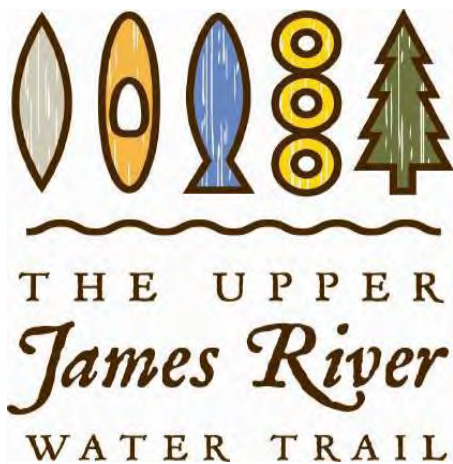


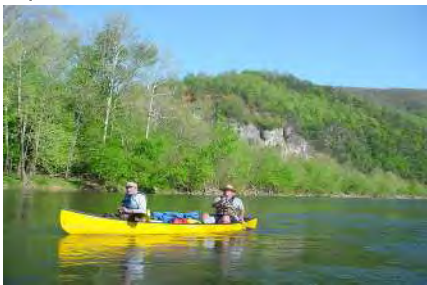
# JAMES RIVER 5 DAY CANOE TREK



## 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](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: [canoevirginia.net](http://canoevirginia.net) Email: [tro@canoevirginia.net](mailto:tro@canoevirginia.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 KNOWINGLY AND FREELY ASSUME ALL SUCH RISK, both known 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 provided 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.

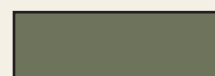
This paddle guide covers the upper 64 miles section from the start of the James river to the Cushaw Dam, just below Snowden. It includes everything a paddler

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



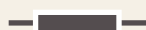
George Washington and Jefferson National Forest\*



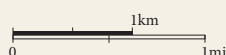
Park\*



Landmark



Bridge



Distance gauge



North indicator



Canal



Boat launch



Small boat launch



Commercial campground



Informal camping



Appalachian Trail



Hiking Trail



Rapids (See River Safety panel for class system)



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.



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

**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 1/2 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 rapid 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

MILE MARKER	BOAT LANDINGS	CAMPGROUNDS											
		2 DAY / 1 NIGHT				3 DAY / 2 NIGHT				4 DAY / 3 NIGHT			
0.8	IRON GATE												
4.0	GLEN WILTON												
11.3	GALA												
11.8													
15.2	CRAIG CREEK												
28.8	HORSESHOE BEND												
29.1													
32.5	SPRINGWOOD												
37.3	BUCHANAN												
43.5	ARCADIA												
43.6													
48.0	ALPINE												
56.3													
59.0	GLASGOW												
60.2													
63.7	SNOWDEN												
TOTAL TRIP DISTANCE		28.0	22.1	21.7	15.7	36.5	32.8	26.4		58.2	48.5		62.9
RIVER MAP REFERENCE NUMBERS		1&2	2&3	4&5	5&6	1-3	2-4	4-6		1-5	2-6		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 Water 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.

## 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.

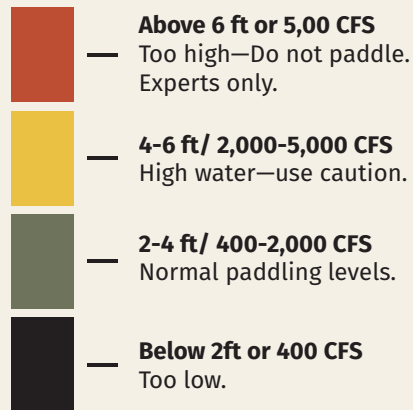
**Class II (novice):** Straightforward rapids with wide, clear channels which are typically evident without scouting. Occasional maneuvering may be required. Swimmers are seldom injured and group assistance. Rapids that are at the upper end of this difficulty range are designated "Class II+."

**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.

## Water Levels

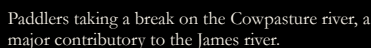
The river levels on the upper James River are constantly changing and are ultimately determined by amount of rain upstream in the watershed and releases from the Gathright Dam from Lake Moomaw. The National Weather Service maintains a forecast river gauge of the James River – Buchanan River Gauge. Local 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](http://canoevirginia.net/Riverlevels)

Generally speaking the Upper section of the James River is able to be paddled the entire season due to releases from the Gathright Dam through out the summer. That being said, it can have low water levels, normally August and September and you may have to step out of your boat once every 4 - 5 miles due to low water issues. So even when the river is 2.3 ft or lower 99% of the paddle is very good conditions and fun and its one of the few rivers in the western part of Virginia that can be paddled all season long.

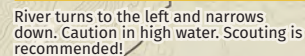


Scan QR Code to  
get up-to-date  
river levels.





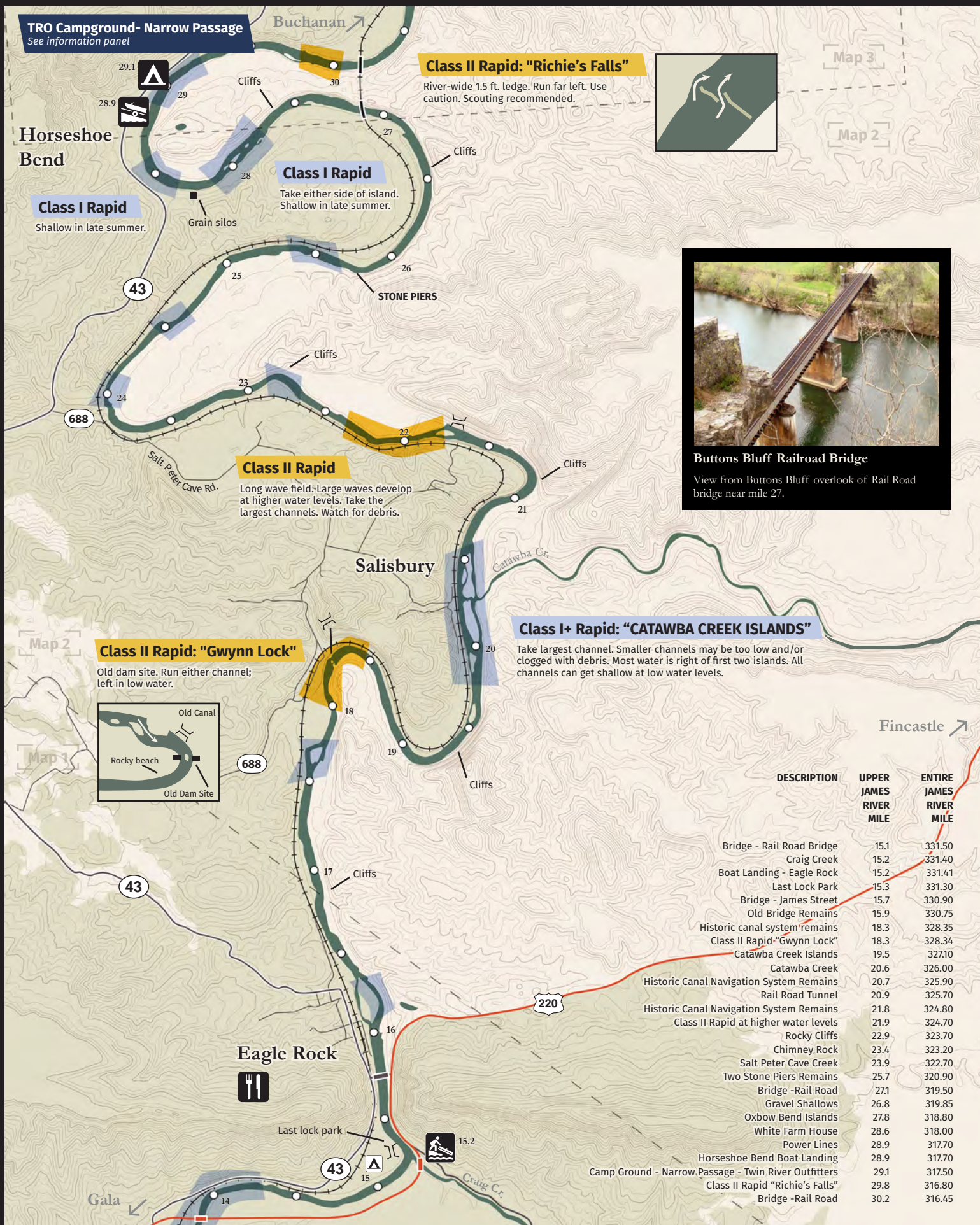
UPPER JAMES RIVER MILE	ENTIRE JAMES RIVER MILE	DESCRIPTION
0.0	346.60	Start of the James River
0.6	346.00	Class II Rapid
0.8	345.81	Bridge - Route 220
0.8	345.80	Boat landing - Lick Run
0.9	345.70	River Gauge - Lick Run
2.0	344.60	Rapid - Class II- "Surprise"
4.0	342.60	Bridge - Route 622
4.0	342.58	Boat Landing - Glen Wilton
4.8	341.80	Small Island
6.4	340.20	Class II Rapid "The Squeeze"
6.9	339.75	Bridge - Rail Road
8.5	338.10	Small Island
9.9	336.70	Prices Bluff
11.3	335.30	Sinking Creek - Under Rail Road Bridge River Left
11.3	335.30	Boat Landing - Gala
11.3	335.30	Kelly's Market
11.4	335.20	20 ft cliffs
11.7	334.90	Mill Creek
11.8	334.80	Camp Ground - Gala - Twin River Outfitters
13.9	332.75	Bridge - US 220
15.1	331.50	Bridge - Rail Road Bridge
15.2	331.40	Craig Creek
15.2	331.41	Boat Landing - Eagle Rock



Start right of center  
and move far right.

Easy class II rapid, can be tricky in lower water levels.  
Run left













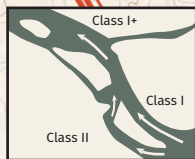
### The James River and Kanawha Canal

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 over took 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 rail roads. Many of the stone locks, dams, and canal remains can still be seen to this day while padding the Upper James River.

UPPER JAMES RIVER MILE	ENTIRE JAMES RIVER MILE	DESCRIPTION
35.9	310.70	Looney Ferry Historical Site
37.3	309.30	Boat Landing - Buchanan
37.3	309.28	Twin River Outfitters
37.4	309.25	River Gauge - Buchanan
37.4	309.21	Bridge - Pedestrian Swinging Bridge
37.4	309.20	Bridge - Route 11 - Buchanan Main Street
38.5	308.10	Class II Rapid "Quarry Rapid"
40.4	306.20	Historic Canal Navigation System Remains
40.3	306.28	Class II Rapid
41.5	305.10	Very Small Island
42.7	303.90	Jennings Creek Class II Rapid
42.8	303.80	Jennings Creek
43.5	303.15	Bridge - Arcadia RT 614
43.5	303.15	Boat landing - Arcadia
43.5	303.10	Camp Ground - Arcadia - Twin River Outfitters
44.1	302.50	Indian Rock
44.4	302.20	Houses
44.7	301.90	Small Island - Private property
44.7	301.88	Historic Canal Navigation System Remains
44.7	301.87	Class II Rapid
45.1	301.50	Power Lines
47.5	299.10	Power Lines
47.6	299.05	High Cliffs
48.0	298.65	Boat Landing - Alpine

**TRO Campground- Arcadia**  
See information panel



### 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 II Rapid

Take left channel around island. Right channel typically is low in summer.

### Class II Rapid

Run left of center.

### Class II Rapid: "Quarry Rapid"

1/4 mile wave-field. Swift water and waves that can tip over boat. Challenging in high water.

### Class I Rapid

Shallow late summer.





Lexington

81

Map 5

Glasgow



Maury Rv.

**Class III Rapid**

Maury River entering James River.

National Forest Camping

Locher Tract N.F.

**Wilderness Canoe Company Campground**  
See information panel

**Jellystone Campground**  
See information panel

**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.

Natural Bridge Station

**Class I+ Rapid**

Double ledge run left to right between ledges.

**Class I+ Rapid**

Foot and a half drop. Run left of center

**Class I Rapid**

**Class I Rapid**

National Forest Camping

**Class II- Rapid**

Two foot drop. Run far left over ledge and then right.

**Class II Rapid**

Rocky ledges across from boat landing. Run center of main channel, left of first ledge, and right of center on second ledge.

Exit 180

11

130

608

Natural Bridge



11

Exit 175



609

608

81

Roanoke

Alpine

Map 5

Map 4



Glasgow Timber Steps (Boat Ramp)  
mile marker 59.



Arnold's Valley Bridge

UPPER JAMES RIVER MILE	ENTIRE JAMES RIVER MILE	DESCRIPTION
48.0	298.65	Boat Landing - Alpine
47.8	298.80	Small Island - class II Rapid
49.3	297.30	Historic Canal Navigation System Remains
48.3	298.30	Rapid - Class II
52.4	294.20	Cedar Creek - enters river left under rail road bridge
52.7	293.90	Smith Tract- National forest site
53.4	293.25	Back Run enters James River under Rail Road Culvert
55.2	291.40	Bridge - Rail Road
55.7	290.90	Bridge -Arnold's Valley
56.0	290.65	Arnold's Creek
56.3	290.35	Campground - Jelly stone
56.4	290.20	Residential Houses
56.6	290.05	Historic Canal Navigation System Remains
56.9	289.70	Campground - Wilderness Canoe
57.3	289.30	Locher Tract
58.3	288.30	Class II Rapid "Cement Tower Rapid"
59.0	287.60	Boat Landing - Glasgow
59.1	287.50	Maury River confluence
59.4	287.25	Enter James River Gorge





