



Higher Pursuits
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Dear River Trip Participants,

Thank you for joining Higher Pursuits for a 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. Many groups choose to stop and swim and occasionally boats 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).
- 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..
- 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.)

Final Suggestions

Personal Flootation Devices – Tennessee state law requires that all paddlers that are age 12 or younger wear their lifejacket while paddling. All paddlers age 13 and older must have a lifejacket with them in their boat. Higher Pursuits recommends that all paddlers regardless of age wear their lifejacket while paddling and swimming.

We recommend that participants not dive into the water at any point and that they not be allowed to jump from rocks or bluffs, climb rocks or bluffs, or swing on ropes swings. Water may appear to be deep but may not deep enough or underwater hazards may exist.

Trash – Please bring trash bags for your trip. It is against the law to litter. You are welcome to leave your trash and recycling at our canoe base at the end of your trip.

Dawn Nelson/Jan Seufert
Co-Owners, Higher Pursuits
931-840-8575