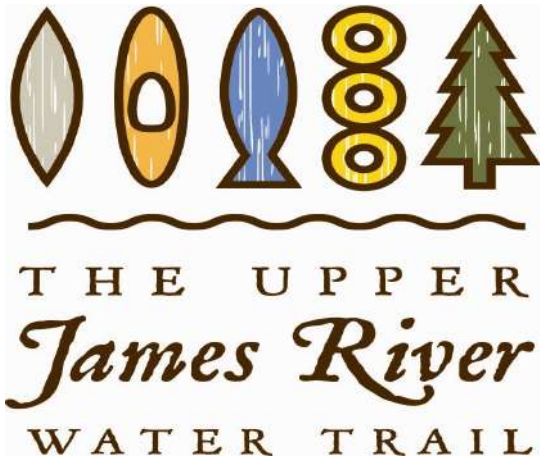


# JAMES RIVER 5 DAY CANOE TREK



## 5 DAY WHITE WATER CANOE CAMPING EXPERIENCE

- \* **50 MILER** - Truly one of the best river trips in the Mid Atlantic to get this award.
- \* **TONS OF RAPIDS** - Trip includes over 120 rapids to keep it fun, but still suitable for canoe camping.
- \* **VERY SCENIC** - Stunning Blue Ridge Mountain views the entire length of the trip.
- \* **A TRUE WILDERNESS EXPERIENCE** - Compared to other more developed rivers.
- \* **NO CANOE PORTAGES REQUIRED** - Paddle 61 miles with out stopping.
- \* **UPPER JAMES RIVER WATER TRAIL** - So cool it was made a Scenic Blueway Trail.
- \* **KAYAK THE JAMES RIVER GORGE** - Mix up the fun and kayak the last day.

Paddle 61 miles of the historic upper James River in Virginia from the headwaters at Iron Gate to the Snowden Dam. Experience over 100 class I rapids, and 20 challenging class II rapids, and the infamous Balcony Falls (Class III) rapid. Bring your fishing pole and try your hand at fishing along the way. Camp nightly at wilderness river side locations along the way. Groups have option to switch to kayaks for the last day with advance notice. Add an optional river clean up project and this trek meets the "50 MILER" award requirements.



# JAMES RIVER 5 DAY CANOE TREK SCHEDULE

Paddle 61 miles of the upper James River from Iron Gate to Snowden Dam. Experience over 100 class I rapids, and 20 challenging class II rapids, and the infamous Balcony Falls rapid which can be portaged. Camp nightly at wilderness river side locations along the way. Groups have option to switch to kayaks for the last day with advance notice. Do an optional river clean up service project along the way and meet the requirements for

## DAY 1

- TRO arrive Goshen Scout Reservation - 9 AM
- TRO will conduct safety brief and collect TRO release forms
- Load up and drive to Iron Gate Put In by Noon.
- Camp at Gala Site
- Paddle length 10 miles / 4 hours

## DAY 2

- Paddle from Gala to Oxbow Site
- Paddle length 13 ½ miles / 5 ½ hours
- Includes 9 miles of VA Scenic River section

## DAY 3

- Paddle Oxbow Site to Arcadia Island with stop in Buchanan
- Paddle length to Buchanan: 11 ½ miles / 4 ½ hours
- Resupply in Buchanan: water, ice, trash, laundry services, bait, ect.
- Paddle length Buchanan to island campsite: 7 miles, 2 ½ hours

## DAY 4

- Paddle Arcadia Island to Wilderness Canoe
- Paddle length 12 miles / 5 hours
- Camp Wilderness canoe, camping fee paid by TRO
- TRO staff will stage vehicle for gear pickup

## DAY 5

- 8:30 am pack camping gear in TRO vehicle
- Launch by around 9 am, for a 1 PM pickup at Snowden Take Out
- Paddle length 7 miles, 3 ½ to 4 hours due to difficulty
- Drive back to Goshen, arrive by around 3 PM

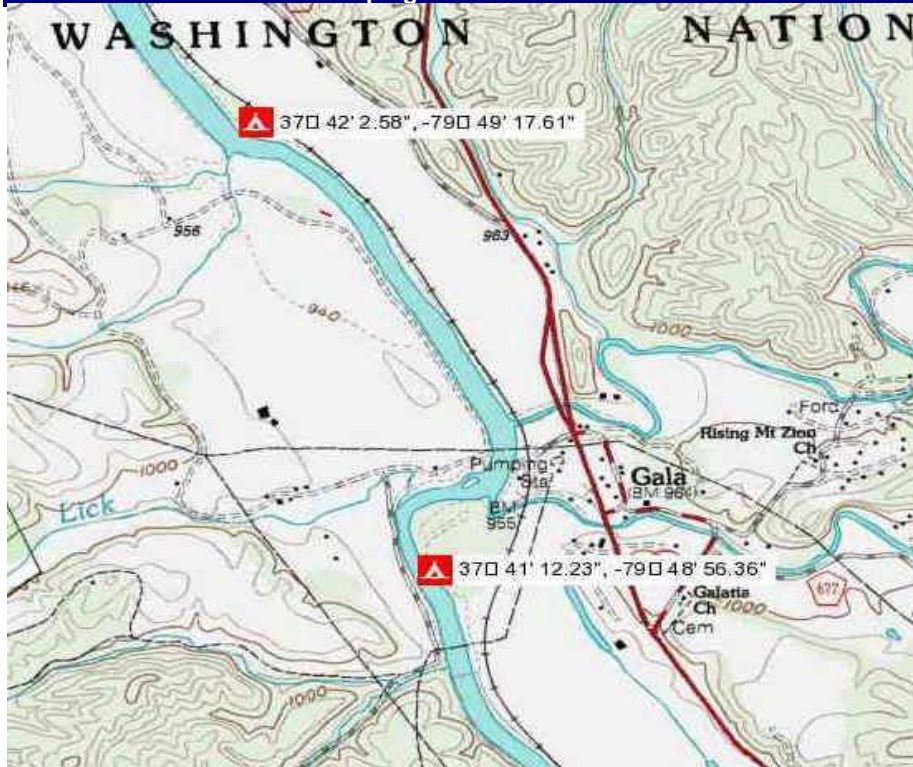


# TWIN RIVER OUTFITTERS - 540-261-7334 - JAMES RIVER WILDERNESS CANOE TRIP RIVER GUIDE

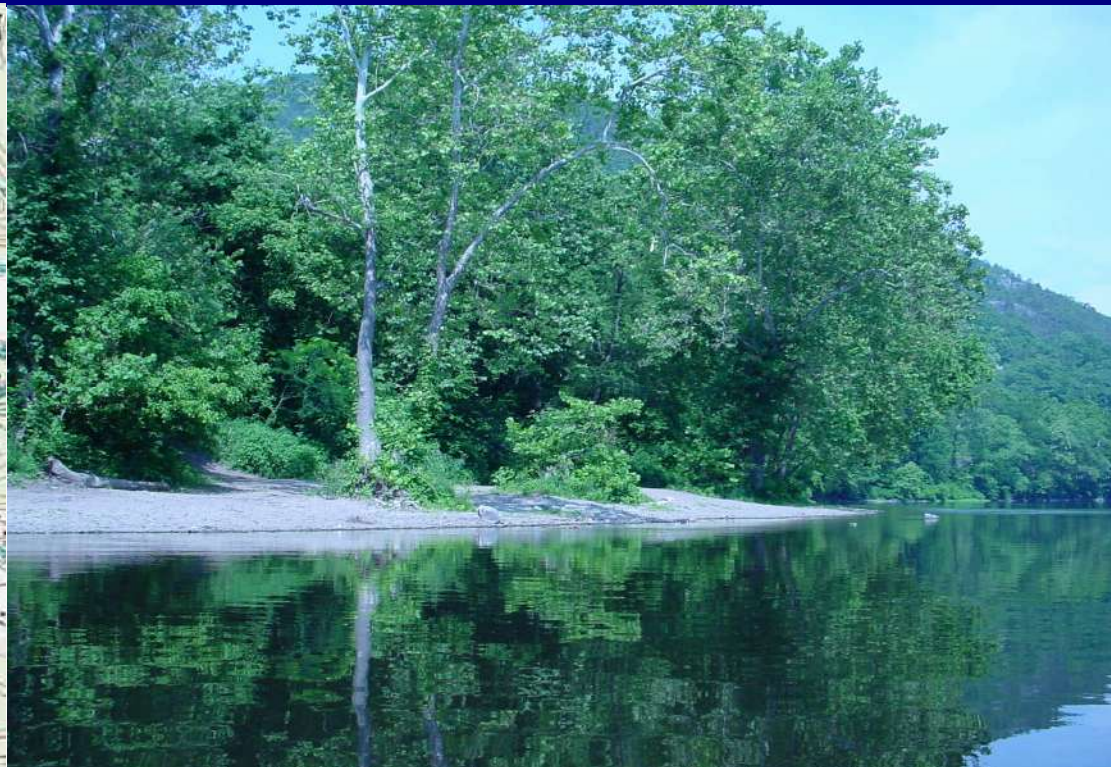
## DAY 1

|                                   |  |
|-----------------------------------|--|
| <b>Start</b>                      | Iron Gate  |
| <b>Stop</b>                       | Eagle Rock   |
| <b>Length</b>                     | 10 miles, Mile marker 61.5 to 51.5, estimated paddle time @ 2.5 mph = 4 hours                                  |
| <b>River Map Reference</b>        | James River - Iron Gate to Eagle Rock  |
| <b>Description</b>                | Mostly moving water with 22 Class I, & 2 Class II rapids. Average river grade is a drop of 6.07 feet per mile. |
| <b>Notable Rapids</b>             | Class II ledge 1.5 miles into trip, "the Narrows" at mile 56, scouting advised                                 |
| <b>Camping Location</b>           | Gala Campsite  |
| <b>Camping GPS Coordinates</b>    | 37° 42' 2.58" -79° 49' 17.61"  |
| <b>Alternate Camping Location</b> | Lock Park at Eagle Rock, public property can be noisy due to 220 bridge across from camp site                  |
| <b>Resupply Option</b>            | None   |
| <b>Counties Traveled</b>          | This leg of the trip is in Botetout County, VA   |
| <b>Emergency Contact</b>          | Emergency 911, State Police (540) 291-2548, Botetout Co Sheriff (540) 473-7930                                 |
| <b>Boat Access Points:</b>        | Craig's Creek public boat landing across from Last Loch Park   |
| <b>Comments:</b>                  |  |

TOPO of Camping Location



Picture of Last Lock Gravel Bar



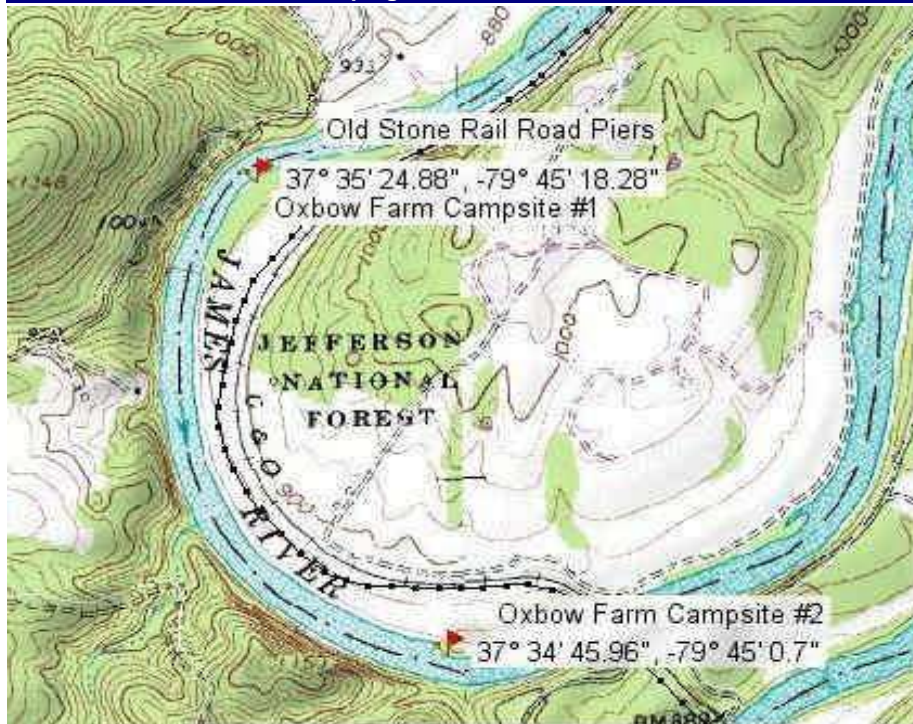


## TWIN RIVER OUTFITTERS - 540-261-7334 - JAMES RIVER WILDERNESS CANOE TRIP RIVER GUIDE

### DAY 2

|                                   |   |
|-----------------------------------|---|
| <b>Start</b>                      | Gala Campsite   |
| <b>Stop</b>                       | Oxbow Farm  |
| <b>Length</b>                     | 13.5 miles, Mile marker 51.5 to 38, estimated paddle time @ 2.5 mph = 5 1/2 hours   |
| <b>River Map Reference</b>        | James River - Eagle Rock to Horseshoe Bend  |
| <b>Description</b>                | Mostly moving water with 15 Class I, & 1 Class II rapid. Very scenic & remote. Approximate river grade is 5.0 ft per mile   |
| <b>Notable Rapids</b>             | Watch out for strainers around Catawba Creek islands  |
| <b>Camping Location</b>           | Camping in at Oxbow Farm via a private land use agreement with TRO. Camping near mile marker 38, located river left just past a pair of old stone rail road bridge piers. |
| <b>Alternate Camping Location</b> | One mile down river on the left about 1000 feet before rail road bridge which is at mile marker 37  |
| <b>Camping GPS Coordinates</b>    | 37 35' 24.88", -79 45' 18.28"   |
| <b>Resupply Option</b>            | None  |
| <b>Counties Traveled</b>          | This leg of the trip is in Botetourt County, VA   |
| <b>Emergency Contact</b>          | Emergency 911, State Police (540) 291-2548, Botetourt Co Sheriff (540) 473-7930   |
| <b>Boat Access Points:</b>        | Horseshoe bend at mile marker 35, limited access at Oxbow farm campsite if required   |
| <b>Comments:</b>                  | Eagle Rock to Springwood section is designated a Virginia Scenic River Section.   |

TOPO of Camping Location



Picture of Camping Area



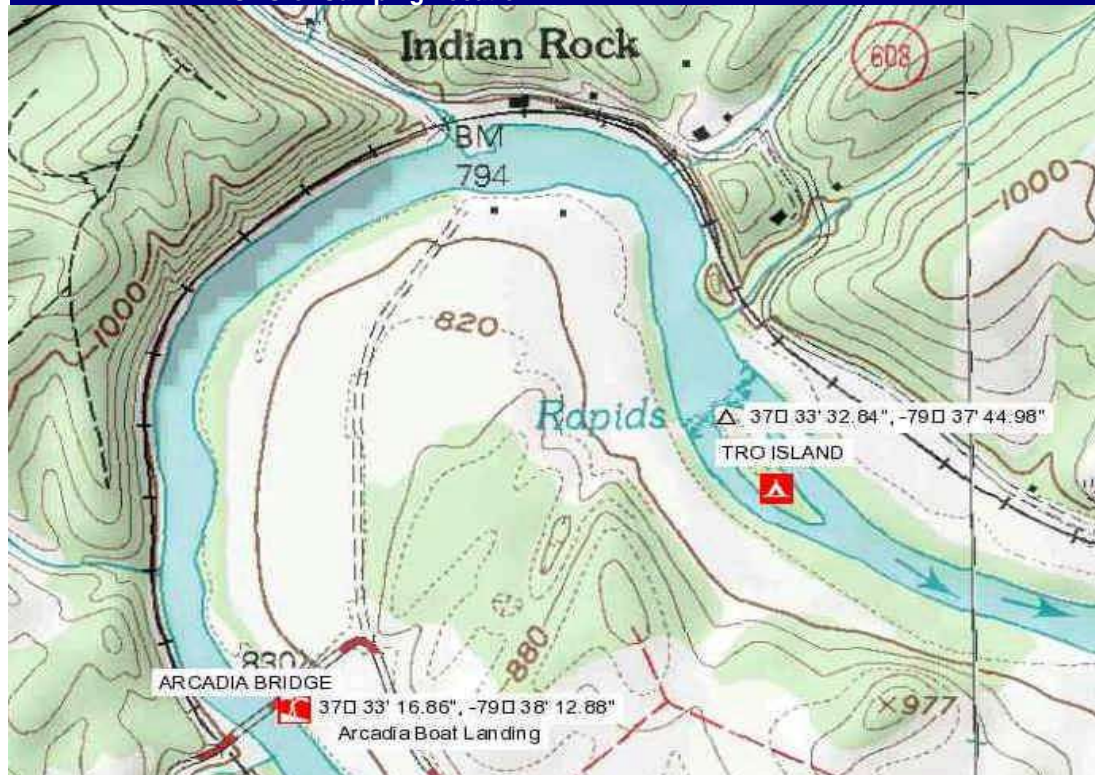


## TWIN RIVER OUTFITTERS - 540-261-7334 - JAMES RIVER WILDERNESS CANOE TRIP RIVER GUIDE

### DAY 3

|                                   |  |
|-----------------------------------|--|
| <b>Start</b>                      | Oxbow Farm   |
| <b>Stop</b>                       | Arcadia Island   |
| <b>Length</b>                     | Longest Paddle Distance 18.5 miles, (4 Hours to town of Buchanan) Mile marker 38 to 19 1/2, estimated paddle time @ 2.5 mph = 7.4 hours  |
| <b>River Map Reference</b>        | James River - Eagle Rock to Horseshoe Bend, & Horseshoe Bend to Alpine   |
| <b>Description</b>                | Good current, 2 mile flat water section before Buchanan. Section includes 22 Class I, & 4 Class II rapids. Average river drop is 5.24 ft per mile.   |
| <b>Notable Rapids</b>             | River wide class 2 near mile marker 35 1/2 past Horseshoe bend boat landing, Jennings Creek Class II mile marker 22 1/2, Arcadia island rapid left channel by campsite   |
| <b>Camping Location</b>           | Private Island land, Camping allowed through TRO land use agreement. Located 15 minutes after route 614 bridge. Camping sites marked with NO TRESPASSING signage. For camping must take right channel of island, best camping at middle and downriver end of island. |
| <b>Camping GPS Coordinates</b>    | 37 33' 32.84", -79 37' 44.98" to point of island, best camping at opposite end of island   |
| <b>Alternate Camping Location</b> | TRO river front land, Good spot but located downtown by bridge. Does have rest rooms and running water.  |
| <b>Resupply Option</b>            | Town of Buchanan, Mile Marker 27 1/2 at TRO private boat landing. Boat landing with in walking distance to restaurants, drug store, laundry mat, H&H Fishing Supply, and water.  |
| <b>Counties Traveled</b>          | This leg of the trip is in Botetout County, VA. Rockbridge County line about 1 mile below Alpine access point.   |
| <b>Emergency Contact</b>          | Emergency 911, State Police (540) 291-2548, Rockbridge Co Sheriff (540)463-7328, Botetourt Co Sherriff (540) 473-7930  |
| <b>Boat Access Points:</b>        | Horseshoe Bend mile marker 35, Springwood mile marker 32 1/2, Buchanan mile marker 26 1/2, & Arcadia mile marker 20 1/2.   |
| <b>Comments:</b>                  | Get early start as this will be a full day paddling. Resupply at TRO Store.<br>Balcony Falls safety orientation will be conducted as Troops Resupply at the TRO shop.  |

TOPO of Camping Location



Picture of Island



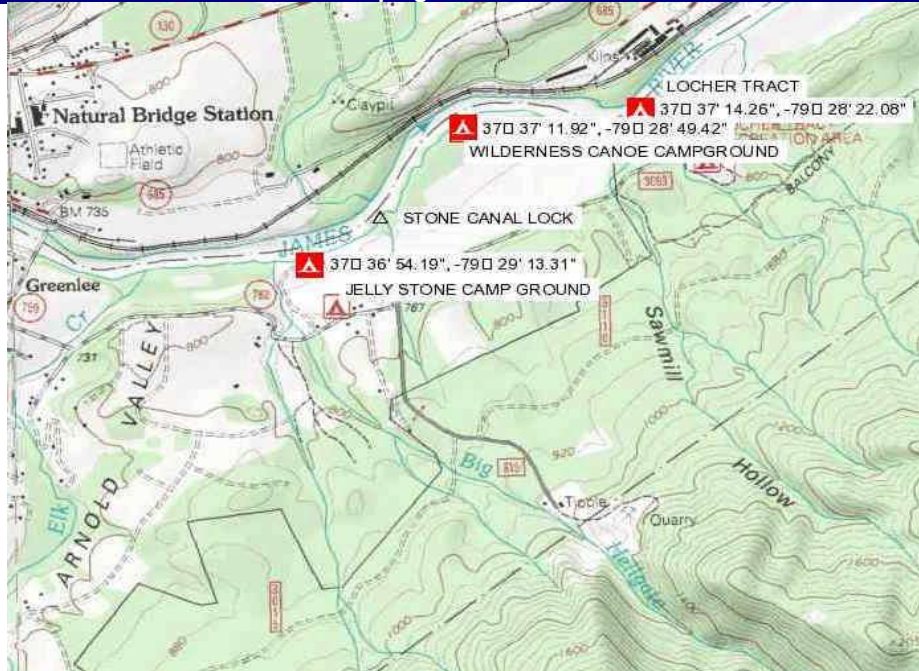


# TWIN RIVER OUTFITTERS - 540-261-7334 - JAMES RIVER WILDERNESS CANOE TRIP RIVER GUIDE

## DAY 4

|                                   |  |
|-----------------------------------|--|
| <b>Start</b>                      | Arcadia Island   |
| <b>Stop</b>                       | Wilderness Canoe Campground  |
| <b>Length</b>                     | 13 miles, Mile marker 19 1/2 to 7, estimated paddle time @ 2.5 mph = 5 1/2 hours   |
| <b>River Map Reference</b>        | James River Horseshoe Bend to Alpine; Alpine to Snowden  |
| <b>Description</b>                | Easy stretch of river with mix of smaller rapids. 14 Class I, & 4 Class II rapids. Average river drop is 5.07 feet per mile.   |
| <b>Notable Rapids</b>             | NA   |
| <b>Camping Location</b>           | Wilderness Canoe Campground is located about 1/2 mile down river from Jelly Stone campground, and about 500 yards past stone Dam & Canal Lock. Take out is on River RIGHT on large gravel bar. We have reserved and prepaid for large grass river side camp site close to boat launch. |
| <b>Camping GPS Coordinates</b>    | 37 37' 11.92", -79 28' 49.42"  |
| <b>Alternate Camping Location</b> | Jelly Stone Campground (\$35 per campsite), James River gorge river right near Balcony Falls at Mile Marker 3.5 (Free)   |
| <b>Resupply Option</b>            | TRO staff can do water drop at Wilderness Canoe Campground.  |
| <b>Counties Traveled</b>          | Botetourt County through Mile marker 13, the remainder of trip is in Rockbridge County, VA   |
| <b>Emergency Contact</b>          | Emergency 911, State Police (540) 291-2548, Rockbridge Co Sheriff (540)463-7328, Botetourt Co Sherriff (540) 473-7930  |
| <b>Boat Access Points:</b>        | Alpine Landing mile marker 16 1/2, Gilmore Mills mile marker 12, Smith Tract mile marker 11, Glasgow Mile Marker 5   |
| <b>Comments:</b>                  | TRO staff will meet your group in the evening and drop off vehicle for camping gear storage on the last morning allowing your group to paddle the most challenging section of river with minimal gear.   |

TOPO of Camping Location



Picture of Wilderness Canoe Campground sign





**DAY 5**

|                                   |   |
|-----------------------------------|---|
| <b>Start</b>                      | Wilderness Canoe Campground, <b>8:30 AM</b> pack camping gear in TRO vehicle, <b>9 AM Launch</b>  |
| <b>Stop</b>                       | Snowden Boat Landing - Firm take out time for all groups is <b>1PM FRIDAY afternoon for return shuttle back to Goshen</b>   |
| <b>Length</b>                     | Paddle distance 7miles, mile marker 7 to 0, estimated paddle time @ 2 mph = 4 hours, average drop per mile is 10.7 ft.  |
| <b>River Map Reference</b>        | James River Alpine to Snowden   |
| <b>Description</b>                | Good current entire route except last 1.5 miles which is flat water above the Snowden Dam. 11 Class I, & 8 Class II, & 1 Class III rapid at high water. Outstanding scenery. Section from Glasgow to Snowden is remote, making it difficult to retrieve pinned boats. |
| <b>Notable Rapids</b>             | Concrete Tower Rapid at mile marker 6, 2 1/2 Boulder Garden starting at mile marker 4, Balcony Falls Class 3 @ mile marker 3 1/2  |
| <b>Camping Location</b>           | Jefferson National Forest, river right at mile marker 3 1/2 near Balcony Falls, across from stone rail road wall pictured below.  |
| <b>Camping GPS Coordinates</b>    | 37 33' 32.29", -79 37' 45.05"   |
| <b>Alternate Camping Location</b> | Not applicable  |
| <b>Resupply Option</b>            | None  |
| <b>Counties Traveled</b>          | Rockbridge County to mile marker 3, last 3 miles are located in Amherst County, VA.   |
| <b>Emergency Contact</b>          | Emergency 911, State Police (540)-291-2548, Rockbridge Co Sheriff (540)463-7328, Amherst Co Sheriff (434) 946-9300  |
| <b>Boat Access Points:</b>        | Glasgow mile marker 5, Snowden boat landing mile marker 0   |
| <b>Comments:</b>                  | Most advanced stretch of river, except for last 1.5 miles above the dam which is essentially a lake. Recommended stops: Balcony Falls to scout rapid.   |

**TOPO of Camping Location**



**Camping Area above Balcony Falls**



# **RIVER CLEAN UP SERVICE PROJECT**

Twin River Outfitters is happy to assist any Scout Troop participating on a 50 miler trip to conduct a "RIVER CLEAN UP SERVICE PROJECT" as part of the 50 miler award qualification.

50 – Miler service project conditions:

"During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage or wilderness area. If after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area."

**This is an optional activity done entirely at the choice of each participating troop.**

To assist in the service project TRO will:

- \* Provide trash bags
- \* Pick up garbage left at the following boat landings:
  - \* Tuesday: Craig Creek, bag should be left in upper parking lot
  - \* Wednesday: Horseshoe bend boat landing, & Buchanan TRO store
  - \* Thursday: Wilderness Canoe campground dumpster
  - \* Friday: Snowden take out
- \* Drop garbage bags or debris at public boat landings. Please call TRO at
- \* 540-261-7334 and let us know each time you make a trash drop.
- \* Make sure bags or debris is left clear of boat launch site, visible but out of the way

## **Comments:**

- \* Safety first!!!
- \* Don't pick up any trash in a class II rapid or near any unsafe water
- \* Don't pick up anything sharp or rusty items



# TRIP LEADER INFO

## The Outfitter provides the following for the trip

- \* Detailed safety & river trip orientation
- \* Canoes / Life Jackets / paddles (Personal PDF's allowed)
- \* 5 gallon water containers
- \* Commercial grade NRS dry bags (3 per canoe - 1 large & 2 medium)
- \* 1 dry box per troop
- \* 1 complete set of detailed river maps per troop
- \* Bailers

## Specialized troop gear list (In addition to normal camping gear list)

- \* Sleeping pads (most of campsites are on gravel)
- \* Cooler for ice (not wider than 34") Ice available Mon, Wed, & Thurs
- \* Footwear 2 sets, 1 pair for camp, 1 pair for river (River shoes, sandals, etc)
- \* Folding camping chair (Plenty of room in canoe for such comfort items)
- \* Fishing pole / tackle / license (optional)
- \* Folding saw (fire wood and strainers)
- \*

Cell phone (minimum 1 per troop), Verizon and Sprint seem to work the best, coverage available about 95% of trip. Bring your charger and charge your phone half way through the trip when you stop at Buchanan.

- \* 1 Throw rope per troop (optional)
- \* Small folding shovel for digging cat holes
- \* Ample supply of sunscreen and hats, & sunglasses for troop

## Comments:

\*

**Outfitter Liability waivers required for all participants. The waivers will be collected during orientation by the outfitter. Form available online at [canoevirginia.net](http://canoevirginia.net).**

- \* There is some down time each day, so plan accordingly (fishing, outdoor skills, games, white water merit badge, ect.)
- \* Troops are welcome to contact outfitter at 540-261-7334 with any questions.



# JAMES RIVER BASIN CANOE LIVERY

D.B.A. Twin River Outfitters

653 Lowe Street, Buchanan, VA 24066

Phone: 540-261-7334 Internet: [canoeverginia.net](http://canoeverginia.net) Email: [tro@canoeverginia.net](mailto:tro@canoeverginia.net)

## PARTICIPANT RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

\*\*\*\*READ BEFORE SIGNING\*\*\*\*

Participant Name

Address

Phone Number

City, State ZIP

Email

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant including the potential for permanent paralysis and death.
2. I KNOWINLY AND FREELY ASSUME ALL SUCH RISK, both know and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation.
3. I willingly agree to comply with the terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY, RELEASE, INDEMNIFY, AND HOLD HARMLESS THE JAMES RIVER BASIN CANOE LIVERY, LTD, its officers, officials, agents and/or employees, other participants, sponsors, advertisers, and if applicable, owners and lessors of land or premises used to conduct the event (RELEASEES), from any and all claims, demands, losses, and liability arising out of or related to any INJURY, DISABILITY OR DEATH I may suffer, or loss or damage or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I will wear my life jacket at all times while on the water and will comply with all Federal, State and Local laws. I understand that consumption of alcoholic beverages is unsafe for any water activity and illegal in public (Which includes on the river and at public boat landings), and not approved by the Livery. The Livery will refuse service to anyone who is intoxicated with NO REFUNDS MADE.
6. I hereby agree to return all equipment at the mutually agreed set time, date, location in the same condition as it was received. I also agree that the boat will only be taken on the waters agreed to prior to the trip.
7. I agree to report all damage or lost items immediately at the end of the trip and pay for them at that time, plus any collection or attorney's fees that the Livery incurs.
8. Adopt-A-Stream Program volunteers shall at all times indemnify and save harmless the Virginia Department of Conservation and Recreation, the Commonwealth of Virginia, and all Commonwealth employees, agents and officers, from responsibility, damage, or liability arising from the exercise of the privileges granted under designated programs.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X YES / NO

Participant's Signature DATE 18 Or Older (Circle One)

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provide above of all the Releases, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X

Parent/Guardian Signature DATE