

Hackensack RIVERKEEPER Paddling Center @ Laurel Hill Park

Some tips to make your Guided Paddle more safe and enjoyable

FIRST, BE SURE TO ARRIVE AT LEAST 30 MINUTES PRIOR TO YOUR TRIP'S START TIME!

→ Here are some things to bring:

1. **CLOTHING APPROPRIATE FOR THE WEATHER.** Temperatures are often 5-10° cooler on the water but you'll build up heat as you paddle. If it's on the cooler side, we suggest a lightweight long-sleeve shirt and weather-appropriate outerwear. It's best to wear close-toed shoes on cooler evenings. Swimsuits, light t-shirts and Teva®-type sandals should be fine on warmer ones.
2. **YOUR MOBILE PHONE.** If you're lost or running late, call the Center (201-920-4746) ASAP. FYI, you must have a phone with you while on the water – ***no exceptions.***
3. **SUNSCREEN.** All paddlers can get direct sun and reflections off the water, even late in the day. Be sure to bring – and use – sunscreen, especially if you're fair-skinned.
4. **INSECT REPELLENT.** Mosquitoes are rarely a problem, but gnats can be annoying, especially in spring and early summer.
5. **WATER.** And plenty of it. Feel free to pack snacks as well. Alcoholic beverages are ***prohibited*** in Laurel Hill County Park and in our kayaks.
6. **A WATERPROOF BAG.** Place your phones, cameras, wallets, keys, etc. in a waterproof bag(s). We have a limited number of Dry Bags available to loan.

→ In addition to the boat(s), paddles and personal flotation devices (life jackets), we provide:

1. **WHISTLE.** It is to be used for emergency situations ONLY.
2. **AERIAL PHOTOGRAPH.** It will orient and guide you while paddling the river & marshes.
3. **ORIENTATION AND LESSON.** Whether you're experienced or not, there is no escape.

→ Here are some additional pointers:

1. **PERSONAL FLOTATION DEVICES.** ALL paddlers must wear their USCG-approved PFDs at all times while on the water – whether you're in our boat or your own.
2. **CHILDREN.** Due to the nature and additional risks of paddling in a group, ALL our Guided Paddles are adults-only events – ***no exceptions.***
3. **TIDES AND CURRENTS.** It's easy to underestimate the Hackensack – a deep, tidal river that flows in ***both*** directions. Many paddlers who have lake or upper Delaware experience don't have experience paddling tidal waterways. Fortunately, our Guided Paddles take place during easy-to-paddle incoming tides.
4. **YOU WILL GET WET.** Not to worry but you will probably get a little wet from splashes and paddle drips. We suggest you wear non-cotton clothing, especially in cooler weather.
5. **WEATHER.** We cancel Guided Paddles and close the Paddling Center due to rain, high wind, thunderstorms, heat advisory or credible threats of *any* hazardous conditions. If an event must be cancelled, we will contact all registrants no later than two hours before its scheduled start. If you have any doubts or concerns, call the Center at 201-920-4746.

→ **Lastly, these tips refer specifically to our scheduled Guided Paddles.** For *complete* information about renting boats during regular daytime hours at Laurel Hill Park as well as our Overpeck Park Kayak Center in Teaneck, please check our printed Program Guide and the Eco-Programs pages on our website: www.hackensackriverkeeper.org.

Enjoy your time on the water and tell your friends about Hackensack Riverkeeper!

Hackensack RIVERKEEPER®

ECO-CRUISES / PADDLING CENTER • DIRECTIONS TO LAUREL HILL PARK, SECAUCUS, NJ

FROM NEW JERSEY TURNPIKE EASTERN SPUR: (the most *direct* Turnpike route): Exit the Turnpike at **Exit 15-X** (for Secaucus Junction). After the tolls, follow the I-o-n-g ramp (which becomes Seaview Ave.) around the train station to the traffic light at NEW COUNTY RD. (A.K.A. PAUL AMICO WAY). Turn **LEFT** onto New County / Paul Amico, proceed over the bridge and drive straight into Laurel Hill Park.

➔ **Once inside the park, turn into the *first* parking lot on the RIGHT.** That's where we are.

FYI: BE SURE to take the **Eastern Spur** when the Turnpike divides: Follow signs for Exits 15E, **15X**, 16E & 18E if traveling north; or for the Lincoln Tunnel / Exit 17 and Exit **15X** if traveling south. If you get on the Turnpike's Western Spur by mistake, take Exit 16W to Route 3 Eastbound and follow the directions below. ***You cannot get to Exit 15X from the Western Spur.***

OR, FROM ROUTE 3 EASTBOUND AND POINTS WEST: As you pass the Meadowlands Sports Complex, get into the right lane. As you come over the bridge, take the MEADOWLANDS PARKWAY Exit. At the bottom of the ramp, turn **LEFT** at the light onto Meadowlands Pkwy. *Take Meadowlands Pkwy through several sets of traffic lights, **over** a bridge and **straight past** the Harmon Cove Towers. A short way past the Towers, Meadowlands Pkwy **becomes** CASTLE ROAD as it bends sharply to the left. Take Castle Rd. until it ends at PAUL AMICO WAY (AKA NEW COUNTY ROAD). Turn **RIGHT** onto Paul Amico/New County, proceed over a bridge and drive straight into Laurel Hill Park.

➔ **Once inside the park, turn into the *first* parking lot on the RIGHT.** That's where we are.

OR, FROM NYC / LINCOLN TUNNEL / ROUTE 3 WESTBOUND: Proceed westbound on I-495. Stay to the right at the bottom of the North Bergen Viaduct and bear **RIGHT** onto Route 3 West. Stay in the right lane on Route 3 and take the exit for MEADOWLANDS PARKWAY. Follow the exit ramp under Route 3 and stay to the right as you approach the second traffic light. You are now **on** Meadowlands Pkwy. Proceed as directed (*) above.

OR, FROM JERSEY CITY VIA COUNTY ROAD: From Routes 1 & 9 (Tonnel Avenue), take County Road towards Secaucus. After passing under the NJ Turnpike, follow signs for Secaucus Junction and merge onto New County Road (AKA Paul Amico Way). Follow New County Rd. / P.A.W. for about ½ mile to Laurel Hill Park. Proceed as directed (➔) above.

OR, VIA NJ TRANSIT TRAIN TO SECAUCUS JUNCTION: Trains running on six different lines make stops at Secaucus Junction throughout the day. From the Concourse, take the Elevator to Street located **LEFT** of the gates for the Northeast Corridor Line (Tracks 1-2). After exiting the elevator, exit the station through the door to your **RIGHT**. Once outside, walk to your **RIGHT** and follow the walkway toward the elevator/stair tower at New County Rd. ●From the top of the tower turn **LEFT** and walk about ⅓ mile into Laurel Hill Park. ***Be sure of your return train!***

OR, VIA NJ TRANSIT BUS TO SECAUCUS JUNCTION: Numbers 2, 78, 124, 129 & 772 buses stop at the Junction. From the bus stop, walk towards the station entrance but **DO NOT ENTER**. At the base of the stairs, turn **RIGHT** and follow the walkway toward the elevator/stair tower at New County Rd. Then follow the directions (●) above. ***Be sure of your return bus***

Paddling Center cellphone: 201-920-4746 (Onsite at Laurel Hill Park)