





## LEAVE NO TRACE ON

### MAINE'S ISLANDS

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- Know where you are allowed to camp and prepare contingency plans and bail-out spots
  - Camp in designated areas only
  - Do not expand or create new camp sites
  - Concentrate your activity on durable surfaces

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- Campfires are not recommended- use cookstoves for meals and headlamps for light
  - Safe, low impact fires may be built in existing fire rings or below high tide line in a fire pan or on sand or gravel, not ledge or vegetation
  - Use only driftwood, burn all wood to a fine ash & extinguish completely

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- Carry out all solid human waste and toilet paper- do not dig catholes
  - Carry out all trash- your own & what you find
  - Secure your food

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- Respect wildlife, view from a distance
  - Do not feed animals
  - Leave pets at home or on your boat
  - Leave what you find for others to enjoy
  - Be respectful of those who live & work in the area
  - Keep your visual impact low by consolidating gear
  - Let nature's sounds prevail

## BOATING SAFETY

- Wear a personal flotation device (PFD)
- Use a proper sea kayak with bulkheads
- Dress for immersion with a wet or dry suit
- Carry visual distress signals & sound devices (e.g. flares, fog horns & whistle)
- Carry navigational aids including nautical charts, compass & GPS
- Carry a VHF marine radio & cell phone
- File a float plan before you go out
- Know tides & marine forecast
- Know & observe rules of the road
- Never boat under the influence
- Remain visible to other boaters

## COBSCOOK BAY

As the most northerly bay in the eastern United States, Cobscook Bay is full of extremes. Its name comes from a tribal word meaning “boiling waters” and the area boasts the largest tides in Maine. This creates significant currents in the narrow bays and channels.

The tidal flux also makes it an ecologically rich area. Cobscook Bay is home to significant wildlife habitat, with the highest density of nesting bald eagles in Maine. Visitors should be sensitive of the many seals and seabirds who rely on this region.

With extreme tides, powerful currents and eddies, this is no place for novice boaters or the unprepared. While waters may be serene and placid, conditions can change drastically and suddenly. Be prepared to alter your plans due to fog or other unexpected changes. Boaters new to the area should also consider hiring a guide to orient yourself.

## RESOURCES

### Local Information

Cobscook Bay State Park: 207-726-4412  
Cobscook Hikes & Paddles Outfitter Services:  
info@cobscookhikesandpaddles.com  
www.cobscookhikesandpaddles.com  
Downeast Coastal Conservancy: 207-255-4500

### Emergency Numbers

Coast Guard (Eastport): 207-853-0684  
Coast Guard (Saint John-New Brunswick): 800-563-2444  
Downeast Community Hospital (Machias): 207-255-3356  
Eastport Harbormaster: 207-853-4614  
Lubec Harbormaster: 207-733-2342  
Maine Marine Patrol: 207-667-3373

### Boating Safety & Navigation Courses

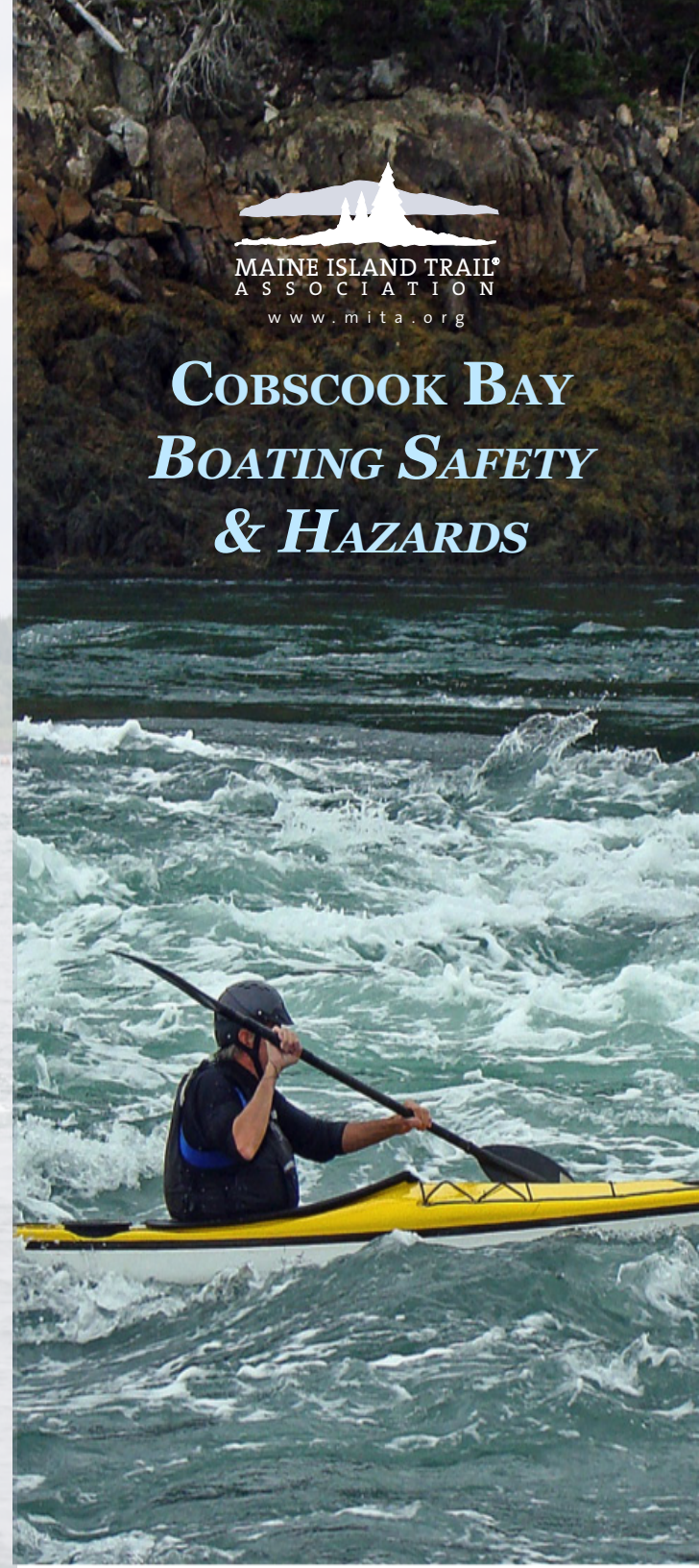
Boat US Foundation: 800-336-BOAT  
www.boatus.com/foundation  
U.S. Coast Guard Auxiliary: www.uscgau.org  
U.S. Power Squadrons: www.usps.org  
Maine Association of Sea Kayak Guides & Instructors:  
www.maskgi.org

### Agencies & Organizations

Maine Island Trail Association:  
207-761-8225 | www.mita.org  
ME Harbors (tides & weather): www.me.us harbors.com  
NOAA (nautical charts): www.nauticalcharts.noaa.gov  
Red Tide Hotline: 800-232-4733  
U.S. Coast Guard: www.uscgboating.org



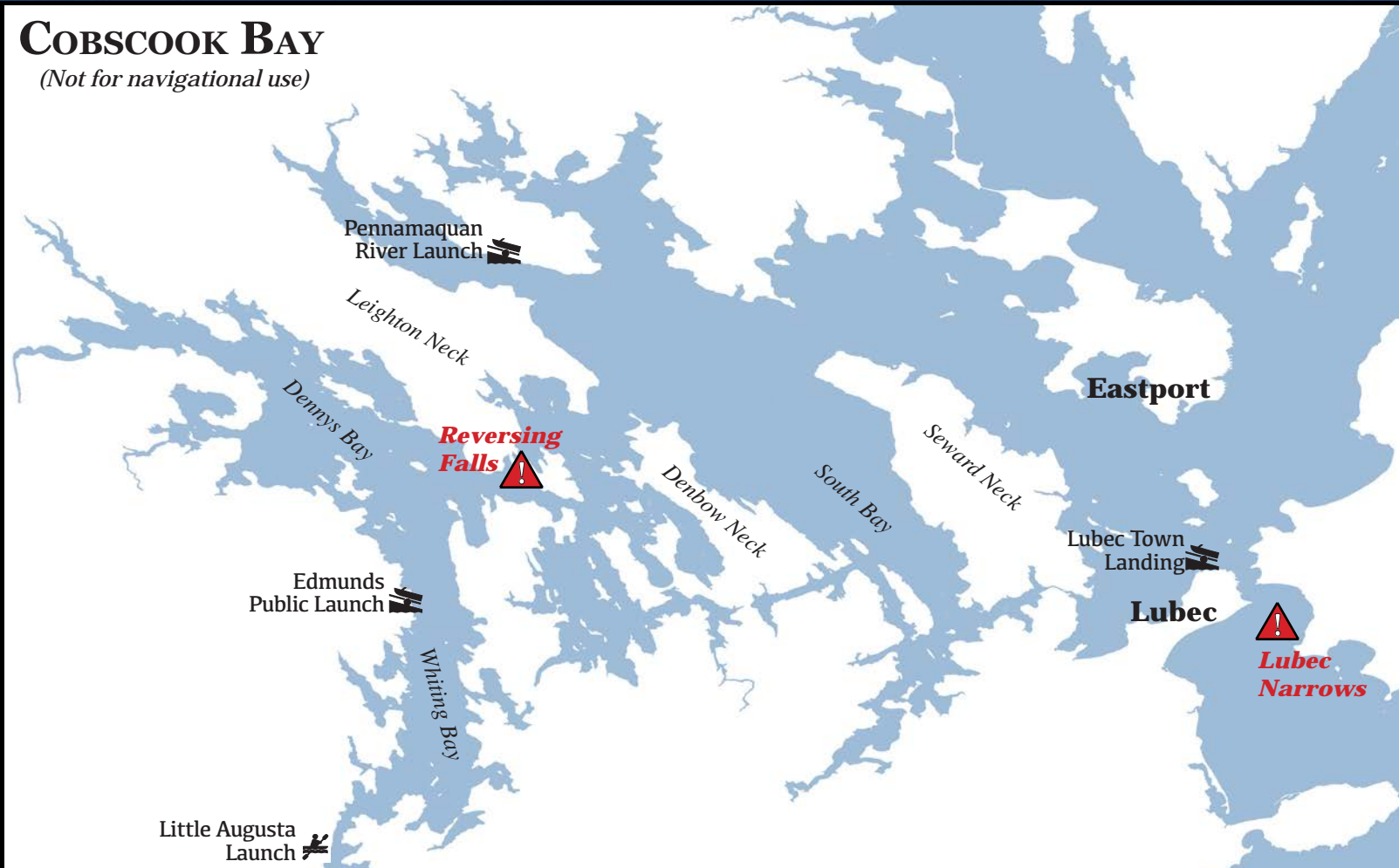
## COBSCOOK BAY BOATING SAFETY & HAZARDS





# COBSCOOK BAY

(Not for navigational use)



## NOTABLE HAZARDS

- Reversing Falls**  
Fierce whirlpools, rips and upwellings on both sides of Falls Island make this area only fit for experienced whitewater paddlers or intrepid small boaters with reliable engines. Even at slack water the flow can be unpredictable and should be taken seriously.
- Lubec Narrows**  
Massive tides funnel large volumes of water through this narrow channel resulting in strong currents, standing waves and whirlpools. It is a major commercial vessel thoroughfare; recreational boaters should give way.

## TIDES & CURRENTS

- This region has the largest tides in Maine, averaging 18' & ranging to 25'
- Exact timing of tides can vary, make sure you have the most accurate & local tide data
- Plan to paddle with the current and during slack tides in narrow channels
- Standing waves often form in the elongated bays when wind is opposing the tide
- Whirlpools can appear and disappear suddenly
- Paddlers taking to this region should have strong bracing and self-rescue skills

## COASTAL STEWARDSHIP

- Wildlife:** View wildlife from a distance. Give a wide berth to hauled out seals, nesting birds and rafting eiders
- Working Waterfront:** Respect and give way to commercial fishing vessels, working boats and aquaculture
- Marine Debris:** Store all items securely in your vessel and dispose of food and other trash properly on the mainland
- Wake:** Obey "no wake" zones and speed limits to protect surrounding shoreline habitat and private property

## LAUNCH ETIQUETTE

- Paddlers**
  - Consolidate gear, outfit your boat & suit up well away from the ramp
  - Launch & haul out quickly when ramp is free
  - Use hand carry launch sites when possible
  - Avoid boating channels
- Powerboats & Sailboats**
  - Outfit & prepare your boat away from the ramp or in specific boat ready areas
  - Launch & haul out quickly when ramp is free
  - Use designated tie-down areas to prepare your boat for trailering after hauling