

Day: Friday 8/28/2025	Start Time: 8:30 am	End Time: 4:00 pm
Co-Leader:	Co-Leader:	Limit: 12 people
Transportation: Cars	Driver:	Radios: 4 / First Aid Kit: 1
Fees: \$72	Travel Distance: 28 Miles R /T	Travel Time: 50 Min R/T

Paddling on the Delaware River – Barryville to Pond Eddy

Enjoy a 9.5-mile section of the Delaware River from Barryville to Pond Eddy. This paddle is not for novices, as you will need to steer in moving water. There is a mixture of ten Class I and Class II rapids along the way. Named rapids include Cedar Rift (Class II), Owens Rift (Class I), Shohola Rift (Class II), and Mitchie Rift (Class I), along with a few smaller Class I rapids. Canoes, tandem kayaks, and solo canoes will be available for rent from [Indian Head Canoes](#). There is a good chance of seeing bald eagles, ospreys, and occasionally whitetail deer. See the remnants of the Delaware & Hudson Canal and pass by Camp Tel-Yehudah. This segment of the river is within the Upper Delaware Scenic and Recreational River.



- Bring water, food, sunscreen, and closed-toe shoes for water activities.
- Cost \$72 (pre-paid per person).
- Approx. 8:30 am ~ 4:30 pm
- Limit 12 People
- Distance from camp 28 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 Barryville Put-in
- 9:30 am – 10:00 am Bathroom, get organized, and launch boats.
- 10:00 am - 3:00 pm Paddling on Delaware with a lunch stop
- 3:00 pm -3:30 pm Shuttle from take-out to put-in provided by vendor
- 3:30 pm – 4:00 pm Bathroom, Change Clothes (there are no showers available)
- 4:00 pm - 4:30 pm Travel from Take-Out (Barryville) to return to Camp Nah-Jee-Wah. Possible Ice Cream stop in Barryville if time allows. Please return to camp by 4:30.

Leaders' Notes:

- Screen your paddlers during Meet-Your-Leader and pair up experienced paddlers with those who are less skilled. Try not to put two inexperienced people in the same canoe.
- Brian will supply spare dry bags for holding lunches. They are Brian's personal dry bags. Please make sure they are returned. Please use for food items and other essential items that cannot get wet (nothing that can tear or puncture a hole).
- Stress the importance of keeping the group together. Use the leader/sweep system.
- Get to the side after major rapids to regroup. The strongest paddler should be in the back to help anyone in trouble.
- Recommend The Hungry Goat Cafe and Creamery (3358 NY-97, Barryville, NY 12719) for ice cream/drinks after the paddle on the way back home, but only if there is time to get back to camp by 4:30 pm in time for happy hour with everyone else. Dinner is at 7:30 pm.

Vendor: [Indian Head Canoes](#)

- Put-In: Indian Head Canoes, [3883 NY-97, Barryville, NY 12719](#)
- Take-Out and parking: Indian Head Canoes, [1951 NY-97, Pond Eddy, NY 12770](#) (vendor will bus you back to your car at Put-In)

All participants should be “River Ready” before loading on the vehicles. Activity leaders will ensure you are appropriately dressed for your activity when you load the cars. Anyone not deemed river-ready will **NOT** be allowed on the vehicle. We will **NOT** wait for you to change into proper attire. This includes appropriate footwear.

You must sign a vendor-supplied waiver for this activity. Paper copies of the waiver will be supplied to the leader for distribution before you leave camp for your signature. Please read and sign them during your ride to the vendor. On arrival, hand it back to your activity leader. This is your ticket for the activity. You **MUST** have a signed copy of the waiver to participate. 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.

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.
- Bring a complete change of clothing for after the paddle (including underwear and shoes). Leave the clothing in the car. Do not bring on the water.
- 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](#), [water temperatures](#), and [water levels](#) before your day of your paddle and dress appropriately.
 - [Barryville Water Temperatures](#) (Tubing End/Canoe/Kayak Start)
 - [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 boat should bring a trash bag to put litter in. Clean up after yourselves and the river!
- There is very limited cell phone reception in the area, especially at the river bases.
- Rope to attach boats and as a painter for your boat.
- Water guns and water fights are regular. 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)

Paddling Vendor

The paddler vendor will provide:

- Boat
- Personal flotation device (PFD)
- Paddle
- Transportation between take-out and put-in

Cost: \$72

Your activity fee for the Delaware River Paddle includes:

- Paddling on Delaware with [Indian Head Canoe Canoes](#), including Canoe/Kayak, Paddle, PFD, and Tax
- \$14 Transportation Fee
- 10% Credit Card/Registration Fees, Mosaic insurance, and other administrative fees.

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

Life Jackets (PFD)

Mosaic insurance requires everyone to 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 were 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 fully buckled on the water. No Exceptions.

Hold the paddle properly:

Holding the paddle correctly is a significant safety issue. 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 cause black eyes and knock out teeth. Keeping your hand over the “T” grip will help you maintain control of the paddle and protect you if it hits something.

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 your balance and 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 gaining increasing popularity and wider acceptance 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 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](#)

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 leader may have you portage or go around the strainer.

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 getting off 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 Vehicles Back to Camp

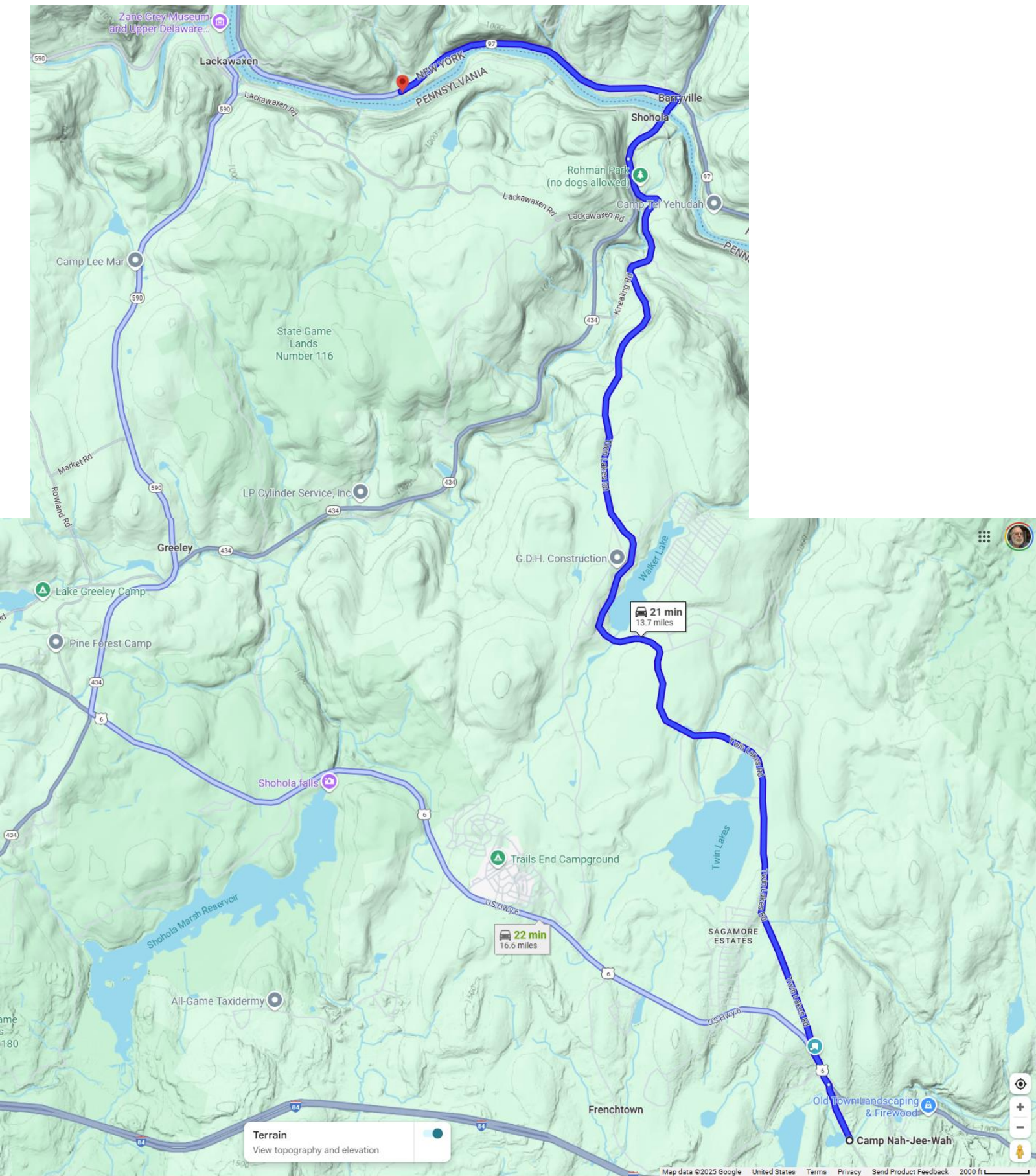
Everyone should be in the vehicles together for the return trip. This means the last person off the river will determine when you can return to camp. If, for any reason, a participant misses the vehicles, it will be their responsibility to pay for and contact a taxi service to return to camp.

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

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.

Driving directions from camp to Indian Head Canoes, 3883 NY-97, Barryville, NY 12719

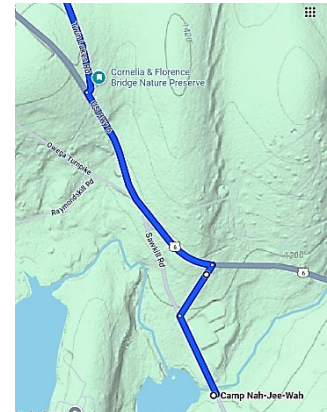


21 min (13.7 miles) via Twin Lakes Rd

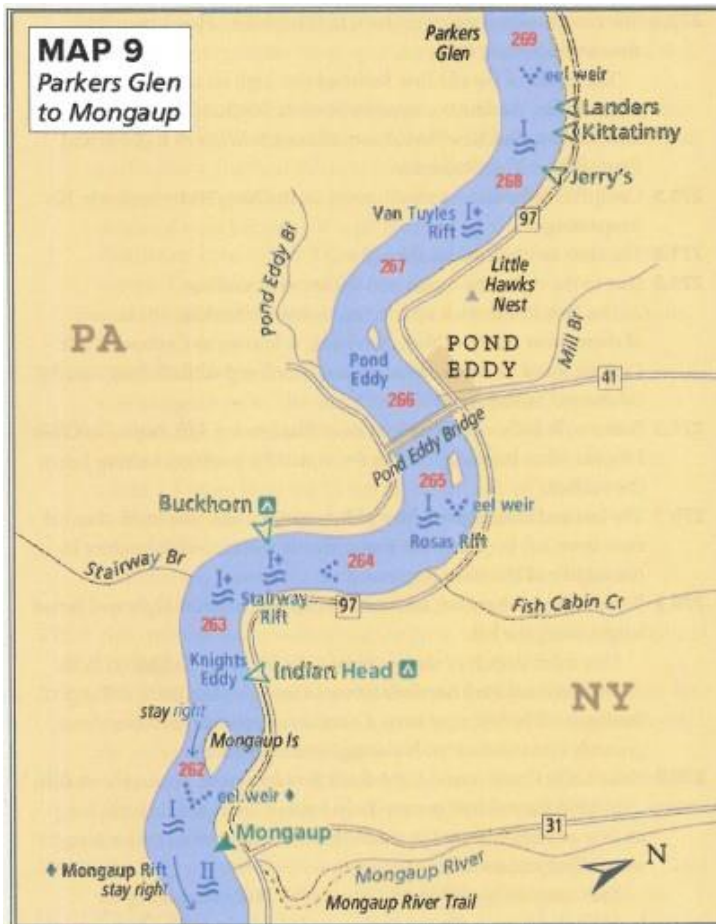
Start: Camp Nah-Jee-Wah, 570 Sawkill Rd, Milford, PA 18337

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

1. Head out of the camp driveway and turn left, northwest on Sawkill Rd, and toward Bridge Rd.
 - a. Then 0.21 miles, 0.21 total miles
2. Take the first right onto Bridge Rd.
 - a. **DO NOT TRY TO TURN LEFT ONTO RT. 6 FROM SAWKILL ROAD.** This is a hazardous intersection. Using the short detour onto Bridge Rd. is much safer.
 - b. Then 0.16 miles, 0.37 total miles
3. Turn left onto US-6 W.
 - a. Go 0.6 miles
4. Turn the next right onto Twin Lakes Rd
 - a. Go 9.4 mi until you come to the end of the road.
5. Slight right onto PA-434 N
 - a. Go 0.7 mi, including driving over the Delaware River on Barryville Bridge. You will come to a light just on the far side of the river at the intersection of NY-97 N. Note the Ice Cream Shop on the far-left corner.
6. Turn left onto NY-97 N heading through the town of Barryville.
7. Destination will be on the left in 2.7 mi
8. End: Indian Head Canoes, 3883 NY-97, Barryville, NY 1271. This is between the Kittatinny Barryville and the Landers Minisink River Bases.



MAP 9
Parkers Glen to Mongaup



Barryville to Pond Eddy 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.

275.6 After a brief respite, Big Rocky Rift ends as Class I+ rapids. A stony ledge extends diagonally upstream from the New York side. The main channel is located in the right-center, with standing waves reaching up to 1.5 feet in height.

Outfitter/Camping: **Indian Head Canoes** offers a campground featuring tent sites, lean-tos, cabins, and a camp store, all situated along the river. River trips with kayaks, canoes, and rafts.

275.5 Dunhams (Cooks) Eddy, slow water for 0.3 miles. Tighten your PFD and secure your gear for the rapids ahead.

275.4 Outfitter/Camping: Kittatinny Canoes "K Camp" (formerly, "Luke's Landing"). In 2022, Northgate Resorts, the new proprietors of Kittatinny Canoes, proposed upgrading K Camp into a premium campground and waterpark called Camp FIMFO ("Fun is More Fun Outdoors"). The proposal has stirred controversy in the Upper Delaware community, with passionate advocates and opposition that remain unresolved.

275.2 Beaver Brook enters left at the head of Big Cedar Rift. The Cedar Rapids Inn restaurant, bar, and ice cream shop overlook the river. The restaurant has an easy access point from the river, but there is no public launch or landing access.

CAUTION! **Big Cedar Rift (Cedar Rapids) is an exciting Class II rapid.** The river tumbles over two ledges, opens into scattered boulders, then ends in big waves over a final ledge. Quick maneuvering is required to avoid being upset about the rocks; there is no obvious course through. Many paddlers get stuck on the rocks or capsize in the big waves. Wear your PFD!

275.0 Slow water of Seeleys Eddy, extending one mile, begins at the tail of Big Cedar Rift. Cella calls this "Deadman's Eddy" on his 1976 fishing/ recreation maps.

274.7 Access: Highland (Barryville), NY. Provided by NYDEC. Parking, privies, hand-launch canoe/kayak access. No fee. A steep road leading down to the river's edge; access and parking on NY 97.

274.7 Access: Highland (Barryville), NY. The New York Department of Environmental Conservation (NYDEC) provides parking, privies, and hand-launch boat access. There is no fee. Access is available at a wide turnout off NY 97. Continue in Seeley's Eddy, slow water for the next 0.6 mile. William Seeley was among the first settlers in the area.

274.3 Little Halfway Brook enters the New York side.

274.2 Panther Brook joins at the Pennsylvania side. **Owens Rift, a Class I rapid, continuing 0.3 mile. The final drop is Class I+, with big waves on the left side of the river.**

273.7 **A short Class I rapids, shallow with lots of rocks.**

273.6 Stone abutments of the old Barryville-Shohola Bridges stand at both riverbanks. A succession of three private wooden suspension toll bridges crossed here from 1855 until 1939, when they were replaced by a steel bridge just downriver.

273.5 Pass under the new Barryville-Shohola Bridge. The little brown shed atop the riverbank at the Pennsylvania end of the bridge (downstream side) houses a U.S. Geological Survey River gauge installed in 2018. The optimal stage for boating is 3 - 5 feet. A staff gauge is also painted on the bridge pier facing the Barryville river access.

Access: Barryville, NY. Provided by NYDEC as fishing access, but it is not bad to launch/land a canoe or kayak: limited paved parking, easy trail to the river. From the river, access is available immediately under the bridge via Mail Road, off NY 97. The villages of Barryville, New York, and Shohola, Pennsylvania, stand at opposite ends of the bridge. Services in Barryville include lodging, restaurants, an ice cream shop, sporting goods, a convenience store, and an urgent care facility.

Outfitter: Rebers River Trips. Rent canoes, kayaks, and rafts with shuttle service. Located adjacent to the bridge. Halfway Brook enters gravel bars on the left, just downstream from the bridge.

273.4 CAUTION! Begin Shohola Rift, a challenging Class II rapids extending 0.4 mile. The clearest channel begins on the left.

273.3 Shohola Creek enters from the Pennsylvania side from a steep ravine. The stream cascades forty feet over ledges at spectacular Shohola Falls, about 1.5 miles from the Delaware River (just off US 6).

Rapids become more severe, with boulders obstructing the channel. The river is deepest in the center. Shohola is the Lenape word for "place of peace." Rapids continue over boulders, deepest in the center.

273.1 Note the fine stone walls along the New York riverbank, remnants of the Delaware & Hudson Canal.

273.0 The final, and greatest, set of Shohola Rift rapids. It is too easy for paddlers to get caught on the big rocks peppered throughout, and for water from big waves to splash into the boat.

272.9 A wide rocky ledge along the left bank at the end of Shohola Rift is a good place to pull over and bail canoes of the water splash aboard in the rapid Mitchie Rocks tower above the river.

272. The river squeezes between gravel bars left and right, and the short Class I rapids of Mitchie's Rift over boulders. The best passage is down the middle.

269.7 Watch for a remnant eel weir on the left and pick your way through Class I rapids over shallows and among boulders. This small rapid was dubbed "Lost Channel Rift" by J. Wallace Hoff during his 1892 trip down the Delaware River. Not much to it.

Massive stone walls, laid by hand in 1848, support the slope below the Erie railroad tracks on the New York side.

268.8 Beware of an eel weir in the center of the river; do not go through the center chute. Gravel bars and shallows on the left; passage to the right is best.

268.7 Outfitter: Landers River Trips, Pond Eddy base, New York side, lunch/landing for river trips.

Outfitter: Kittatinny Canoes base, New York side, launch/landing for river trips.

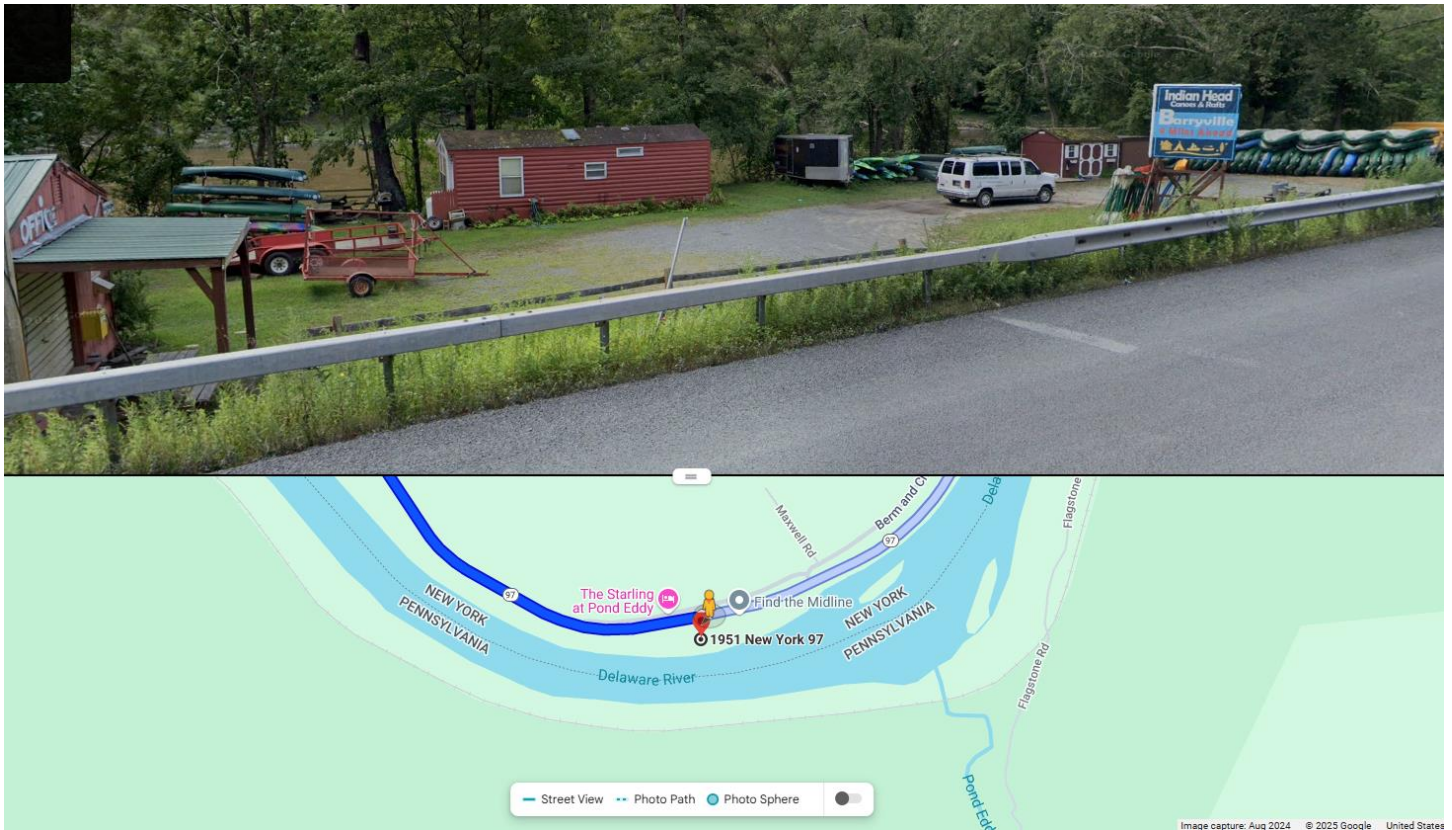
The Outpost restaurant and tavern, located on NY 97, is conveniently situated near the three river outfitters along the river.

268.4 Outfitter: Jerry's Three River, Pond Eddy base, New York side, launch/landing for river trips.

267.7 Class I+ rapids of Van Tuyl's Rift. Paddlers will surely bump and grind on submerged rocks in the shallow water. The rapids go on for 0.7 miles, one of the longest on the river. Bluffs of Little Hawks Nest rise above the river on the left.

266.7 Wide ledges extend into the river from the Pennsylvania side, with cliffs rising twenty feet above the ledges, as the river bends to the left.

TAKE-OUT 266.7 Outfitters: Silver Canoe and **Indian Head Canoe**. Watch for signs to take-out on the left (NY) side, where both Silver Canoe and Indian Head have a small base. There are minimal facilities here.



Nearest Hospital:

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

<https://www.wmchealth.org/locations/bon-secours-community-hospital>

<https://www.wmchealth.org/locations#find/category-339/location-249/focus>

<https://maps.app.goo.gl/ErzttKs3sfCVN1Zw9>

From Put-In: 29 Min / 22 Miles

From Take-Out 18 Min / 13 Miles

