

GET OUT and Play!

ON THE TENNESSEE RIVER GORGE

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, the Tennessee Valley Authority (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 TENNESSEE RIVER GORGE

The Tennessee River snakes 27 miles through a canyon that was carved through the Cumberland Mountain sandstone millions of years ago creating the Tennessee River Gorge.

There are five public access sites along the river gorge portion of the Tennessee River Blueway (a 45 mile water trail) where you can put in or take out your paddle craft—and endless ways to plan a trip between them. Assuming three miles per hour is your average speed, you easily could enjoy short stretches of the river in an afternoon, with stops to explore islands and other natural features along the way. To make a multi-day trip, just plan to stay at one of the primitive campgrounds or private rental cabins that line the river's shores. You can also check out other close by paddling adventures including Lookout Creek, Battle Creek (downstream from Nickajack Dam), North Chickamauga Creek, Soddy Creek, and Suck Creek.

Grab your paddles, your 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.

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 resources and your safety should be followed. 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 tva.com/undeveloped, or call the TVA's Public Lands Information Center toll-free at (800) TVA-LAND.

BE A GOOD STEWARD

The Tennessee 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'S DAMS

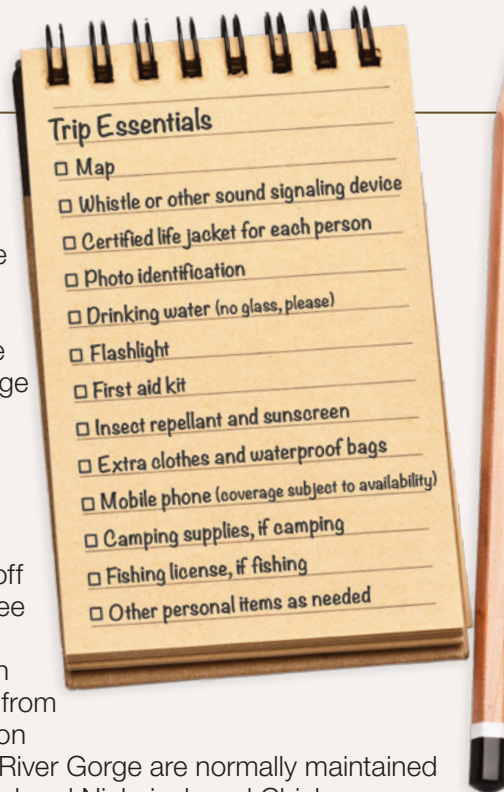
The flows in the Tennessee River Gorge are regulated by two TVA dams near Chattanooga: Chickamauga Dam (above the city of Chattanooga) and Nickajack Dam (located near Jasper). Prior to the former Hales Bar Dam and the existence of these dams, the Tennessee River Gorge was historically difficult to navigate due to various shoals and rapids known as "The Suck", "The Pot", and "The Skillet". TVA "tames" the gorge by maintaining discharges from Chickamauga and Nickajack. These dams balance the runoff from the gorge coming into the Tennessee River from high elevation headwater streams, releases from the TVA Raccoon Mountain Pump Storage plant, and flow from the Tennessee River system. Elevations on Nickajack Reservoir and the Tennessee River Gorge are normally maintained between 632.5-634.5 feet above sea level and Nickajack and Chickamauga Dams operate this portion of the main stem Tennessee River system as "run of the river" with little or no water being held for flood storage.



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 Chickamauga Dam and Nickajack 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 x27 for

Chickamauga 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.

Barges and large water craft are present through this stretch of the river. Please be vigilant and stay against the shoreline and out of the main channel.



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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TENNESSEE RIVER GORGE

Name	River Mile	Parking	Next Access	Distance	
Ross Landing	463.6	Paved	Suck Creek	10.3	3 hours
Suck Creek	453.3	Gravel	Raccoon Mountain	8.9	3 hours
Raccoon Mountain	444	Paved	Sullivan's Landing	4	1.5 hours
Sullivan's Landing	440	Paved	Bennet Landing	7.5	2.5 hours
Bennet Landing	432.5	Paved	Hales Marina	1.5	0.5 hours
Hales Marina	431				

*Before your trip, check the TVA Lake Info App or call 1-800-2264 (select #27 for Chickamauga) 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.

- Parking
- Landmark
- Cabin
- Bike Trail
- Campground
- Marina

- Boat Launch Access
- Climbing
- Trailhead
- TVA Public Land
- Local Park

0 2 4 Miles

DIFFICULTY Based on the International Scale of River Difficulty, the Tennessee River Gorge 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 Tennessee River Blueway 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.

RACCOON MOUNTAIN

Parking	Boat Launch Access
Restrooms	Beginner Trails
Repair Stand	Intermediate Trails
Picnic Area	Advanced Trails
No Trail Parking	
N	0.5 Miles

For more information and online maps visit:
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