



Higher Pursuits
3114 Cheeks Bend Rd
Columbia, TN 38401
(931) 840-8575

ContactUs@HigherPursuits.com
[HTTP://www.HigherPursuits.com](http://www.HigherPursuits.com)

Dear River Trip Participants,

Thank you for joining Higher Pursuits for a guided canoeing trip. We have put together some information to help you get ready for a day of paddling. Please pay close attention to the forecasted temperatures and dress accordingly.

You will be paddling a 5.8 mile section of the Duck River. Your group will start at the Leftwich area on Sowell Mill Pike and end at Howard's Bridge on Fred White road.

The Duck River is one of the most biologically rich and diverse rivers in North America. The river supports over 500 species of wildlife, many of them listed as at risk or endangered. We will be paddling in the Yanahli W M A. This area was set aside in 2002 as a wilderness management area and contains nearly 13,000 acres of land along the banks of the Duck River.

If you have any questions please contact us at 931-840-8575.

What to wear

You should only wear what you are willing to get wet. We will have several swim stops and sometimes canoes tip over. We recommend that participants not bring expensive items on the river such as watches that cannot get wet; wallets, cell phones, or car keys.

Our recommended warm weather list

- Shoes that can get wet and will **stay on your feet** (sandals are fine). We ask that everyone wear shoes while in the water. **Please, no flip flops**
- Shorts and T-shirt or bathing suit
- A wind breaker
- Sunglasses and/or Hat
- A lightweight jacket
- Sunscreen
- Water Bottle

- Extras set of clothes to be left in the car for the ride home (just in case you get wet.)

Our recommended cool weather list

During cooler weather we recommend wearing non-cotton clothing. Synthetics (polypropylene, fleece or other quick drying materials) and wool will hold in warmth when wet. Wet, cotton clothing actually pulls warmth from the body. We also suggest dressing in layers as the temperature can change drastically during fall and spring.

- Shoes that will stay on your feet. Add wool socks for cold days.
- Long pants and a warm top
- An extra warm layer incase you get wet or chilly. *We will have water proof containers to store extra clothing.*
- A wind breaker or rain coat
- Sunglasses and a hat
- Sunscreen
- Water Bottle
- Extras set of clothes to be left in the car for the ride home (just in case you get wet.)

Lunch

Participants should pack their own lunch unless other wise arranged. We will provide coolers for the food and drinks. Higher Pursuits practices a pack in it in, pack it out trash policy. We will not leave any trash behind (even food scraps will be hauled out). Lunch will be eaten on a gravel shoal on the river.

Community guidelines

Personal Floatation Devices – **All trip participants are required to wear a personal floatation device** at all times while canoeing or swimming. We will provide a lifejacket for everyone, but if you have one of your own that you prefer, you may use it as long as it is an appropriate coast guard approved life jacket.

No diving is allowed. Participants are also not allowed to jump from rocks or bluffs or climb rocks or bluffs.

No swinging on ropes swings.

No catching, chasing or otherwise irritating the wildlife.

By signing up for a trip, participants are agreeing to follow these community guidelines, obey all state regulations, and follow Higher Pursuits policies as explained by the trip guides.

Higher Pursuits reserves the right to cancel or postpone a river trip due to high water, bad river conditions or poor/severe weather. Every effort will be made to reschedule the trip at the participant's convenience.

Dawn Nelson
Co-Owner, Higher Pursuits

Directions to Higher Pursuits Duck River Base

Address:

Higher Pursuits Duck River Base
3114 Cheeks Bend Rd
Columbia, TN 38401

Phone: (931) 840-8575 Email: ContactUs@HigherPursuits.com

Web: www.HigherPursuits.com

Directions:

From Nashville and Franklin Area

- I65 south to exit 46
- Take Exit 46 (Hwy 99 / Hwy 412)
- At bottom of exit ramp turn Take Right
- Go 0.7 miles and turn Left onto Rock Springs Road
- Follow Rock Springs Road for 3.5 miles
- When you reach Sowell Mill Pike turn Left
- Go another 2.7 miles on Sowell Mill Pike (you will cross over I65)
- Turn Right onto Cheeks Bend Road (dirt road)
- We are immediately on the right hand side of Cheeks Bend Road

From Columbia

- Take Bear Creek Pike (Hwy 412) towards the interstate
- Turn Right onto Tom Hitch Parkway
- Turn Left onto Iron Bridge Road
- Follow road for 8 miles (Iron Bridge will turn into Sowell Mill Pike)
- Turn Right onto Cheeks Bend Road (dirt road)
- We are immediately on the right hand side of Cheeks Bend Road

