

PLANNING YOUR TRIP

The trip planning estimates in the tables below assume:

1. Easy paddling conditions (light current, little chop, low wind) in both directions, and
2. You are reasonably fit, and
3. You are padding with some effort, and
4. You will not be stopping (trip times are paddling times).

If conditions are difficult (wind/waves/current):

1. ALWAYS head into the adversity - into the wind and chop so you have an easier paddle home, and
2. For estimating time, downgrade your ability on the chart (e.g intermediates become beginners)



HEADING EAST (*turning left outside breakwall*)

ABILITY (speed)	BALMY BEACH CLUB (0.4km)	RC HARRIS WTP (1km)	SECRET BEACHES (1.4km)	BLUFFERS PARK (5.5km)
Beginner (3km/hr)	10min/20min return	20min/40min return	30min/60min return	2 hr/4 hr return
Intermediate (5km/hr)	5min/10min return	12min/24min return	20min/40min return	1.25 hr/2.5 hr return
Advanced (9km/hr)	4min/8min return	8min/16min return	10min/20min return	0.75 hr/1.5 hr return

HEADING WEST (*turning right outside breakwall*)

ABILITY (speed)	LEUTY LIFEGUARD STATION (0.5km)	END OF MAIN BEACH (1.5km)	SECRET BEACH (2.5km)	LESLIE STREET SPIT (3.5km)	TIP OF THE SPIT (LIGHTHOUSE) (8.5km)
Beginner (3km/hr)	10min/20min return	30min/60min return	50min/1.6hr return	1.2hr/2.5hr return	3hr/6hr return
Intermediate (5km/hr)	5min/10min return	20min/40min return	30min/1hr return	45min/1.5hr return	1.8hr/3.5hr return
Advanced (9km/hr)	4min/8min return	10min/20min return	20min/40min return	35min/1.1hr return	1hr/2hr return

THINK SAFETY:

DO NOT OVER-ESTIMATE YOUR ABILITY - YOU WILL TIRE
STAY CLOSE TO SHORE - SEE THE SIGHTS - BE SEEN AND BE SAFE
STAY TOGETHER AS A GROUP