

Day: Sunday	Start Time: 8:30 am	End Time: 4:30 pm
Co-Leader:	Co-Leader:	Limit: 40 people
Transportation: Cars	Driver: Bus Driver	Bus Captain:
Fees: \$74 Per Person	Travel Distance: 39 Miles r/t	Travel Time: 52 Min r/t



6-Mile White Water Rafting on the Delaware River

Wet, Wild, and Always Fun – The Delaware River offers plenty of crystal-clear water and thrilling rapids throughout the season. Whitewater rafting with Indian Head Canoe is the highlight of any group’s vacation. Paddling on the Delaware River is ideal for beginners and groups; no prior experience is necessary. It provides cool, wet fun for those hot summer days. Calm pools create a perfect setting for a picnic lunch, sunbathing, and enjoying a dip in the clear water. Indian Head Canoe rafts accommodate up to six people. You will paddle beneath cliffs and spectacular rock formations while enjoying the breathtaking panorama where the Poconos meet the Catskill Mountains. This is an unguided float on the river. Our trip will consist of a six-mile paddle featuring four named Class I rapids from Knights Eddy to Matamoras, PA. Depending on water levels, the paddle is expected to take between three and four hours to complete. According to Mosaic rules, everyone must always wear their personal flotation device (PFD) while on the water. Class I to II Rapids include Stairway Rapids, Butler's Rift, Mongaup Rapids, and Mill Rift (with elevated ratings during high water).

- Bring water, food, sunscreen, and closed-toe shoes for water activities.
- Cost \$74 (pre-paid per person).
- Approx. 8:30 am ~ 4:30 pm
- Limit 40 People
- Distance from camp 29 Miles | 50 Min R/T
- Vendor: [Indian Head Canoes](#)
- [YouTube](#)

Logistics:

- 8:30 am Depart from camp.
- 8:30 am – 9:00 am Travel from Camp Nah-Jee-Wah to Knights Eddy Put-in. Leave a change of clothing in your car. The vendor has lockers for \$5.
- 9:00 am – 9:30 am Bathroom, get organized, split into rafting groups, and launch boats.
- 9:30 am -3:00 pm Rafting on Delaware with a lunch stop
- 3:00 pm – 3:30 pm Bathroom, Load Vendor Bus to travel back to your cars at the put-in and your cars
- 3:30 pm - 4:00 pm Travel from Mattamores, take out to return to Camp Nah-Jee-Wah

Vendor: Indian Head Canoes

- Put-In: Indian Head Canoes - Knights Eddy Boat Rentals and Riverfront Campground, [1036 NY-97, Sparrow Bush, NY 12780](#) | [19.5 Miles](#) | 26 Min
- Take-Out: Indian Head Canoes, [1147 Delaware Dr, Matamoras, PA 18336](#) | 14 Miles | 20 Min

Waivers

You must sign a vendor-supplied waiver for this activity. A paper copy waiver will be supplied on the bus for your signature. Before getting off the bus, sign it and hand it to your activity leader. This is your ticket for the activity. You MUST have a signed copy of the waiver to get off the bus. You can find a copy of this waiver [online](#) for your review. For simplicity, we will only be accepting paper copies.

Port-A-Potty Bathrooms are located at the Put-In. There will be a minimal time to use the bathroom on arrival. The nearest tree is the only bathroom available during the trip, except during lunch at Monguap.

We will break for lunch with the lunch packed in the buckets we packed during breakfast. See the food procedures below.

Take-out is at the vendor's headquarters in [Matamoras, PA](#)

What to bring/wear:

- **Do NOT bring ANYTHING on the river that you cannot easily replace.** The river is a powerful force of nature that can strip **anything** off you. Please leave keys, wallet, and jewelry at camp. Recommend using spare prescription glasses (leave your primary pair at camp) or Sunglasses with a retainer strap, such as [Chums](#) or [Croakies](#).
- **WE DO NOT RECOMMEND ANY ELECTRONICS ON THE WATER THAT ARE NOT WATERPROOF ON THEIR OWN AND ARE IN A WATERPROOF CASE AS WELL. MAKE SURE YOU HAVE A WAY TO SECURE THEM THAT IS NOT AROUND YOUR NECK. ANY WATCHES SHOULD BE WATERPROOF.**
- Wear water shoes, sandals, old sneakers, or wetsuit boots. You must wear closed-toe shoes that stay securely on your feet via a strap or ties. No flip-flops are allowed. An activity leader will ban you from the trip if you do not have proper footwear. Foot and toe injuries are prevalent when using improper gear on paddles.
- Do NOT wear any cotton. Cotton sucks all the body heat out of you when it gets wet. We recommend a synthetic shirt (such as Under Armour type, fleece, or wool) for warmth and/or sun protection, and a swimsuit or shorts made of nylon or other quick-drying material. Again, NO cotton! Clingy clothes are more comfortable than loose-fitting clothes because they retain their shape when wet.
- You **WILL get WET**, even if you stay in the boat. That is part of rafting: if you don't want to get wet, don't **raft**.
- Sunscreen. A small bottle that you can keep on you. There will be no storage.
- Hat/Visor
- Chapstick
- Windbreaker/ Extra layer in case you get a chill.
- Please be sure to [check the weather](#) and [water temperatures/levels](#) before your day of rafting and dress appropriately.
 - [Barryville Water Temperatures](#) (Tubing End)

JOE 2025 Information Packet for White Water Rafting on the Delaware River

- [Knights Eddy Water Temps](#) (Rafting Start)
- [Matamoras Water Flow/ Height](#) (Rafting End)
- Waterproof camera with a hand strap. DO NOT wear anything around your neck. Again, bring only the equipment you are willing to lose during the ride. No expensive SLRs. Keep in mind that your hands need to be free to paddle.
- Each raft should bring a trash bag to put litter in. Clean up after yourselves!
- There is limited cell phone reception in the area, especially at the river bases.
- Rope to attach rafts if so wish.
- Water guns and water fights are normal. Expect to get wet.
- **Paddler's wallet/fanny pack:** Wear a paddler's wallet or equivalent securely on your body. Attach it to yourself, but avoid anything around your neck. Think about what would happen if you were unconscious and needed help. [A small waterproof container](#) that has a **COPY** of your:
 - Driver's License (for ID). Can be expired.
 - Medical Insurance Card.
 - Emergency Contact Info
 - List of medications/medical conditions/allergies
 - Spare credit card
 - \$20 to \$60 in cash (emergencies or small bills for the tip)

Food

Pack lunch during breakfast. Make sure to mark your lunch bag with your name. Place your lunch in the bucket or cooler marked for your raft number. NO GLASS containers are allowed.

Suggest stopping at the Mongaup River Access point for Lunch. There are public bathrooms here. You will pass Mongaup Island. Look for Mongaup Valley Wildlife Management Area & River Access on the river left (NY) side of the river. This is just BEFORE the Monguap River empties into Delaware and the Monguap Rift.

Key points to review during the Safety Talk at the meeting with your leader.

Life Jackets (PFD)

Mosaic insurance requires everyone to always wear their properly fitted personal flotation device (PFD) while on the water. Anyone who does not follow this rule will be asked to leave the event immediately upon return to camp, with no refund.

There have been over sixty people who have drowned in the upper Delaware River since 1980. None of the victims was wearing a properly fitted personal flotation device (PFD). In other words, *no one who wore a PFD drowned on the Upper Delaware River.*

Below is what the local law of the land requires:

- If the River Height is above 6 feet - Due to high water levels, the law requires a wearable life jacket (PFD) to be worn by all persons in or on the river, including boaters, swimmers, and wading anglers.
- If the River Height is under six feet, the law requires that a wearable life jacket be readily accessible. At the same time, the National Park Service suggests wearing it when boating, fishing, swimming, or floating.

That said, Everyone from Mosaic will always wear their PFD on the water. No Exceptions.

Hold the paddle properly:

Holding the paddle properly can be a huge safety concern. One hand should be at the base of the paddle on the shaft. The other hand should ALWAYS be at the end of the shaft over the “T” grip. The “T” grip is made of hard plastic and can blacken eyes and knock out teeth. Keeping your hand over the “T” grip will maintain control of the paddle and cushion the blow if it should happen.

Proper swimming techniques.

When swimming in the river, whether you fall out or jump in for fun, there are two techniques to consider. The first is the “Down River Swimmer’s Position.” This is a position where you are on your back, with your nose and toes pointed to the sky, and your head up so you can see where you are going. Feet downstream with your knees slightly bent. This way, if you encounter a rock, you can use your feet and legs as shock absorbers and push off the rock. Keep your arms out to your sides to help maintain control. A helpful hint here: keep your butt up. If you sit with your butt low in the water, you will find a rock and bring home some interesting bruises. Guys, keep your legs together. If you hit a rock, we call this “romancing the stone.” There is no romance for a couple of weeks afterward.

The second swimmer’s position is becoming increasingly popular and more widely accepted in rescue situations. This position is on your stomach, doing your best Michael Phelps impersonation—point in the direction you want to go and proceed. Swim until you are out of the river.

If you choose to swim to the shore, swim to the beach. NEVER stand up in a moving current. Never walk in water over the shins. This prevents a situation called “Foot Entrapment,” where you put your size nine foot in a size eight hole or crack in the bottom of the river. This is not a good place to be, but it is so easy to avoid getting into this situation. Do not walk in the river. It is just that easy.

Be Cautious of Foot Entrapment

The basic rule is never to stand up or put your feet down in the water unless the water depth is below your knees or the water is calm and still. The riverbed of any watercourse you may be enjoying has likely been forming for millions of years. There are a lot of rocks at the bottom of mountainous streams, and you may not be able to see them. Getting your foot trapped under a rock and having the river push you down face first is a horrible way to go, but it happens. It only takes a few inches of water to drown. [See Avoiding Foot Entrapment](#)

High-Siding

If the boat hits a rock or gets into a hydraulic, the boat is usually in a sideways position in the river. Water pressure will build up on the upstream side of the boat, potentially causing it to capsize. But if your raft captain is Johnny on the spot and calls out, “High-side!” you need to move to the downstream part of the boat (the direction the water is moving) by getting up and shifting your weight to the downstream tube of the raft. Easy peasy! Remember to always go in the direction the river flows downstream.

Avoid Strainers

Strainers are a nasty threat. A strainer is any object that is arrayed across the water that can knock you off a boat if you are in one, and it can force you underwater if you are not. Strainers can be logs, certain rock formations, or bridges that are low-lying due to high water levels. Avoid them at all costs if possible; if not, do your best to navigate the obstruction in any way you can. Your guide may have you portage or go around the strainer.

Rafting Captains

Each raft can accommodate up to six people and will require a captain, preferably someone with experience in rafting. Groups and captains will be assigned during the Meet the Leaders meeting on Thursday night. Each group will be assigned a number to match with the lunch bucket supplied during breakfast.

Rafting Captains:

- Should have had some experience steering a raft.
- You are seated in the back of the raft to steer.
- They are calling out directions to the paddlers in their raft to get them down the river safely.

Leader/ Sweep

It is essential to designate a leader boat and a sweep boat. Ensure that everyone understands not to go in front of the leader or behind the sweep. **Anyone going out to the river should inform at least three other people of their plans.** Try not to fall behind the sweep. The sweep should make every attempt to be the last out.

Attempt to stay as a group for the duration of the paddle.

Miss the Bus Back to Camp

Everyone should be on the bus as a group for the return trip. This means the last person off the river will determine when you can return to camp. If, for any reason, a participant misses the bus, it will be their responsibility to pay for and contact a taxi service to return to camp.

Port Jervis Taxi-845-856-3544 (99 Pike St, Port Jervis, NY 12771)

Rafting Vendor

The paddler vendor will provide:

- Personal floatation device (PFD)
- Paddle
- Rafts for six people
- Transportation

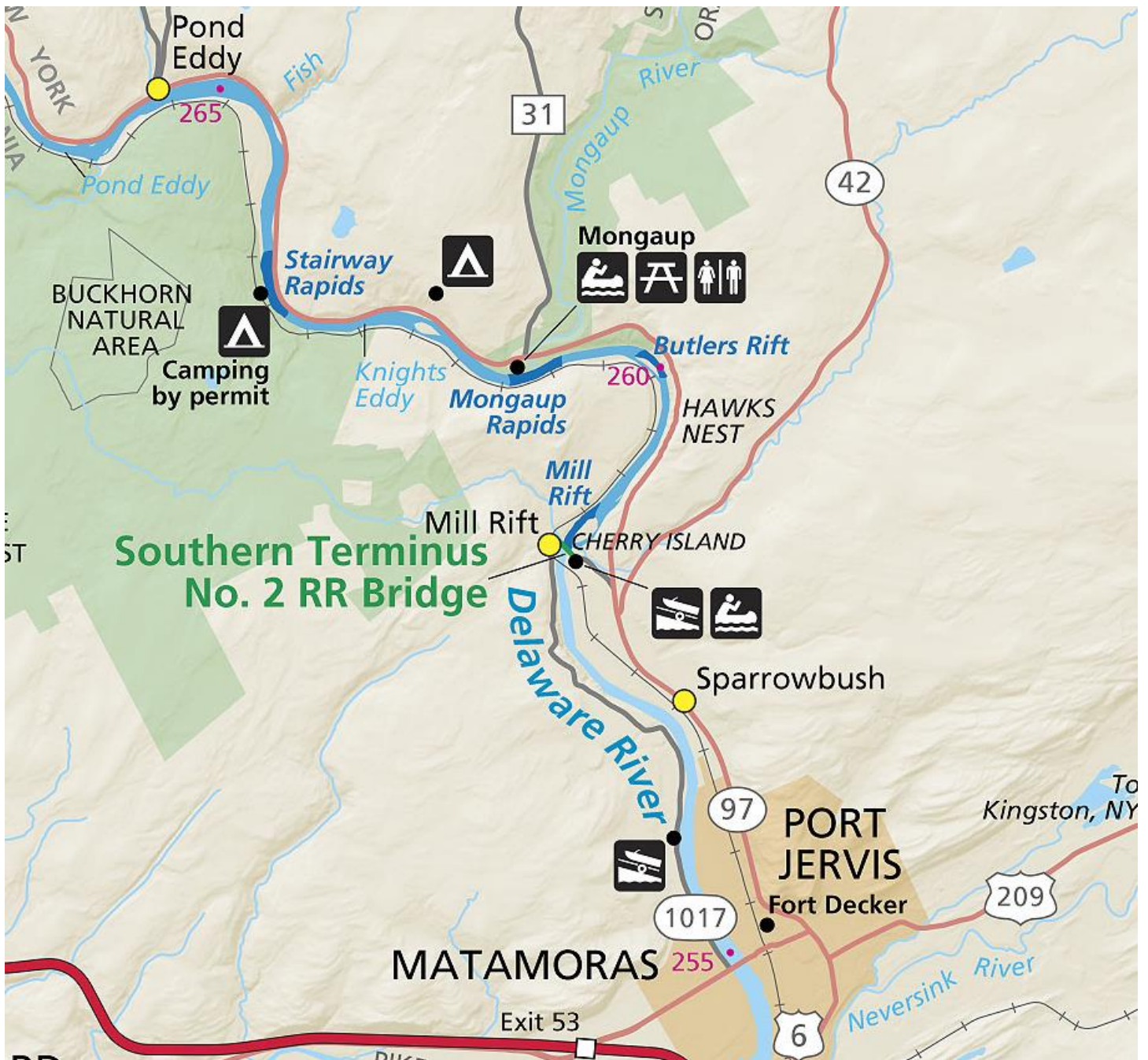
Cost: \$51

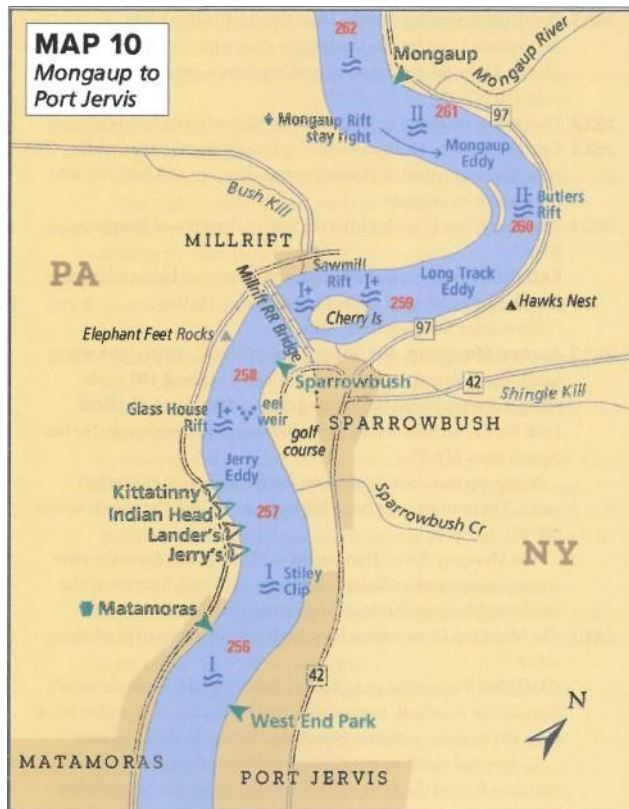
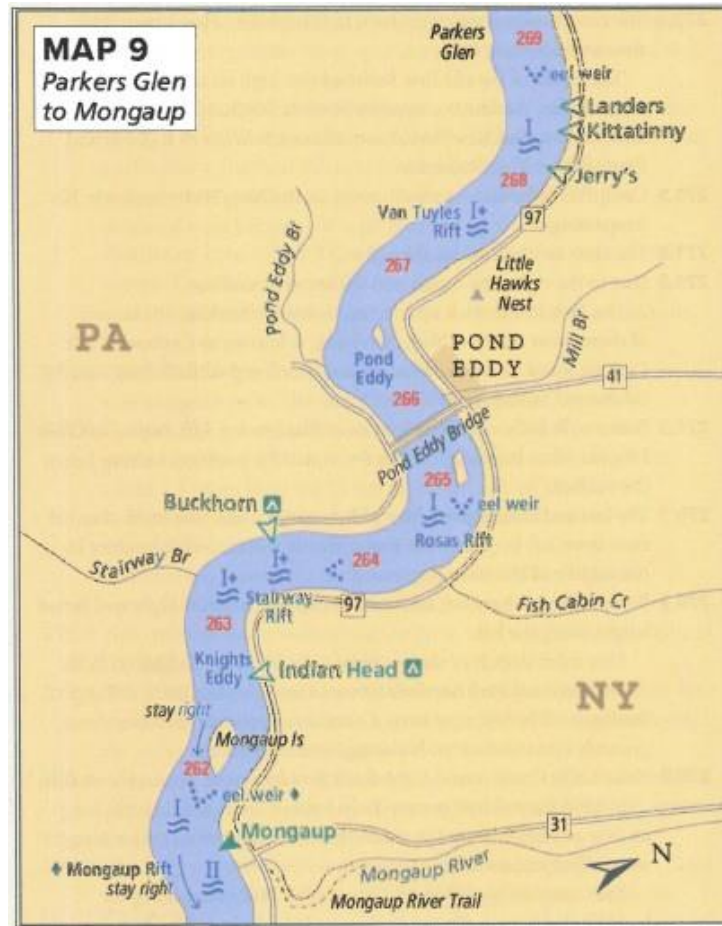
Your activity fee for the Delaware River Paddle includes:

- Rafting on Delaware with [Indian Head Canoe Canoes](#), including Raft, Paddle, PFD, and Tax
- Transportation to and from camp provided by Indian Head Canoe Canoes.
- 10% Credit Card/Registration Fees, Mosaic insurance, and other administrative fees.

FAQs

- **WHAT IF IT IS RAINING?**
 - This is a popular question — **trips continue, rain or shine**. You're going to get wet anyway, so come along and make like a duck. The vendor will determine if any weather event occurs that will cause cancellation. No refunds unless the vendor cancels.
- **WHAT DO CLASS RATINGS MEAN?**
 - *Class I* Easy. Fast-moving water with rifles and small waves.
 - *Class II* Novice. Straightforward rapids with wide, clear channels that are evident without scouting. Occasional maneuvering may be required, but trained paddlers easily miss rocks and medium-sized waves.
 - *Class III* Intermediate. Rapids with moderate, irregular waves, which may be difficult to avoid, and which can swamp an open canoe. Rapids that are at the lower or upper end of this difficulty range are designated "Class III-" or "Class III+" respectively.
 - *Class IV-VI* Advanced to Extreme.
- CAN I WEAR MY OWN LIFE JACKET? Yes
- CAN I WEAR MY OWN WET SUIT? Yes
- HOW LONG DOES THE TRIP LAST? 3-4 hours, depending on river levels.
- WILL THERE BE TIME FOR HIKING OR NATURE WALKS? No, but there will be time for swimming.
- WHAT IF I CAN'T SWIM? Many rafters cannot swim. On all trips, Coast Guard-approved life jackets are provided and must be worn at all times. On advanced trips, it is recommended that you have swimming skills.





Knights Eddy to Matamoros River Guide

Note: The Delaware River is 330 Miles from Cape May to the confluence of the East and West Branches of Delaware in Hancock. Many books, maps, and signs along the river, including one published by the Delaware River Basin Commission (DRBC), reference the river via mile markers, starting from zero at Cape May and extending up to 330 miles in Hancock. The mile markers indicated below are to follow this reference.

This excerpt from Gary Letcher's *"Paddler's Guide to the Delaware River: Fourth Edition"* was written in 2023. The river may have changed over time.

262.5 Outfitter/Camping: Indian Head Canoes, Knights Eddy campground and launch/landing for river trips. "Primitive" tent sites and lean-tos for canoeists and kayakers - water and prices only. Off NY 97.

262.4 The river is bounded on both sides by slabs of shale bedrock.

262.3 Upstream end of Mongaup Island, a brushy gravel bar extending 0.2 mile. Stay right; the channel on the left seems dear but will feed you into the maw of an eel weir.

262.1 Class I rapids are in the channel to the right of Mongaup Island.

CAUTION! An eel weir nearly spans the river just below Mongaup Island. Stay as far right as possible, although the water is shallow, and proceed slowly for the next 0.7 miles.

261.2 Access: Mongaup, NY. Provided by NYDEC. Ample parking, hand-launch boat landing, privies. A carry of about one hundred yards along a dirt trail from the parking area to the river. A National Park Service attendant may be on hand on summer weekends. No fee. Access from NY 97. Mongaup was a waystation on the old Delaware & Hudson Canal. The remnant of a stone lift lock can be seen in the woods across NY 97.

The Mongaup River Trail begins at NY97 across from the river access. It is an easy one-mile (each way) out-and-back hike along the tumbling Mongaup River through an ancient hemlock ravine.

261.1 The Mongaup River enters New York in a torrent of white water.

CAUTION! Begin Mongaup Rift, a Class II rapid. Scout the rapids from either riverbank to plan your route. This one is a thriller! Wear your PFDs; many paddlers founder or capsize in the big waves. Ledges and shallows extend from the New York (left) side, with the river's main flow squeezed to the right. The rapids begin over a boulder ledge, then funnel into a chute where the most significant standing waves on the Delaware are formed. The channel through the chute is dear, but open canoes will surely take on water in the three-foot haystacks.

A vast stone and concrete abutment supports the Erie railroad tracks on the Pennsylvania side. It is possible to scramble up to a wide ledge on top to watch boaters crash through the rapids.

260.9 Whew, you have made it through the Mongaup! Pull over to the shallows on either side to bail your boat.

Slow water of Mongaup Eddy for the next 0.8 mile.

260.1 River bends sharply to the right. Butlers Island, a big gravel bar, is on the right. Begin Butlers Rift, Class II rapids, continuing one-quarter mile. The primary current flows along the left, with boulders occasionally hidden; big waves make for a wild ride.

259.9 Long Track Eddy, slow water for the next mile. The Erie tracks run atop the Pennsylvania riverbank.

259.7 Hay Rock, so-called because a ferry here hauled hay for a nearby farm, just prominently from the cliffs of Hawks Nest.

258.9 Upstream end of Cherry (Sawmill) Island. Stay to the right for the best ride through Sawmill Rift; the left channel is very shallow.

Begin Sawmill Rift, a strong Class I+ rapids, with the best passage down the right-center. Big waves and lots of rocks!

258.6 Downstream end of Cherry Island. Shingle Kill enters to the left of Cherry Island.

Sawmill Rift continues after a brief pause, but intense Class I+ rapids remain. Boulders lurk below the water, and shallows extend from the downstream tip of Cherry Island. The best passage is located down the middle, with standing waves ranging from two to three feet.

258.3 Unless you are careful, you too will go plumb against the pier of Millrift Bridge (Bridge No. 2). The New York, Susquehanna & Western Railway and Central New York Railroad operate the line today.

The railroad bridge marks the downstream boundary of the Upper Delaware Scenic and Recreational River.

258.2 Access: Sparrowbush, NY. Provided by NYDEC. Limited parking, a natural (sometimes muddy) beach to launch boats, and no other facilities. Locally known as "Fireman's Beach," the site is often used by swimmers. There is no fee. Access via Hook Road off NY 97.

Remnants of the Delaware & Hudson Canal are hidden in the forest along the dirt road that leads to access.

Cliffs aptly called Elephant Feet Rocks rise from the water on the Pennsylvania side.

258.0 A sign painted on the rocks, on the right side, warns boaters to "Stay Right: Do so."

257.9 Shallows and an old eel weir extend from the left side; stay as close as possible to the cliffs at the right.

Begin Glass House Rift, a Class I+ rapid. Continue to the right; shallows, gravel bars, and the eel weir are on the left. The rapids end with big waves beneath towering Glass House Cliffs. Water streams down the cliffs after rain.

A broad gravel bar extends from the left.

257.7 Jerry Eddy, slow water for the next mile. The Eddy Farm Retreat and golf course top the New York riverbank.

257.1 Sparrowbush Creek enters on the New York side.

256.5 Outfitters: Several outfitters end their river trips at a beachy landing along the Pennsylvania riverbank:

- **Indian Head Canoes, Matamoras, PA (River Right)**
- Silver Canoes, Sparrowbush, NY (River Left)
- Whitewater Willies, Sparrowbush, NY (River Left)
- Lander's River Trips, Matamoras, PA (River Right)
- Jerry's Three River Canoes, Matamoras, PA (River Right)

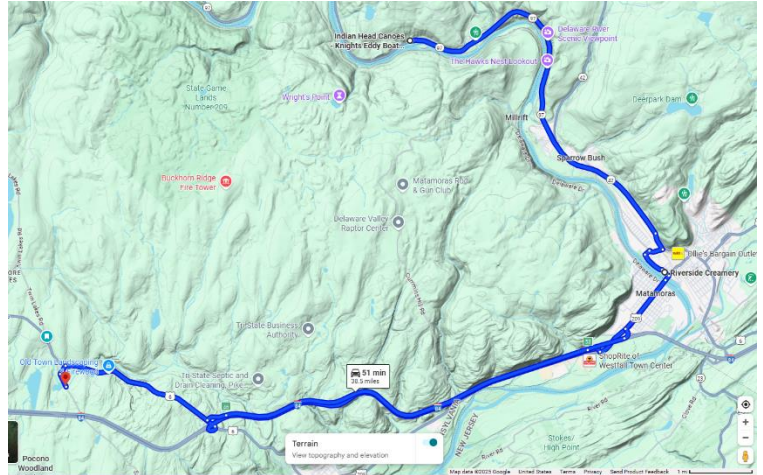
Driving Directions

- Start: Camp Nah-Jee-Wah, 570 Sawkill Rd, Milford, PA 18337
- To Take-Out: Indian Head Canoes - Knights Eddy Boat Rentals and Riverfront Campground, 1036 NY-97, Sparrow Bush, NY 12780
- Ice Cream Stop on the way home: Riverside Creamery, 5 Water St, Port Jervis, NY 12771 (if time allows)
- End: Camp Nah-Jee-Wah, 570 Sawkill Rd, Milford, PA 18337

845-557-8777 | <https://indianheadcanoes.com> |

[Facebook](#) | [Yelp](#)

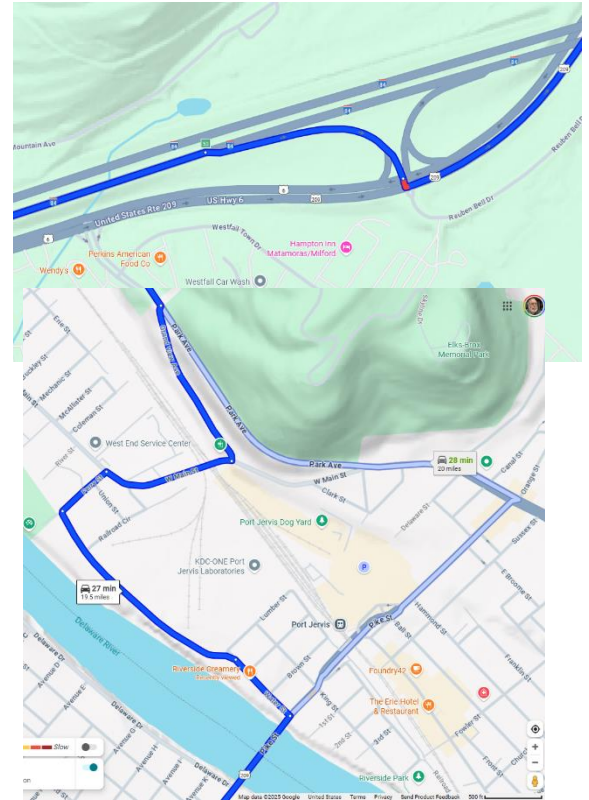
<https://maps.app.goo.gl/RvFj1Fgf7vFqmpSL7>



Camp to Indian Canoes Driving Directions

Camp Nah-Jee-Wah: 570 Sawkill Rd, Milford, PA 18337

1. Head out of camp and turn left onto Sawkill Rd to US-6 E
2. Head northwest on Sawkill Rd toward Bridge Rd
 - a. Go 0.2 mi.
3. Turn right onto Bridge Rd
 - a. Go 0.2 mi.
4. Turn right onto US-6 E
 - a. Go 2.7 mi.
5. Slight right to merge onto I-84 E
 - a. Go at 6.8 mi.
6. Take exit 53 for US-6 E/US-209 N
 - a. Go 0.2 mi.
7. Use any lane to turn left onto US-209 N/US-6 E
 - a. Cross over the Delaware River and enter New York.
 - b. Go 1.7 mi.
8. Drive to NY-97 N in Lumberland
 - a. Go 11 min (7.7 mi)
9. Turn left onto Water St
 - a. Go 0.1 mi.
10. Slight left onto River Rd
 - a. Go 0.4 mi.
11. Turn right onto Ferry St
 - a. Go 0.1 mi.
12. Turn right onto W Main St
 - a. Go 0.2 mi.
13. Turn left onto Grand View Ave
 - a. Go 0.3 mi.
14. Turn left onto NY-42 N/NY-97 N
15. Continue to follow NY-97 N
16. Destination will be on the right.
 - a. 6.6 mi



Driving Directions from Indian Head to Camp via Riverside Creamery in Port Jervis

25 min (19.1 miles) via NY-97 S (25 min without traffic)

Start: Indian Head Canoes - 1036 NY-97, Sparrow Bush, NY 12780

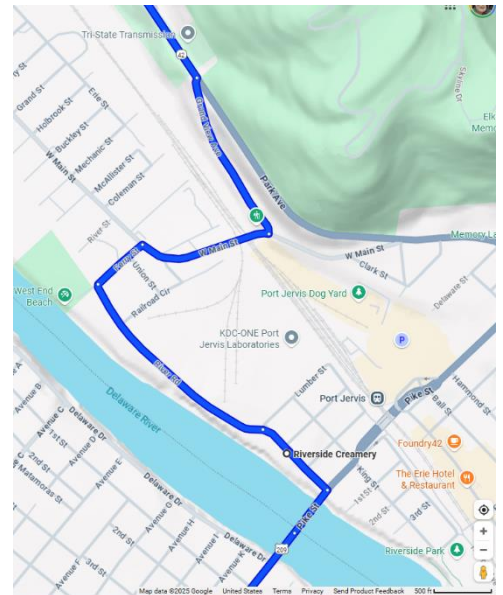
1. Turn left out of the driveway to head east (back the way you came) on NY-97 S toward Shortell Rd
 - a. 6.6 mi
2. Turn right onto Grand View Ave
 - a. 0.3 mi
3. Turn right onto W Main St
 - a. 0.2 mi
4. Turn left onto Ferry St
 - a. 0.1 mi
5. Turn left onto River Rd
 - a. 0.4 mi
6. Continue onto Water St

Destination will be on the right, [Riverside Creamery](#) - 5 Water St, Port Jervis, NY

12771 [Total leg 11 min (7.7 mi)]

After Ice Cream

1. Get on I-84 in Westfall Township from Pennsylvania Ave
 - a. 4 min (1.4 mi)
2. Head southeast on Water St toward Brown St
 - a. 472 ft
3. Turn right onto Pike St
 - a. Cross over the Delaware River to enter Pennsylvania.
 - b. 472 ft
4. Continue onto Pennsylvania Ave
 - a. 1.0 mi
5. Turn left onto the ramp to Rt. 84 (Scranton)
 - a. 0.2 mi
6. Merge onto I-84
 - a. 6.8 mi
7. Take exit 46 for US-6 toward Milford
 - a. 0.3 mi
8. Turn right onto US-6 W
 - a. 2.5 mi
9. Turn left onto Bridge Rd
 - a. 0.2 mi
10. Turn left onto Sawkill Rd



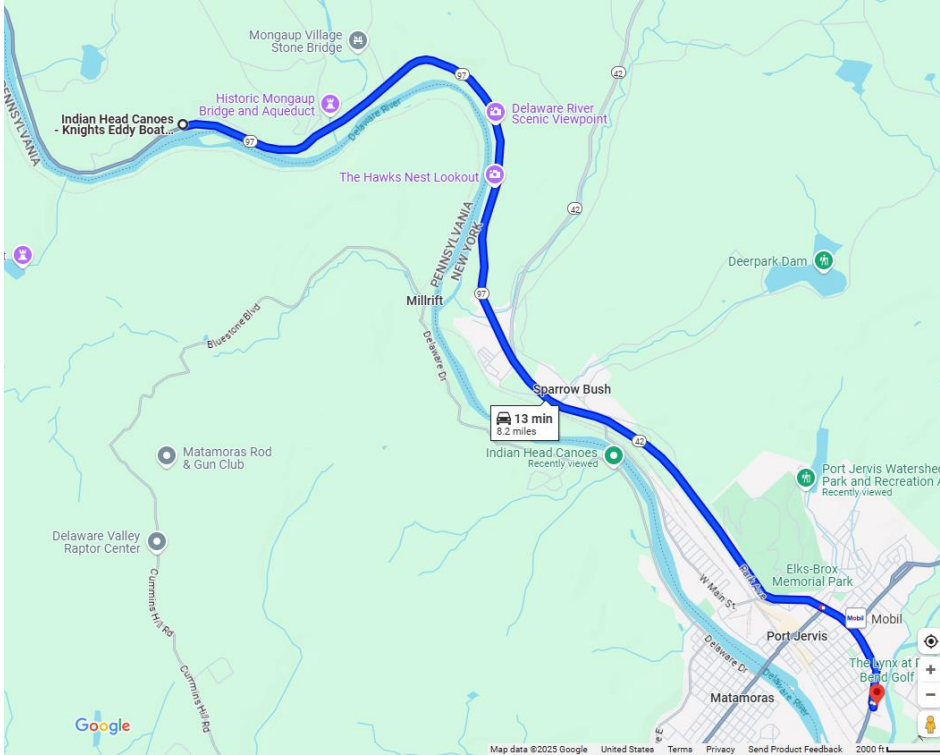
Turn right into Camp Nah-Jee-Wah - 570 Sawkill Rd, Milford, PA 18337 [Total leg 14 min (11.4 mi)]

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Nearest Hospital:

Bon Secours Community Hospital, 160 E Main St, Port Jervis, NY 12771

From Put-In: <https://maps.app.goo.gl/c6rriXmqptDzRr2y8> 12 Min / 8.2 Miles



From Take-Out: <https://maps.app.goo.gl/E2gibVn4jxgjj1dA> 9 Min / 3.2 Miles

