

# Charter Fishing: Good For the Body, Great For the Sole



by Liz  
Walker

*“Fishing provides that connection with the whole living world. It gives you the opportunity of being totally immersed, turning back into yourself in a good way. A form of meditation, and a form of communion with levels of yourself that are deeper than the ordinary self. ” –Ted Hughes*

Last summer was the first time I was lucky enough to experience a large-scale fishing trip out of the Port of New Bedford. What a great learning experience! I must say, I was pleasantly surprised with how much I gained from such a simple summer excursion. I am calling attention to all those who think dealing with fish is grimy, hard work, and no play. You have been misled!

Though fishing is a lot of hard work for the professionals, for the Average Joe there are some serious perks in learning how to fish. For a reasonable price you can spend an awesome morning learning a new hobby, while at the same time taking home dinner for the next month or so. That’s right: On almost all boats, you keep what you catch! So if you are looking for a fun, outdoor activity that will also save you money on food, here it is.



Here's Liz with some of the fish she caught.

Catching fish is almost a 100% guarantee on these boats, so don't fear that you won't be able to successfully grasp the technique; if there is a worm, the fish will bite! Fish can be frozen and some can be saved up to 6 months – 1 year, so you don't need to worry about catching too many fish!

Ladies...spending ridiculous amounts of money on tanning beds is not the way to go. Instead, plan a weekly fishing trip with some friends and you'll realize that the fastest way to get a natural tan is to head out on a boat for six hours! And as long as you are taking care of yourself, remember that fish is a great food for the health-conscious individual, especially one who is trying to lose a few pounds (or keep them off) for that summer body. They are healthy and low in fat, and since we live so close to the ocean, we always get them fresh.

A fishing trip is also a great way to meet people. Fishermen and women travel from surprisingly far distances to sail these seas in the hopes of catching fish. I met all sort of people from lots of different areas in the country, locals and tourists, near and far. I even met some people from Pennsylvania that made a day trip here to experience the charter fishing boats of New Bedford, and to bring home some delicious sea bass and porgies.

Some people might say: "Well, even though I would love to go fishing, I get sea sick." Fear not! I have an answer for you.

You can buy bracelets at any drug store that specifically help against motion and/or sea sickness. Through acupuncture technology, the bracelet applies pressure to parts of the body so that the transmission of motion sickness is blocked and cannot be registered by the brain. If that technique fails, have confidence in knowing that a lot of charter boats let you B.Y.O.B. or they have a bar area on board, so there's always the option to enjoy a nice beer or a mimosa to take the edge off.

Listed below are some of the fishing charters offered here in New Bedford:

**Captain Leroy's**

(508)-992-8907

[www.captainleroys.com](http://www.captainleroys.com)



**Cape Shark Marine Sport Fishing Charters**

(877)-739-0186

[www.capesharkmarine.mysite.com](http://www.capesharkmarine.mysite.com)

**Bottom's Up Charters**

(508)-673-4572

**Bounty Hunter Fishing Inc.**

(508)-748-3474

<http://www.fishbountyhunter.com/>

**Captain Chip Genthner's**

(508)-995-8518

## **Captain Ken Murry's**

(508)-999-4999

Many local businesses give discounts on fishing charter trips out of New Bedford, such as the UMass Dartmouth Marine Biology Department or SMAST. You can also check out the New Bedford Public Library and the New Bedford Whaling Museum for exclusive discounts on fishing trips.

This summer, don't miss your chance to take advantage of one of the great opportunities New Bedford has to offer by going on a charter fishing trip. Not only will you be profiting from this trip, but you will also be supporting one of the largest historic fishing cities in the country. So come out and enjoy the sun in New Bedford!