

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 paddling 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*)

ABILITY (speed)	LEUTY LIFEGUARD STATION (0.2km)	BALMY BEACH CLUB (1.2km)	RC HARRIS WTP (2.0km)	SECRET BEACHES (2.3km)	BLUFFERS PARK BEACH (9.0km)
Beginner (3km/hr)	5min/10min return	20min/40min return	40min/80min return	50min/100min return	3 hr/7 hr return
Intermediate (5km/hr)	2min/5min return	15min/30min return	25min/50min return	30min/60min return	2 hr/4.5 hr return
Advanced (9km/hr)	2min/4min return	8min/16min return	15min/30min return	20min/40min return	1 hr/2.5 hr return

HEADING WEST (*turning right*)

ABILITY (speed)	END OF MAIN BEACH (750m)	SECRET BEACH (1.75km)	LESLIE STREET SPIT (2.5km)	TIP OF THE SPIT (LIGHTHOUSE) (7.5km)	TORONTO ISLAND (9.5km)
Beginner (3km/hr)	15min/30min return	40min/1.5hr return	50min/2hr return	-	-
Intermediate (5km/hr)	10min/20min return	30min/1hr return	30min/1.2hr return	1.5hr/3.25hr return	2hr/4.5hr return
Advanced (9km/hr)	5min/10min return	15min/35min return	20min/45min return	50min/2hr return	1.5hr/3.5hr 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