

Get Your Feet Wet: Try Kayaking on Cape Cod

By Jacqueline Pike

Kayaking is a great outdoor activity for older adults looking to stay active and enjoy the beauty of Cape Cod. It offers a low-impact workout that can be tailored to different fitness levels and abilities. Kayaking on a small lake or marsh is a great option for those who prefer a more leisurely pace, as it allows the enjoyment of being on the water without having to exert too much effort. Ocean kayaking, on the other hand, offers a more challenging workout that can help to build strength and improve cardiovascular health.

One of the great things about kayaking is that it can be enjoyed alone or with a group of friends. Kayaking with a group or club is a great way to socialize and meet new people. These activities also provide an opportunity to explore many of the Cape's rivers, marshes and waterways that are often hidden from the main roads. Bring your camera because that great wildlife photo could be just around the bend.

A major benefit of kayaking is that they can be done in almost any body of water. The Cape has many lakes, slow-moving rivers, and beautiful marshes, providing a great option for those who prefer not to travel long distances. With the right equipment and a tiny bit of training, older adults can enjoy these activities safely and comfortably even if you've never stepped foot in a kayak!

Whether you prefer a leisurely paddle or a more challenging workout, these activities offer something for everyone.

Here are some great options to explore:

Pleasant Bay Community Boating in Harwich offers kayak and sailboat rentals with great rates. They offer both youth and adult boating programs.

<https://pbcab.cc/boat-kayak-rentals/>

Spaulding Rehab's Adaptive Sports Program offers kayaking in 2 locations: Brewster, and Sandwich. The cost is reasonable \$15-\$25 for a 90 min- 2 hr. timeframe.

<https://sasc.spauldingrehab.org/default.aspx?tab=icon>

Long Pasture Wildlife Sanctuary/Mass Audubon offers weekly kayak programs throughout the summer. It's a wonderful way to get outside and learn a little about the marsh ecosystem. They offer individual and family memberships and programs at a reasonable cost.

<https://www.massaudubon.org/places-to-explore/wildlife-sanctuaries/long-pasture/programs-activities>

Commercial Options:

The Cape has several kayak rental companies. It's hard to know who to choose. Most will provide some basic instruction and provide delivery and pick up of the equipment to a designated start location. However, the two I spoke to directly love what they do and want to share their passion for kayaking with you!

Cape Paddle Sports offers daily or multi-day kayak rentals starting at \$65. Single or tandem kayaks are available. Try a sunrise, midday, or sunset 3.5-hour tour through the marshes of Yarmouth, Dennis, or Barnstable.

capepaddlesports.com (774) 316-3705

Ask for Patrick! He'll customize a tour for you, or your group based on your ability or skill level.

Paddle Cape Cod, in Eastham offers rentals starting at \$40 for under 8 hrs. \$60 for over 8hrs. They will deliver the equipment as well and offer suggestions such as Nauset Marsh, Campground Beach and Great Pond as some nice options for kayaking.

They will also deliver kayaks to your home or favorite waterfront!

(508) 962-1185

paddlecapecodma.com

Jacqueline Pike is a Registered CT & MRI Technologist and a contributing health writer.