

The background is a solid teal color. It is decorated with numerous water droplets of various sizes, some of which are clustered in the top-left and bottom-right corners. A bright, circular light glow is centered in the upper half of the image, creating a soft gradient effect.

# KNOW BEFORE YOU GO

GUIDE TO THE FRENCH BROAD RIVER AND PADDLE TRAIL

# HEADWATERS OUTFITTERS OUTDOOR ADVENTURES

- FOUNDED IN 1992
- FAMILY OWNED AND OPERATED FOR 26 YEARS
- CANOEING, KAYAKING, AND TUBING ADVENTURES
- FLY FISHING ADVENTURES
- RETAIL, GEAR, AND FLY SHOP
- FORKS OF THE RIVER TAPROOM





# MOUNTAINTRUE

“MOUNTAINTRUE CHAMPIONS RESILIENT FORESTS, CLEAN WATERS,  
AND HEALTHY COMMUNITIES IN WESTERN NORTH CAROLINA”

“Mountaintrue envisions Western North Carolina with thriving communities that  
are connected to and help sustain a healthy natural environment”



- NON-PROFIT ORGANIZATION AND HOME TO THE FRENCH BROAD RIVERKEEPER
- CREATED THE PADDLE TRAIL FROM ROSMAN, NC TO DOUGLAS LAKE, TN
- ENGAGED IN:
  - FOSTERING AND EMPOWERING ADVOCATES
  - POLICY AND PROJECT ADVOCACY
  - OUTREACH AND EDUCATION
  - ON THE GROUND PROJECTS

# RIVERLINK

*“Promotes the environmental and economic vitality of the French Broad river and its watershed as a place to live, learn, work and play”*

- CONSERVATION AND IMPROVED WATER QUALITY
- EXPANDED EDUCATION AND COMMUNITY AWARENESS
- ENHANCED RECREATION OPPORTUNITIES
- SUSTAINABLE ECONOMIC DEVELOPMENT
- WILMA DYKEMAN RIVERWAY PLAN EXPANSION  
THROUGHOUT THE WATERSHED



# HISTORY OF THE FRENCH BROAD RIVER

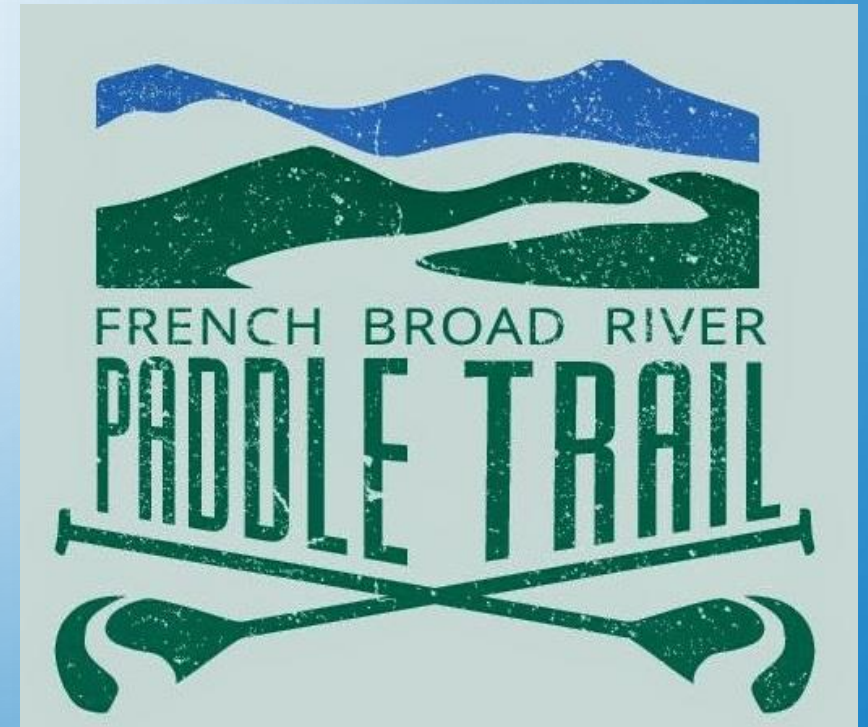
- NAMED BY EUROPEAN SETTLERS IN THE REGION
- THIRD OLDEST RIVER IN THE WORLD
- NORTH FLOWING RIVER
- PREDATES THE UPLIFTING OF THE APPALACHIAN MOUNTAINS
- LONGEST FREE-FLOWING RIVER IN NC
- 213 MILES FROM ROSMAN, NC TO NEWPORT, TN
- CONFLUENCE WITH THE HOLSTEIN RIVER BEGINS THE TENNESSEE RIVER
- ENDS IT'S JOURNEY FROM THE MISSISSIPPI RIVER AT THE GULF OF MEXICO



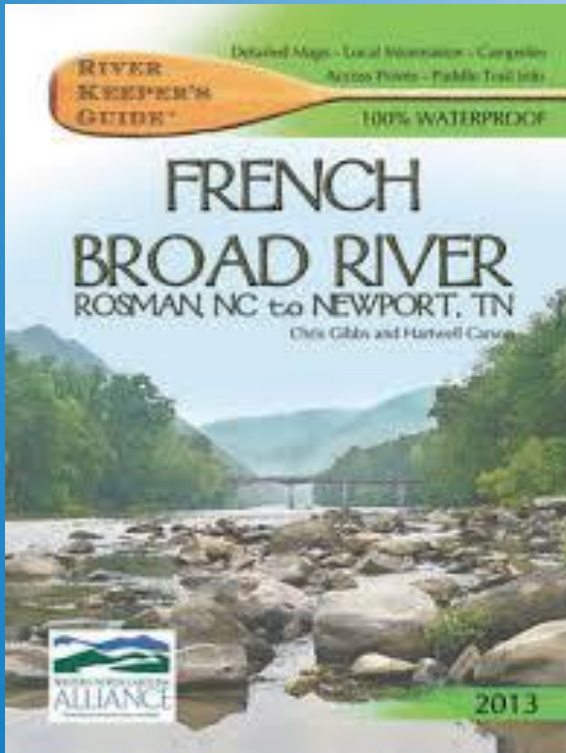


# FRENCH BROAD PADDLE TRAIL

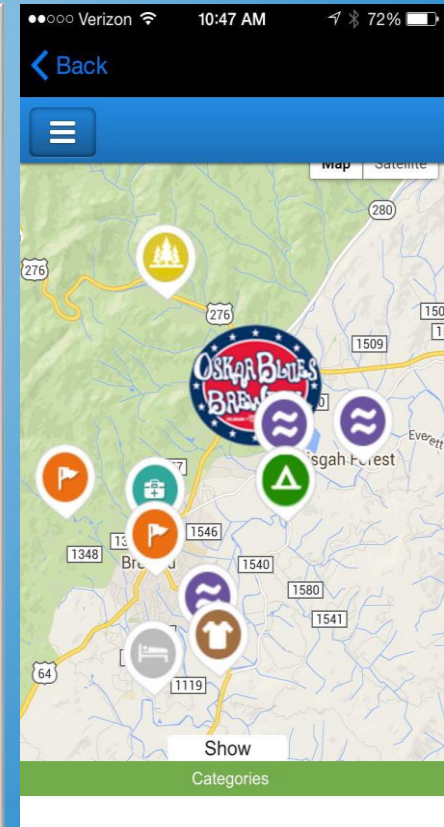
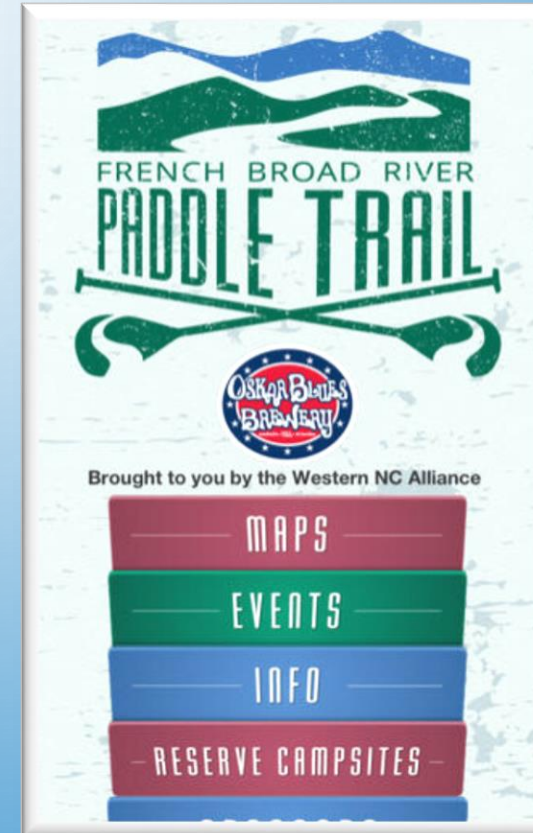
- CREATED AND OPERATED BY MOUNTAINTRUE AND RIVERLINK
- A RECREATIONAL WATERCRAFT TRAIL
- FACILITATES PUBLIC ACCESS AND CAMPING ALONG THE WAY
- LINKED FROM ROSMAN, NC TO DOUGLAS LAKE, TN
- ALL CAMPSITES REQUIRE RESERVATION
- PLANNING IS ESSENTIAL
- FULL TRIP CAN TAKE 5-15 DAYS
- MOUNTAINTRUE CAMPSITES REQUIRE A SMALL FEE
- ✓ [WWW.FRENCHBROADPADDLE.COM](http://WWW.FRENCHBROADPADDLE.COM)
- RIVERLINK'S CAMPSITES ARE FREE
- ✓ [WWW.RIVERLINK.ORG](http://WWW.RIVERLINK.ORG)
- BOTH WEBSITES HAVE AN ON-LINE INTERACTIVE MAP AND DOWNLOADABLE APP



# FRENCH BROAD RIVER PADDLE TRAIL RESOURCES



- RIVERKEEPERS GUIDE – FRENCH BROAD RIVER (MAP)
- [WWW.FRENCHBROADPADDLE.COM](http://WWW.FRENCHBROADPADDLE.COM)
- ONLINE INTERACTIVE MAP
- LOCAL INFORMATION
  - CAMPSITES
  - ACCESS POINTS
  - OUTFITTERS
- FAQs AND INFO





# FRENCH BROAD RIVER MAP INTERPRETATION

- SECTIONED INTO 8 MAPS
- INCLUDES: CANOE/BOAT LAUNCH, PUBLIC RESTROOM, RIVER ACCESS PARKING, CAMPING, PICNIC AREA, SHUTTLE SERVICE, WIFI,
- EVERY WHITE DOT IS ONE RIVER MILE MARKER
- HAZARDS AND LANDMARKS: DANGEROUS RAPIDS, DANGEROUS OBSTRUCTIONS, RAILROAD TRACKS, DAMS
- READ THE MAP BOTTOM TO TOP





# THINGS TO KNOW

- KNOW THE CONDITIONS, RIVERS CHANGE!
- THERE ARE NOT MANY PUBLIC SIGNS ON THE RIVER
  - BRIDGES ARE GREAT LANDMARKS
  - FRENCH BROAD PADDLE TRAIL-SIGNS ALONG RIVER TO CAMPSITE
- MUCH LAND IS LEASED FROM PRIVATE LANDOWNERS AND THE STATE OF NC
- ROSMAN, NC TO ASHEVILLE, NC
  - UP TO 70 RIVER MILES
  - CLASS I RIVER
  - FALLEN TREES BEING BIGGEST OBSTACLES
    - STRAINERS
  - GREAT SECTION FOR INTRODUCTION TO PADDLE CAMPING
- NORTH OF ASHEVILLE
  - RIVER BROADENS
  - ENCOUNTER BIGGER WATER
  - CLASS II TO CLASS IV
  - MORE EXPERIENCE IN NAVIGATING AND RUNNING WHITEWATER
  - ENCOUNTER DAMS WITH PORTAGES



# KNOW BEFORE YOU GO

- **PLAN AHEAD AND PREPARE**

- KNOW THE WATERS YOU PLAN TO FLOAT
- ✓ RIVER MAPS, GUIDE BOOKS, ONLINE
- CHANGES IN WEATHER CAN AFFECT YOUR TRIP
- ✓ WEATHER, WATER LEVELS, TEMPERATURES
- LET OTHERS KNOW ABOUT YOUR FLOAT TRIP

- **BOAT SELECTION**

- CANOES, KAYAKS, AND RAFTS

- **LEAVE NO TRACE (RIVER)**

- ✓ 7 PRINCIPLES

- **PETS AND KIDS**

- **GEAR AND CLOTHING**

- ✓ ESSENTIALS
- ✓ EATING AND COOKING
- ✓ PERSONAL HYGIENE AND CARE
- ✓ CLOTHING APPAREL
- ✓ SLEEPING GEAR
- ✓ OPTIONAL ITEMS

- **DURATION AND DESTINATION**

- TRIP SUGGESTIONS
- BOAT ACCESSES
- SHUTTLE SERVICES



# WEAR IT!

- BE SAFE, KEEP IT SNUG
- BUCKLE UP OR ZIP UP!
- THE RIGHT FIT PROVIDES THE RIGHT FLOTATION
- IT DOESN'T WORK IF YOU DON'T WEAR IT!
- TYPE 3: FLOTATION AID.
  - RECOMMENDED FOR RIVER PADDLERS



# BOAT SELECTION

- \*LOADED BOATS HANDLE DIFFERENTLY THAN EMPTY BOATS\*
- \*CONSIDER WEIGHT AND MATCH NIGHTS OUT WITH GEAR\*

## CANOES



- CAN USUALLY HAUL MORE GEAR AND PEOPLE
- LITTLE EFFECT TO PADDLING PERFORMANCE
- LARGER TENTS AND CAMPING ACCESSORIES CAN MAKE THE TRIP MORE COMFORTABLE

## KAYAKS



- RECREATIONAL KAYAKS WITH LIGHTWEIGHT BACKPACKING GEAR FOR SHORTER DAYS
- LITTLE EFFECT TO PADDLING PERFORMANCE
- TOURING KAYAKS AND FISHING KAYAKS WITH MORE GEAR FOR LONGER DAYS

## RAFTS



- GREAT GEAR HAULERS
- CAN EFFECT PADDLING PERFORMANCE
- SLOWER TRAVEL TIME



## ✓ Checklist

- ✓ BOAT OF CHOICE
- ✓ PADDLE (1 PER PERSON)
- ✓ EXTRA PADDLE
- ✓ TYPE III PFD-Life Jacket
- ✓ EXTRA PFD
- ✓ HELMET (1 PER PERSON)
- ✓ DRY BAGS, BOXES, ETC.
- ✓ THROW BAG/ROPE
- ✓ BAILER OR BILGE PUMP
- ✓ SPONGES

## DRESS FOR SAFETY

- TYPE III PFD- LIFE JACKET
- PROTECTIVE FOOTWEAR
- CLOTHES TO FIT THE CONDITIONS
- PLAN TO SWIM
- SUNNY DAYS- SUNSCREEN, HAT, SUNGLASSES
- RAINY DAYS- INSULATION LAYERS, RAIN JACKET/PANTS
- PROTECT FROM ELEMENTS (SUN, RAIN, WIND, ETC.)
- ALWAYS HAVE A SET OF EXTRA DRY CLOTHES

# WHAT TO BRING AND HOW TO PACK





# WHAT TO BRING: GEAR & CLOTHING

## ESSENTIALS

- ✓ KNIFE/MULTI-TOOL
- ✓ MAP/COMPASS
- ✓ WHISTLE
- ✓ SUNGLASSES
- ✓ 2L. WATER BOTTLE(S)
- ✓ LIGHTS W/EXTRA BATTERIES
  - HEADLAMP
  - FLASHLIGHT
- ✓ LIGHTER/MATCHES
- ✓ FIRST AID KIT
- ✓ DUCT TAPE/REPAIR TAPE
- ✓ DRY BAGS
- ✓ COMMUNICATION DEVICE
- ✓ ENERGY  
SNACKS/POWDER DRINKS

## Eating & Cooking

- ✓ Cookset and Utensils
- ✓ Plate or Bowl
- ✓ Cup or Mug
- ✓ Spoon, Fork, Knife
- ✓ Stove and Fuel
- ✓ Cooler
- ✓ Food, Drinking and Cooking Water
- ✓ Spare Trash Bags

## Personal Hygiene

- ✓ Tooth Brush
- ✓ Tooth Paste
- ✓ Sunscreen
- ✓ Bug Spray
- ✓ Lip Balm
- ✓ Bio-Degradable Soap
- ✓ Bandana or Small Towel (2)
- ✓ Toilet Paper/Sanitization Towel
- ✓ Hand Sanitizer
- ✓ Feminine Products
- ✓ Medications

## Sleeping

- ✓ Sleeping Bag
- ✓ Stuff Sack
- ✓ Sleeping Pad
- ✓ Tent or Hammock

## Clothing

- ✓ Hat
- ✓ Underwear
- ✓ Socks (wool/merino)
- ✓ In-Camp Shoes
- ✓ Shorts and Pants
- ✓ Synthetic Short and Long Tee
- ✓ Insulating Layers and Jacket
- ✓ Rain Jacket and Pants
- ✓ Buff

## Optional

- ✓ Camera
- ✓ Binoculars
- ✓ Camp Chair and Table
- ✓ Watch
- ✓ Pelican Boxes
- ✓ ID and Cash
- ✓ P-Cord and Tarp
- ✓ Local Firewood

# TRIP SUGGESTIONS

## (EASY, MODERATE, DIFFICULT)

- **ONE NIGHT**

ANY CAMPSITES CAN BE A GREAT ONE NIGHT CAMPING OPTION. JUST FIND AN ACCESS POINT UP AND DOWNSTREAM THAT SUITS DESIRED DISTANCE AND CHALLENGES

- **TWO NIGHTS**

**DISCOVERING THE HEADWATERS – HEADWATER’S OUTFITTERS TO HEADWATERS CAMPSITE TO RIVERBEND TO BLANTYRE**

**DIFFICULTY – EASY, BUT WATCH FOR DOWNED TREES ACROSS THE RIVER THAT CAN BECOME OBSTACLES.**

**DISTANCE: HEADWATERS OUTFITTERS TO HEADWATERS CAMPSITE – 8.5**

**HEADWATERS CAMP TO RIVERBEND – 16**

**RIVERBEND TO BLANTYRE – 9.5**

- **THREE NIGHTS**

**FOUR-DAY GETAWAY – HAP SIMPSON TO RHODES RANCH TO FIREFIGHTER ISLAND TO WILSON’S RV TO WOODFIN PARK**

**DIFFICULTY – EASY, BUT WATCH FOR DOWNED TREES ACROSS THE RIVER THAT CAN BECOME OBSTACLES IN THE FIRST PART OF THE TRIP AND YOU WILL LIKELY HAVE TO DODGE SOME ROCKS ON THE LAST PART OF THE TRIP.**

**DISTANCE – HAP SIMPSON TO RHODES RANCH – 17**

**RHODES RANCH TO FIREFIGHTER – 20.5**

- **FOUR NIGHTS**

**WHITEWATER, MOUNTAINS AND TWO STATES**

**DIFFICULTY – HARD, MULTIPLE CLASS II, III AND A COUPLE CLASS IV RAPIDS.**

**DISTANCE – REDMOND DAM TO EVAN’S ISLAND – 1.75**

**EVAN’S ISLAND TO HOT SPRINGS CAMPGROUND – 11.5**

**HOT SPRINGS CAMPGROUND TO WEAVER’S BEND – 9**

**WEAVER’S BEND TO FRENCH BROAD FIELDS – 13**

**FRENCH FIELDS TO BRIDGEPORT BRIDGE ACCESS -11**

- **FIVE NIGHTS**

**HEADWATERS TO WOODFIN**

**DIFFICULTY – EASY, BUT WATCH FOR DOWNED TREES ACROSS THE RIVER THAT CAN BECOME OBSTACLES IN THE FIRST PART OF THE TRIP AND YOU WILL LIKELY HAVE TO DODGE SOME ROCKS ON THE LAST PART OF THE TRIP.**

**DISTANCE: HEADWATERS OUTFITTERS TO HEADWATERS OUTFITTERS CAMPSITE – 8.5**

**HEADWATERS CAMPSITE TO RIVERBEND – 15**

**RIVERBEND TO RHODES RANCH – 13**

**RHODES RANCH TO BUCK SHOALS – 16**

**BUCK SHOALS TO WILSON RV – 14**

**WILSON RV TO WOODFIN PARK – 8**

- **THE WHOLE SHEBANG**

**DIFFICULTY – EASY TO DIFFICULT**

**HEADWATERS CAMPSITE TO RIVERBEND – 15**

**RIVERBEND TO RHODES RANCH – 13**

**RHODES RANCH TO BUCK SHOALS – 16**

**BUCK SHOALS TO WILSON RV – 14**

**WILSON RV TO FRENCH BROAD RIVER CAMPGROUND – 12**

**FRENCH BROAD RIVER CAMPGROUND TO EVAN’S ISLAND – 18**

**EVAN’S ISLAND TO HOT SPRING CAMPGROUND – 11.5**

**HOT SPRINGS CAMPGROUND TO WEAVER’S BEND – 9.5**

**WEAVER’S BEND TO FRENCH BROAD FIELDS – 13.5**

**FRENCH BROAD FIELDS TO RANKIN ACCESS (DOUGLAS LAKE) – 17.5**



# BOAT ACCESS

- PARKING IS AVAILABLE AT MOST BOAT LAUNCHES, BUT LONG-TERM/OVERNIGHT PARKING IS NOT RECOMMENDED
- AVOID LEAVING VALUABLES IN VEHICLES
- RAMPS, DOCKS, AND STAIRS
- KNOW RULES OR REGULATIONS
- FEES





# SHUTTLE SERVICE

- ACCESS (PUT-IN & TAKE-OUT)
  - SECURITY
  - PERSONAL VEHICLES
  - SETTING UP TIME AND LOCATION
  - BREWERY'S STOPS
- LYONS MOUNTAIN ACCESS- ROSMAN, NC- \$20.00
  - ISLAND FORD ACCESS- BREVARD, NC- \$30.00
  - HAP SIMPSON ACCESS- BREVARD, NC- \$45.00
  - WILSON ROAD ACCESS- PISGAH FOREST, NC- \$50.00
  - PENROSE ACCESS- PISGAH FOREST, NC- \$60.00
  - BLANTYRE RIVER ACCESS- HORSE SHOE, NC- \$60.00
  - WESTFELDT PARK RIVER ACCESS- MILLS RIVER, NC- \$75.00
  - ASHEVILLE RIVER ACCESSES START AT \$100.00





TO ENSURE LONG LASTING AND PRISTINE SITES FOR EVERYONE TO ENJOY  
“PACK IT IN, PACK IT OUT”



# Leave No Trace™

Center for Outdoor Ethics | LNT.org

**LEAVE NO TRACE** Outdoor Ethics For River Corridors

**PLAN AHEAD AND PREPARE**

- Learn about river-specific issues, regulations and permits.
- Use a river guidebook and map to plan your trip.
- Schedule your trip so that you encounter appropriate river flows for your group's ability.
- Prepare for extreme weather, hazards and emergencies.
- Schedule your trip to avoid times of high use; visit in small groups.
- Repackage food to minimize waste.
- Know river skills and carry the necessary equipment to minimize your impact.

**TRAVEL AND CAMP ON DURABLE SURFACES**

- Durable surfaces include rock, gravel and sand.
- Focus activity where vegetation is absent.
- Concentrate use on existing trails and campsites.
- Select a campsite large enough for your group.
- When on day hikes in the river corridor, walk single file in the middle of the trail, even when muddy.
- In pristine areas, disperse use to prevent creation of new campsites and trails.
- Leave campsites clean and natural looking.

**DISPOSE OF WASTE PROPERLY**

- Pack it in, pack it out.
- Use a washable, reusable toilet or other approved method to pack out human waste, toilet paper and tampons. Check local regulations.
- Liquid wastes can be dumped into main current in many high volume (over 500 cfs) rivers. In low volume rivers, scatter liquid waste 200 ft. from water, away from camp and trails. Check local regulations.
- Urinating directly into the river is often the best option. Check local regulations.
- Use a tarp in the kitchen to catch food and trash, which attract unwanted animals.
- Pack out all small food particles and small pieces of trash.

**LEAVE WHAT YOU FIND**

- Appreciate ancient structures, artifacts, rock art and other natural objects, but leave them undisturbed.
- Do not build structures or dig trenches in campsites.
- Avoid introducing non-native species, including live bait, by cleaning equipment between trips.

**MINIMIZE CAMPFIRE IMPACTS**

- Minimize campfire impacts by using stoves.
- Use a fire pan or designated fire ring for open fires and charcoal.
- Elevate fire pan and use a fire blanket to catch embers.
- Use dead and downed wood no larger than an adult's wrist to keep the fire small.
- Consider bringing your own firewood or charcoal.
- Burn all wood and charcoal to ash. Carry out ash with other garbage.

**RESPECT WILDLIFE**

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed wildlife; it damages their health, alters natural behaviors and exposes them to predators and other dangers.
- Protect wildlife by storing food and trash securely.
- Control pets or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting or when food is scarce.

**BE CONSIDERATE OF OTHER VISITORS**

- Respect other visitors and protect the quality of their experience.
- Communicate with other river visitors about your floating and camping plans.
- Leave larger camps for larger groups.
- Avoid camping or eating near major rapids where scouting and portaging take place.
- Non-motorized crafts usually have right-of-way over powerboats; slower boats should keep to the right.
- Let nature's sounds prevail.

*Following these principles will help protect and conserve our rivers. Practice and promote Leave No Trace Outdoor Skills and Ethics.*

For more Leave No Trace information and materials:  
1.800.332.4100 or WWW.LNT.ORG or  
1.406.549.0514 or www.river-management.org

# LEAVE NO TRACE- RIVER CORRIDORS

- #1 PLAN AHEAD AND PREPARE
  - INFORMATION SPECIFIC TO THE RIVER
  - GUIDEBOOKS AND MAPS
  - WEATHER, HAZARDS, AND EMERGENCIES
- #2 TRAVEL AND CAMP ON DURABLE SURFACES
  - EXISTING CAMPSITES AND TRAILS
  - ROCK, GRAVEL, SAND
- #3 DISPOSE OF WASTE PROPERLY
  - PACK IT IN- PACK IT OUT
  - LIQUID WASTE CAN BE DUMPED INTO HIGH VOLUME WATERS
  - SCATTER 200 FT. AWAY CAMPS AND TRAILS
  - “SOLUTION TO POLLUTION IS DILUTION”
- #4 LEAVE WHAT YOU FIND
  - APPRECIATE BUT DO NOT ALTER
  - CLEAN EQUIPMENT
- #5 MINIMIZE CAMPFIRE IMPACTS
  - USE STOVES AND DESIGNATED FIRE RINGS
  - USE DEAD AND DOWNED WOOD
  - CONSIDER BRINGING LOCAL FIREWOOD
  - BURN TO ASH
- #6 RESPECT WILDLIFE
  - NEVER FEED
  - STORE FOOD AND TRASH SECURELY
  - CONTROL PETS
- #7 BE CONSIDERATE OF OTHER VISITORS
  - GIVE OTHERS THE ROOM THEY NEED
  - KEEP THE SCENE CLEAN AND PICK-UP ALL LITTER
  - LET NATURE'S SOUND PREVAIL



# PADDLING WITH PETS AND KIDS

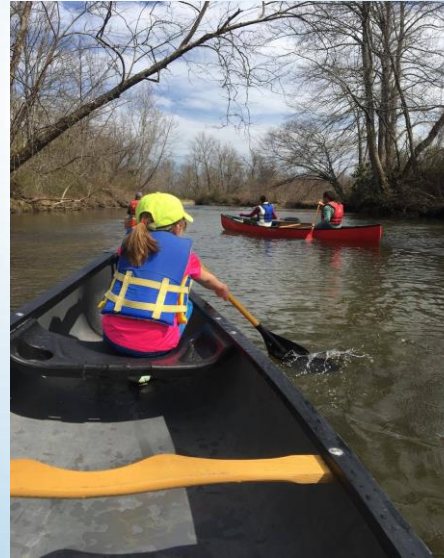




# PADDLING WITH

## PETS

- #1 TRAINING HELPS!
  - COMMANDS
  - ACCLIMATE TO BOAT
- #2 BEST TYPE OF BOAT
  - PET SIZE VS. BOAT
- #3 LEAVE NO TRACE
  - MINIMIZE WASTE
  - REGULATIONS
- #4 SAFETY
  - LIFE JACKET
  - LEASH
  - FIRST AID
  - SUN PROTECTION
- #5 EAT AND DRINK
  - KEEP FOOD SAFE
  - STAY HYDRATED



## KIDS

- #1 SAFETY FIRST- TYPE III LIFE JACKET
  - APPROPRIATE CLOTHING
  - SUN PROTECTION
- # 2 BEST TYPE OF BOAT
  - CHILD SITS IN MIDDLE OR EYE VIEW
- #3 START EASY
  - ACCLIMATE TO BOAT
  - SHORT DAY TRIPS, 1 OVERNIGHT
- #4 KEEP THEM OCCUPIED
  - LET THEM HAVE THEIR OWN PADDLE
  - FISHING POLES
- #5 EAT AND DRINK
  - KEEP FOOD SAFE
  - STAY HYDRATED



# KNOW AND ENJOY MORE!

- THE MORE YOU LEARN, THE SAFER YOU'LL BE AND THE MORE FUN YOU'LL HAVE!
- PADDLING ACTIVITIES ARE AN ASSUMED RISK SPORT
- THIS PRESENTATION DOES NOT TAKE PLACE OF APPROPRIATE PADDLING INSTRUCTION OR TECHNIQUES
- IT IS THE ULTIMATE RESPONSIBILITY OF THE PADDLER TO JUDGE PERSONAL ABILITIES
- EDUCATIONAL VIDEOS AND BOOKS, PLUS LESSONS FROM CERTIFIED INSTRUCTORS
- SPEAK TO YOUR LOCAL OUTFITTERS