

## Merrimack River Shuttle

Frost Park Tyngsboro, MA –  
Bellegarde Boathouse Lowell, MA  
Saturdays 11 a.m.  
\$5 + Minimum 2 hour rental



### TRIP DESCRIPTION

Every Saturday at 11:00 a.m. we set out to drop boaters off about five miles upstream to River Front Park in Tyngsboro, MA to enjoy a scenic and leisurely paddle downstream. Highlights include paddling under the Tyngsboro and Rourke Bridges, the narrows around Tyngs Island, side trips under the railroad bridges and up Stony Brook to explore historic mill buildings.

### Paddle Downstream (Approx. 2-3 hours)

Paddle or float downstream and it's about 5 miles back to the boathouse. You will pass the Tyngsboro Bridge and have the option to explore small tributaries of the Merrimack River. You will pass by Chelmsford on the right bank and Tyngsboro and Lowell on the left bank.

### Paddle Upstream (Approx. 4+ hours)

To make a half-day out of this trip, paddle further upstream on the Merrimack! You will pass some farmland and wetlands along this winding path. When you're ready, turn around and float back downstream all the way back to our boathouse.

### INCLUDED IN TRIP

- Equipment—with the exception of some clothing and personal items listed on the packing list.
- Basic Instruction
- Transportation to the Launch

### REGISTRATION

[Register online](#), in person or by phone at 978 995 2362

### ONLINE WAIVER

Each participant must have a completed online waiver submitted before they are allowed on the water. Waivers can be found on our [plan your visit page](#) or below.

[Adult Waiver](#)

[Minor Waiver](#)

### PHYSICAL EXERTION LEVEL & PREREQUISITES

- Moderate to Strenuous: due to river conditions, water temperatures and conditions. North or West winds above 8 knots will add to difficulty of the trip.
- Must be able to swim in a life jacket/pfd; no previous kayak experience required.

**TENTATIVE ITINERARY:** Due to the nature of outdoor trips, all itineraries are subject to change.

10:45 a.m. Meet at the Bellegarde Boathouse 500 Pawtucket Blvd, confirm paperwork and payment, use restrooms and fill water

11:00 a.m. Choose boats, load trailer, review itinerary, drive to put in

11:15 a.m. Basic kayak instruction and safety brief, launch, paddle

Between 1-3 p.m. Arrive at boathouse, debrief, collect equipment, pay any balance and dismiss

**Please review the packing list on the back!**

**PACKING LIST:** The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. A (\*) denotes items that can be provided for you at no additional charge.

- Baseball cap or full-brim hat (for sun protection).
- Insulating jacket (fleece is ideal, should be compact and synthetic).
- Swim Suit or other clothing appropriate for water activities (you will very likely get wet)
- Rain jacket (depending on weather)
- 1 water bottles (quart size) and 1 healthy snack
- Sunblock
- \*Dry bag for keeping items dry while in the boat.
- Bag for personal belongings.
- Floating glasses lanyard recommended
- Floating and waterproof phone case, put phone in dry bag or leave phone in vehicle recommended

Note: We will distribute other equipment specific to the activity on trip departure day.

**For further questions or information, please contact us:**

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