



## SECTIONS

APPROX.  
DISTANCE  
(Miles)

\*APPROX.  
PADDLE TIME  
(Hours)

\*APPROX.  
TUBING TIME  
(Hours)

1 → 2

BOONE  
NC

PINE  
RUN

8.14

5-6

\*\*Tubing not  
recommended  
in this section

2 → 3

PINE  
RUN

CASTLE  
FORD

6.54

4-5

6-7

3 → 4

CASTLE  
FORD

GREEN  
VALLEY

2.22

1.5

2-2.5

4 → 5

GREEN  
VALLEY

TODD  
ACCESS

2.76

1.5-2.5

2.5-3

5 → 6

TODD  
ACCESS

TODD  
ISLAND

2.5

1.5-2

2.5-3

\*Water level/speed affects float time

\*\*Not recommended to tube more than 6 hours



## PARKS

### GREEN VALLEY PARK

Green Valley Community Park is a multi-purpose community park on the banks of the New River in Watauga County, NC. The park offers a picnic shelter, playground equipment, multi-purpose playing fields, hiking trails, and a canoe ramp.

### COOK MEMORIAL PARK

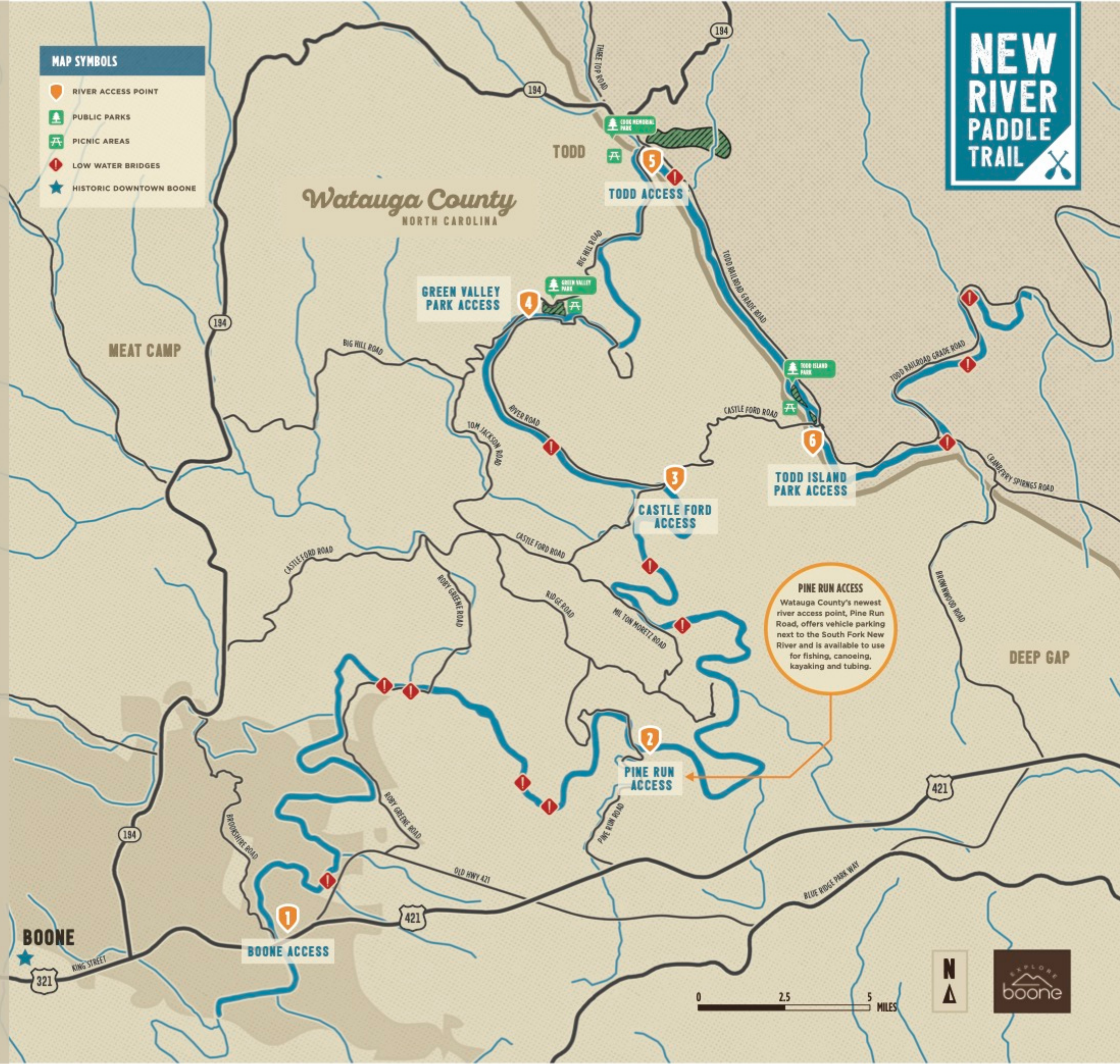
Cook Park in historic Todd, NC is a perfect spot for picnics, fishing, or just chilling out by the river. It also hosts the Todd Summer Concerts Series with some of the finest musicians around and is home to the Todd New River Festival and the 4th of July Liberty Parade celebration.

### TODD ISLAND PARK

Todd Island Park is a unique 5-acre island in the middle of the South Fork of the New River, about 3 miles downstream from the "downtown" Rural Historic District. A bridge was built over the north channel of the river to provide access from the parking lot. The park is open from dawn until dusk and features a walking trail nearly a mile long that wraps around the perimeter of the island. From the trail, you can view the wildlife on the island and in the river, as well as native plants and trees. The trail also provides access to the south channel for easy fishing.

## MAP SYMBOLS

- RIVER ACCESS POINT
- PUBLIC PARKS
- PICNIC AREAS
- LOW WATER BRIDGES
- HISTORIC DOWNTOWN BOONE



NEW  
RIVER  
PADDLE  
TRAIL



### PINE RUN ACCESS

Watauga County's newest river access point, Pine Run Road, offers vehicle parking next to the South Fork New River and is available to use for fishing, canoeing, kayaking and tubing.

DEEP GAP







# THE NEW RIVER PADDLE TRAIL

## PADDLE THE NEW, AND EXPERIENCE AN ANCIENT TRADITION

Rugged hillsides, pastoral meadows, and farmlands surround what is allegedly one of the oldest rivers in North America. The New River's slow and peaceful waters and wildflower-covered banks are the perfect backdrop for a canoe ride or a lazy inner tube ride on a hot summer's day.

Designated as one of America's National Wild and Scenic Rivers, the New River is possibly the second oldest river on Earth, and certainly the oldest in North America. It is even thought to be older than any mountain range in the world – a fitting distinction given that the Appalachian Mountains are believed to be the world's oldest mountain range. The New River eroded and cut through the middle of the Appalachian Mountains as the range was forming. Its twisting path through the mountains exposes rocks that are over 1 billion years old. The river's headwaters begin near Blowing Rock, NC and flow through both Virginia and West Virginia – only one of 3 rivers in North America that flow north.

## FISHING REGULATIONS

- **DELAYED HARVEST SECTIONS:** Artificial lures only, single hook. See signage at river for time-of-day restrictions. Look for black and white signs.

Non-trout species may be harvested from Delayed Harvest Trout Waters during the catch-and-release only trout season under applicable size and creel limits.

- **HATCHERY SUPPORTED SECTIONS:** No bait restriction, no minimum length, seven trout per day limit. Look for green and white signs.

- **BASS REGULATIONS:** 14-inch minimum, except 2 may be less than 14 inches. Daily creel limit (number of fish) is 5 in combination, including only 2 below 14 inches.

## FAVORITE NEW RIVER ACTIVITIES

### PADDLING

A calm canoe run down the New River is one of life's most soothing pleasures and a fabulous way to experience nature. Local outfitters offer the entire range of opportunities from individual or family boat rentals (with a return shuttle back to your car), to guided day trips that include lunch. The water depth ranges from 2 feet to 8 feet, making it a perfect and relaxing way to introduce children of all ages to the joy of paddling.



### FISHING

Pull your canoe up on an island and fish with jigs or spinner baits, or, find a lazy, slow stretch to take in the scenery and fish for rock bass along grass beds. Many people enjoy floating in a kayak, forgetting about the world, and fishing the whole day away. Of course, the best way to be guaranteed a catch is to hire one of our many experienced guides who are waiting to show you a perfect day of fishing on the New.



### TUBING

A simple and enjoyable adventure for all ages, tubing has got to be the most relaxed way to enjoy summer and to witness the beauty of the High Country in slow motion. Bring your own inner tube and make your own way, or hire one of the area's many excellent outfitters to shuttle, outfit, and guide you downstream. Enjoy a cold beverage with your friends along the way.



## 5 GREAT SECTIONS OF RIVER

The six river access points listed on the map can be used as put-ins or take-outs. Pick from any of these 5 sections, or combine a few, to design your perfect day on the river. Take note of approximate distances and float/paddle times listed on the map.



1 → 2  
BOONE NC PINE RUN

This section is typically very shallow, and therefore optimal during or after a water or rain event. Paddling is the best method of navigating this section, as tubing is not recommended.



2 → 3  
PINE RUN CASTLE FORD

This is the most underdeveloped section of the New River in Watauga County and it has a real wilderness feel in several areas. Prepare for bird watching and other opportunities to catch a glimpse of local wildlife. There are several low water bridges on this section, which must be ported during high water.



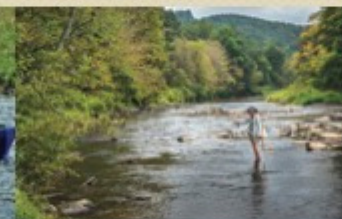
3 → 4  
CASTLE FORD GREEN VALLEY

Several outfitters and many locals frequent this section. It can become quite busy on a warm summer day, and for good reason, as it is one of the most iconic sections of the New River in North Carolina. Prepare to relax on this section of the river, but don't forget your sunscreen and pack plenty of ice in that cooler.



4 → 5  
GREEN VALLEY TODD ACCESS

A very popular section on warm summer days. Several outfitters and many locals frequent this section- and for good reason- it is one of the most iconic sections of the New River in North Carolina. Don't forget sunscreen and plenty of ice in that cooler. Prepare to relax.



5 → 6  
TODD ACCESS TODD ISLAND PARK

This unusually straight section of river parallels Railroad Grade Road, which is a very popular spot for biking in Todd, NC. Combine your float with the annual Todd Festival (toddnc.org/) and you are sure to be in for some fun.

## DANGER! LOW WATER BRIDGES

Low Water bridges are marked on the map with a . Due to being very low and near to the water, these bridges can be extremely dangerous during high water activity and flood events. Be very cautious to exit the river before heading too close to a low water bridge in high water. Always check into water levels before starting your adventure.

CALL 911 IN CASE  
OF EMERGENCY

## GUIDE SERVICES

### FLY FISHING

PLEASE CHECK:

ExploreBoone.com/outdoors/fishing

### PADDLING & TUBING

RIVER EARTH ADVENTURES

raftcavehike.com | 866.411.7238

WAHOOS ADVENTURES

wahoosadventures.com | 828.262.5774

HIGH MOUNTAIN EXPEDITIONS

highmountainexpeditions.com | 828.266.RAFT

RIVER GIRL FISHING CO.

rivergirlfishing.com | 336.877.3099

## LOCAL BITES & DRINKS

### LOCAL BREWERIES

www.exploreboone.com/  
things-to-do/boone-area-breweries

### LOCAL FAVORITE RESTAURANTS

www.exploreboone.com/  
restaurants/local-favorites

### HIGH COUNTRY WINE TRAIL

www.exploreboone.com/  
things-to-do/travel-itineraries/  
wine-trail

### NECK OF THE WOODS FLAVOR TRAIL

NeckoftheWoodsNC.com



## LODGING & BOONE AREA INFO

ExploreBoone.com

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ADVENTURES:



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