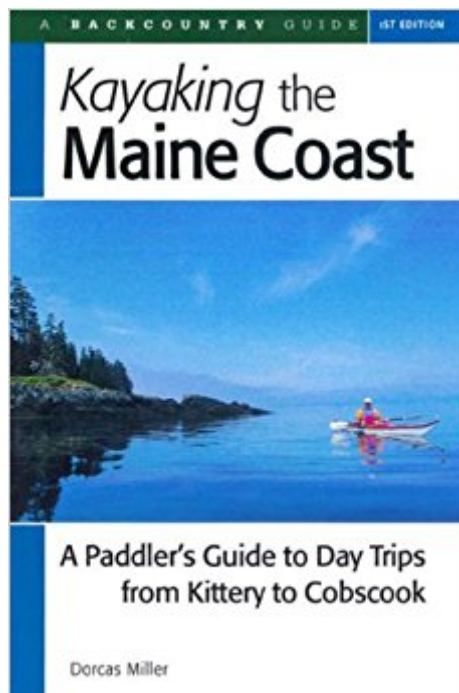




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# Kayaking The Maine Coast: A Paddler's Guide To Day Trips From Kittery To Cobscook



## Synopsis

Sea kayaking is booming, and Maine, with more than 3,000 miles of rugged coastline, is the indisputable mecca of the sport in the eastern United States. Thousands of exceptionally beautiful islands, peninsulas and bays offer paddling conditions ranging from very protected to extremely exposed. There are areas safe enough for beginners, and challenging enough for skilled paddlers. A complete guide to the coast from Kittery to Cobscook to anyone who dips a paddle in Maine's coastal waters. Although it is specifically designed for day-trippers, experienced paddlers can also use this guide to put together multi-day expeditions. More than 50 sections of the Maine coast are described. Each chapter includes suggested trips, where to find launch access, how to read tides and currents, nautical chart and map references, safety considerations and danger zones, key points of interest, and information on bird and sea life. Miller also includes clear guidelines on "leave no trace" paddling - how to avoid disturbing nesting birds, endangered wildlife, and fragile shoreline vegetation - as well as where to go to find all this natural beauty.

## Book Information

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## Customer Reviews

Both entertaining and eminently practical, Kayaking the Maine Coast has a home on every paddler's bookshelf. Dorcas Miller has compiled a tremendous amount of information that will keep both locals and visitors busy and informed. -- Dave Mention, Director, L.L. Bean Outdoor Discovery Schools

Dorcas Miller is a freelance writer and editor with an extensive background in adventure education,

environmental advocacy, and natural history. A former Maine Guide, river guide, and Outward Bound instructor, she has been sea kayaking since 1983. Miller has contributed articles to Sea Kayaker, Canoe, Habitat, Backpacker, and AMC Outdoors, and is the author of nine other books on outdoor recreation and the environment. She lives in Augusta, Maine.

I've been sea kayaking for 16 years, all of them on the coast of Maine, as well as many other places around the globe. . .and I've read LOTS of sea kayaking guidebooks. . .and this is by far the BEST I've ever read!! I thought that I already "knew" the coast of Maine really well. . .but reading Dorcas' book, I realize there is lots to learn and lots more coast to explore. Not only has Dorcas done a superb job at gathering a huge amount of information useful for kayakers, she has presented it in a very kayaker- and reader-friendly way. I really appreciate that it isn't a book of "suggested trips," but rather a book with thorough info about launching spots, safety considerations, places of interest, and useful local knowledge. Her focus on natural and cultural history information also helps me figure out places I want to explore. Have I used the book? Yes, this past weekend I went paddling near Kittery and the book was helpful for figuring out launching spots and weather/tide concerns to watch out for. And when we found a baby seal "stranded" on the beach, I knew that there was a phone number in Dorcas' book that we could call to report the "stranding" and help out the seal. We called, the seal was fine. And relaxing after the paddle, I started thumbing through the book to figure out the next stretch of coast I wanted to explore. This is definitely a must-have book for any sea kayaker planning a trip to Maine!

Kayaking in the Northeast has just gotten easier and NE kayakers much better informed thanks to the release of D. Miller's book. This book lives up to its title in every way. The book is well written, detailed enough to provide confidence and an opportunity to plan well for a paddle adventure. The information in this book will save those less familiar with the coast of Maine many frustrating mistakes and bad trips, and for those more familiar with Maine some new ideas on what to do and see. In addition there are informative chapters all who use the coast of Maine for recreation should know and follow. For those of us beginning to explore the coast of Maine by kayak this is an essential addition our bookshelf.

Good information but very general and lacks any useful detail. One can get a lot of this information on line or from the locals.

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