

GET OUT and Play!

ON THE HOLSTON RIVER

Whether you are stepping into your boat or onto your board for the first time or have logged enough hours on the water to rival the best of guides, having a little back-pocket information is key. Here is some simple information about some of the Tennessee River Valley's best paddles—where to show up, how to get there and what to bring along for the ride.

One of the most amazing things about the Tennessee River system and its tributaries is how easy it is for you to get to places to relax and recreate. As part of its mission of service, TVA manages its public lands and waters to support recreation so that the Tennessee Valley remains one of the best places in the country to live, work and play.



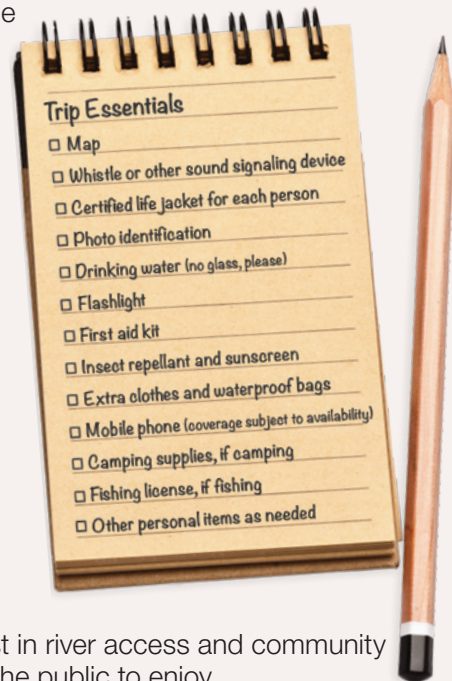
THE HOLSTON RIVER

The Holston River is actually made up of four major river forks (Nork Fork, Middle Fork, South Fork, and Watauga Rivers) that drains much of northeastern Tennessee, southwestern Virginia, and northwestern North Carolina. The entire river system spans 274 miles and it ends at the confluence of the French Broad and Holston to form the Tennessee. The Holston River offers some of the best trout fishing in the Country, people come from all over the world to fish South Holston and Watauga rivers. The Holston below the Cherokee Dam is also known for trout fishing, but eventually turns into excellent smallmouth bass fishing as you travel further downstream. The river flows 52 miles from Cherokee Dam to Knoxville. You'll enjoy the easy-going, scenic beauty as you travel through pastoral countryside and bluff-lined shores. Paddling and fishing are very popular activities, and there are opportunities for hiking at House Mountain Natural Area.

There are currently only three access points along the Holston River from the Cherokee Dam tailwaters to the head of the Tennessee River, but expect more to come as the interest in river access and community momentum are securing more resources for the public to enjoy.

Grab your paddles, your fishing gear and this map, and let your imagination be your guide. All you need to do is get out there and have a good time. Share your own stories and photos on Instagram or Twitter using #TVAfun, or at www.facebook.com/TVA using our #TVAfun tab.

For fishing regulations and license requirements, please check with TWRA or visit www.gooutdoorstennessee.com.



BE A GOOD STEWARD

The Holston River is known for its clean water and pristine rural shorelines. Here's how you can help play a part in keeping the river beautiful:

- **Stay on the path.** Shorelines are fragile ecosystems; please restrict launching and landing to designated areas only.
- **Leave no trace behind.** No littering, pack it in, pack it out, for more info visit www.lnt.org.
- **Look, don't touch.** Do not disturb any natural or cultural resources you may encounter.
- **Respect private property.** Do not trespass above the high water mark.
- **Be a happy camper.** Camp only in designated areas.
- **Don't play with fire.** No campfires unless otherwise designated.



TVA PUBLIC LANDS

The public lands entrusted to TVA for stewardship are available for hiking, birdwatching, camping, fishing, hunting and other informal recreational pursuits. Some important regulations to protect the resource and your safety should be followed. Camping in a primitive campsite on TVA lands is allowable up to 14 days. You should follow all state hunting seasons and regulations. In addition, motorized vehicles, cutting or removing vegetation, target shooting or removal of cultural artifacts are not allowed on TVA public lands. For more information visit www.tva.com/undeveloped, or call the TVA's Public Lands Information Center at (800) TVA-LAND (toll-free).

TVA'S DAMS

TVA owns and operates a total of 4 dams on the Holston River and its forks. Cherokee Dam impounds the mainstem of the Holston River near Morristown, TN and further upstream, Boone, Fort Patrick Henry, and South Holston dams impound the south fork of the Holston River in upper East Tennessee. The Holston River is a major tributary to the Tennessee River, and the river system drains a large area of over 3,700 miles. Flows from the Holston River help support water quality immediately below the dam but also for hundreds of miles along the main-stem Tennessee River. The Tennessee Valley Authority provides flood control, hydroelectric power and other benefits by managing the flow of the Holston River through the operation of Cherokee Dam.

When paddling near a dam, please know: Water release schedules can change without notice due to unanticipated changes in weather conditions and power system requirements. The depth and swiftness of the river can change rapidly. Your safety depends on obeying all posted safety regulations and warnings. Information about the water releases from Cherokee Dam can be found on TVA.com and TVA's Lake Info app or you can call (800) 238-2264 (toll-free) and select option 2 for predicted unit schedules and x05 for Cherokee information by phone. It is important to understand the water release schedule before paddling or swimming in the river as the water's current and depth can change rapidly.

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PADDLE POINTERS

Follow these 12 tips to help keep your next paddle trip safe:

Know Your Limits—Paddle water that is appropriate to your skills. Not sure about where to find it? Talk to a local paddle shop owner about good places to paddle for every skill level.

Keep an Eye on the Weather—Storms can spring up quickly in the south bringing lightning, high winds and choppy water. Point your prow toward shore whenever you hear thunder, no matter how distant.

Follow the Law for recreational vessels of the United States.

Bring Flotation—Always wear a Coast Guard-approved lifejacket, type II or III at minimum. Children under 12 years of age must wear a lifejacket.*

Wear a Helmet—If you fall in, a helmet can protect your head from hard or sharp objects that may be lurking below the surface.

Watch for River Hazards—Watch for fallen tree limbs, barbed wire, bridge piers and other hazards that can snare or entangle you.

Be Visible...and Audible—Keep alert to other boats. If you believe another boat has not seen you, blow your whistle* and wave your paddle to alert the other boat. A flashlight* is required if you plan to paddle after sunset.

Dress for Success—Wear clothing sufficient to prevent hypothermia and/or sunburn.

Wear Sunscreen—The CDC recommends applying a sunscreen with a SPF of at least 15 to help prevent sunburn and skin damage.

Don't Paddle Alone—Paddling is an activity that is always better with friends and family, anyway.

Never Drink and Paddle—Alcohol impairs coordination and judgment.

Communicate Your Plan in Advance—Plan ahead, and let someone who's not going to be aboard know your paddling agenda. Be aware that some sections of the river have no cell phone service.

*U.S. Coast Guard Requirement



PARTNERS:



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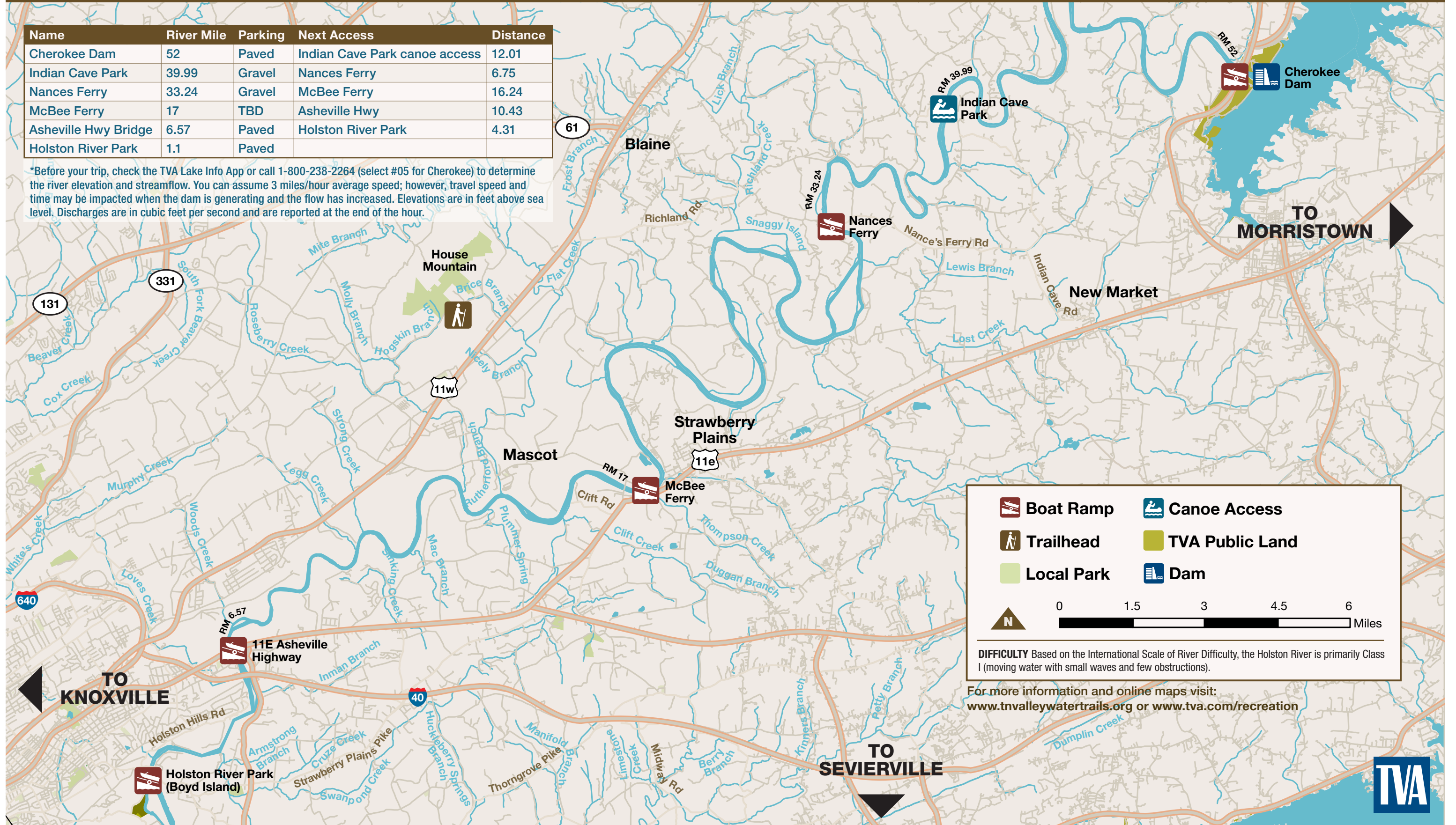
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HOLSTON RIVER

Name	River Mile	Parking	Next Access	Distance
Cherokee Dam	52	Paved	Indian Cave Park canoe access	12.01
Indian Cave Park	39.99	Gravel	Nances Ferry	6.75
Nances Ferry	33.24	Gravel	McBee Ferry	16.24
McBee Ferry	17	TBD	Asheville Hwy	10.43
Asheville Hwy Bridge	6.57	Paved	Holston River Park	4.31
Holston River Park	1.1	Paved		

*Before your trip, check the TVA Lake Info App or call 1-800-238-2264 (select #05 for Cherokee) to determine the river elevation and streamflow. You can assume 3 miles/hour average speed; however, travel speed and time may be impacted when the dam is generating and the flow has increased. Elevations are in feet above sea level. Discharges are in cubic feet per second and are reported at the end of the hour.



Boat Ramp Canoe Access
 Trailhead TVA Public Land
 Local Park Dam

0 1.5 3 4.5 6 Miles

DIFFICULTY Based on the International Scale of River Difficulty, the Holston River is primarily Class I (moving water with small waves and few obstructions).

For more information and online maps visit:
www.tnvalleywatertrails.org or www.tva.com/recreation



DISCLAIMER: The featured map is for illustrative purposes only and is not intended, and should not be relied upon, to provide accurate locations, directions, or data. Paddle at your own risk. Fallen trees, built structures, and other hazards are present in the water throughout the Holston River system. Be alert to weather conditions, water levels, and river traffic. Know your abilities. Boating involves some risk of drowning, injury, or death. TVA is not responsible for your personal safety or for your vehicle and is not liable for injury to you or damage to your vehicle, boat, or personal property.