



Providence Harbor NBC Rowing Navigation Map

Rowing on the Providence River and the harbor:

The harbor presents a unique opportunity of perfectly flat water during certain weather conditions. In the late fall and early spring, when prevailing winds are out of the north, the top of the harbor can be the best water in the area, however, it can also be very dangerous. Commercial traffic is common and the tugboats that move ships cast very large wakes. During the late spring, the stripers run north and, invariably, are trailed closely by lots of motorboats that make lots of wakes. Please know your limitations and row safely.

Basic suggestions for a safe row on the harbor:

- Advanced rowers only
- Examine the forecast in advance
- Row with a buddy or in a team boat
- Follow mapped route and stay to starboard
- Always stay well clear of commercial traffic
- Memorize locations for safe exits from the river
- Row safely - bring a phone, life vest, whistle, fluids, wear high viz and closely follow low light/cold water rules
- Know your limitations, you can turn around at any time

