

Wind's Up! guide to natural water sports on Martha's Vineyard

Wind's Up! has hourly rentals on beautiful Lagoon Pond and plenty of parking. Or rent by the half-day, day or week and car top to your favorite location. Soft racks or straps provided at no extra charge.

Windsurfing and Paddling Guide:

- 1 Lagoon Pond, Vineyard Haven.** Location of Wind's Up! Having several miles of water, good wind, and being safely enclosed, Lagoon Pond is excellent for beginners and intermediates, and for practicing basics, beach and water starts, and jibes.
- 2 Vineyard Haven Harbor.** Launch at Eastville Point Beach. Not for beginners. If you're experienced and are launching here, note comments about ferries, under SAFETY PRECAUTIONS!
- 3 State Beach.** Off Beach Road (different Beach Rd.), between Oak Bluffs and Edgartown. Sengecontacket Pond, safely enclosed and with good winds, is great for beginners and for practicing intermediates, but may be too shallow in lowest tides. On Cow Bay, the wind is offshore (prevailing), and gets stronger and more choppy as you go out. Don't take too big a sail, and watch for strong currents. Great wave sailing in a Northerly. For experienced sailors only.
- 4 Edgartown Harbor.** Intermediate, off Lighthouse Beach or Chappaquiddick, watch boat traffic, stay clear of channel and Chappy Ferry.
- 5 Katama Bay.** Small boat launch on Edgartown Bay Rd., left at end of Katama Rd. Good in SW wind; shallow in places, sandbars. Watch strong currents, off-shore winds.
- 6 South Beach, at Katama.** Experts only. Winds on-shore and side-shore (prevailing). Shore break can be difficult, and hazardous to equipment. Watch sharp drop and shifting bottoms. In storms, sand bar builds off-shore, making great waves to jump and ride.

- 7 Menemsha Beach, Menemsha.** Advanced. Chop and swell in sound. Rip current at jetty by Menemsha Pond.
 - 8 Tisbury Town Beach, at Lake Tashmoo.** Watch for current at jetty. Lake side: flat water; great exploring for all levels. Sound side: Expert only. Strong currents and chop. Offshore winds. Advanced site; strong currents.
- SAND DUNES.** Please stay off grassy dunes. Respect and protect these fragile areas. Breakdown of grasses, roots and dunes causes erosion and destroys nesting sites for endangered shore birds.

SAFETY PRECAUTIONS!

- Wear life jacket.
- Know your ability, your limitations, and your equipment's limitations.
- Sail or paddle with a buddy, preferably, or notify others before launching.
- Be able to self-rescue.
- Stay well clear of all other vessels (including sailboat races), and especially ferries.*
- In shallow areas—especially ponds—wear water shoes to protect against sharp shells, etc.

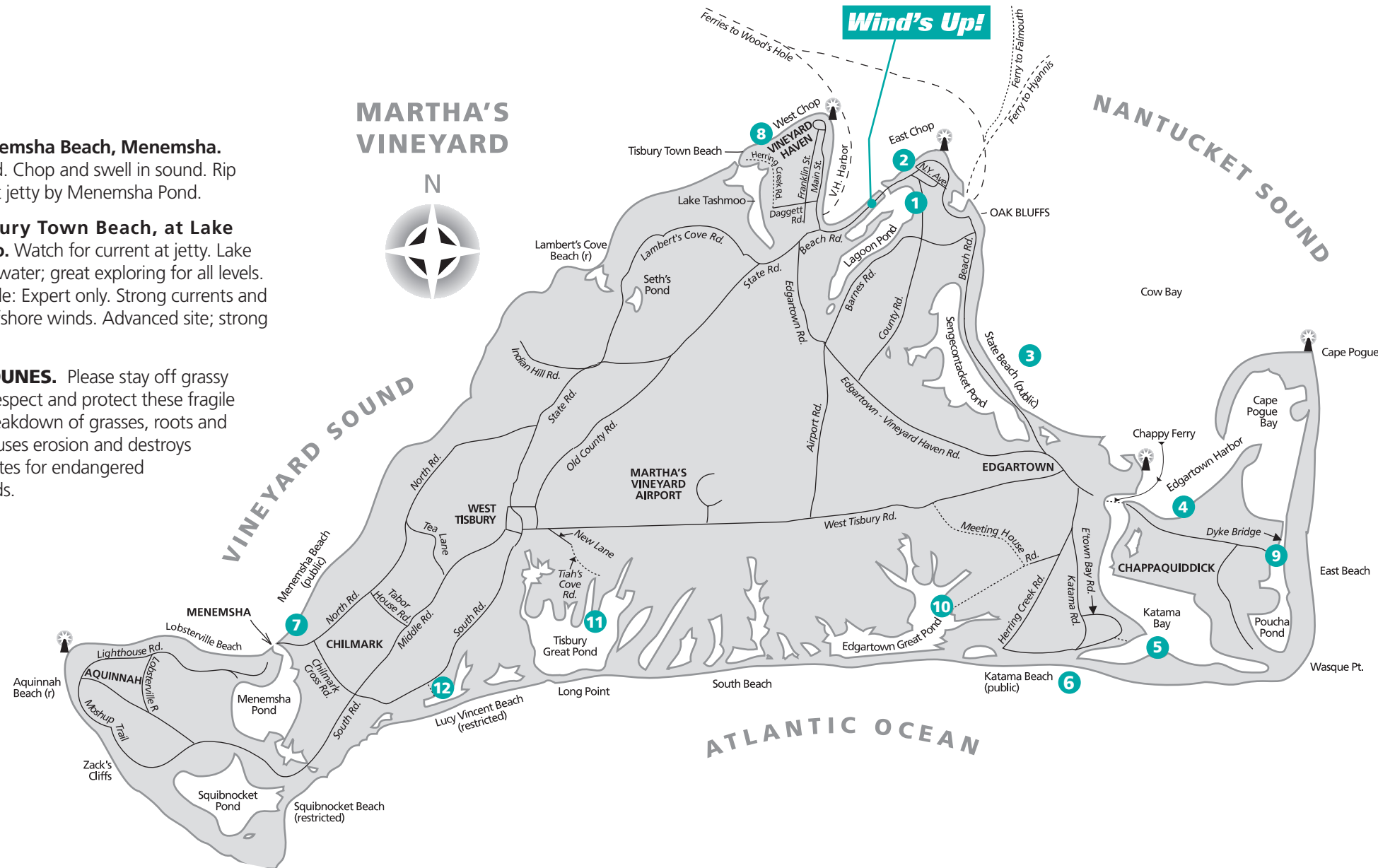
The following are especially important in open water:

- Check weather and tide reports, watch for strong currents and changing winds.
- Note visibility; watch for occasional fog.
- Use leash.
- Carry safety equipment: spare parts, line, knife, whistle, flares, paddle float, flotation, etc.
- Be aware of ferry lanes noted on map. Keep well clear of ferries and ferry lanes.
- Wear wetsuits when appropriate: note daily conditions.

In an emergency:

- STAY WITH YOUR BOARD OR BOAT!
- Don't panic.
- Signal for help quickly. (Don't be embarrassed; almost everyone's been there!)
- Cooperate fully with rescuers.

Help others in trouble: FOR ALL EMERGENCIES, CALL 911



- 9 Poucha Pond and Cape Pogue Bay.** Take Chappy Ferry; launch at Dyke Bridge.
 - 10 Edgartown Great Pond.** Take Katama Rd. to Herring Creek Rd., to Meeting House Rd.; after M.H. Rd. becomes dirt, take first left.
 - 11 Tisbury Great Pond.** Access at Land Bank's Sepiessa Point Reservation at Tiah's Cove. Off Edgartown-West Tisbury Rd., take New Lane (which becomes Tiah's Cove Rd.) for 1.2 miles; turn right on dirt track. Site marked LB, with maps to launch sites. Beaches on ocean side are private.
 - 12 Chilmark Pond.** Land Bank's Chilmark Pond Preserve. Off South Rd. at Abel's Hill—LB sign. (limited parking and access.)
- * At Land Bank properties, use designated public access; respect privacy of landowners.

Any of the ponds are also excellent for canoeing.

Surf boards and Body boards:

There are waves all along the south shore of the Island; best access is at Katama; watch out for shore break. Sand bars build during storms making great offshore waves. Good surf Up Island at Squibnocket, Long Point, Aquinnah, etc.; access is restricted.

