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[www.frontroyaloutdoors.com](http://www.frontroyaloutdoors.com) • (540) 635-5440 • (800) 270-8808 • FAX: (540) 635-1574

# South Fork of the Shenandoah River

Luray to Bentonville - 28 Miles

DOWNSTREAM

**# 28 Bentonville Landing** - Landing on river left past bridge. Be cautious around low water bridges. Never pull watercraft against bridge and always portage. Those ending trips here pull watercraft well up off river and get gear ready for shuttle. If no shuttle vehicles are there, please wait with watercraft until one arrives. (Public Landing).

**# 25 Hazard Mill Recreational Area** left bank. River splits here. Right fork is the main branch; left fork is the old mill race. Caution - Do not attempt left fork in high water (may be too shallow in lower water levels).

**# 24 Hazard Mill Canoe Campground** in woods on left. No fee.

**# 23.5 - 25.5 National Forest Camping** on left.

**# 23 The Ledge** just downstream past two small rapids - **Caution** - wear your life vest! Two-foot drop, best run on left. Class II.

**# 17 Compton Rapid** Just Ahead - **Caution** - wear your life vest! Look for high railroad trestle on right. See diagram to determine route. To avoid, stay right. Strong Class II/III. Good camping past rapid on left. No camping on right (private).

**# 16 - 19 National Forest Camping** on left.

**# 13 High Cliff Canoe Campground** on left just downstream, past small rapid. No fee.

**# 12 - 14.5 National Forest** on left. Private property on right bank.

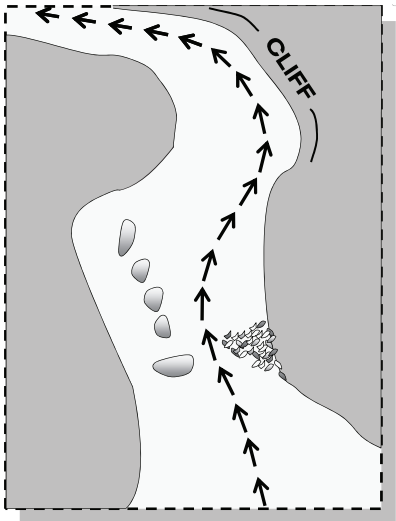
**# 10 - 11 Shallows** - run on left until Indian fish dam at #11, which should be run in the center.

**# 8 - 9 National Forest Camping** on left. Small rapid just past #8.

**# 6 - Ruffner's Campground** on right. Small fee. National Forest camping on left. Rapid just ahead. Class I.

**Mill Dam Rapid** - Just before #3. Best on left. Class I.

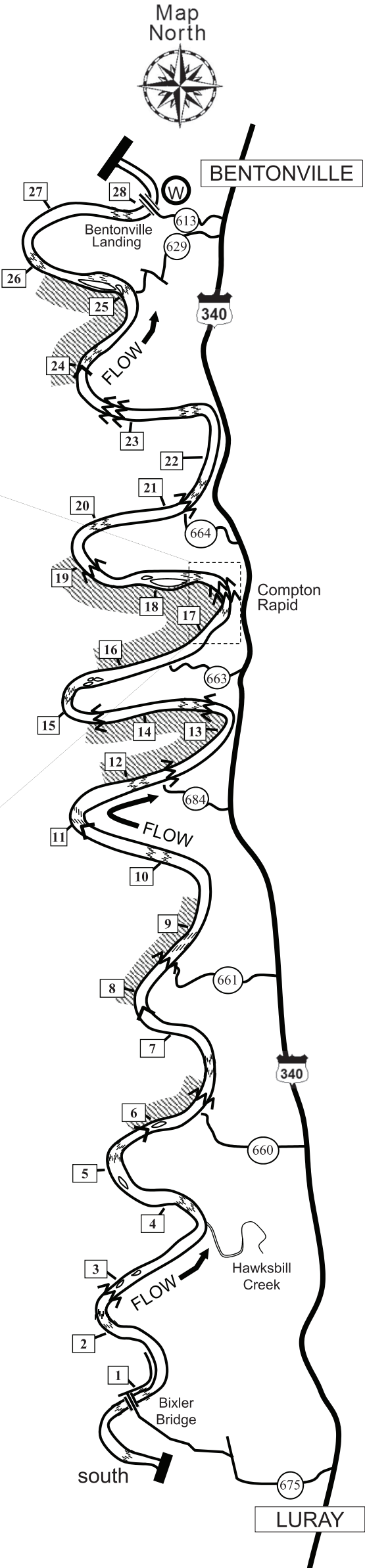
**Luray Low Water Bridge** - Take out and put in on left bank - always portage. Be cautious around low water bridges. Never pull canoe against bridge. (Public Landing)



UPSTREAM

## LEGEND

Camping	
Rapid	
Riffle	
Indian Fish Dam	
Water	





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# River Rules and Tips

1. **Always** respect the river.
2. **Always** wear your life vest.
3. *Do not litter.*
4. Bring trash back to canoe office.
5. **Do not trespass on private land. Trespassers are subject to arrest.**
6. **Always** be cautious around low water bridges. In high water, bridges can be very dangerous. **Never** pull canoe up against bridge. Always portage.
7. **Never** try to run a dam.
8. Keep canoes straight downstream in fast water.
9. If capsiz occurs in fast water:
  - A. Get upstream of canoe to keep from getting pinned to rocks.
  - B. Float through fast water on your back with feet downstream to ward off rocks.
  - C. Recover canoe in calm water.
10. When cold, beware of hypothermia.
11. Tie in all gear - take nothing you can't afford to lose or get wet.
12. Tie in car keys or leave them with us at the Front Royal Canoe office.
13. If caught in wind or lightning storm, get off river and away from tall and over-hanging trees.
14. Campers, pull canoe off river at night, pack trash up and watch your campfires.
15. All canoers, boaters and tubers **must** wear some sort of foot protection.
16. Watch out for sunburn. Use plenty of suntan lotion on thighs and shoulders.
17. **Alcohol and water sports don't mix – Save the party for after your river trip.**
18. **Don't drink on the river. Use of drugs is illegal – violators subject to arrest.**
19. **NO FIREARMS on any river trip.**
20. **Never** canoe, boat or tube on flooded waters.
21. **Never** tie a child or person to a canoe or boat in any way.
22. Respect fishermen's rights.
23. Respect all rented equipment - others will have to use it after you.
24. **Never** leave canoes unattended.
25. **Tubers:** never drag or throw tubes; they may pop.
26. If you have any problems, call (540) 635-5440.
27. In case of **EMERGENCY** call "911" or 1 - (800) 270-8808.

# Basic Paddling Techniques

1. Balance your load side-to-side and bow-to-stern, with slightly more weight in the stern.
2. Paddle in sequence on opposite sides.
3. The stern paddler steers the canoe by using the paddle as a rudder.
4. The bow paddler helps determine the route and watches for obstructions.
5. Any third person should sit on the floor of the canoe just ahead of the center thwart.
6. The seats are always set slightly to the rear (stern) of the canoe, giving the person in the front (bow) more leg room.

