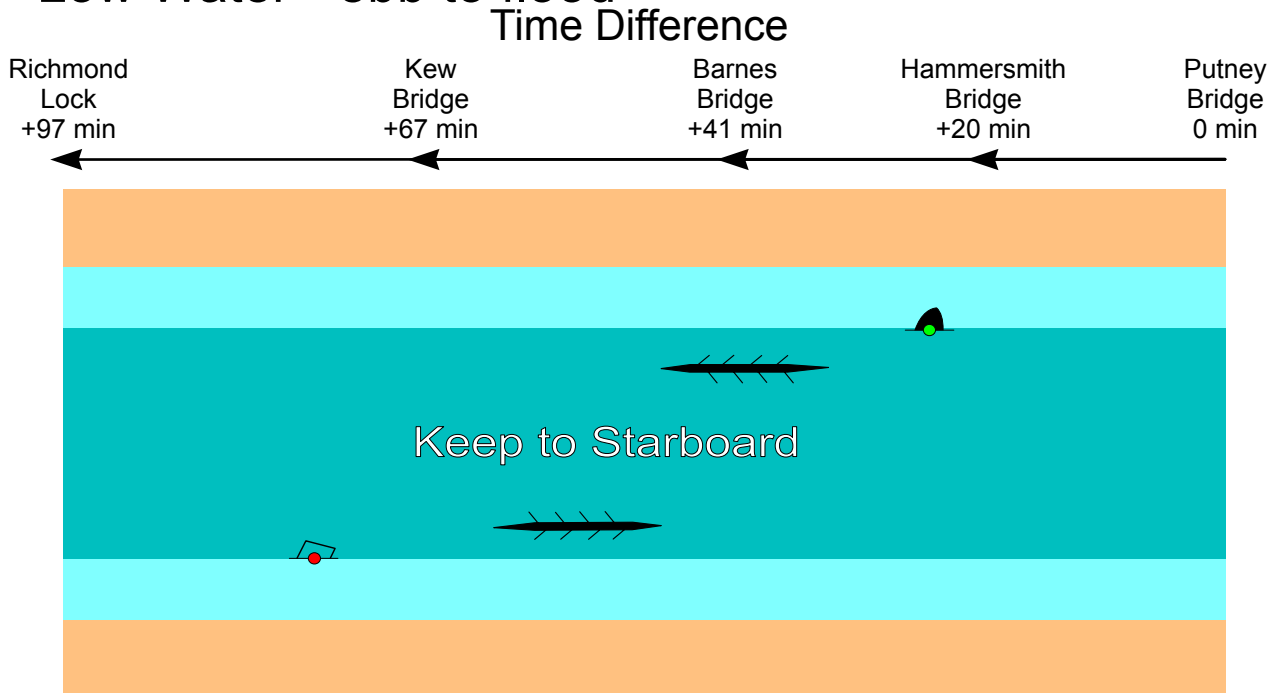


# Rowing when the Tide is Turning

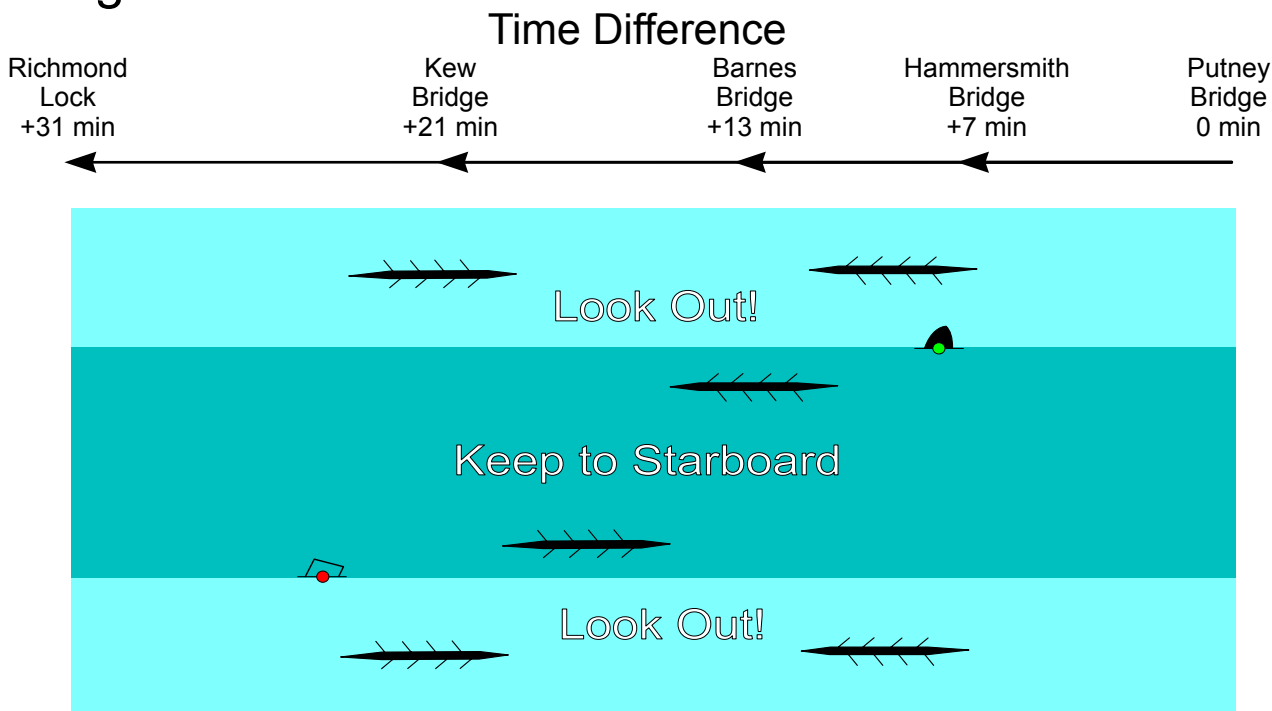
## Keep A Good Look Out

### Low Water - ebb to flood



- When rowing from Putney to Kew it is possible to travel faster than the tide, be prepared to alter your navigation from flood to ebb.
- When in the fairway keep to the right hand side (Starboard).

### High Water - flood to ebb



- Keep a good look out when rowing in the inshore zone. You are likely to meet crews travelling in the opposite direction.
- When in the fairway keep to the right hand side (Starboard).

Tide Tables are available on the PLA web site <http://www.boatingonthames.co.uk/Tide-Tables>

**If possible delay your outing until the tide has turned.**