

Kingston to New Hamburg via Poughkeepsie

The morning comes around far too quickly for our liking. We wake early and try to get some more admin done coupled with breckie. We have adjusted the schedule to start earlier so Glenn and I will paddle the 3-4 miles we missed off the day before.

We get some time at the Hudson Maritime Museum in Kingston. This part of the city is very chic and has great looking shops and places to eat. On the creek is a brilliant museum with lots of incredible artefacts and history from the Hudson. It includes exhibits on the commerce and industry including ice harvesting, the brickworks and also other trade.

One of the bits we are fascinated by is the ice harvesting images and equipment with old black and whites of large crews cutting the ice, packing in sawdust and sending down to the city back in the day. There is also one of the world's first extreme sports exhibits with ice yachts. They are huge wooden structures with old gaff rig type sails that fly across the ice which must have been exhilarating and highly dangerous. We add it to our list of things that we would want to come back for.

We return to our kayak and discover that the 8-10 mph winds forecast are more like 15-20 and there are following waves. We are going to get some surf time. We are meeting with Iain King of the Scottish Sun and Jeff Rumpf from the Clearwater Project at the beach at Kingston.

The waves do not let us down and with the following waves and wind we are flying in the Tritons.

We decide to wait an hour before taking on the Spare Seaters since conditions are not ideal for passengers. The beach is beautiful with giant naturally built wooden lifeguard chairs and two beach volleyball courts. There are kite surfers and windsurfers on the beach, we laugh about it and comment that they are there for a reason.

We decide to stay with Glenn and I in the double kayak and wait until we fill the Spare Seats and allow time for the wind and waves to drop. We are joined by South African paddler Gunter, who runs Adventure-Junction.com. They run an adventure expo and other sporting events.

We surf South on the waves and pass the lighthouse just South of Kingston.

We arrive at a small park and pick up our Spare Seat Passengers and head off after a quick bite to eat.

Iain King of the Scottish Sun is in my boat and Jeff in with Glenn. It is sunny and we have a great paddle heading down to Waryas Park, Poughkeepsie (it is derived from American Native language meaning Reed covered hut by the little water place).

We get a lovely reception from the local community and there is a presentation and welcome from Marcus Molinaro, the Duchess County Executive. The Park is located below and world's longest footbridge which was converted from an old rail bridge that was due for demolition. Through local leadership the bridge was saved and converted into a huge tourist attraction which received over a million visitors in its first year.

We are presented with two signed prints of the bridge from local Artist Taryl Gabel, music from a local musician Joseph Bertolozzi that was recorded on the adjacent bridge and some Hudson beach Glass, all of which we love.

Charles North – Duchess County Chamber President and Tourism

Director Mary Kay Vrba also say a few words thanking us. As always it is very humbling as we are just two kayakers.

We are definitely going to come back in the Autumn / fall and visit the bridge. We paddle on from the bridge heading for New Hamburg where we meet with Matt Wells of the BBC. We also meet with Jim Kelliher who is hosting us in his log cabin for the night. Jim is a very funny man with a dry sense of humour, a million one liners and quips and we all get on famously.

We are heading for a reception at the Beacon Sloop Club, a beautiful old hut which was home to the environmental group formed by Folk Legend Pete Seagers. Now years later they have achieved so much with the clean up of the Hudson River. Pete formed an action group to challenge large companies and government organisations to clean up.

They built a Hudson River Sloop to run educational programmes for young people in an experiential way. They organise fundraising concerts and their educational programmes serve over 7,000 young people. It is truly an inspiring organisation that both Glenn and I hope to connect with in future. Jeff, the director also sparks lots of ideas for us and hopefully we might return at some point and contribute to an adventure school with the

Clearwater team.

Inspired Life.org the

inspirational learning organisation I jointly founded also would like to work with Clearwater and we agree to send over some of our materials to start dialogue.

We arrive at the Beacon Sloop Club which is homely and almost speaks to you from its walls, benches and murals, especially given its history. The evening is an informal series of story telling and interesting talks about local attractions and Glenn and I are asked to say a few words . (for those of you who know us this is a real Laurel and Hardy Show and a few words is quite a challenge, especially for me!).

We hear about the heritage and legacy built by the Beacon Sloop Club – from David Eberle and a huge thanks should go to Joyce Hanson for organising it.

We also hear from the kayaking and trails representatives of the chapter about so many opportunities to get outdoors.

Neil Caplan from Bannerman's Castle also tells us what we can expect when we pass by their island the next day.

A recurring theme that we are sorry to leave.

We head back to Jim's and relax in a place we can call home. We sip a couple of glasses of Whiskey – the Water of Life – which allows us to unwind ready for some much needed sleep.