#### JOE 2019 Information Packet for White Water Rafting on the Delaware River

Day: Friday	Start Time: 9:00 am	End Time: 4:00 pm
Co-Leader: Robin Schaffer	Co-Leader: Bob Israel	Limit: 40 people
Ariel Hopes	Douglas Gruber	
Transportation: Kittatinny Canoe	Driver: Bus Driver	Bus Captain: Bob Israel
Bus 2		Radios: 2 Waterproof / First Aid Kits: 1
Fees:	Travel Distance:	Travel Time:
\$51 Per Person	Put-in 16 Mile/Takeout 13 Miles	Put-In 30 Min / Takeout 20 Min







## 11 Mile White Water Rafting on the Delaware River

Wet, Wild, and Always Fun – The Delaware River provides plenty of crystal-clear water and rapids all season long. Whitewater rafting with Kittatinny is the highlight of any group's vacation. Rafting on the Delaware River is perfect for novices and groups; no experience is necessary. It's cool, wet fun for those hot summer days. Calm pools offer time for a picnic lunch, sunbathing, and taking a dip in the crystal-clear water. Kittatinny rafts hold up to six people. You will paddle beneath cliffs and spectacular rock formations as you take in the breathtaking panorama where the Poconos meet the Catskill Mountains. This an unguided float on the river.

Our trip will be a ten-mile paddle with four named Class I rapids from Pond Eddy, NY to Matamoras, PA. That will take approx. Five hours to paddle pending water levels. Everyone must always wear his or her PFD while on the water according to Mosaic rules. Bring water, food, sunscreen, and closed-toe water shoes.

Class I to III Rapids include Stairway Rapids, Butlers Rift, Mongaup Rapids, Mill Rift (elevated ratings in high water)

- Cost approx. \$51 (Pre-paid per person).
- Approx. 8:30am ~ 5:00 pm
- Limit 40 People
- Distance from camp 16 Miles | 25 Min one-way
- Websites of Interest:
  - YouTube Kittatinny Canoes Background
  - YouTube Pond Eddy to Port Jervis Kayak
  - YouTube Kittatinny Rafting
  - <u>Kittatinny Canoe Pinterest</u>
  - Kittatinny Canoe Photo Gallery
  - TripAdvisor

## **Logistics:**

- 9:00 am Depart from camp
- 8:30 am 9:00 am Load Bus
- 9:00 am 9:30 am Travel from Cedar Lake Camp to Pond Eddy Put-in
- 9:30 am 10:00 am Bathroom, get organized, split into rafting groups and launch boats
- 10:00 am 3:00 pm Rafting on Delaware with a lunch stop
- 3:00 pm 3:30 pm Bathroom, Load Bus
- 3:30 pm 4:00 pm Travel from Mattamores take out to return to Cedar Lake Camp

## **Vendor: Kittatinny Canoes**

800.356.2852 | https://kittatinny.com | Facebook | YouTube

Put-In: Kittatinny Canoes, 2389 NY-97, Pond Eddy, NY 12770 | 16 Miles | 30 Min

Take-Out: Kittatinny Canoes, 1147 Delaware Dr, Matamoras, PA 18336 | 14 Miles | 20 Min

Map of locations: No Personal Cars allowed due to logistics.

Bus # 1 is supplied by the rafting vendor and is scheduled to arrive in camp at 8:00 am for loading. **Bus WILL\_leave** with or without all participants on board at 8:30 am. Please be on the bus at least 15 minutes before departure time to allow the activity leaders to do their job. You miss the bus; you miss the activity. Personal cars will not work logistically.

All participants must be "River Ready" before loading on the bus. The bus is going directly to the Put-In; there is no place to change once you are on the bus or at Put-In. Activity leaders will check to make sure you're properly dressed for your activity when you board the bus. Anyone not deemed river ready will **NOT** be allowed on the bus. We will **NOT** wait for you to change to proper attire. This includes proper footwear.

DO NOT LEAVE ANYTHING on the bus. It will be used by the vendor for other purposes during the day.

THERE IS NO PLACE TO STORE ANYTHING EXCEPT ON THE RAFT YOU ARE PADDLING. ONLY BRING THE ESSENTIALS.

You must sign a vendor-supplied waiver for this activity. A paper copy waiver will be supplied on the bus for your signature. Before getting off the bus, sign it and hand it to your activity leader. This is your ticket for the activity. You MUST have a signed copy of the waiver to get off the bus. You can find a copy of this waiver online for you to preview. For simplicity, we will only be accepting paper copies.

Port-A-Potty Bathrooms are located at the Put-In. There will be VERY limited time to use the bathroom on arrival. The nearest tree is the only bathrooms available during the trip except during lunch at Monguap.

We will break for lunch with the lunch packed in the buckets we packed during breakfast. See FOOD below

Take-out is at the vendor's headquarters in Matamoras, PA

#### What to bring/wear:

- **Do NOT bring ANYTHING on the river you cannot easily replace.** The river is a powerful force of nature which can strip **anything** off you. Leave your primary prescription glasses (wear backups), keys, wallet, and jewelry at camp. Recommend using spare prescription glasses (leave your primary at camp) or Sunglasses with retainer strap (Chums, Croakies).
- WE DO NOT RECOMMEND ANY ELECTRONICS ON THE WATER THAT ARE NOT WATERPROOF ON ITS OWN AND IS IN A WATERPROOF CASE AS WELL. MAKE SURE YOU HAVE A WAY TO SECURE THEM THAT IS NOT AROUND YOUR NECK. ANY WATCHES SHOULD BE WATERPROOF.
- Wear water shoes, sandals or old sneakers, or wetsuit boots you must wear closed-toed shoes, and they need
  to stay on your feet via a strap or ties securely No FLIP-FLOPS ALLOWED. An activity leader will ban you from
  the trip if you do not have proper footwear. Foot/Toe injuries are VERY common with improper gear on paddles.
- Do NOT wear any cotton. Cotton sucks all the body heat out of you when it gets wet. We recommend a synthetic shirt (such as Under Armor type, fleece, wool, etc.) for warmth and/or sun protection and swimsuit or shorts (nylon or other quick-drying material). Again, NO cotton! Clingy clothes are better than loose-fitting clothes because they are more comfortable when wet. You WILL get WET, even if you stay in the boat. That is part of rafting if you do not want to get wet, DON'T raft.
- Sunscreen. A small bottle that you can keep on you. There will be no storage.
- Hat/Visor
- Chapstick
- Windbreaker/ Extra layer in case you get a chill.
- Please be sure to <u>check the weather</u> and <u>water temperatures/levels</u> before your day of rafting and dress appropriately.
  - Minisink Water Temps / Flow (Tubing Start)
  - Barryville Water Temps (Tubing End)
  - Pond Eddy Water Temps (Rafting Start)
  - Matamoras Water Flow/ Height (Rafting End / Kayak & Canoe Start)
  - Milford Beach Water Flow/Height (Kayak & Canoe End)
- Waterproof camera with a hand strap. DO NOT wear anything around your neck. Again, bring only equipment
  you are willing to get lost during the ride. No expensive SLRs. Keep in mind that your hands need to be free to
  paddle.
- Each raft should bring a trash bag to put litter in. Clean up after yourselves!
- There is limited cell phone reception in the area, especially at the river bases.
- Rope to attach rafts if so wish
- Water guns and water fights are normal. Expect to get wet.

• Paddlers wallet/fanny pack: Wear a paddler's wallet or equivalent securely on your body. Attach it to yourself but avoid anything around the neck. Think about what would happen if you are unconscious and need help. A small waterproof container that has a COPY of your:

Driver's License (for ID). Can be expired.

Medical Insurance Card.

**Emergency Contact Info** 

List of medications/medical conditions/allergies

Spare credit card

\$20 to \$60 in cash (emergencies or small bills for the tip)

#### **Food**

Pack lunch during breakfast. Make sure to mark your lunch bag with your name. Put your lunch in the bucket/cooler marked for your raft number. NO GLASS containers allowed.

Suggest stopping at Mongaup River Access point for Lunch. There are public bathrooms here. You will pass Mongaup Island. Look for Mongaup Valley Wildlife Management Area & River Access on river left (NY) side of the river. This is just BEFORE Mongaap River empties into Delaware and the Mongaap Rift.

# Things to go over during Safety Talk at meet your leader Life Jackets (PFD)

Mosaic insurance requires everyone always to wear his or her properly fitted PFD while on the water. Anyone who does not follow this rule will be immediately asked to leave the event upon return to camp with no refund.

There have been over 60 people who have drowned in the upper Delaware River since 1980. None of the victims was wearing a properly fitted PFD. In other words, no one who wore a PFD has drowned on the Upper Delaware River.

Below is what the local law of the land requires:

- If the River Height is above 6 feet Due to high water levels, the law requires a wearable life jacket (PFD) to be worn by all persons in or on the river including boaters, swimmers, and wading fishermen.
- If the River Height is under 6 feet The law requires that a wearable life jacket be readily accessible while boating and the National Park Service suggests wearing it when boating, fishing, swimming or floating.

That said: Everyone from Mosaic will wear their PFD at all times on the water. No Exceptions.

## Hold the paddle properly:

Holding the paddle properly can be a huge safety concern. One hand should be at the base of the paddle on the shaft. The other hand should ALWAYS be at the end of the shaft over the "T" grip. The "T" grip is made of hard plastic and can blacken eyes and knock out teeth. Keeping your hand over the "T" grip will keep control of the paddle and cushion the blow if it should happen.

## Proper swimming techniques.

When swimming in the river, whether you fall out or you jump in for fun, there are two techniques. The first is the "Down River Swimmer's Position." This is on your back, nose, and toes to the sky with your head up so you can see where you are going. Feet downstream with your knees slightly bent. This way if you come in contact with a rock, you

can use your feet and legs as shock absorbers and push off the rock. Arms should be out to your side to help keep yourself in control. A helpful hint here: keep your butt up. If you sit with your butt low in the water, you will find a rock and bring home some interesting bruises. Guys, keep your legs together. If you hit a rock, we call this "romancing the stone. "There is no romance for a couple of weeks afterward.

The second swimmers' position is becoming more popular and more excepted in rescue situations. This position is on your stomach doing your best Michael Phelps impersonation. Point to where you want to go and go. Swim until you are out of the river.

If you choose to swim to the shore, swim all the way to the shore. NEVER stand up in moving current. Never walk in water over the shins. This prevents a situation called "Foot Entrapment" which is where you put your size 9 foot in a size eight-hole or crack in the bottom of the river. This is not a good place to be, but it is so easy not to get in this situation. Don't walk in the river. It is just that easy.

## **Be Cautious of Foot entrapment**

The basic rule is: never stand up or put your feet down in the water, unless the water depth is below your knees or the water is calm. The riverbed of any watercourse you may be enjoying has likely been forming for millions of years. There are a lot of rocks at the bottom of mountainous streams, and you may not be able to see them. Getting your foot trapped under a rock and having the river push you down face first is a horrible way to go, but it happens. It only takes a few inches of water to drown. See Avoiding Foot Entrapment

## **High-Siding**

If the boat hits a rock or gets in a hydraulic, the boat is usually in a sideways position in the river. Water pressure will build on the upstream side of the boat, which can flip the boat over. But if your raft captain is Johnny on the spot and calls out, "High-side!" you need to go to the downstream part of the boat (the way the water is moving) by getting up and throwing your weight to the downstream tube of the raft. Easy peasy! Remember always to go the direction the river is flowing: downstream.

#### **Avoid Strainers**

Strainers are a nasty threat. A strainer is any object that is arrayed across the water that can knock you off a boat if you're in one, and it can force you underwater if you're not. Strainers can be logs, certain rock formations, or bridges that are low due to high water. Avoid them at all costs. If you can't, do your best to navigate the obstruction any way you can. Your guide may have you portage or go around the strainer.

## **Rafting Captains**

Each raft holds up to 6 people and will need to choose a captain, preferably someone with rafting experience. Groups and captains will be set up during the Meet the Leaders meeting Thursday night. Each group will be assigned a number to match with the lunch bucket supplied during breakfast.

### **Rafting Captains:**

- Should have had some experience steering a raft.
- You are seated in the back of the raft to steer.
- Are calling out directions to the paddlers in their raft to get them down the river safely.

## Leader/Sweep

It is VERY important to designate a leader boat and a sweep boat. Make sure everyone understands not to go in front of the leader and behind the sweep. **Anyone getting out to river should tell at least three other people they are doing so.** Try to not to fall behind the sweep. The sweep should make every attempt to be the last out.

Attempt to stay as a group for the duration of the paddle.

## Miss the Bus Back to Camp

Everyone should be on the bus as a group for the return trip. This means the last person off the river will determine when you can return to camp. If for some reason someone misses the bus, it will be the participant's responsibility to pay for and contact the taxi service to get back to camp.

Pike County Taxi based out of Dingmans Ferry, PA: \$?? + tip

570-828-2222 or 570-686-9300 / fax: 570-828-2333 / <a href="http://pikecountytaxi.com">http://pikecountytaxi.com</a> / <a href="mailto:rocco@pikecountytaxi.com">rocco@pikecountytaxi.com</a> / <a href="mailto:rocco@pikecou

## What to expect from the Rafting Vendor?

The paddler vendor will provide:

- Personal floatation device (PFD)
- Paddle
- Rafts for six people
- Transportation

**Tips:** Your cost of the activity includes a 15% tip for the bus driver.

## **Cost: \$51**

Your activity fee for the Delaware River Paddle includes:

- Rafting on Delaware with Kittatinny Canoes including Raft, Paddle, PFD, and Tax
- Transportation to and from camp provided by Kittatinny Canoes.
- 15 % tip for the bus drivers.
- 10% Registration and Mosaic registration, insurance, and other administrative fees.

#### **FAQs**

WHAT IF IT IS RAINING? This is a popular question — trips continue rain or shine. You're going to get wet anyway, so come along and make like a duck. The vendor will determine if any weather event occurs that will cause a cancellation. No refunds unless the vendor cancels.

#### WHAT DO CLASS RATINGS MEAN?

Class I Easy. Fast-moving water with riffles and small waves.

Class II Novice. Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but trained paddlers easily miss rocks and medium-sized waves.

Class III Intermediate. Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Rapids that are at the lower or upper end of this difficulty range are designated "Class III-" or "Class III+" respectively.

Class IV-VI Advanced to Extreme.

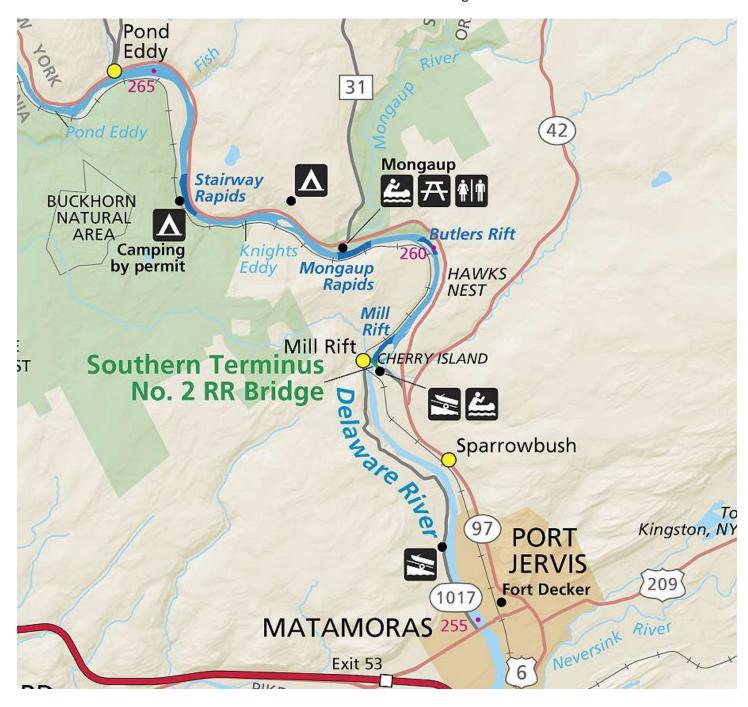
## CAN I WEAR MY OWN LIFE JACKET? Yes

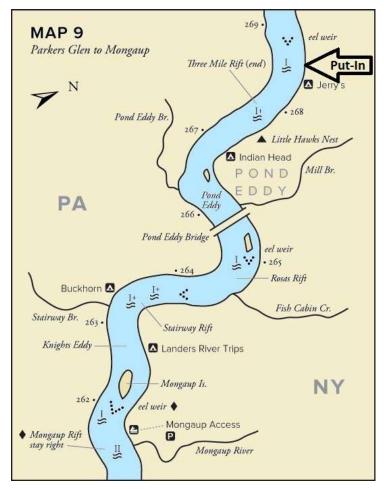
CAN I WEAR MY OWN WET SUIT? Yes

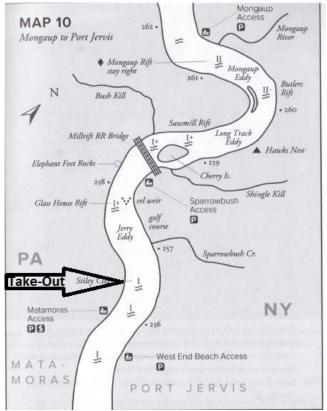
HOW LONG DOES THE TRIP LAST? 4-6 hours depending on river levels

WILL THERE BE TIME FOR HIKING OR NATURE WALKS? No, but there will be time for swimming.

WHAT IF I CAN'T SWIM? Many rafters can't swim. On all trips, Coast Guard-approved life jackets are provided and must be worn. On advanced trips, it is recommended that you have swimming skills.







Page **9** of **15** 

## **Pond Eddy to Matamoros River Guide**

Note: The Delaware River is 330 miles from Cape May to the confluence of the East and West Branches of Delaware in Hancock. Many books, maps, signs along the river (including one published by the <u>Delaware River Basin Commission</u> [DRBC]) and such reference the river via mile markers starting from zero at Cape May and going up to 330 miles in Hancock. The mile markers indicated below to follow this reference.

This excerpt from Gary Letcher's "Paddler's Guide to the Delaware River: Third Edition" was written in 2010. The river may have changed over time.

#### Map 9

268.7 Outfitters. Landers River Trips, Pond Eddy base, New York side. Kittatinny Canoes, Pond Eddy base, New York side.

268.6 **PUT-IN OF RAFTING TRIP**: Kittatinny Canoes Pond eddy Base, 2389 NY-97, Pond Eddy, NY 12770 Start of Rafting - A Class I rapids without obstructions. Be on the lookout for boulders. The river is very shallow.

268.4 Camping/outfitter. Jerry's Three River Canoes has campsites at its base on New York Route 97.

267.7 The final stretch of Three-mile Rift, here a Class I+ rapids. Paddlers will surely bump and grind on submerged rocks in the shallow water. The rapids go on for 0.5 miles, one of the longest on the river.

Bluffs of Little Hawks Nest rise above the river on the left.

266.7 Wide ledges extend into the river from the Pennsylvania side, with cliffs rising about 20 feet above the ledges. The river bends to the left.

Camping/outfitter. Indian Head Canoes operates a campground (tent sites and lean-tos) at its Pond Eddy base.

266.4 Pond Eddy Brook enters Pennsylvania side, via a picturesque stone tunnel beneath the Erie tracks. The river bends sharply to the left. A small brushy island near the left (New York) side.

265.8 Mill Brook enters New York side.

265.6 Pass under the Pond Eddy Bridge, built-in 1903 a double-truss steel span with a one-lane wooden roadway. A wire-rope suspension bridge built here in 1870 was destroyed in the Pumpkin Flood of 1903, this old bridge carries fewer cars than any other on Delaware; there is only a small community on the Pennsylvania side and no through traffic.

265.1 Broad ledges are exposed at low water near the New York (left) side, as the river bends sharply to the right.

265.0 River bends to the right into the Class I rapids of Rosas Rift, with protruding and submerged boulders across the river, continuing 0.4 miles. Stay right to avoid an eel weir on river left.

264.1 Outfitter. Kittatinny Canoes landing (Knights Eddy), New York side.

264.0 Fish Cabin Creek enters New York side.

263.9 There's an old eel were on the New York (left) side; stay to river right. As of this writing (2010), it was not in use.

265.6 Enter Stairway Rift, a succession of three ledges with increasingly severe Class I+ rapids. Rocky bluffs along the Pennsylvania side can be imagined as a giant staircase. Best passage is to river left. Standing waves to 1½ feet foreshadow what's to come around the next few bends.

Stairway Rift begins the most exciting string of rapids on Delaware. The next five miles will give canoeists, kayakers, and rafters a wild ride through five Class I+ and II rapids, with only brief respites in the eddies between. Wear your PFD and do not take it off until the ride is over.

Route 97 runs very close at the New York riverbank, supported here and there by remnant walls of the old Delaware & Hudson Canal.

- 263.3 Stairway Brook enters Pennsylvania side, at the final ledge of the rapids.
- 263.1 Enter Knights Eddy; slow-moving water continues o.8 mile. "Captain" John Knight was a well-known timber raftsman.
- 262.5 Camping/outfitter. Landers River Trips, Knights Eddy campground and river base. Primitive tent sites and lean-tos for canoeists and kayakers, New York side. Water and privies only.
- 262.4 The river is bounded on both sides by slabs of shale bedrock.
- 262.3 Upstream end of Mongaup Island, a brushy gravel bar is extending 0.2 miles. Stay right; the left channel seems clear but will put you into the maw of an eel weir.
- 262.1 There are Class I rapids in the channel to the right of Mongaup Island. CAUTION! An eel weir nearly spans the river just below Mongaup Island. Stay as far river right as possible, although shallow.

Slow water for the next 0.7 miles.

#### **Map 10**

261.2 **STOP HERE FOR LUNCH** Access: Mongaup, New York. Maintained by the New York Department of Environmental Conservation. Hand-launch boat landing, ample parking, privies. Boats must be carried about 100 yards along a dirt trail from the parking area to the river. A National Park Service attendant is on hand during summer weekends. No fee. Access from New York Route 97.

Mongaup was a way station on the old Delaware & Hudson Canal.

A stone lift lock can be seen in the woods across Route 97.

261.1 The Mongaup River enters New York side, in a torrent of white water.

CAUTION! Enter Mongaup Rift, a Class II rapids. Scout the rapids from either riverbank to plan your route through. This one is a thriller! Wear your PFD; many paddlers founder or capsize in the big waves.

Ledges and shallows extend from the New York (left) side, with the main flow of the river squeezed to the Pennsylvania (right) side. The rapids begin over a boulder ledge, then funnel into a chute where the biggest standing waves (3+ feet) on Delaware are formed. The channel through the chute is clear, but open canoes will almost surely take on the water in the 3-foot haystacks.

A huge stone-and-concrete abutment supports the Erie Railroad tracks on the Pennsylvania side. It is possible to scramble up to a wide ledge to watch boaters pass through the rapids.

260.9 Whew, you've made it through the Mongaup! Pullover to shallows at either side to bail your raft. Slow water of Mongaup Eddy for the next o.8 mile.

260.1 The river bends sharply to the right. A large gravel bar known as Butlers Island is on the right side.

Enter Butlers Rift, Class II- rapids extending about one-quarter mile. The main current flows near the New York (left) side with occasionally hidden boulders; standing waves 2½ feet high make for a wild ride. Stay river right to avoid the heaviest of the rapids.

General Butler was a Loyalist associate of Chief Joseph Brant, leader of the British and Iroquois raiding party at the Battle of Minisink in 1779.

Rock ledges extend from the left.

Hawks Nest Mountain rises steeply from the river on the New York side. New York Route 97 snakes along the cliffs with a view down to the river, one of the most spectacular sections of roadway in the eastern United States.

The base of the cliffs was known as the Cellar Hole to timber raftsmen, a trap for rafts in high water. Raftsmen struggled to stay near the Pennsylvania side to avoid being dashed against the wall of the Delaware & Hudson Canal. The canal ran against the cliffs 40 feet above the river, an astonishing feat of engineering. Remnants of the canal walls can be seen along the river's edge, New York side.

259.9 Enter Long Track Eddy. The Erie tracks run atop the Pennsylvania riverbank.

259.7 Hay Rock, so-called because a ferry hauled hay here for a nearby farm, juts prominently from the cliffs on the New York side.

258.9 Upstream end of Cherry Island. Stay to river right for the best ride through Sawmill Rift; river left channel is very shallow.

Enter Sawmill Rift, a strong Class I+ rapids, with the best passage down the right-center. Big waves and lots of rocks!

258.6 Downstream end of Cherry Island. Shingle Kill enters, New York side.

Sawmill Rift continues after a brief pause, still a strong Class I+ rapid. Boulders lurk below the waterline, and shallows extend from the downstream tip of Cherry Island. The best passage, withstanding waves to 2 feet, is down the middle.

The little community of Millrift, Pennsylvania, is very close to the water on the right. A ferry operated here in the nineteenth century.

Bush Kill enters, Pennsylvania side. There are two more tributaries named Bush Kill farther downriver. Kill is old Dutch for "stream: '

#### JOE 2019 Information Packet for White Water Rafting on the Delaware River

258.3 Unless you are careful, you too will go plumb against the pier of the Millrift Railroad Bridge (Bridge No. 2). A wooden trestle for the Erie Railroad was built here in 1850, replaced later by the present steel span. Today the old Erie line is operated by the New York, Susquehanna & Western Railway.

The railroad bridge marks the downstream boundary of the Upper Delaware Scenic and Recreational River.

258.2 Access: Sparrowbush, New York. Maintained by the New York Department of Environmental Conservation. A natural beach for a boat launch, limited parking, no facilities. No fee. Access from Hook Road off New York Route 97. Locally known as Fireman's Beach, swimmers often use the site.

Remnants of the Delaware & Hudson Canal are found beside the dirt road that leads to the access area.

Cliffs aptly known as Elephant Feet Rocks rise from the water on the Pennsylvania side.

258.0 A sign painted on the rocks, right side, warns boaters to "Stay Right: Do so.

257.9 An eel weir extends nearly across the river. Do not go through the center chute or over the stone wings of the weir; stay as close to the cliffs at Pennsylvania (right) side as possible.

Enter Glass House Rift, a Class I+ rapids. Stay on river right; there are shallows, gravel bars, and the eel weir on the left.

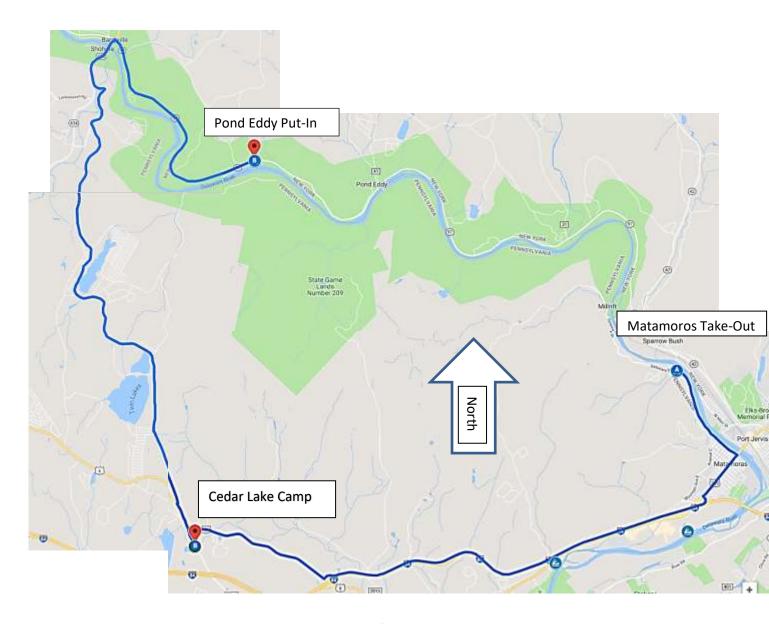
The rapids end with big standing waves beneath towering Glass House Cliffs.

In the early 1800s, a glass factory operated atop the cliffs. Using river sand as its raw material, the factory produced window panes for use in Philadelphia and New York City.

257.1 Sparrowbush Creek enters, New York Side

256.5 **TAKE-OUT OF RAFTING TRIP**. Several river outfitters end their trips here, with landings on Both Sides. Careful to get out at the Kittatinny Canoes Location on river right.

- Silver Canoes, Sparrowbush, NY (River Left)
- Whitewater Willies, Sparrowbush, NY (River Left)
- Indian Head Canoes, Matamoras, PA (River Right)
- Kittatinny Canoes, Matamoras, PA (River Right)
- Lander's River Trips, Matamoras, PA (River Right)
- Jerry's Three River Canoes, Matamoras, PA (River Right)



Page **14** of **15** 

## JOE 2019 Information Packet for White Water Rafting on the Delaware River

Nearest Hospital to Kittatinny Canoes, 1147 Delaware Dr, Matamoras, PA 18336

Bon Secours Hospital, 160 E Main St, Port Jervis, NY 12771 | 8 min./3.2 mi.

