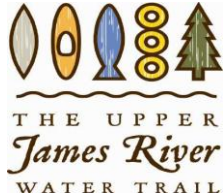


GUIDED 50 MILER CANOE TREK

UPPER JAMES RIVER WATER TRAIL



Twin River Outfitters is excited to be able to offer a guided 5 day canoe camping trip that qualifies as a [50 miler](#) trip when coupled with a service project. Twin River Outfitters has been running an unguided version of this 5 day – 61 mile trip for years. This new version adds a professional river guide, and all food necessary to complete the trip. If your scout group is looking for something different rather than going to a traditional summer camp, then look no further.

TRIP HIGHLIGHTS

- * **PADDLE** 5 Days / 4 nights on the [Upper James River Water Trail](#).
- * **50 MILER** - Truly one of the best rivers to do this trip in the Mid-Atlantic region.
- * **TONS OF RAPIDS** - Trip includes over 120 rapids to keep it fun and exciting, but still easy enough for canoes loaded with 5 days of camping gear.
- * **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 without stopping.
- * **KAYAK THE JAMES RIVER GORGE** - Mix up the fun and kayak the last day.

Canoe, kayak, & hike this summer on the historic James River. During your trip you will get to enjoy fishing, swimming, snorkeling, exploring islands, beach combing, and exciting rapids and cool hikes not to mention some great food. Our trips are fully guided and include everything you need to have a great river adventure.

TWIN RIVER OUTFITTERS
BUCHANAN, VIRGINIA

[Web: canoevirginia.net](http://canoevirginia.net) Phone 540-261-7334

DAILY ITENERARY

5 Day Itinerary - Upper James River Guided 50 Miler

Day 1 - Check in at 10 AM with the Outfitters. Check in takes between 1-2 hours and includes an expedition orientation, equipment issue, packing your gear into outfitter supplied dry bags, and getting shuttled 40 minutes up stream to the Iron Gate boat landing located just 1 mile downstream from the confluence of the Jackson & Cow Pasture Rivers. Paddle 10 miles to a private camping spot near Gala.

Day 2 -Break camp and depart for a full day paddling nearly 15 miles which includes the section designated as a "Virginia Scenic River" due to its beauty. Camp at a private site along the way. This will be the first day paddlers will see remnants of the [James & Kanawha Canal](#) System which dated back to the early 1800's.

3 Day - After breakfast the group will paddle a 12 miles to the Twin River Outfitters Shop along the James River in down town Buchanan, VA. The group will enjoy a pizza lunch at the outfitter's shop. The group then will load up on provisions for the 2nd half of the trip, and then it's off for a 6 mile paddle to Arcadia for the night's camp. This will be the longest paddling day of the trip.

4 Day - After breakfast the group switches to kayaks for the remainder of the trip. The group will kayak 12 miles down to Wilderness Canoe Campground where you will camp for the night. The group will have the option for a great evening hike to the "[Devils Marble Yard](#)".

5 Day - Whitewater Kayaking (class I-II+) James River: Natural Bridge Station to Snowden. Run the James River gorge section including the famous Balcony Falls rapid. Take your paddling skills to the next level. This is the most challenging part of the trip with numerous rapids. The group will then return to Twin River Outfitters by 3pm for final farewells. Congratulations, your group has just completed the Upper James River 50 miler.

Optional River Clean Up [Service Project](#)

The [50 miler](#) includes a service project requirement to be eligible for the award. Twin River Outfitters will help the group complete a river clean up service project along the way to meet this requirement. This is entirely optional and up to each Troop if they want to complete this task.

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TRIP DETAILS

PRICING

Cost: The trip cost is \$325.00 per person.

What is included: Your trip includes all costs associated with a 5 day / 4 night guide supported 61 mile river trip. Pricing also includes costs of all camping fees, food, specialty equipment, guide services, assistance with the service project, and all transportation costs once you arrive at our shop.

REQUIRED GROUP SIZE

These trips are open to any groups or families with responsible adult leadership. This includes, but is not limited to Boy Scouts, Girl Scouts, Church Youth Groups, and Family Groups.

One adult leader participant is required for every 6 participants. Coed groups require both male and female leadership. The Minimum group size is 12 participants, the maximum is 24. The standard minimum age is 12, except for family groups. These trips are led by your group's leadership with assistance from Twin River Outfitters which will provide all logistic support (food, transportation, activities). All participants must be able to pass basic swim test. Completion of a liability waiver is required all participants. Minors will need their parent or legal guardian signature on each waiver.

AVAILABLE 2012 DATES

June 11-15 2012

June 18-22 2012

June 25-29 2012

July 9-13 2012

August 6-10 2012

August 13-17 2012

August 20-24 2012.

Other dates may be available call for details.

RESERVATION PROCEDURES

Advanced reservations are required for all trips. Summer 2012 James River Expedition reservations are due by 1 April 2012. A \$100 dollar per person deposit is required by 1 May 2012 with the balance paid by cash, check, or credit card upon check in. Deposit Refund Policy: Cancellation of trips for any reasons require than 1 month notice for refund, less \$50 per person cancellation fee. Trips canceled with less than 1 month notice will forfeit the deposit.

Reservations can be made by calling Twin River Outfitters at 540-261-7334 or by email to tro@canoeverginia.net.

REQUIRED GEAR LIST

The outfitter will provide the following:

River Guide, all food, canoeing, kayaking, rafting, hiking activities included. The outfitter will also provide all group camping gear that is required such as water containers, water filters, cooking stoves, fuel bottles, tables, plates, silverware, cups, pots, pans, latrine items, dry bags, first aid kit, throw ropes, and maps.

Each expedition member is expected to bring the following:

- Tent (can be 2 or 3 person type)
- Sleeping bags (night time temps will not be less than 50 degrees)
- Sleeping pad
- Two water bottles
- Small flashlight and extra batteries
- Bath towel and/or bandana
- Hat
- Eye Glass Strap for those wearing glasses
- Bug Spray & Sunscreen
- Personal Toiletries (Toothbrush, soap, medicines).
- Pocket knife
- Folding Camp Chair
- Hiking boots
- River shoes
- Socks 3 pair
- River Shorts 3 sets (Quick dry, you will be in river daily)
- Underwear 3 sets
- T-shirts 3 sets
- Rain gear or poncho
- One long sleeve shirt
- Lightweight jacket (no cotton)
- Fleece pants or long underwear bottoms
- Small day pack
- Optional Items: Pillow, fishing pole & bait, fishing license (16 and older), Sunglasses, Eye Glass Strap

Each Group is expected to have the following items:

- At least 2 cell phones plus chargers
- Digital cameras
- Completed Medical forms for each member
- Completed Release Forms for TRO
- Deck Cards, Games, training guides, devotional materials, ect

MENU

All food is provided by the outfitter. Food is prepared by the group with each members taking turns with preparation, and clean up supervised by and adult leader. Typically breakfasts are served by 8 am each morning. Lunches and snacks are also prepared in the morning and packed in lunch bags for the day's activities. Dinner meals are prepared and typically served between 6 - 7 pm depending on each day's activities.

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 1 Check In Canoe	N/A	N/A	Grilled cheese burgers & hot dogs with fixings, potato chips, baked beans, cookie tray. Drinks: Water, & Ice Tea	Crackers, Beef Jerky
DAY 2 Canoe	Bagels, Cream Cheese, Hot Oat Meal, Fruit. Drinks: Milk, Orange Juice, Coffee, Water	MREs (Military Meals Ready to Eat). Drinks: Water & Gatorade	Spaghetti Dinner & Salad. Veggie Tray, cookie Tray. Drinks: Water, Soda, Tea	Chicken or Tuna & Crackers
DAY 3 Canoe	Assorted cereals. Hot Oat Meal Drinks: Milk, Orange Juice, Coffee, Water	Pizza & Ice Cream. Drinks: Water, Soda.	Chicken Fajitas with beans, rice. Chips & Salsa. Fruit Tray. Drinks: Water, Soda, Tea	Trail Mix
DAY 4 Kayak & Hike	Bacon, Sausage, Egg Biscuits, Toast. Drinks: Milk, Orange Juice, Coffee, Water	MREs (Military Meals Ready to Eat). Drinks: Water, Gatorade	Fried Chicken, baked potatoes, and vegetables. Dinner Salad. Cake. Drinks: Water, & Tea.	Assorted Fruit Cups, Crackers
DAY 5 Kayak	Bagels, Cream Cheese, Oat Meal, Fruit Drinks: Milk, Orange Juice, Coffee, Water	Sandwich Wraps, with assorted meats, cheeses, and condiments. Chips and assorted fruit. Cookie tray. Drinks: Water & Gatorade	N/A	Whatever's left

Note: Special diet requirements can be met upon advanced request.