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 63 miles without 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 63 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 that can be paddled around. Bring your fishing pole and try your hand at fishing along the way. Camp nightly at wilderness river side campsites locations along the way. Groups have option to switch to kayaks for the last day with advance notice. Add an optional river clean up service project and this trek meets the "50 MILER" award requirements.
JAMES RIVER 5 DAY CANOE TREK SCHEDULE

DAY 1
- Troops typically arrive at TRO arrive by 9 AM
- TRO will conduct safety brief and collect TRO release forms
- Load up and drive to Iron Gate boat landing.
- Camp at Gala campground
- Paddle length 10.5 miles / 4.5 hours

DAY 2
- Paddle from Gala to Narrow Passage Campground at Horseshoe Bend
- Paddle length 17 miles / 6 hours, longest paddle day of the trip, recommend early start
- Includes 10 mile stretch seeing only one house and lots of cliff views

DAY 3
- Paddle Horseshoe Bend campground to Arcadia with stop in Buchanan 15 miles total paddle
- Paddle length to Buchanan: 9 miles / 3 - 4 hours
- Resupply in Buchanan: water, ice, trash, laundry services, charge phones, etc.
- Paddle length Buchanan to Arcadia Campground: 6 miles, 2 ½ hours

DAY 4
- Paddle Arcadia Campground to Wilderness Canoe
- Paddle length 12 miles / 5 hours
- Camp Wilderness Canoe Campground, camping fee paid by TRO
- TRO staff will swap out kayaks / canoes in the evening
- TRO staff will stage vehicle for gear pickup, allowing day 5 paddle with no camping gear in boats.

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 Buchanan typically by 2:15 PM
**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.
* 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.
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 SUB STATUTARY 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
The Upper James River

The James River originates at the confluence of the Jackson and Cowpasture rivers in Botetourt County and forms Virginia’s longest and most famous river. The upper section of the James River is very scenic with stunning Blue Ridge mountain views. Dam releases on the Jackson River flow releases ensure the upper James River is typically run able all season. The first 60 miles contain only class I or II rapids making it ideal for canoe or kayak trips at normal water levels. The white water section below Glasgow includes a class III section for those interested in more technical water.

This paddle guide covers the upper 64 miles section from the start of the James river to the Cushaw Dam, just below Snowden. It includes everything a paddler will need to plan a river trip. This guide includes locations of boat landings, campsites, major rapids, and unique historic points of interests along the way. This is a great resource for planning day trips as well as multi-day canoe camping expeditions.

Using This Map

- George Washington and Jefferson National Forrest*
- Park*
- Landmark
- Bridge
- Distance gauge
- North indicator
- Canal
- Boat launch
- Small boat launch
- Commercial campground
- Informal camping
- Appalachian Trail
- Hiking Trail

*All land along river bank is private property unless noted otherwise.

Rapids (See River Safety panel for class system)

30

Mile markers—numbered from start of the James River counting down stream

These maps have been orientated so that the river always flows from the bottom of the map to the top of the map. This allows paddlers to easily orient themselves in the river in terms of river right and left while paddling downstream.

TWIN RIVER OUTFITTERS
tro@canoevirginia.net · 540-261-7334 · 653 Lowe Street, Buchanan, VA 24066 · canoevirginia.net
Day Trips

MAP 1
Lick Run to Glen Wilton - (Map Mile 0.8 to 4.0) This 3.2 mile (1 - 1.5 hours) float features quick current and impressive mountain views of Patterson Mountain on river right. This trip contains several easy class I rapids and one easy class II rapid.
Glen Wilton to Gala - (Map Mile 4.0 to 11.3) This 7.3 mile (3 – 4 hours) float features numerous class I rapids as well as one class II rapid locally called "The Squeeze" and should be carefully scouted before being paddled. Gala take out up Sinking Creek under rail road bridge.
Gala to Craig Creek - (Map Mile 11.3 to 15.2) This 3.9 mile (1 – 2 hours) short float has plenty of easy class I rapids to enjoy. This short trip makes for a great after work float or a good run for river tubing, take out on river right as Craig Creek enters the James River.

MAP 2
Craig Creek to Horseshoe Bend - (Map Mile 15.2 to 28.9) This 13.7 mile (5 – 7 hours) float has numerous class I rapids and a few easy class II rapids along the way and is on one of the more remote parts of the river. A portion of this trip has been designated a "Virginia Scenic River" section. Named by Blue Ridge Magazine as the best class I run in the State. This trip also includes some of the most impressive remains of the historic James & Kanawha canal system.

MAP 3
Horseshoe Bend to Springwood - (Map Mile 28.9 to 32.5) This 3.6 mile (1 – 2 hours) is a short and fun trip containing several class I rapids and a moderately challenging class II rapid known as Ritchie's Falls about 10 minutes into the float. This entire float also has the Virginia Scenic River designation. Take out at Springwood concrete ramp on river right just below Springwood automobile bridge.
Springwood to Buchanan - (Map mile 32.5 to 37.3) This 5 mile (2 hours) trip is one of the easier floats available on the Water Trail great for first time paddlers or folks fishing. This trip contains a few easy class I rapids including a 1/2 mile section of swift water with class I+ rapids.

MAP 4
Buchanan to Arcadia - (Map Mile 37.3 to 43.5) This 6.16 mile (2 ½ hours) float is a fun float with good rapids and current. The trip includes three class II rapids that can be challenging in higher water conditions. The trip is very popular with local paddlers, normally crowded on weekends.
Arcadia to Alpine - (Map Mile 43.5 to 48.0) This 4.49 mile (1 1/2– 2 hours) section contains several easy Class I rapids and two fun class II rapids at normal water levels. This part of the river is remote and has some great mountain views. This stretch is also excellent for smallmouth bass fishing.

MAP 5
Alpine to Glasgow - (Map Mile 48.0 to 59.0) This 11.05 mile (4-6 hour) trip features numerous class II rapids alternating between long pools of calm water and borders miles of National Forest land on the river right. It also has some great mountain views as the James River winds its way along the base of the Blue Ridge mountains. The take out at Glasgow river left on the heavy timber steps just before Maury River confluence.

MAP 6
Glasgow to Snowden - (Map Mile 59.0 to 63.7) This 4.7 mile (2-3 hour) trip features the most scenic section of the entire Upper James River. This section is also the most technical and not recommended for beginner paddlers. A rock garden starts about a mile into the float marks the beginning the white water section with a gradient of 17 feet per mile and contains dozens of class I,II,III rapids. Generally speaking, the easier route in the gorge is to take the right side of river before the balcony falls rapids and then go down the left side of the river the remaining white water section. Not recommended to be paddled above 4.5 Ft on the James River Buchanan Gauge. Becomes class VI section at higher water levels. Use caution.

Overnight Trips

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<th>MILE MARKER</th>
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<th>CAMPGROUNDS</th>
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<td>GALA</td>
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<td>11.8</td>
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<td>28.8</td>
<td>HORSESHOE BEND</td>
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<td>29.1</td>
<td>TWIN RIVER - NARROW PASSAGE</td>
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<td>32.5</td>
<td>SPRINGWOOD</td>
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<td>37.3</td>
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<td>43.5</td>
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<td>TWIN RIVER - ARCADIOA</td>
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<td>48.0</td>
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<td>56.3</td>
<td>JELLY STONE OR WILDERNESS CANOE</td>
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<td>59.0</td>
<td>GLASGOW</td>
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<td>60.2</td>
<td>NATIONAL FOREST</td>
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</tr>
<tr>
<td>63.7</td>
<td>SNOWDEN</td>
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TOTAL TRIP DISTANCE
- 2 DAY / 1 NIGHT: 28.0
- 3 DAY / 2 NIGHT: 36.5
- 4 DAY / 3 NIGHT: 58.2
- 5 DAY / 4 NIGHT: 62.9

RIVER MAP REFERENCE NUMBERS
- 14.2
- 24.3
- 42.2
- 62.7
- 1-6
River Safety

General Safety

1) **ALWAYS WEAR A LIFE JACKET.** Wear a properly fitting U.S. Coast Guard-approved life jacket at all times on the water.

2) **ALCOHOL AND PADDLING DON’T MIX.** Save the alcohol consumption for after your day on the river. Unfortunately, a huge percentage of river accidents and death involve alcohol in some form.

3) **KNOW THE RIVER WATER LEVELS. – DON’T PADDLE WHEN RIVER IS TOO HIGH.** Check the water levels online before you float. High water causes faster currents, larger waves, and increases risks of encountering strainers or boat pinning tree limbs. The Upper James River trail closes at 6 feet on the Buchanan James River Gauge due to high water and safety issues .

4) **KNOW THE WEATHER & WATER TEMPERATURES.** Check the forecast before you go and dress appropriately for expected conditions.

5) **KNOW HOW TO CONTROL YOUR BOAT.** Be in command of your paddle craft and know how to move your boat forward, back, and sideways, and how to stop using paddle strokes. Watch ahead for hazards. Stay low. Learn how to enter and exit your boat safely and stay low in your boat when possible. Consider taking a canoe or kayak safety paddling skills class to learn more about handling your boat.

6) **NEVER PADDLE ALONE.** Companions can come to your aid if you get in trouble. New paddlers should paddle with someone more experienced—it’s a great way to learn and remain safe if there’s a mishap. Additionally, it’s a good idea to tell someone your “Float Plan” for accountability and safety.

7) **KNOW YOUR ROUTE.** Know the route you are paddling including the put in, take out, and any major rapids, or hazards expected to encounter along the way. Consult maps, books, outfitters, or other paddlers for trip advice when paddling a new section of water.

Water Levels

The river levels on the upper James River are constantly changing and are ultimately determined by amount of rain upstream in the watershed and releases from the Gathright Dam from Lake Moomaw. The National Weather Service maintains a forecast river gauge of the James River – Buchanan River Gauge. Local outfitters and paddlers have generally adopted this graph to interpret the water levels for the Upper James River. River forecast can be found at canoevirginia.net/Riverlevels

Scan QR Code to get up-to-date river levels.

RAPID CLASSIFICATION

**Class I (easy):** Fast moving water with riffles and small waves. The river has few obstructions which are all obvious and easily missed with little training.

**Class II (novice):** Straightforward rapids with wide, clear channels which are typically evident without scouting. Occasional maneuvering may be required. Swimmers are seldom injured and group assistance. Rapids that are at the upper end of this difficulty range are designated “Class II+.”

**Class III (intermediate):** Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required. Scouting is advisable. Large waves or strainers may be present. Strong eddies and powerful current effects can be found, particularly on larger volume rivers.
Cowpasture River
Paddlers taking a break on the Cowpasture river, a major contributory to the James River.

<table>
<thead>
<tr>
<th>Upper James River Mile</th>
<th>ENTIRE James River Mile</th>
<th>DESCRIPTION</th>
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<tbody>
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<td>345.70</td>
<td>River Gauge - Lick Run</td>
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<td>Rapid - Class II - &quot;Surprise&quot;</td>
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<td>341.80</td>
<td>Small Island</td>
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<td>6.4</td>
<td>340.30</td>
<td>Class II Rapid &quot;The Squeeze&quot;</td>
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<td>6.9</td>
<td>339.75</td>
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<td>9.9</td>
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<td>Sinking Creek - Under Rail Road Bridge River Left</td>
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<td>Camp Ground - Gala - Twin River Outfitters</td>
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<td>13.9</td>
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<td>Bridge - Rail Road Bridge</td>
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<td>15.2</td>
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<td>Craig Creek</td>
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<tr>
<td>15.2</td>
<td>331.41</td>
<td>Boat Landing - Eagle Rock</td>
</tr>
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</table>

Class I Rapids
- Easy class II rapid, can be tricky in lower water levels. Run left.

Class I+ Wave-field. After the bend, Class I rapids. Run first two left, and last one right.

Class II Rapid: "The Squeeze"
River turns to the left and narrows down. Caution in high water. Scouting is recommended.

Class II Rapid: "Surprise"
Easy class II rapid, can be tricky in lower water levels. Run left.
Class II Rapid: "Richie's Falls"
River-wide 1.5 ft. ledge. Run far left. Use caution. Scouting recommended.

Class II Rapid: "Gwynn Lock"
Old dam site. Run either channel; left in low water.

Class II Rapid
Long wave held. Large waves develop at higher water levels. Take the largest channels. Watch for debris.

Class I+ Rapid: "CATAWBA CREEK ISLANDS"
Take largest channel. Smaller channels may be too low and/or clogged with debris. Most water is right of first two islands. All channels can get shallow at low water levels.

Class I Rapid
Take either side of island. Shallow in late summer.

Map 2
Eagle Rock—Horseshoe Bend
Miles 14—30

DESCRIPTION  UPPER JAMES RIVER MILE  ENTIRE JAMES RIVER MILE

Bridge - Rail Road Bridge  15.1  331.50
Craig Creek  15.2  331.40
Boat Landing - Eagle Rock  15.2  331.41
Last Lock Park  15.3  331.30
Bridge - James Street  15.7  330.90
Historic Canal System Remains  15.9  330.75
Class II Rapid "Gwynn Lock"  18.3  328.34
Catawba Creek Islands  19.5  327.10
Catawba Creek  20.6  326.00
Historic Canal Navigation System Remains  20.7  325.90
Rail Road Tunnel  20.9  325.70
Historic Canal Navigation System Remains  21.8  324.80
Class II Rapid at higher water levels  21.9  324.70
Rocky Cliffs  22.9  323.70
Chimney Rock  23.4  323.20
Salt Peter Cove Creek  23.9  322.70
Two Stone Piers Remains  25.7  320.90
Bridge - Rail Road  27.1  319.50
Gravel Shallows  26.8  319.85
Oxbow Bend Islands  27.8  318.80
White Farm House  28.6  318.00
Power Lines  28.9  317.70
Horseshoe Bend Boat Landing  28.9  317.70
Camp Ground - Narrow Passage - Twin River Outfitters  29.1  317.50
Class II Rapid "Richie's Falls"  29.8  316.80
Bridge - Rail Road  30.2  316.45
Class II Rapid: “Quarry Rapid”

Shallow wave-field. Swift water and waves that can tip over boat. Challenging in high water.

Class II Rapid: “Richie’s Falls”

River-wide 1.5 ft. ledge. Run far left. Use caution. Scouting recommended.

Class I+ Rapid

Run right of center. Becomes difficult in low water.

Class I Rapid

Swift water. Run center.

Horseshoe Bend—Buchanan Miles 29—39

Lexington

Roanoke

Eagle Rock

Swimming Bridge

The only bridge of its kind on the James River.

Map 3

Horseshoe Bend—Buchanan Miles 29—39

UPPER JAMES RIVER

ENTIRE JAMES RIVER

MILE

MILE

DESCRIPTION

Power Lines
Horseshoe Bend Boat Landing
Camp Ground - Narrow Passage - Twin River Outfitters
Class II Rapid “Richie’s Falls”
Bridge - Rail Road
Shallow Rocky shoals
Springwood Island
Boat Landing - Springwood
Bridge - Springwood Road
Old Bridge Piers
Rocky shoals
Old Bridge Remains
Begin flat 2 mile flat water pool
Bridge - I81 Interstate
Looney Mill Creek
Limestone Park
Stone Piers
Looney Ferry Historic Site
Buchanan Town Park
Twin River Outfitters
River Gauge - Buchanan
Bridge - Buchanan
Bridge - Route 11 - Buchanan Main Street
Class II Rapid "Quarry Rapid"
The James River and Kanawha Canal

A canal system in Virginia intended to facilitate shipments of passengers and freight by water between the western counties and the coast of Virginia. Surveyed and planned by George Washington, the canal project was begun in 1785 as the James River Company, and later resumed under the James River and Kanawha Canal Company. Planned construction would have allowed river traffic to travel from the tidal waters below Richmond to the Ohio Valley entirely by river except for a 30 mile turnpike.

The canal system was only half completed by 1851, reaching Buchanan, in Botetourt County Virginia. Eventually railroads overtook the canal system as a far more productive mode of transportation. Construction expansion efforts ceased, due to financial reasons, and ultimately most of the property was purchased by the railroads. Many of the stone locks, dams, and canal remains can still be seen to this day while paddling the Upper James River.

<table>
<thead>
<tr>
<th>UPPER JAMES RIVER MILE</th>
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<tr>
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<td>Looney Ferry Historical Site</td>
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<td>Boat Landing - Buchanan</td>
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<td>River Gorge - Buchanan</td>
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<td>Bridge - Pedestrian Swinging Bridge</td>
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<td>Bridge - Route 11 - Buchanan Main Street</td>
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<tr>
<td>38.5</td>
<td>Class II Rapid: &quot;Jennings Creek&quot;</td>
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<td>40.8</td>
<td>Historic Canal Navigation System Remains</td>
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<tr>
<td>40.8</td>
<td>Class II Rapid</td>
</tr>
<tr>
<td>41.5</td>
<td>Very Small Island</td>
</tr>
<tr>
<td>42.7</td>
<td>Jennings Creek Class II Rapid</td>
</tr>
<tr>
<td>42.8</td>
<td>Jennings Creek</td>
</tr>
<tr>
<td>43.5</td>
<td>Bridge - Arcadia RT 631</td>
</tr>
<tr>
<td>43.5</td>
<td>Boat Landing - Arcadia</td>
</tr>
<tr>
<td>43.5</td>
<td>Camp Ground - Arcadia - Twin River Outfitters</td>
</tr>
<tr>
<td>44.1</td>
<td>Indian Rock</td>
</tr>
<tr>
<td>44.5</td>
<td>Houses</td>
</tr>
<tr>
<td>44.7</td>
<td>Small Island - Private property</td>
</tr>
<tr>
<td>45.7</td>
<td>Historic Canal Navigation System Remains</td>
</tr>
<tr>
<td>45.7</td>
<td>Class II Rapid</td>
</tr>
</tbody>
</table>
| 46.1 | 1/4 mile wave-field: Swift water and waves that can tip over boat. Challenging in high water.

Class II Rapid: "Jennings Creek"
- Left channel at island is class II rapid. Ledge sticks out from left bank past first island and forces water sharply to right. Stay to right in the bend. Right channel is class I+ and typically low in summer.

Class I Rapid
- Shallow late summer.

Class II Rapid: "Quarry Rapid"
- 1/4 mile wave-field. Swift water and waves that can tip over boat. Challenging in high water.
Glasgow Timber Steps (Boat Ramp)
mile marker 59.

Arnold's Valley Bridge

**Map 5**

**Alpine—Glasgow**

**Miles 48—60**

<table>
<thead>
<tr>
<th>UPPPER JAMES</th>
<th>ENTIRE JAMES</th>
<th>DESCRIPTION</th>
</tr>
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<tbody>
<tr>
<td>RIVER MILE</td>
<td>RIVER MILE</td>
<td></td>
</tr>
<tr>
<td>48.0</td>
<td>298.65</td>
<td>Boat Landing - Alpine</td>
</tr>
<tr>
<td>48.7</td>
<td>298.80</td>
<td>Small Island - class II Rapid</td>
</tr>
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<td>48.9</td>
<td>297.30</td>
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</tr>
<tr>
<td>49.3</td>
<td>298.30</td>
<td>Rapid - Class II</td>
</tr>
<tr>
<td>52.4</td>
<td>294.20</td>
<td>Cedar Creek - enters river left under rail road bridge</td>
</tr>
<tr>
<td>52.7</td>
<td>293.90</td>
<td>Smith Tract - National forest site</td>
</tr>
<tr>
<td>53.4</td>
<td>293.25</td>
<td>Back Run enters James River under Rail Road Culvert</td>
</tr>
<tr>
<td>55.2</td>
<td>291.40</td>
<td>Bridge - Rail Road</td>
</tr>
<tr>
<td>55.7</td>
<td>290.90</td>
<td>Bridge - Arnold's Valley</td>
</tr>
<tr>
<td>56.0</td>
<td>290.65</td>
<td>Arnold's Creek</td>
</tr>
<tr>
<td>56.3</td>
<td>290.35</td>
<td>Campground - Jelly stone</td>
</tr>
<tr>
<td>56.4</td>
<td>290.20</td>
<td>Residential Houses</td>
</tr>
<tr>
<td>56.6</td>
<td>290.05</td>
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</tr>
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<td>56.9</td>
<td>289.70</td>
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<tr>
<td>57.3</td>
<td>289.30</td>
<td>Locher Tract</td>
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<tr>
<td>58.3</td>
<td>288.30</td>
<td>Class II Rapid &quot;Cement Tower Rapid&quot;</td>
</tr>
<tr>
<td>59.0</td>
<td>287.60</td>
<td>Boat Landing - Glasgow</td>
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<tr>
<td>59.1</td>
<td>287.50</td>
<td>Maury River confluence</td>
</tr>
<tr>
<td>59.4</td>
<td>287.25</td>
<td>Enter James River Gorge</td>
</tr>
</tbody>
</table>

**Class II Rapid: “Cement Tower”**
- Start in left third and angle back to right side for best ride. Sneak is extreme left. Becomes class II+ in high water.

**Class II Rapid: “Old Dam”**
- Old dam site: Run in center.

**Class I+ Rapid**
- Two foot drop. Run far left over ledge and then right.

**Class I Rapid**
- Foot and a half drop. Run left of center.

**Class II Rapid**
- Double ledge run left to right between ledges.

**Class III Rapid**
- Maury River entering James River.
Map 6  Glasgow—Snowden  Miles 56—64

**Class III Rapid: “Little Balcony”**
- Long rock garden. Stay far left.

**Class III Rapid: “Balcony Falls”**
- Largest rapid on the upper James River. Begins just after a large retaining wall on the left bank. Scout from rock island in the middle of the river. Best route is right of center in main channel. Sneak route is against extreme far right bank.

**Class II Rapid: “Cement Tower”**
- Start in left third and angle back to right side for best ride. Easier route, left side of river. Becomes class III+ in high water.

**Class II+ Rapid “Little Balcony”**
- Dam impoundment area (Flat water till dam)

**Class II Rapid: “Old Dam”**
- Old dam site. Run in center.

**Class I Rapid**
- Confine of the Maury River and the James River. High water volume.

**Bridge - Arnold’s Valley**
- Arnold’s Creek

**Campground - Jelly Stone**
- Residential Houses

**Historic Canal Navigation System Remains**
- Vegetable Island

**Campground - Wilderness Canoe Company**
- Appalachian Trail Foot Bridge

**Lunch Rock**
- Rocky Row Run Creek

**Large Vegetation Island**
- Cushaw Dam

**Dam impoundment area (Flat water till dam)**
- Appalachian Trail Foot Bridge

**Rail Road Bridge**
- Cushaw Dam

**Boat Landing - Snowden**
- Cushaw Dam

**VDOT 501 picnic area**
- Cushaw Dam

**Class III Rapid: “Old Dam”**
- Old dam site. Run in center.

**Class IIClass IWater**
- Tank

**Sneak**
- Stone Retaining Wall

**RIVER WARNING**
- Cushaw Dam: NO PORTAGE OPTION!!! Must portage at boat landing 0.5 miles above dam.

**RIVER WARNING**
- White water 3 mile section. Recommended for experienced paddlers only!