

# Kayaking The Cane

by Kara Barnes

...Bayou girl,  
Come on and let your hair down  
I want to dance with you,  
All night by the light of the moon  
That's what I want to do...

*"Bayou Girl" by Van Morrison*

**Kayaking is a thrill ride** usually reserved for the most daring and rarely related to the bayous of southern Louisiana. Knowing this, when I heard we were going kayaking, I automatically declined. The thought of the river sweeping me away in the rapids, throwing me into the deadly waters was not my idea of a good time. About a week later, I answered my phone to hear a voice yelling at me. "What do you mean you're NOT going kayaking!" On the other end of the phone was Danny Anders of Kayak Tours on the Shore, LLC. He explained that this was not "wild river" kayaking, but a serene and relaxing journey, floating through the bayous. So, after doing a little more homework on his website, [www.mykayaktour.com](http://www.mykayaktour.com), I was hooked!



**The day arrived and we loaded up**, ready to hit the water and see what Bayou Cane had to offer. We hopped in and set sail. As we floated, I began to soak in my surroundings, enjoying the beautiful day. Letting the slow, ambling current drift me, I laid back and gazed up into the bright blue sky, billowing with white, fluffy, marshmallow clouds. I saw a crane fly overhead and felt the gentle breeze through the moss swaying from the giant oak trees. Danny pointed out nests the size of small automobiles, built by the varying birds of the area, and the tiny creatures that sat along the shoreline. This is just what I needed. It's funny how "therapy" comes wrapped and presented in such unexpected packages.

**Me and nature**, we're cool now. Couldn't get any better...or so I thought! We were informed early in the trip that a surprise was in store. As anticipation kicked in, I started paddling faster and faster down the bayou. With no athleticism to my name (and, thankfully, none needed for kayaking...a true novice's sport), I was now on the hunt for adventure and breaking all the rules.



When the group finally caught up to me and made their way through the storm of waves I had left, Danny yelled, "We're almost there!" We paddled towards the end of the bayou and there it was - My Heaven - Lake Pontchartrain. The shimmering glory of the brackish water called to me and I answered right back. We hopped out of our kayaks and jumped in.

**We splashed and frolicked**, digging for clams and showing off our swimming skills. After having a blast in the lake, we returned to our kayaks and headed back to land.

**My first kayak experience was relaxing and exciting**, all at the perfect times. Thankfully, there were no alligators in sight (although Danny does offer bayou alligator tours for the more daring - which is just about anyone other than me). So, gather up the kids and the ice chests, give Danny a call, and enjoy a totally unique Louisiana experience!

For more information, visit [www.mykayaktour.com](http://www.mykayaktour.com) or call Danny 985.951.9437

