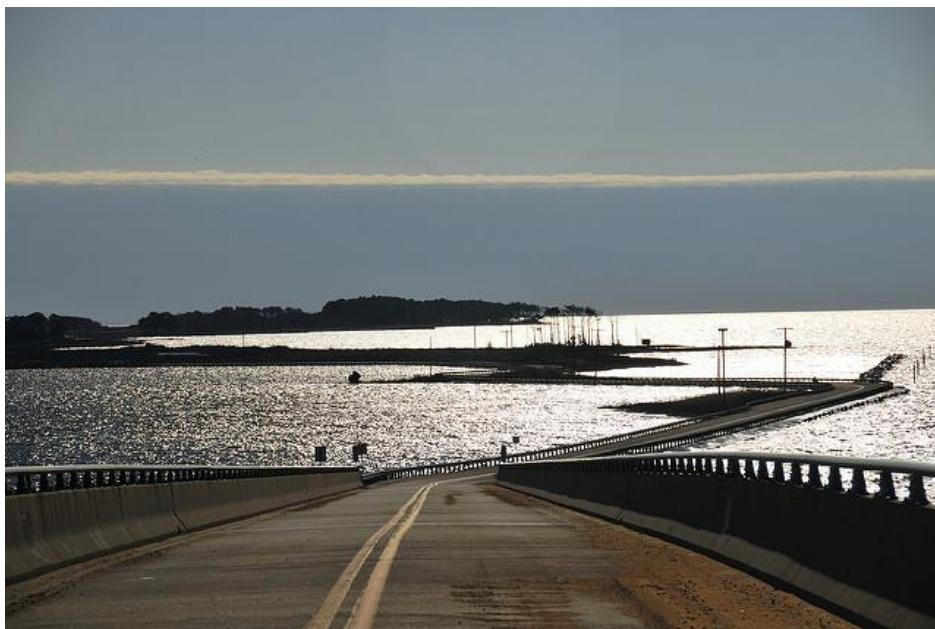


April 27 – 28 (Sat – Sun) Hooper's Island and Blackwater Magical Mystery Tour

Location: Fishing Creek, MD

Guide: Rick Wiebush

Cost: \$295 (housing included)

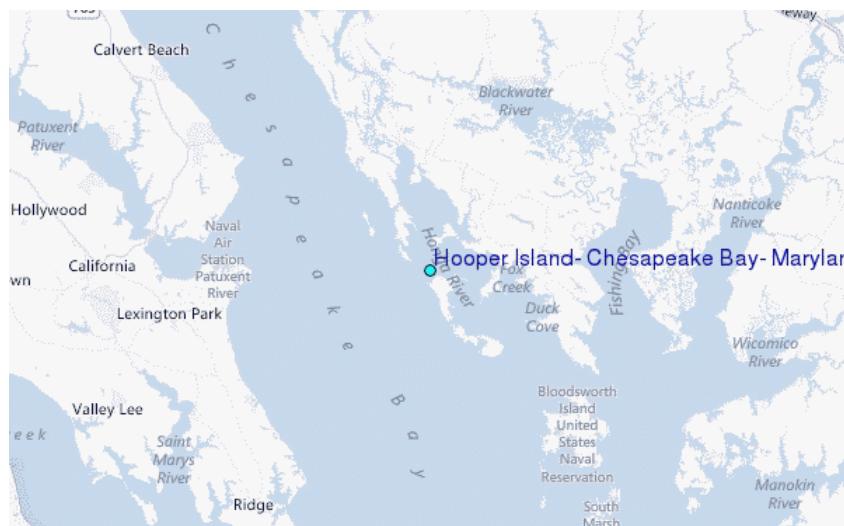


Hooper's Islands

You need to experience this Chesapeake gem that – inexplicably – few paddlers actually explore. Join us this spring to check out the watermen's communities of Upper and Middle Hooper Islands, and the uninhabited Lower Hooper Island. There is a mysterious and magical quality to these places, where sea gulls wheel above mist-enshrouded pines, crabbers and oystermen slide their boats alongside the Phillips Seafood processing facility to unload their catch, and uninterrupted 180-degree Chesapeake Bay vistas.

We'll spend two nights in a 5 BR 3 BA house, explore Hooper's on Saturday, and then have dinner at Old Salty's (right next to the house). On Sunday we'll paddle the serpentine, tranquil, and equally mysterious trails of the nearby Blackwater Wildlife Refuge, with its 250 bird species, including the largest breeding population of Bald Eagles on the East Coast north of Florida.

This is very cool paddling!



May 3 – 6 (Fri – Sun): Outer Banks and Cape Lookout

Location: Emerald Isle, NC

Instructor/Guides: Rick Wiebush, James Kesterson

Cost: \$375 (housing included)

Course Description

This has been such a great trip in previous years, we just had to offer it again! The Outer Banks is a paddling paradise and we are going to spend three days exploring different areas of the OBX during a perfect time of the year! In May the air temperatures are great and the water is between 65 – 70 degrees.

We have an 8 BR, 6 BA house that we will use as a base and it is right on the beach! During the weekend, we'll do a series of day trips including:

- An 8 to 10-mile circumnavigation of Carrot Island, first passing the historic town of Beaufort and then seeing ponies on the wilder part of the island. If the group wants, we can extend this trip another 4-6 miles by going out to Shackleford Banks.
- A 15-mile trip from Swansboro out to – and around – the totally undeveloped Bear Island.
- A paddle to Cape Lookout National Seashore. I've done this trip and there is only one word to describe it: spectacular!



Housing, breakfast and lunch are included in the price. In the evenings, we can either cook at the house or go out to some of the great restaurants in the Beaufort/Swansboro area. If we have some time we should walk around Beaufort and maybe visit the fabulous Maritime museum.

James Kesterson will be helping to lead this trip. James is from Raleigh and considers the OBX his personal playground. You'll love his style, and his incredible knowledge of the area!

Beaufort is approximately a 5.5-hour drive from the DC area. We will have the house starting on Thursday night, so people can come down after work that day. We'll paddle all day Friday and Saturday, and until about 3 PM on Sunday, so that people can get home that night if they want. (But we have the house for Sunday night too.)

May 24 – 27 (Fri. – Mon.) The Gathering at Tangier Island

Location: Tangier, VA

Instructors/Trip Leaders: Rick Wiebush, Laurie Collins, Denise Parisi, inter alia

Cost: \$425 (housing included)

The spring Gathering – usually held in Onancock, VA - will be on Tangier Island for the first time. We've chosen Tangier for several reasons including: 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 unique culture; 3) there are several wonderful trips to do in the middle of the Chesapeake Bay; 4) we stay in quirky B&B's and 5) the food is fabulous! Need any other reasons?

As in previous years, this will be for a small group (n=20-25) of Cross Currents customers and instructors/trip leaders, who will get together for a long four-day weekend. We'll catch the ferry from Crisfield MD on Friday, paddle that afternoon and all day Saturday, Sunday, and most of the day on Monday before getting the ferry back to Crisfield.



The Paddling

There are several very cool paddles to do and the one I really want to see happen is the five-mile crossing to Watts Island and back. It's weather dependent, but if we can do it, it's fabulous. We'll also circumnavigate Tangier, explore the "Uppards" and follow the chain of sandy islands that lead up to Smith Island. Most paddles are about 10 - 12 miles.

For each trip, people will have a choice between just paddling, or paddling and periodically working on skills. For those who are interested in working on some skills, we'll be using a "teach n trek" model that is organized around the trip, but which is punctuated along the

way with mini-skills sessions. Those sessions might include practicing certain strokes or maneuvers that are directly applicable to the environment we're paddling through, short navigation lessons and exercises, or rescues, etc. The basic idea is that we will not be sitting in one place each day concentrating just on skills development, but rather integrating skills improvement into our trip(s).

But you can also skip the skills part and just paddle and enjoy the scenery!

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
- Making a five-mile open-water crossing to Watts Island, a sliver of sandy land that is a bird sanctuary and is studded with clumps of pine and wild asparagus.



Cost

The \$425 cost includes housing for three nights in one of two island B&Bs (about a five-minute walk from each other), the round-trip ferry, three breakfasts, two dinners, 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.

On the Friday night, we'll have dinner at one of the islands great restaurants. The other two nights we'll eat at Hilda Crockett's B&B, which serves all-you-can-eat family-style meals. The food is just incredible. It includes some of the best crab cakes you'll ever eat, clam fritters, baked ham, green beans, beets, applesauce and home-made bread! You'll need to do a lot of walking around the island (check out the cemeteries) and a lot of paddling just to work off the dinners!

June 7 - 8 (Sat - Sun) – Intensive Intermediate Skills Workshop

Location: Kent Island/Kent Narrows

Instructor: Denise Parisi, Laurie Collins, Shelly Wiechelt

Cost: \$200

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.

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.



Swimmer back deck T rescue

June 22 - 23 (Sat –Sun) – Paddle Smarter, Not Harder: Women’s Skills Workshop

Location: Chestertown, MD and Sassafras River

Instructor: Paula Hubbard

Cost: \$225

The eight 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.

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 a B&B at the outstanding Crowe Vineyard on the 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.



June 29 – July 6 (Sat. – Sat) Exploring the Maine Coast

Location: Brooklin and Bar Harbor, ME

Guide: Rick Wiebush

Cost: \$795 (includes housing)

BUCKET LIST! This is a week-long Maine trip to explore the coastline in the greater Acadia area. We'll be doing a series of day trips, many of which will include sections of the Maine Island Trail. This is an extremely dramatic coastline, some of which is protected by outer islands and some of which is exposed to bigger swell and rocks and ledges. There will be lots of lobster boats, fog and seals. We'll go to the Cranberries, paddle in the Stonington archipelago and, near Bar Harbor, we'll check out the Porcupines and the Keyhole (a slot where Sergio was once trapped upside down), and several other spectacular locations. For the more adventurous, we'll check out Sullivan's Falls for some current play. In short, this will be a spectacular trip!



We'll be staying in an eight-bedroom, five-bath house that is centrally located to the various paddling venues. The \$795 course cost includes housing (semi-private rooms for singles and private rooms for couples). It also includes fixings for breakfast and lunch everyday (I'll buy a bunch of stuff, but you make your own whatevers each day.)

Friday June 28 and/or Sat June 29 would be travel days. Ditto Sunday July 7th. It is an 11-hour drive from Baltimore to the Bar Harbor area. Flying to Bangor (closest airport) looks like it's expensive (\$900). One possibility would be to fly to Portland via Southwest for about \$450, rent a car and drive the three hours to the Bar Harbor area.

If you fly, you can get your boat transported for \$100. There are also several kayak rental places in Bar Harbor. But you would have to find out about renting them for a week and taking the boat with you for that long.

July 19 – 21 (Fri – Sun) - ACA L3 Instructor Development Workshop (IDW) and L3 Update

Location: Chincoteague, VA

Instructor Trainer: Rick Wiebush

Cost: \$325 for the IDW; \$250 for the Update

This is an Instructor Development Workshop (IDW) for those wishing to prepare for becoming an ACA L3 Coastal Kayaking Instructor. It can also be used by current L3 instructors to meet the ACA requirement that you participate in an Update once every four years.

ACA Certification is a two-part process: The Instructor Development Workshop (IDW) which focuses on learning how to teach others, and the Instructor Certification Exam (ICE) which is the formal evaluation of skills. Certification is based upon paddling skills (e.g., strokes, rescues), general knowledge (e.g., tides and currents, navigation), and teaching skills. Taking the course does not guarantee certification.

This course is an IDW only. If there is sufficient demand, the ICE assessment will be offered later in the summer, after IDW participants have had sufficient opportunity to practice.

In the IDW portion of the course, the instructor trainer models effective methods for teaching kayak-related skills. Then the candidates have multiple opportunities over several days to practice their teaching skills. The course also places a strong emphasis on group management, risk assessment, incident management, and general knowledge such as navigation.

To participate in the course, you must have received the ACA L3 personal skills award. If you have not had that personal skills assessment, but have demonstrated L3 personal skills to me at some point, we can arrange with ACA to have that formally documented. You would then be eligible to take the IDW. The personal skills requirement is in place because an IDW is about learning how to teach effectively, not learning the skills yourself! To give you some idea of what's required, the following link provides the instructor criteria for Level 3.

http://www.americancanoe.org/resource/resmgr/sei-courses/l3_ck_instcrit.pdf

Current L3 Instructors and the Update

This IDW can serve as an update for current L3 instructors. The ACA requires that you 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.

You can participate for two of the three days to qualify for the update. The cost is \$250. As part of the update, you will be expected to demonstrate the same (or better) skills that led to your initial certification. You can also expect to dramatically expand your skill set during this course.



July 20 (Sat) – Introduction to Open Water Skills, Part I (Part II is on July 27 - 28)

Location: Kent Narrows, MD

Instructor: Greg Hollingsworth

Cost: \$100 (for just this day; \$275 if taking both parts I and II)

This is a two-part course that will introduce paddlers to open water skills on the Chesapeake Bay (Sat 7/20), and then have people apply those skills in open water conditions during a weekend session at the shore (Sat – Sun, 7/27 – 28).

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.



July 27-28 (Sat – Sun): Intro to Open Water Skills, Part II

Location: Metompkin Inlet (Onancock), VA Eastern Shore

Instructors: Greg Hollingsworth

Cost: \$200 (for just this weekend; \$275 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.



July 27 -28 (Sat – Sun) – Intermediate and Advanced Surfing

Location: Metompkin Inlet (Onancock, VA)

Instructor: Tom Noffsinger

Cost: \$225

This course is outstanding! The two-days focus on intermediate and advanced sea kayak surfing skills. The goal is to provide you with the tools to better control your boat and to become a more accomplished sea kayak surfer. The first day will focus on specific skills in a logical progression. Day two will involve more free surfing time, accompanied by specific one-on-one coaching about your individual progress. The goal is to accelerate your skills with two surfing-specific days on the water. If conditions allow, we will also provide video review and feedback.

You'll learn about on-wave positioning, adjusting your speed while surfing, recovery from side-surfing, top turns, bottom turns and how to deal with close-outs. On-land topics will include strategies for different wave formations, use of the shoulder for breaking waves and staying on the peak of spilling waves.

Previous experience in the surf is required, ideally through a surf zone strategies and sea kayak surfing courses. A helmet is required along with the ability to self-rescue (cowboy, re-enter + roll, etc.).



July 27 – 28 (Sat. – Sun) – Surf Sisters’ Intro to Surf

Location: Metompkin Inlet, Onancock, VA

Instructor: Paula Hubbard

Cost: \$200

This all-women course will focus on introducing people to the skills they need to play safely in the surf zone and to catch and ride waves. The course will include understanding the surf zone, identifying safe areas, the take-off, timing, power strokes, holding position on the wave, and launching and landing, among others. There will be lots of drills to increase your confidence in a dynamic environment.



You’ll note that there is a major emphasis on safety and building confidence. It’s tough to learn when you’re afraid. Having an all-women’s group will help to create a supportive, non-competitive environment where everyone will free to try new things.

To take this course, you must have a good grasp on basic skills including forward and sweep strokes, bracing, and T rescues. Although this is an “intro” course, it is not for beginners. You need a helmet. If you don’t have one, we can probably borrow one for you.

The women will be staying together in a group house, in semi-private rooms. The cost of the housing is not included in the course fee. Expect to pay about \$50 - \$55 per night. In the evenings, we can either cook group meals or go out to one of the great nearby restaurants.



August 2 – 4 (Fri-Sun) – Smith Island Exploration

Location: Tylerton, Smith Island, MD

Instructor: Rick Wiebush

Cost: \$325 (includes housing)

Course Description

Smith Island is a waterman's community of about 300 people that sits in the middle of the Chesapeake Bay, right on the Maryland – Virginia border. In fact, two-thirds of the island is in Maryland and one-third in Virginia. Like Tangier, it is a maritime community steeped in history, with a distinct culture and dialect. The only way to get to it is by boat.

It is also a sea kayaking bonanza, since there are over 100 miles of waterways to explore. Take a look at the photo below (view is to the south) to get an idea of the paddling opportunities.

The community in the foreground is Ewell. The small community on the left is Tylerton, which will be our base for three days of exploration. Tangier is in the far distance (12 miles away!). Not shown is Martin National Wildlife Refuge which sits just to the north of Ewell, is larger than Smith Island, and which effectively doubles the area that can be paddled.



Our trip will begin at the Crisfield dock at noon on the Friday, when we'll get the ferry over to Smith. After getting settled in our newly-renovated 4 BR 2 BA waterfront house, we'll hit the water for three days of paddling. We can explore Martin National Wildlife Refuge, visit the three different communities on Smith, circumnavigate the island, cruise past (and under) crab sheds, watch the watermen bring in their haul, and explore the various guts and creeks that slice through the island. For dinners, we'll be able to get some of the freshest seafood available and - if we are up to it – eat some famous Smith Island cake that has 10-12 layers swathed in chocolate icing!

Obviously, this is a do-not-miss Cross Currents trip!

The \$325 covers two nights lodging, the round trip ferry, two breakfasts and lunches, and guiding. It does not include dinners, your snacks, adult beverages and your transportation to/from Crisfield.

August 23 - 25 (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.

Sept 1 -2 (Sun - Mon) – New York City Weekend: Circumnavigation of Manhattan, then The Statue of Liberty and Ellis Island

Location: Saturday: Red Hook, Brooklyn. Sunday: NJ Science Center, Jersey City, NJ

Instructor/Guide: Rick Wiebush

Cost: \$150 (includes housing)

This is an NYC immersion weekend that includes *free housing on Saturday and Sunday nights*. We're doing it Labor Day weekend because everyone else *leaves* NYC that weekend!

Manhattan. On Sunday, we'll do the 26-mile circumnavigation of Manhattan. 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.

Statue of Liberty and Ellis Island. On Monday, we'll do a half-day out-and-back to the Statue of Liberty and Ellis Island, the entry point to America for thousands of immigrants. We'll cover about six miles but will have to be alert due to currents and a LOT of ferries and tour boats. It will be well worth the effort as we gain spectacular views of the Verrazano Narrows Bridge, the Manhattan and Hoboken skylines, New York Harbor, and of course, the Statue!



Sept. 25-26 (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. 25 – 26 (Weds – Thurs) - Expedition Training: A Two-Day Intensive Practicum

Location: Kiptopeke State Park, VA

Instructor: Ed Schiller

Cost: \$200

If you've ever enjoyed reading accounts of kayaking expeditions (usually accompanied by jaw-dropping photos) here's your chance to learn the skills needed to do one of your own! Whether you aspire to multi-day trips or simple overnights, this two-day intensive will lay the foundation to get you started.

After a review of the essentials needed for kayak tripping (distance planning, gear selection, food, water, how to pack a kayak, camping spots, leave no trace principles, etc.), the group will plan out the day's route and pack up the kayaks. Using the course we've plotted, we'll paddle about four miles to Mockhorn Island for lunch, set up camp and then spend the rest of the day exploring, using local conditions to practice skills.



The overnight on the island will provide plenty of time for learning how to set up cook stoves, cooking meals, managing camp sites, planning the next day's paddle and maybe even a good ghost story around the campfire. The following morning we'll break camp, re-pack the kayaks and explore the shoreline, again practicing skills as we return to the mainland.

People who sign up for this course will receive a full equipment list prior to the class, but be prepared to bring a sleeping bag, tent, spare clothes in dry bags, food for two days and if you have one, a camp stove. You'll be responsible for your own lunch and dinner the first day and for breakfast and lunch the second. Suggestions for appropriate foods to bring for meals will be included in the equipment list. This will be fun!

Note that you do not have to participate in the symposium to do this special course.

Sept 27 – 29 (Fri – Sun) – 9th 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 2019 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.crosscurrentsseakayaking.com/#!symposium>

Also, don't forget to check out the video here: <http://www.youtube.com/watch?v=PA6ls-AsWI0>



Oct 18 – 20 (Fri – Sun): The Low Country Gathering at Charleston, with Laaathouses!

Location: Charleston, SC

Instructors: Ashley Brown, Jeff Atkins, Rick Wiebush,

Cost: \$350 (+ housing)

We are going back to Charleston this Fall! The past two years have been wonderful with perfect weather, great people and exciting paddling. Jeff and Ashley love hosting us, are highly skilled paddlers, and are incredibly fun to paddle with.

Two Highlights: Night Navigation in Charleston Harbor and a Low Country Boil!

Like other Cross Currents” “Gatherings”, this Low Country Gathering will include about 25-30 people of various skills levels. We will have skills classes and trips for all levels. Charleston is a fabulous paddling destination that offers opportunities for both calm and rough water paddling. You will be able to mix and match trips and skills classes. Each day will be your choice: you can do a trip or take a skills class.

The trips can include places like Charleston Harbor (in daylight) and historic Fort Sumter, and/or some of the backcountry marshes and creeks. We’ll also be sure to visit a couple laaathouses with Jeff! The exact skills classes will be determined by the desires of the participants, but can include intermediate skills on flat water and/or intro courses for dealing with current and surf. More advanced courses can focus on rougher water skills in current and Folly Beach surf.

Whatever you decide to do, the weekend will be a blast! In addition to the paddling we will be staying together in a couple of fabulous waterfront houses close to the various paddling venues and sharing at least two group dinners. In addition, there is lots to see and do in Charleston for those who want some additional “extra-curricular” activities.

The basic plan is for people to drive down on Thursday so that we can paddle Friday, Saturday and at least part of Sunday. Some people may want to head home on Sunday but we’re hoping that some people can paddle all day Sunday and drive home Monday. If you want to fly down, we can pick you up at the airport and get you back there on Sunday or Monday.

Save these dates and let us know as soon as you can if you want to do this. It will likely sell out very quickly!



At Ft. Sumter during the 2018 Gathering

Nov. 9 – 17 (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 four 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 Bufadora, 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 9: 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 17: Fly home.



The Slot of Boom



The view from Victor's house



Baja sunset



Running a chute