



## Mt Toby and the Connecticut River Hiking & Paddling

### Overview of Experience

This is a perfect day of adventure combining hiking, local farm to table dining, and river kayaking a beautiful stretch of the Connecticut River.

Our day will start with a brisk hike up Mt Toby. At the top, we will enjoy fantastic views of the Pioneer Valley where on a clear day it's possible to see into Vermont, New Hampshire, and Connecticut. The hike is 3.5 miles with a total ascent of 1,000 feet to the summit of Mt. Toby. Total hiking time **is** approximately 3 hours.

Once off the mountain, we will stop in at Red Fire Farm for a delicious lunch prepared with **fresh** ingredients from the farm. They specialize in tasty empanadas and pizzas from their wood fired oven.

Continuing our adventure, we will jump in our kayaks and make our way down the Connecticut River, enjoying a stretch that rarely sees any boat traffic. The paddling is smooth and can be somewhat swift depending upon the outflow from Cabot Station, the main hydro-electric facility upstream. Bald Eagles typically accompany us along the way. This is a nine-mile paddle and takes approximately 4 hours. We will stop for a break and snack along the way.

# Logistics

**Time:** 9:00am – 5:00pm

**Age Level:** All ages

**Fitness Level:** All

**Skill Level:** All

**Meeting Time:** 9am

**Meeting Point:**

[Sunderland Library](#)

20 School St

Sunderland, MA

01375

**What to Bring:**

- Comfortable walking shoes with good ankle support
- Day pack with sunscreen, bug spray and extra layer
- Plenty of water to drink
- Sunscreen + Hat
- Sunglasses
- Clothes for paddling as you will get wet from splashes and small amounts of water getting into your kayak.. and the small possibility of tipping over....
- Footwear for paddling – prepare to get your feet wet. Water shoes, keen/teva sandals are best. Flip flops are NOT recommended.
- Windbreaker
- Waterproof Camera!

# River Paddling Essentials

- Expect to be on-water for the majority of your experience. Advertised trip times will vary with river flow, paddler speeds, and length of shuttling and pre-trip preparations.
- You will sign a waiver if you have not already done so. There is inherent risk in any outdoors activity.
- Preparing your body for the trip:
  - Eat a hearty meal and hydrate at least an hour or two prior to our trip departure time
  - Assume once we leave shore, there will be no restrooms available – we will have limited access to areas appropriate to relief in the woods however; leaves of three, let them be – we'll carry TP
  - Though we may also enjoy a nip or a brew, please leave alcohol until after our adventure
- The basic needs of any day out:
  - Sunscreen and/or hat
  - Glasses and sunglasses – with floating neck strap (Croakies are good)
  - Any time-sensitive prescriptions or medications you often use (antihistamines, ibuprophen, **etc**)
  - **Layers and a windbreaker** -The weather here can vary by 20-30 degrees within a few hours
  - Camera, journal, life-list, your favorite field guides
- Water!

Okay, the special things for our paddling trip:

- If forecast temperatures for Sunderland MA are 70F or below:
  - Base layer top/bottom you don't mind getting wet, anything wicking, synthetic, anti-chafing
  - Core layer shorts/pants and ideally a long and short-sleeved top – again quick-dry ideal
- If forecast temperatures for Sunderland MA are 70F or above:
  - Core layer for comfort and to prevent chafing with the PFD – allow good range of motion
  - Assume you'll get wet and if temps go over 80, you may decide to go into the water
- FOOTWEAR – You will get wet from the knees down in addition to paddling/wave splashes
  - Our rivers have rocks, shells, sand, and steep muddy banks – footwear with hard soles
  - Water shoes, rafting shoes, strap-on sandals, are all good. Flip-flops are not. Crocs are okay.
- If you have a favorite drybag, lifejacket (PFD), paddle or other equipment, by all means bring it. Otherwise we've got you covered.