

For info on paddling the Jackson or Cowpasture rivers, please visit AlleghanyHighlandsBlueway.com

THE UPPER James River WATER TRAIL

The Upper James River Water Trail meanders through beautiful Botetourt and Rockbridge Counties. The trail is organized into sections, each offering a unique river experience. Select a section to explore and experience unspoiled natural beauty as you float through scenic valleys and rolling farmland. Keep your eyes and ears open for wildlife and enjoy views of the Blue Ridge Mountains. Some *Class I, II and III* rapids along your journey will provide thrills for all members of the family.

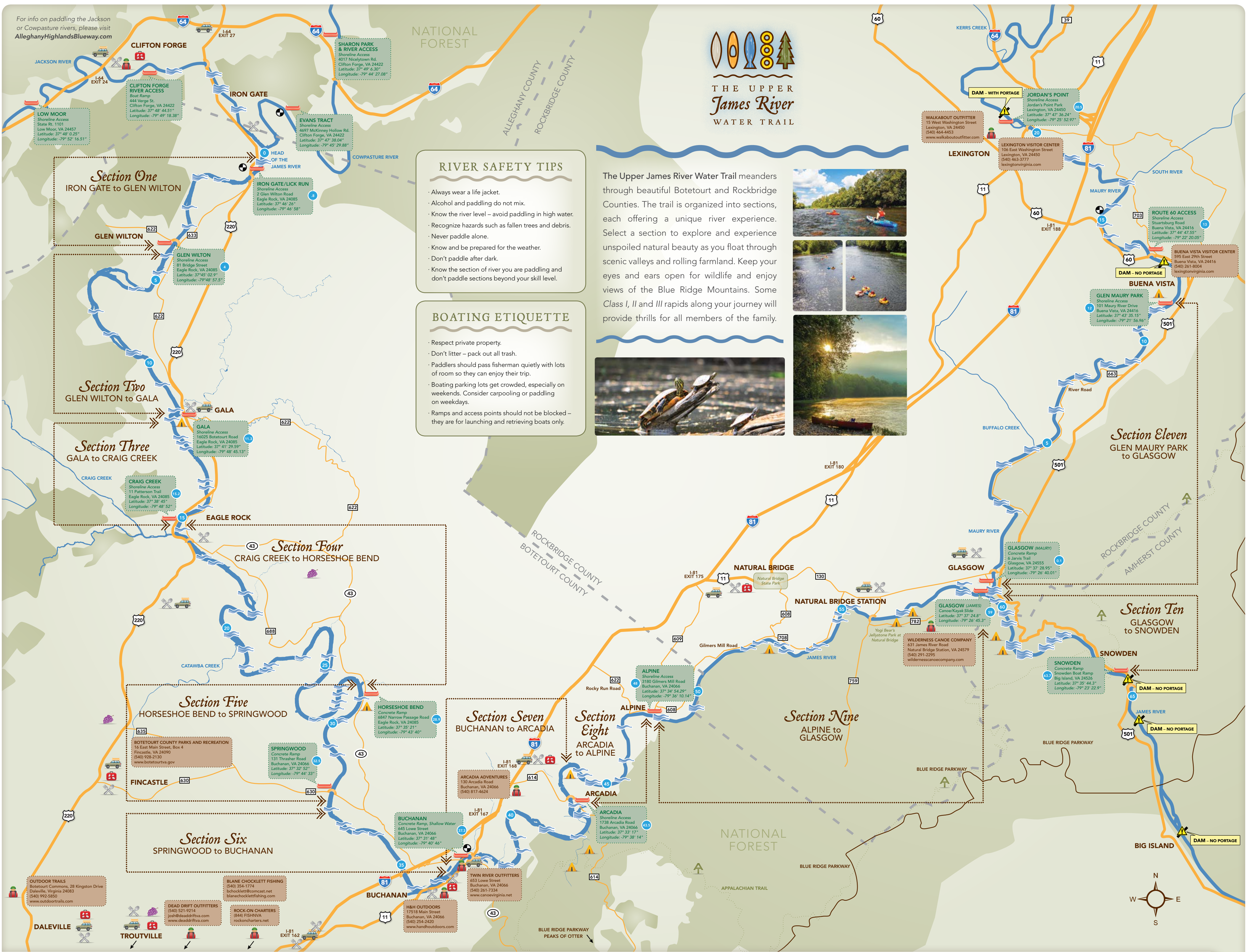


RIVER SAFETY TIPS

- Always wear a life jacket.
- Alcohol and paddling do not mix.
- Know the river level – avoid paddling in high water.
- Recognize hazards such as fallen trees and debris.
- Never paddle alone.
- Know and be prepared for the weather.
- Don't paddle after dark.
- Know the section of river you are paddling and don't paddle sections beyond your skill level.

BOATING ETIQUETTE

- Respect private property.
- Don't litter – pack out all trash.
- Paddlers should pass fisherman quietly with lots of room so they can enjoy their trip.
- Boating parking lots get crowded, especially on weekends. Consider carpooling or paddling on weekdays.
- Ramps and access points should not be blocked – they are for launching and retrieving boats only.



Section One
IRON GATE to GLEN WILTON

Section Two
GLEN WILTON to GALA

Section Three
GALA to CRAIG CREEK

Section Four
CRAIG CREEK to HORSESHOE BEND

Section Five
HORSESHOE BEND to SPRINGWOOD

Section Six
SPRINGWOOD to BUCHANAN

Section Seven
BUCHANAN to ARCADIA

Section Eight
ARCADIA to ALPINE

Section Nine
ALPINE to GLASGOW

Section Ten
GLASGOW to SNOWDEN

Section Eleven
GLEN MAURY PARK to GLASGOW

LEGEND

- River and Streams
- National Forest
- Public River Access
- Class 1 Rapids
- Class 2 Rapids
- Class 3 Rapids
- River Gauge
- River Mile Marker
- Campsites
- Outfitters, Guides & Retailers
- Main Roads
- Bridges
- River Hazard
- Appalachian Trail
- Lodging
- Fuel
- Food
- Wineries

Scale: 0 to 2 Miles

Icon locations are approximate. Refer to listed addresses & GPS coordinates for exact locations.