

Lunenburg Rowing Tour Information

July 29- August 1 2024



Enjoy rowing the beautiful islands and historic waterways of Mahone Bay, while experiencing the unique UNESCO World Heritage town of Lunenburg and surrounding area. Hosted by Lunenburg Yacht Club Rowing, with support from Row NS, this tour will provide three half days of rowing (approximately 9 am to 1 pm), allowing the afternoons free for exploring.



We look forward to spending the week with you showing off our beautiful home!

Tentative itinerary:

Rowing routes and distances will be decided each day by the tour leaders, taking into account weather and wind conditions, in consultation with participants.

Monday July 29. Welcome dinner (Lunenburg Yacht Club). Relax and meet other tour members, and learn about the area and our tour routes, while enjoying dinner and drinks.



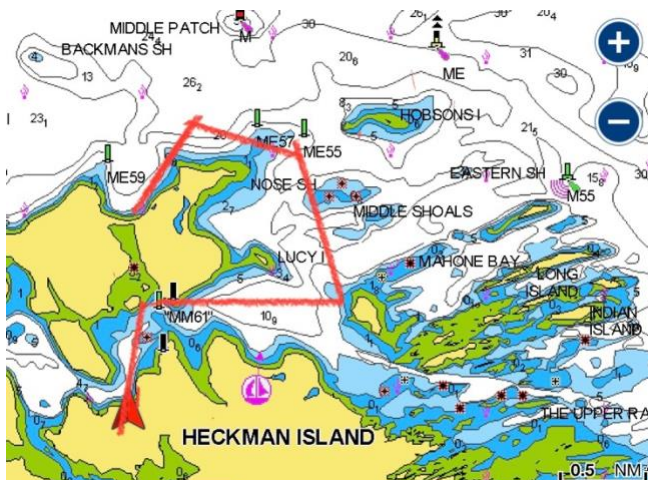
Tuesday July 30



Launching from LYC, we'll row to Andrew's Island for a swim and picnic lunch, through the islands of Indian Point. Distance approximately 15 km.



Wednesday July 31



The boats will be waiting for you at Bachman's Beach, at the tip of Second Peninsula. We'll row to Sacrifice Island and the rocky archipelago surrounding it, and then we'll head in towards Heckmans Island, offering kilometers of protected rowing and a picnic lunch. Return row to Bachman's Beach. Distance approximately 15 km.

Optional Group dinner (on your own). If some (or all) of the group would like to dine together at a memorable spot, we'd be happy to assist. Restaurant reservations will be at a premium in Lunenburg, so advance planning is strongly advised.

Thursday August 1



Launching from LYC, we'll make our way past Westhaver Beach and Maders Cove to the town of Mahone Bay, known for its 3 churches on the waterfront. We'll return to LYC for farewells. Distance approximately 15 km.

General Information

We will provide everyone with a list of recommendations for activities in the local area, including hikes, beaches, concerts, and places to eat.

Participation is restricted to members of RCA for insurance purposes, and the tour will be RCA sanctioned. If you are not a current member of a rowing club, you can get RCA membership by joining Ontario Adventure Rowing (OAR) instead.

Your safety is our number one priority. Your tour will be accompanied by two stable, reliable safety boats, and our volunteer tour leaders have years of combined experience in these waters.

Although the rowing will be at a recreational pace, and we will periodically regroup, boats need to be able to keep up and stick together. As a result, participants should keep the following in mind when considering this tour, for everyone's comfort and safety.

- Participants should be prepared to row for 10-15 kms/day in unpredictable coastal waters with wind and waves

- Participants should be competent scullers with at least one full season of rowing experience
- Participants should be rowing regularly in the months preceding the tour, and/or have a level of fitness and previous rowing experience to allow them to participate safely

If you have any questions or concerns about your ability to participate, contact us to discuss!

Fee: \$600+HST includes the welcome dinner and one welcome drink, two picnic lunches, snacks, water and a seat in a Eurodiffusion or LiteRace coastal double. In the unlikely event that we have to cancel due to low registrations, a decision to cancel will be made by June 1, 2024; all fees will be refunded. If you need to cancel, refunds minus a \$60 fee will be issued up to 30 days prior to the tour (June 29, 2024). 50% refund after June 29 2024. Please note that while every effort will be made to row each day, your safety is our priority. If rowing must be cancelled one of the days due to weather, no refunds will be issued. However, if you plan to remain in the area overnight on August 1, you would be very welcome to join LYC members for a regularly scheduled club row Friday morning, August 2 if conditions permit.

Each rower is responsible for their own accommodation. There are many options for accommodation in Lunenburg and Mahone Bay, including hotels, motels and Airbnb, but they tend to fill up quickly. We strongly suggest you book as soon after tour registration as you can. Previous participants have enjoyed the Smugglers Cove Inn (<https://smugglerscoveinn.ca>). A credit card is required to reserve a room at the Inn, but no payment is taken until you arrive, and the Inn has a generous cancellation policy (48 hours).

You'll also be responsible for

- Breakfast (There is a fridge in rooms at the Smugglers Cove Inn, and they will provide a continental breakfast at a very reasonable cost)
- Dinners except for the first night

Need more info? Contact Judith Riddoch at jriddoch@me.com or (403)397-5827

To register:

- 1) Complete the Registration Form at this link <https://forms.gle/SWpQnjqh3qmd7sU49>
- 2) You will receive a welcome email confirming your registration
- 3) LYC will send you an invoice by email, which you can pay by credit card
- 4) Registration is on a first come, first served basis in order of registration. Final confirmation once fees are invoiced and received. Preference will be given to OAR members until March 15 2024, at which point registration will open to other rowers

