

## Nyack, NY to Southwest Harbor Me. 2009

This is a description of our second cruise to Maine. I hope it will be of use to other members of the cruising fleet as a sample itinerary. The dates in the table below are our arrival date. Most of the distances, averaging about 35 nm, are easy to make by a small, slow boat like ours. The longest run is between Kittery Point and Portland at just over 50 nm. Two of the runs need careful timing due to currents: through Hell Gate and the Cape Cod Canal.

We are not sailing to Maine in 2010. My charts and guide books are available to a member who does go.

Anchored off Englewood	29. July 2009
Lloyds Neck Sand Hole	30. July 2009
Millford Ct.	2. August 2009
Duck Island	3. August 2009
Stonington, Ct.	4. August 2009
Cape Judith Harbor of Refuge	5. August 2009
Cuttyhunck, Ri.	6. August 2009
Onset, Ma.	7. August 2009
Scituate, Ma.	8. August 2009
Gloucester, Ma.	9. August 2009
Kittery Point, Me. (Portsmouth)	10. August 2009
Portland, Me.	11. August 2009
Boothbay, Me.	13. August 2009
Tenants Harbor. Me.	14. August 2009
Waterman Cove, North Haven I., Me. (Fox Is. Thorofare)	15. August 2009
Southwest Harbor, Me.	16. August 2009
Rockland, Me.	25. August 2009
Tenants Harbor, Me.	26. August 2009
Boothbay, Me.	27. August 2009
Portland, Me.	28. August 2009
Kittery Point, Me. (Portsmouth)	31. August 2009
Gloucester, Ma.	1. September 2009
Scituate, Ma.	2. September 2009
Onset, Ma	3. September 2009
Cuttyhunck, Ri.	4. September 2009

Cape Judith Harbor of Refuge	5. September 2009
Stonington, Ct.	6. September 2009
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Nyack,NY. (about 80 NM!)	10. September 2009 (01:00hr)

#### Anchored off Englewood:

We started late from Nyack and anchored off Englewood for the night. North of the GW Bridge the river has few wakes or standing waves. The East River flood started about noon the next day allowing an easy late start.

#### Lloyds Neck Sand Hole:

Catching the start of the flood at the Battery gives you good boost well into the Sound. Entry to the Sand Hole is safest near low tide. There is a long breakwater running parallel to the shore. You enter at the north end of the breakwater. The northern half of the breakwater is below water at about half tide. Go directly towards the shore near the large caution sign and turn right near the shore NOT near the breakwater. There is no water inside of the breakwater for about two thirds of the distance to shore. Go very slow. If you run aground near low tide, you will get off soon; near high tide it may take half a day.

I find the Lloyds Neck Sand Hole to be the most beautiful anchorage on the Sound but it gets crowded on weekends in season. The water is dense with comb jellies. At night, dump a bucket of water overboard and watch the light show. The place is swimming with diamond back terrapins. It is easy to see 20 to 30 turtle heads at a time.

Staying at the sand hole saves a lot of time over staying at Seawanhaka Corinthian Yacht Club. The SCYC is 4 nm farther into Oyster Bay and the town is another mile in.

#### Millford Ct:

We stayed at Millford Landing all the way at the end of the harbor. They claim to be the only all transient marina. This is the only place where we stay at a slip. The grounds are beautiful. There are 4 or 5 good restaurants within walking distance and an ice cream stand in the marina. Its an easy walk into town. This is the only place that sold solid, clear block ice. (See my didactic rant about ice at the end, if you dare.)

Duck Island:

Two breakwaters extend NE and NW from the island. Most sailboats anchor north of a line between the ends of the breakwaters. The area inside of the breakwaters is somewhat shallow except for just inside of the eastern breakwater.

Stonington, Ct:

The only place to stay is at Dodsons Boat Yard but they have few transient moorings. The mooring fee includes launch service and free pump-out. If they are full, there is usually plenty of room to anchor inside of the breakwater on the west side of the harbor. Dodson will provide launch service for \$5 round trip per person. You can use their showers. The shower door lock combination is 1,2. There are three good restaurants: one at the boat yard and two in town. Even with the launch and pump-out fees, it is much cheaper to anchor here.

Cape Judith Harbor of Refuge:

Anchor well into vertex of the breakwater. This avoids the wakes from most boats which enter from the west. The holding is good but I have twice hauled up derelict lobster traps with my anchor. This is not a good percentage.

Cuttyhunk, Ri:

**ARRIVE EARLY!** In season, this place is busy. Pay \$40 for a mooring or anchor for free north of the mooring field. Anchor early or you will be the one trying to squeeze in. You can get excellent raw oysters on the pier. The grocery store is surprisingly well stocked.

Onset, Ma:

Onset is the closest harbor to the Cape Cod Canal. Entry from the canal's approach channel can be intimidating when the current is running full. You make a sharp west turn into a rather narrow opening. For the first few hundred yards you are going at right angles to a 3 knot cross current between two lines of rocks. Then there is no current at all. Point Independence YC has moorings available or you can anchor. There is lots of room. The town pier has a dinghy dock. There are free outdoor movies and concerts at the band shell. Mark Anthony's Pizza makes very good pies and is a riot. It is the loudest restaurant I have ever eaten in.

Cape Cod Canal:

Like Hell Gate, timing is critical. You must transit with the current unless you can do better than 10 knots. If there are strong winds from the north to northeast try to time your exit for near slack tide. Last year we exited at full flood with a strong head wind. (Flood is defined as northbound.) The seas

were mean. Cindy calls it “The day from Hell.”

Scituate, Ma:

If you can get an early start through the canal, Scituate is within range. If you get a late start, Plymouth/Duxbury is closer but its miles in and out. We stayed on a mooring at Satuit Boat Club. Their launch will take you anywhere in the harbor. There is a large market within walking distance of the town dock. SBC has one of the best showers. (See my shower rant at the end.)

Gloucester, Ma:

Pay for a town mooring or anchor for free. There's a Walgreens and laundromat not far from the dinghy dock at Capt. Solomon Jacobs Park. Have a good roast beef dinner at the diner across the street from the laundromat.

Call the harbor master for a mooring assignment. Last year I called for a mooring and the harbor master laughed at me! “Are you kidding? You had to make your reservation a year ago. It's schooner Fest!”

The harbor was packed. We squeezed in at anchor. Every schooner of note was there including the Bluenose. That night there was a good fireworks display and a parade of illuminated boats. Dozens of boats came by decorated as floating tropical islands, spouting whales, trucks on rolling wheels, etc... It was a great show and we were anchored in the middle of it.

Kittery Point, Me. (Portsmouth):

To get to Kittery you either go around Cape Ann or go through the Blynman Canal and Annisquam River. Kittery isn't nearby so get an early start regardless of the direction of the Annisquam's current. You will pass through two bascule bridges, the Blynman bridge and the railroad bridge. Both open on request but the railroad bridge may hold you for rail traffic. The channel makes a sharp turn right after the railroad bridge. You can't see traffic approaching from the other side. Ask the bridge operator about oncoming boats. Coming south, you can't see the bridge until you are right at the turn.

Entry into Portsmouth Harbor is simple. The only place to stay is in Pepperell Cove. Call the Kittery Point harbor master for a mooring at only \$15 or anchor east of Fort McClary. We have not tried the Kittery Point Yacht Club up the river. There is a very strong current in the Piscataqua River but very little current in the cove. A decent restaurant (Captain Simeon's Galley ) and grocer (Frisbee's) are at the dock. You are finally in Maine!

Portland, Me:

Kittery to Portland is the longest off shore run at about 50nm. Few of the ports along the way are suitable for sailboats.

By far the best place to stay is on a mooring at the Centerboard Yacht Club. They are located directly across the harbor from downtown Portland. This is a very friendly do-it-yourself club. They have a free laundry! The club launch will take you across the harbor. EAT AT FLATBREADS! The water taxi touch-and-go is at Flatbreads and its in walking distance of Hamilton Marine. Don't forget to take your hand-held radio with you to call the launch for your return.

Last year we stayed one night at Portland Yacht Services. They are just outside of the no wake zone and open to waves from the northeast. It was a miserable night.

Boothbay, Me:

We left Portland by going through Whitehead Passage between Cushing and Peaks Islands. Boothbay on land is typical tourist town. The Tug Boat Inn has convenient moorings, a large handicap access shower and a very good laundry. The town has gone down hill since the first time I was there, about 35 years ago. There is a usable grocery in town.

Tenants Harbor. Me:

Tenants is still a "typical" down east harbor with a good mix of commercial and pleasure boats. There are 25 rental moorings but they are often occupied. There is a very well protected anchorage in Long Cove just to the north as you enter Tenants. There is plenty of room, a good bottom, and no way for ocean swells to enter.

Waterman Cove, North Haven I., Me. (Fox Is. Thorofare):

The Fox Is. Thorofare is between North Have and Vinalhaven Islands. Waterman Cove is about as secluded as it gets in Maine. There are no towns nearby so the night sky is black and the stars are spectacular. We have anchored here 3 times and have always been the only boat. The top foot or so of the bottom here is a light, fluffy organic mud. My aluminum Fortress anchor seems to float in it and I switch to a heavy Danforth here.

Southwest Harbor, Me.

Mount Desert Island:

Home at last. The town moorings are brightly marked with the harbor master's 'phone number and radio channel. You can't make reservations so take any that is unoccupied. If they are all occupied, use Hinkley's. The moorings are located off the town of Manset on the south side of the harbor. There are two town dinghy docks in SWH and one in Manset: In SW there is one dock next to Beal's (Lobsters, gas and diesel) just west of the Coast Guard Base and the other, the Upper Town Dock, further up the harbor. If you're walking into town, use the Upper dock. You can get water here too. When calling a harbor master, specify which harbor. There are four of them within radio range.

There is too much to do and see here. There is a monster osprey nest on a rock off Sutton Island, seals basking at low tide on East Bunker Ledge, an amazing anchorage in Valley Cove, a sail up Somes Sound, a 1000 foot nearly vertical (but safe) climb up the Precipice Trail, Tea and Popovers at Jordan Pond...and, of course Acadia National Park. The list is endless. LL Bean sponsors free, scheduled shuttle bus service to everywhere you'll want to go. Plan on at least a week! We've been coming here every year for the last 38 and can't stay away.

Rockland, Me:

We skipped Fox Islands and went to Rockland on our way back anticipating bad weather. The town moorings are good and there are showers, ice and pump-out at the dock. Its a short walk to stores and restaurants.

## Some Comments:

FOG: Expect it!

Use a good radar reflector. With modern plotting GPS fog should not be intimidating. We always hit the marks dead-on. Last year we navigated deep into Tenants Harbor and picked up a rental mooring without ever seeing the shoreline. GO SLOW. You need to be able to respond in half of the sight distance. The other boat responds in the other half. If you are on a solo watch, use an auto helm. You can't watch out and watch the compass at the same time.

Lobster traps:

They are everywhere! Don't go between the main float and the pickup. Be prepared to get wet.

Weeds:

After two off-shore hurricanes in a week the sea was full of rock weed. Where currents converge, the weed formed up into huge rafts. The rafts were acres in size and went on for miles at a time. The weed is tenacious. I went over the side several times to clear the prop.

Tides:

The tide range at Southwest Harbor is 11 feet. Plan your anchor scope carefully. Farther down east the range is 20 feet. At the head of Fundy Bay it is 40 feet. I don't plan on going there.

## The Best of ...:

Best Anchorages. A difficult choice depending on criteria:

Close to home: Lloyds neck sand hole  
Bucolic: Waterman Cove, Fox Islands  
Spectacular Scenery: Valley Cove, Somes Sound

Best Food:

In order of quality: Noah's in Stonington, CT, Stone Bridge Inn in Millford, CT, Flatbread in Portland, ME

Best bargain: Supreme Roastbeef, Gloucester, Ma. Less than \$9 buys a very fat, very good roast beef sandwich with a very large Greek salad and a very large order of real fried onion rings.

Best Showers:

NYACK BOAT CLUB, Tug Boat Inn handicap access in Boothbay, Satuit Boat Club in Situate, MA. The last is very clean, has 12 hanging pegs, and a 5 foot bench!

## My Rants!:

Showers:

You don't need a degree in architecture or interior design to build a shower room. It needs four things: a place to shower, a place to sit, a place to put thing down on, and a place to hag things up on. All too often there are only two hooks, a small seat and no shelf.

Didactic Ice Rant:

I've heard all kinds of discussions about block verses cube ice. Here are the true facts.

First my credentials: 4 years of Physics (8 semesters of A's!)

When ice and water are present at the same time, as in a glass of water with ice cubes or an ice chest with melting ice, the temperature is 32 degrees as long as there is ice present. The temperature stays at 32 degrees from the time the ice starts to melt until the last piece of ice disappears. As the ice melts, it absorbs heat (Calories). (Ice absorbs 79.72 calories per gram as it melts, the highest of any substance.) The heat that is melting the ice comes through the walls of the ice chest. The *rate* at which heat enters the chest (calories per minute) depends on the surface area of the walls of chest, the insulating ability of the walls of the chest, and the difference in temperature between the inside and outside of the chest.

The temperature inside the chest stays near 32 degrees. For every 79.72 calories of heat that enters the chest one gram of ice will melt. The *rate* at which the ice melts (grams per minute) depends ONLY on the *rate* at which heat enters the chest. It DOES NOT depend on the form of the ice be it slush, cubes, flake, compressed flake block, or clear block.

Your choice of what kind of ice to use does not depend on the physics. We cruise for 40+ days at a time. Cost per pound is my criterion. Cube usually cost twice as much per pound as block except at Nyack Boat Club where block cost more than twice as much as cube. (10lb cubes = \$2, 8lb block = \$4) Block is denser than cube so you can fit in more weight of block ice than cube. Clear block is denser than the more common compressed flake but I have only found it at Millford Landing. I can fit two clear blocks in my chest but only one compressed block.

Of course I sometimes buy a bag of cubes. Cindy likes clear cubes in her glass and doesn't know how to use the ice pick and most of the time I won't let her use it.

Cheers,  
Henry Koepfel