A photograph taken from the perspective of a kayaker on the water. The sun is low on the horizon, creating a bright, golden glow and a long, shimmering reflection on the water's surface. Three kayakers are visible: one in the center foreground, and two others to the left and right. The kayakers' hulls are dark, and the water is a deep blue-grey. The overall mood is peaceful and serene.

Paddling on the Cooks River and Botany Bay – Sept 2021

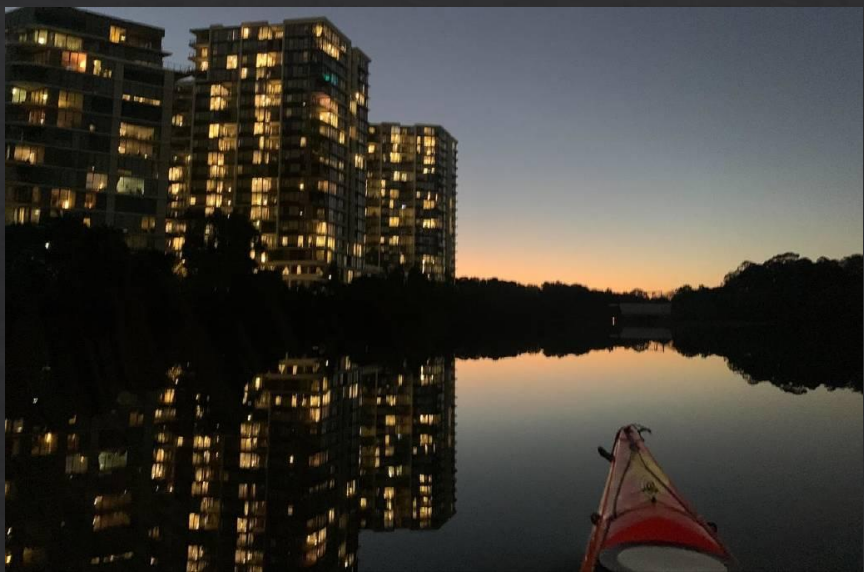
Heidi Lee Douglas and Simon Wilkes
Guests: Peter Tate and Mark Sundin

A fun (*non-formal*...) intro session

Don't hesitate to use the chat function for questions..

About the Bayside Paddling Group..

*Newly formed - a community of interest, sharing ideas,
knowledge and passion.*



Why do we paddle?



Key factors...

People

Number in group

Skills

Experience

Health

Fitness

Environment

Wind

Tide

Water temperature

Wave action

Equipment

Craft

Paddle

Leash

PFD

Clothing

Communications.

Rescue kit

It's always good to have at least 2 of these factors on your side..

3 = text-book

2 = fun adventure

1 = sketchy

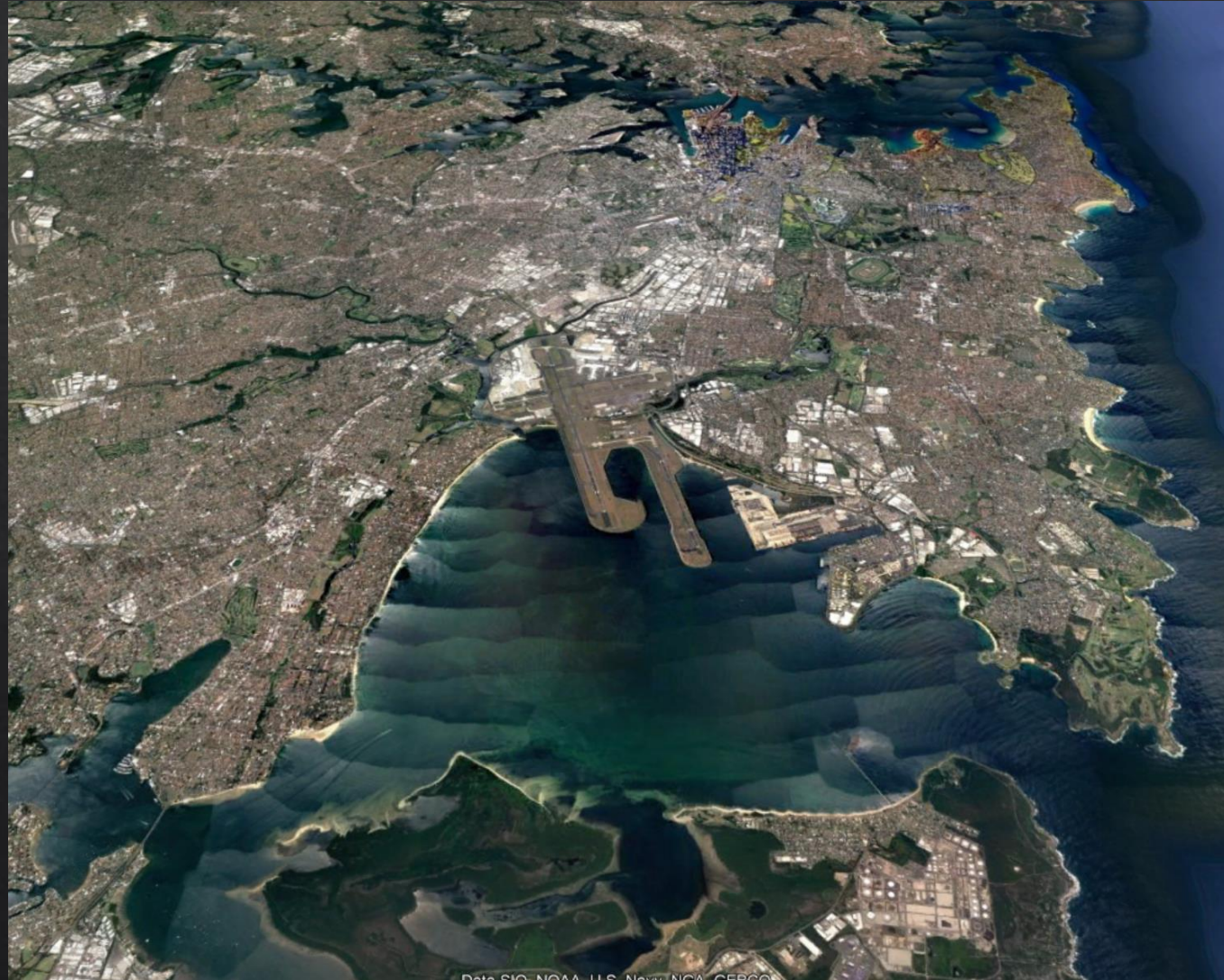
0 = irresponsible... *Unlikely to go well!*

Map of Cooks River + Botany Bay...

◆ It's free ☺



An amazing water playground...

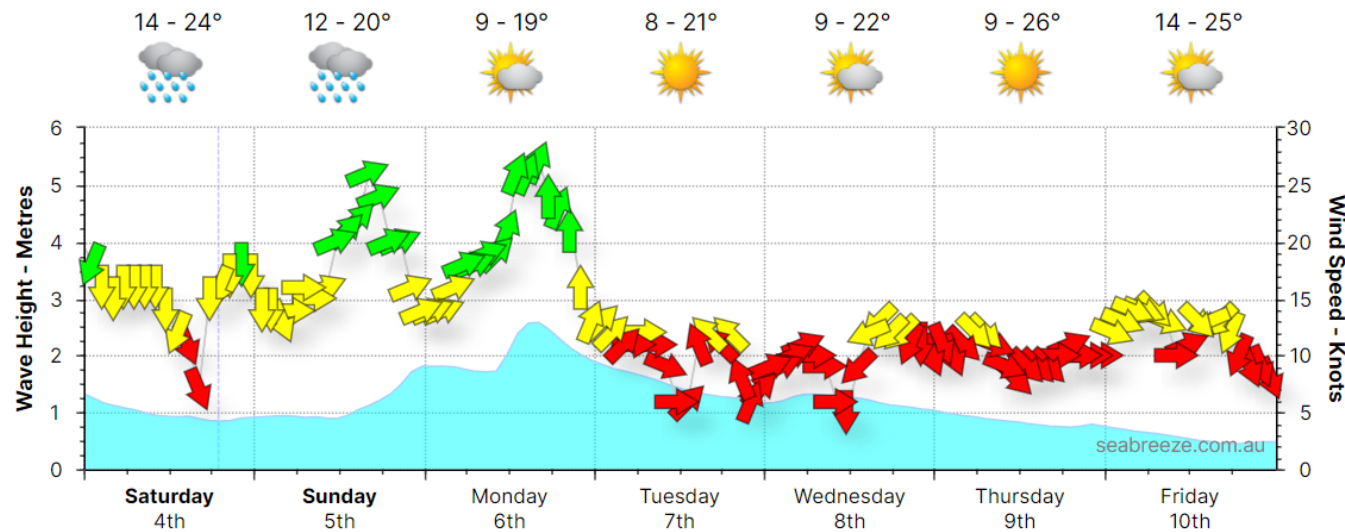


Wind...

- ◇ 1 knot = 1.95 km/h
- ◇ Resistance increases by square – ie. 2x wind = 4 x resistance.
- ◇ Changes quickly on the bay...

Sydney Weather Forecast

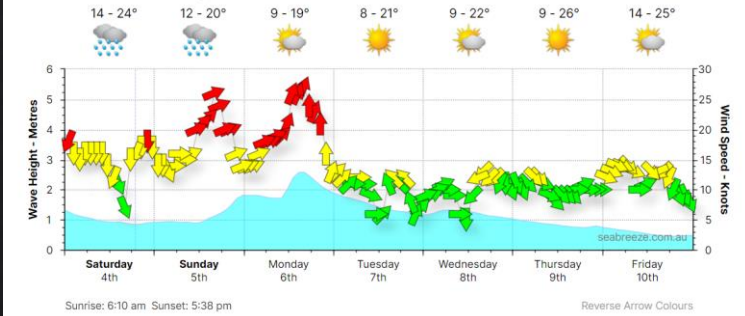
7 Day Wind & Wave Forecast for SYDNEY (COASTAL)



Sunrise: 6:10 am Sunset: 5:38 pm

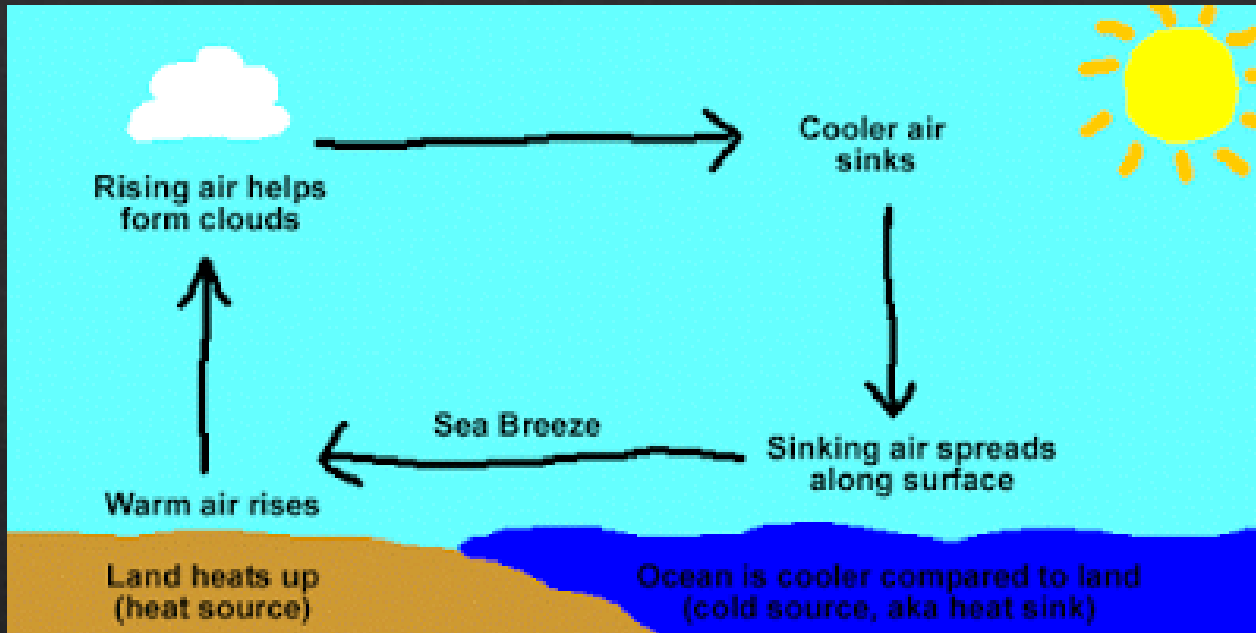
Reverse Arrow Colours

7 Day Wind & Wave Forecast for SYDNEY (COASTAL)

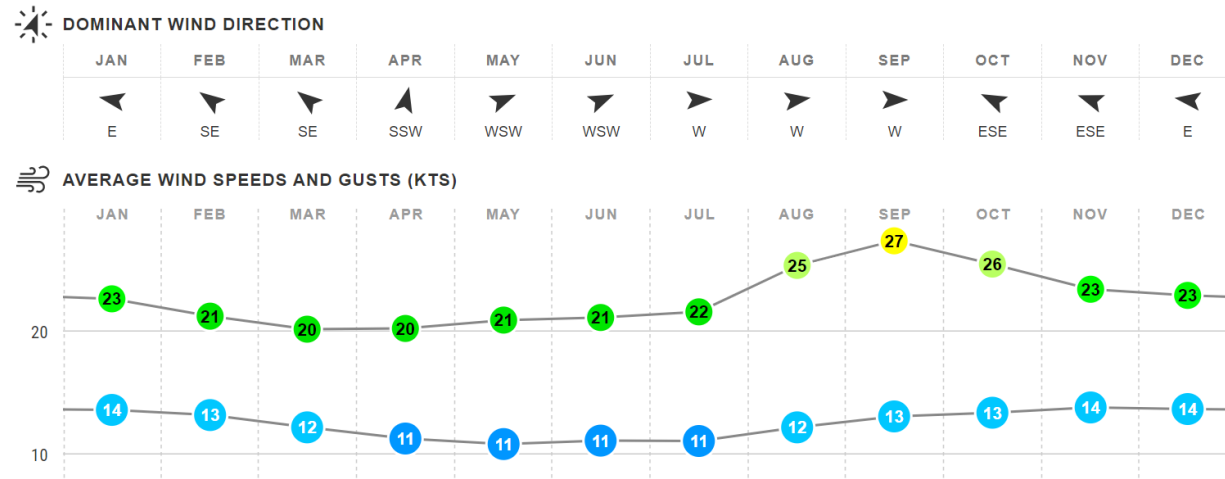


Sunrise: 6:10 am Sunset: 5:38 pm

Reverse Arrow Colours



Monthly wind speed statistics and directions for Botany Bay/Sydney Airport



9 key wind tips, if paddle-boarding..

9 Paddle Boarding Tips

1. Get a wind forecast
2. Use trees and flags to determine wind direction
3. Don't paddle out with a stiff offshore wind
4. Always paddle out into the wind – try to get blown home.
5. Wear a board leash
6. Wear a life vest
7. Understand your paddling ability level
8. Paddle with a friend
9. Learn to read water texture

Tide...

Cooks River Entrance Tide Times and Heights

Australia / NSW / Sydney / 📍



1-Day

3-Day

5-Day



Tide Height

Wed 8 Sep

Thu 9 Sep

Fri 10 Sep

Sat 11 Sep

Sun 12 Sep

3m

2m

1m

Max Tide Height

Cooks River Entrance Tide Times and Heights

Australia / NSW / Sydney / 📍



1-Day

3-Day

5-Day



Jump to Date

25/12/2021



Confirm

Wed 22 Dec

Thu 23 Dec

Fri 24 Dec

Sat 25 Dec

1:05 pm 1.6m High

Some key take-homes...

- ◇ Check the wind and tide forecast
- ◇ Recreational paddle speed – approx 4-5km/h
- ◇ Wind – if against, often reduces speed 2-3 km/h
- ◇ Tide – if against, often reduces by 1-2km/h
- ◇ Use the wind and tide to your advantage...
- ◇ Turnaround before you get tired..
- ◇ Take some food and fluids..

Some other tips..

- ◆ Jet skis
- ◆ Channels
- ◆ Fishing lines.
- ◆ A good set of roof-racks..
- ◆ Wearing life jackets – for a number of reasons, saving your life is just one of them..

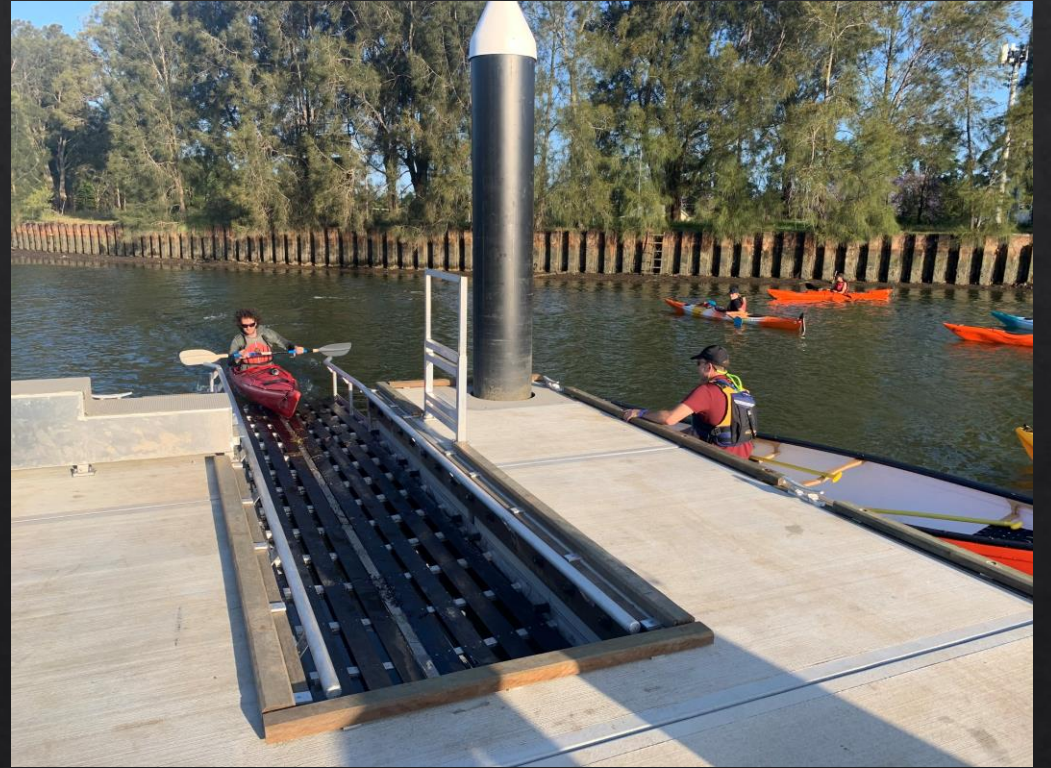




Cooks River + Botany Bay Paddle Trail..

- ◇ Draft now available..
- ◇ Being finalised later this year..





Cooks River Paddle Trail – coming shortly..

River Canoe Clubhouse



Full of friendly folk, keen to get out paddling.
www.rivercanoeclub.org.au

Ewen Park



A great new addition to the river, thank you CB City Council.. ! A new 'accessible' launch facility.

Wolli Creek



Botany Bay



Can be like a mirror/lake, can also be like the Southern ocean! A great place to paddle out at first light. Likewise for a coffee paddle.

Don't forget to get out for a clean up paddle with 'The Mulletts'.



They're out each month - helping clean up the Cooks River..

Boat Harbour



A place with quite an interesting history

Upstream, toward Canterbury



Great afternoon light

Rowers on Cooks



A great place for a pre or post paddle feed and brew - with a great deck overlooking the river.

Also... for when done paddling... Concordia Club



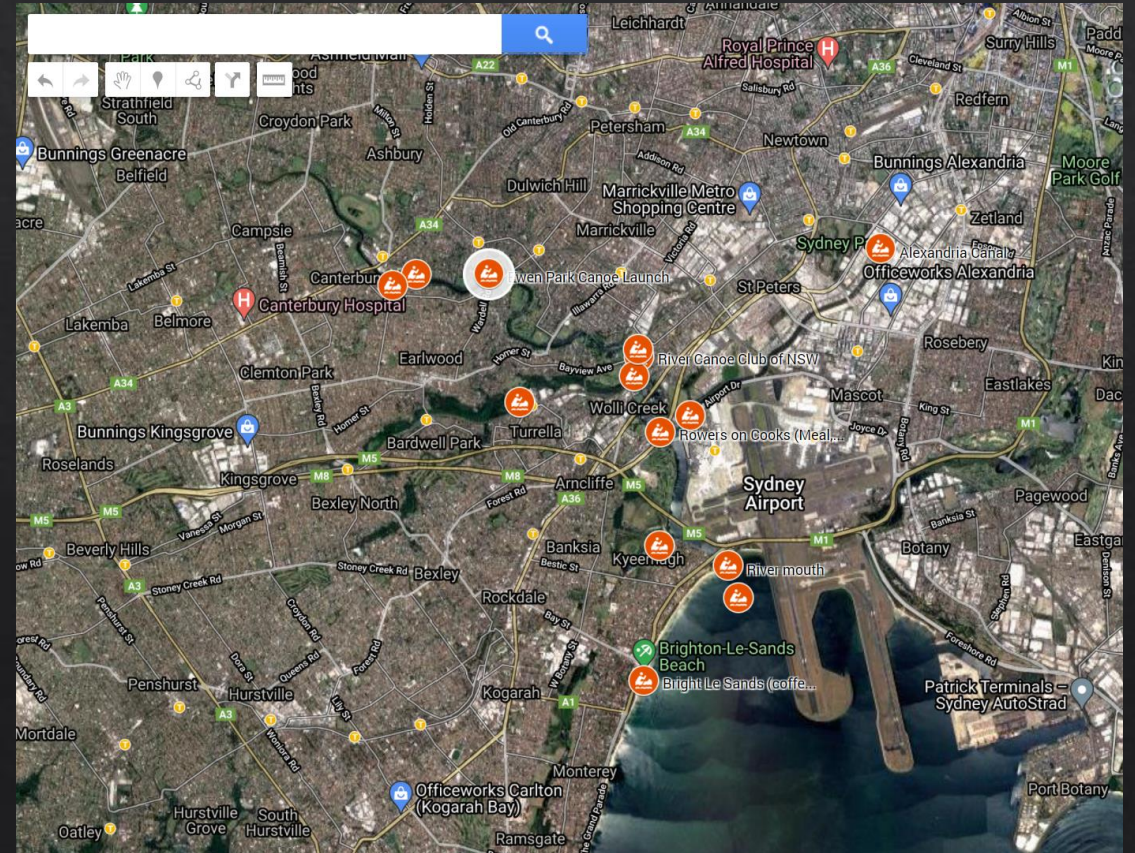
Marrickville Golf course



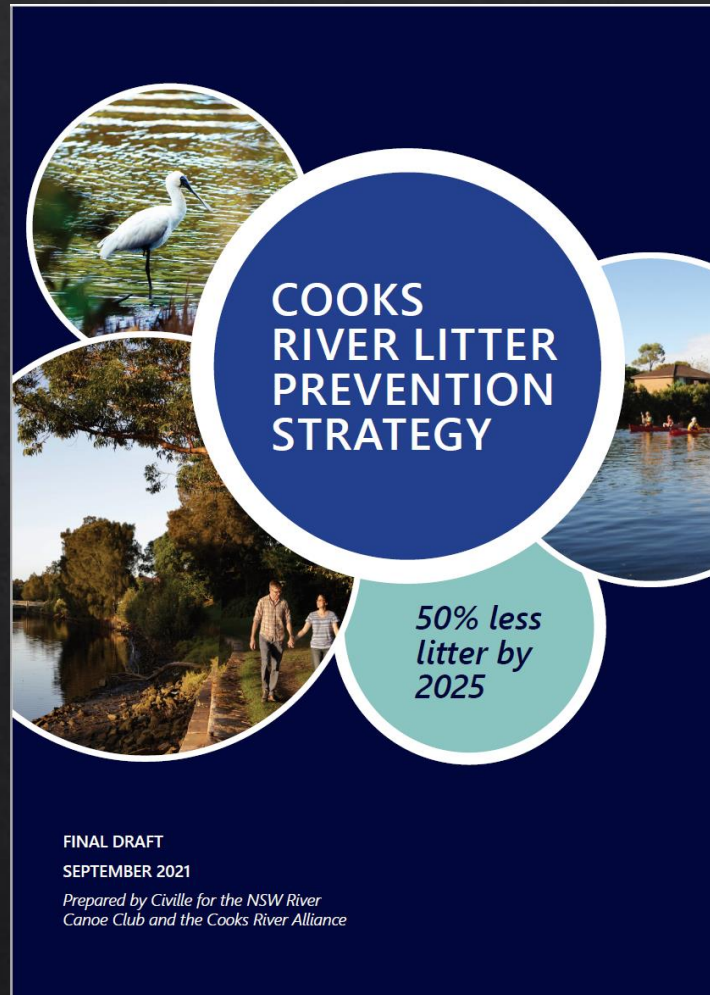
Steel Park, Marickville (to take the kids to after...)



Cooks River Cycle way (getting to/from paddling)



Cooks River Litter Strategy and Clean-Ups.



- Draft strategy released yesterday, final in November
- Monthly clean-ups.
- More paddling = happier rivers

About the River Canoe Club



Official Opening of the Clubhouse,
10 December, 1955





Friday morning fitness paddles

Regular activities to
look forward to...!



Saturday morning skills paddles



Wednesday evening social paddles



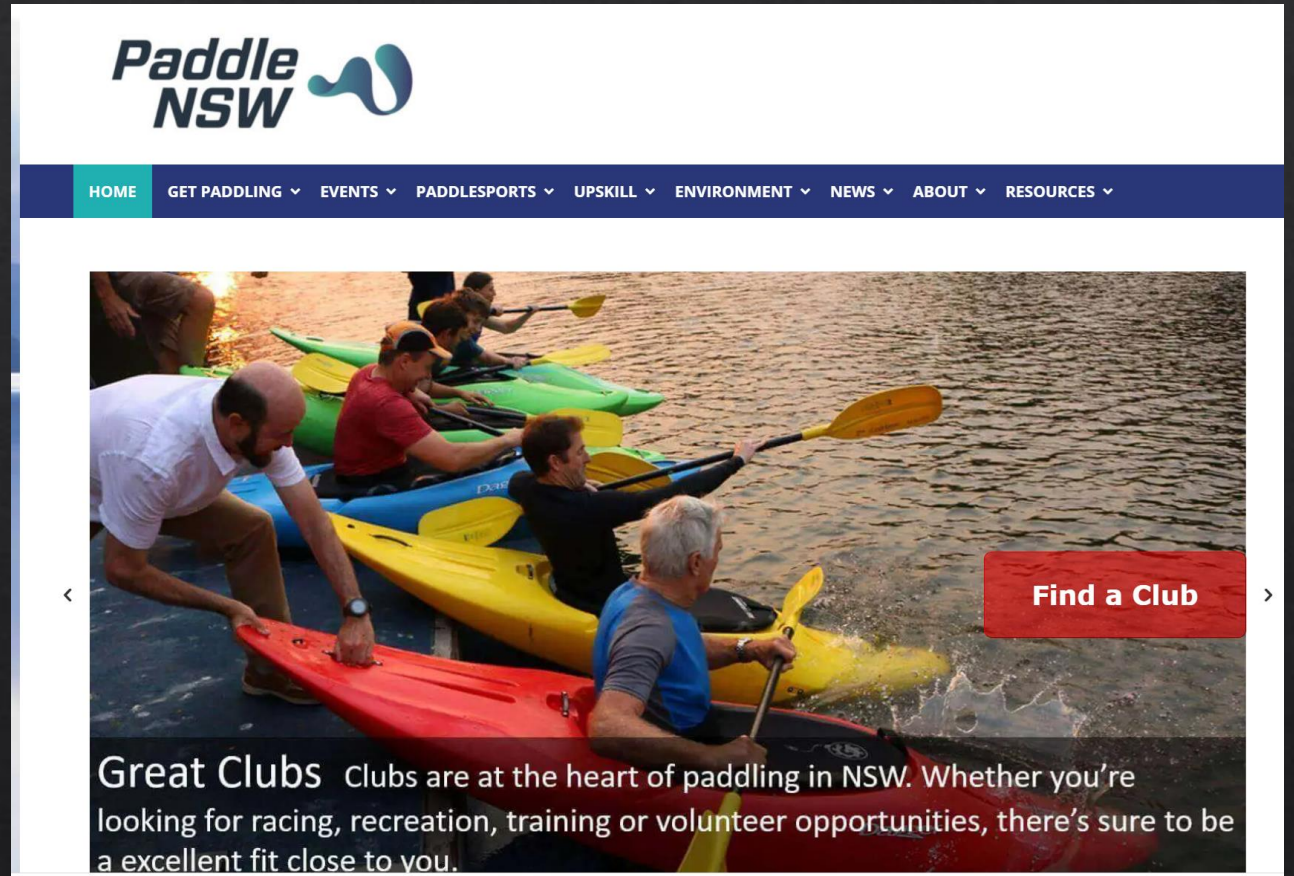
Monthly coffee paddles



Monthly 'Mullets' clean-up paddles

About PaddleNSW

- ◆ Peak body for paddling in NSW
- ◆ 2,200 members.
- ◆ 43 clubs.
- ◆ Membership = \$80 /year
- ◆ Insurance, advocacy
- ◆ Support for improved facilities
- ◆ Education programs



The screenshot shows the PaddleNSW website. At the top is the logo with the text "Paddle NSW" and a stylized blue wave icon. Below the logo is a dark blue navigation bar with white text links: HOME, GET PADDLING, EVENTS, PADDLESPOOTS, UPSKILL, ENVIRONMENT, NEWS, ABOUT, and RESOURCES. The main content area features a large photograph of several people in kayaks on a body of water. A man in a white shirt is leaning over the side of a red kayak, assisting others. A red button with the text "Find a Club" is positioned on the right side of the image. Below the image, the text reads: "Great Clubs Clubs are at the heart of paddling in NSW. Whether you're looking for racing, recreation, training or volunteer opportunities, there's sure to be a excellent fit close to you."


PaddleNSW



HOME GET PADDLING ▾ EVENTS ▾ PADDLESPOOTS ▾ UPSKILL ▾ ENVIRONMENT ▾ NEWS ▾ ABOUT ▾ RESOURCES ▾

Find a Club

Great Clubs Clubs are at the heart of paddling in NSW. Whether you're looking for racing, recreation, training or volunteer opportunities, there's sure to be a excellent fit close to you.


Waterways Guide/PaddleSafe App





Help
Like 0

[Home](#) [Explore](#) [Plan](#) [My Content](#) [New Content](#) [River Levels](#) [PaddleSafe Trips](#) [Help](#)



[AU](#) > [NSW & ACT](#)

SELECT REGION

[NSW - DARLING](#)

[NSW - EUROBOODALLA](#)

[NSW - FAR NORTH COAST](#)

[NSW - HASTINGS MACLEAY
BELLINGEN CATCHMENT
COAST](#)

[NSW - HAWKESBURY NEPEAN](#)

[NSW - HUNTER, MANNING,
GREAT LAKES, CENTRAL
COAST](#)

[NSW - LACHLAN](#)

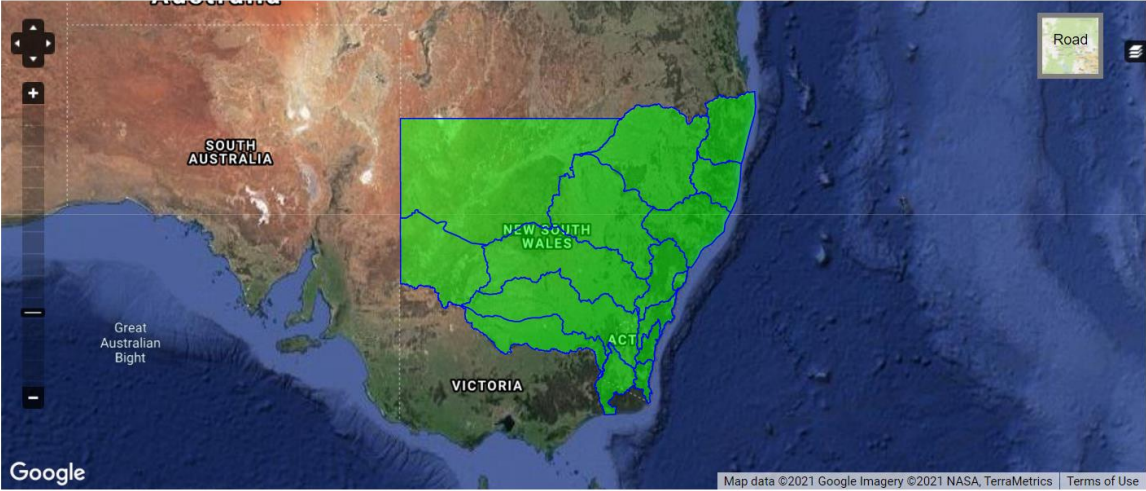
[NSW - LOWER MURRAY
DARLING](#)

[NSW - MACQUARIE /
CASTLEREAGH](#)

[NSW - MURRAY](#)

[NSW - MURRUMBIDGEE](#)

[NSW - NEW ENGLAND NORTH
WEST](#)



Search Info Filter

Search

Map data ©2021 Google Imagery ©2021 NASA, TerraMetrics Terms of Use



Mark from Expedition Kayaks



Mark from Expedition Kayaks

Enjoy thoroughly, *paddle safely*..

Some further reading and watching...

- ◇ Peaceful Bayside
<https://www.facebook.com/peacefulbayside/>
- ◇ Paddle Australia safety guidelines
<https://paddle.org.au/education/safety-guidelines-v2/>
- ◇ Maritime NSW – Paddle Safe Video
<https://www.youtube.com/watch?v=KfEDMbrBYb0>
- ◇ Expedition kayaks - <https://expeditionkayaks.com/>
- ◇ River Canoe Club – www.rivercanoecclub.org.au

Some Apps worth
downloading...



[BOM](#)

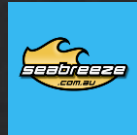


**PADDLE
PREP**

[Paddle Australia Paddle Prep](#)



[PaddleSafe](#)



[Seabreeze](#)



[Willyweather](#)



[Windfinder](#)



[Relive](#)



[Emergency+](#)

Disclaimer..

This information has been prepared, in good faith, to assist in understanding the opportunities for paddling in the local area.

We while we care about your safety, it's ultimately your responsibility!

The individuals involved and the River Canoe Club, take no legal, moral or other responsibility for your actions, including anything done with the information herein made available.