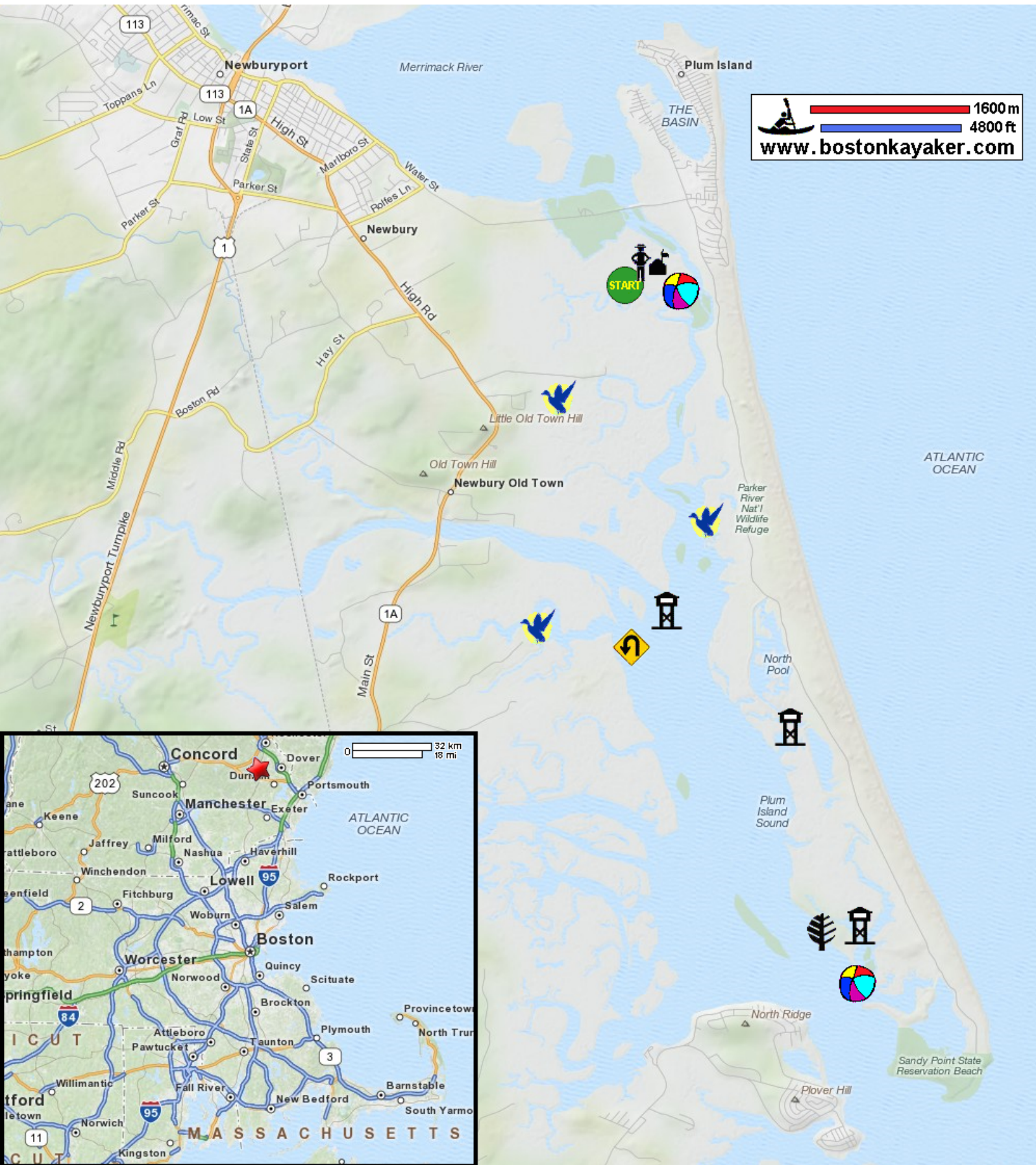











Kayaking on Plum Island Sound - from Newburyport MA to Ipswich MA



-  Put in near the Parking Lot 1 inside the wildlife refuge.
-  Paddle south along the east bank of the Plum Island Sound and return.
-  Estimated round trip distance = 4 miles
-  Parker River National Wildlife Refuge (NWR)
-  Refuge Information Center with toilet facilities
-  Sandy Point State Reservation Beach
-  Plan to paddle during high tide to avoid being stranded by low tides.
-  Observation Towers inside the Refuge
-  Public beaches