



Winooski River Sojourn Paddler Info Sheet

Welcome to the Second Annual Winooski River Sojourn! This sheet should help you prepare for the Sojourn whether you have signed up for one day or all week.

Three meals are included with the Sojourn. Most dinners will be catered to camp or the program site by a local restaurant. Lunches will be a combination of take out from local restaurants or ala carte on the river. Breakfasts will be in camp and consist of juice, coffee, tea, fruit, granola, bagels etc. At some stops, there will be easy access to restaurants if you wish to purchase a hot breakfast. Generally speaking, vegetarians will be well served by the menus. We cannot accommodate other special diets.

You do not need to carry your camping gear in your boat. We will have a support vehicle (truck and trailer) to carry your gear. Please pack as lightly as possible. We will get you back to your car at the end of your journey. You will only need to carry what you need or want for the day with you.

The camp sites will vary with respect to amenities. Indoor restrooms or port-o-lets and potable water will be available at all sites. Showers will be available in Waterbury (June 24), Richmond (June 25) and hopefully in Winooski (June 27) at local inns and health clubs. The establishment may charge a small fee.

Regarding clothing, avoid cotton for on water attire. It may be cool and comfortable in hot dry weather but if it gets wet, it stays wet. And cold. Synthetics such as poly pro will keep you warmer if wet and will dry more quickly. This is Vermont so don't trust the weather report. Come prepared for a range of conditions.

Unfortunately, poison ivy loves river banks. We will do our best to avoid it but you will encounter it. If you are extremely sensitive to it, you may want to consider paddling in nylon pants and booties that cover your legs and feet rather than sandals and shorts.

There will be a brief mandatory safety talk and day overview talk every morning. There will be a lead and sweep boat designated for each day. All paddlers, not matter how experienced, are expected to stay between these two boats.

To help you get oriented to the river, check out the draft copy of our Sojourn booklet at www.winooskiriver.org. This will be loaded to the site by June 15th. You will receive a hard copy of the booklet on your first day.

What to Bring

- Boat and paddle
- Personal Flotation Device (PFD)—must be worn at all times.
- Water bottle(s)
- Mess Kit (Utensils, plate, bowl, cup) for in-camp meals
- Camping gear (tent, sleeping bag, pad etc)
- Towel
- Sunscreen
- Insect repellent
- Medications
- Snacks for on water (there will be some communal snacks as well)
- Small dry bag or zip lock bags (there will be a couple of communal dry bags)
- Rain gear
- Hat with keeper
- Flashlight or head lamp with extra batteries
- Camera
- Journal and pen
- Reading material
- Small folding camp chair (the kind that sit right on the ground; we don't have a lot of room for larger chairs; some sites will have picnic tables, some not)
- A musical instrument if you are talented
- Address book so you can send postcards to all your friends and tell them to sign up for next year's Sojourn
- Some money to buy trinkets from the natives
- Your love and knowledge of the river
- Your sense of humor

In all seriousness, we are a small group doing a large event for only the second year. There are bound to be some glitches. We appreciate your support and understanding when these occur. On water safety is the top priority.

We will be open to your suggestions and concerns as the Sojourn progresses. Our hope is to grow this event in coming years.

You can communicate with me (Ann Smith) via email at asmithinvt@yahoo.com or 802-655-4878 up to through about noon on June 22nd. After that, you call my cell at 267-258-2719. However, I do not expect to have consistent coverage until we reach Montpelier late in the afternoon of June 24th. I will check voice mail at 655-4878 throughout the Sojourn and will get to a phone to get back to you if I don't have cell coverage.

Overview Timelines by Day

The overviews provide a basic idea of the day. There is no designated wake up call. Some people can get up and be ready in 15 minutes. Some people take an hour. It is up to you to know what lead time you need to be ready for meals, breaking camp or launching your boat. Please plan accordingly.

Maps with directions and site/programming descriptions can also be found on the website.

At the end of each day, we will shuttle participants who are leaving us back to their cars. We will figure out this schedule on a daily basis based on the number of people and where they need to go.

Tuesday June 23rd

Meeting Place/Time for Participants:

If you will travel through Montpelier that morning, please arrive at Montpelier High School by 6:15 am. We plan to load boats and gear by 6:30 and be on our way. We will leave your car here. This is also the Put In for Day 2. That is how it is designated on the map.

Otherwise, please drop your boat at the put in (the Blacksmith Shop on Rte 2 about 2.4 miles south of Marshfield Village). Get back on Rte 2 headed west toward Plainfield and go to Twinfield School (about another 2.5 miles on your left). We will leave your car there for the day. The vans will be by to pick you up between 6:50 to 7:00.

Please let me know where you plan to meet us!!!

Breakfast:	Marshfield Inn (aka MarshPlain Motel) @ 7:15
Launch:	The Blacksmith Shop on Rte 2 @ 8:15
Lunch:	Plainfield Village (provided by River Run Restaurant approx noon)
Lunch Program:	Plainfield Historical Society—Plainfield: A River Town
Take out:	East Montpelier (Site TBD based on conditions and pace) @ approx 5:00
Dinner:	Winooski Bread Basket Dinner prepared by the Local Agricultural Community Exchange (LACE) at the Two Rivers in Montpelier @ 6:30
Evening Program:	During and after dinner; history of FoodWorks and the Two Rivers site; music
Camping:	Two Rivers

Wednesday June 24th

Meeting Place/Car Pool: Paddlers joining us that day are welcome to come to Two Rivers for breakfast. You will park your car for the duration of your trip at Montpelier High School.

Breakfast: In camp at Two Rivers; 6:45 to 7:15
Break camp: Leave camp at 7:40
Morning Program: Montpelier High School @ 8:00
Launch: Montpelier High School @ 9:15 (The boats will have been transported to MHS the night before. The support crew will unload them near the launch site. You should be dressed and ready to get in your boat right after the program)
Portage: Portage the Middlesex dam with vehicular support at about 11:30
Lunch: At the mouth of the Mad River (provided by Red Hen Bakery in Middlesex (approx 12:30 or 1)
Lunch Program: History of the Mad River Valley
Take out: Waterbury @ approximately 4:30
Dinner & Talk: A History of Settlement in the Mid Winooski by Skip Flanders
Dinner by the Cider House @ the Methodist Church @ 6:30
Showers: Stagecoach Inn between 5:30 to 6:30
Camping: On the State Office Complex in Waterbury

Thursday June 25th

Meeting Place/Car Pool: Paddlers joining us that day should arrive at the State Office Complex by 7:30.

Breakfast: In camp between 7 and 7:30
Morning Program: On State Office Complex @ 8:30 (audience is students, we will be there for the beginning only; please have your gear loaded before 8:30)
Launch: About 9:15
Portage: Bolton Dam with vehicular support @ about 11:30
Lunch: At the put in below Bolton Dam
Take out: Richmond @ approx 4:00
Tour: The Richmond Historical Society will provide tour (approx 45 minutes) of the Round Church immediately after our arrival.
Showers: Mama Bower's B&B from 5:30 to 6:30
Dinner: On the Rise Bakery @ 6:30
Music: On the Rise @ 8:00
Camping: Volunteer Green in Richmond

Friday June 26th

Meeting Place/Car Pool: Paddlers joining us that day should arrive at Volunteer Green (the Richmond town park on the river) at 7:30.

Breakfast: In camp @ 7:30
Launch: Volunteer Green @ 8:00
Lunch: At Whitcombs (approx noon)
Programs: Two stops along the way
Take out: Essex Dam @ approx 4:00 (vehicular portage around Essex dam to the camp site below the dam)
Dinner & Talk: In Cascade Park; Mike Snyder, Chittenden County Forester
A History of Landscape Changes; dinner by Chef's Corner Bakery
Camping: At Green Mtn Power Site in Essex

Saturday June 27th

Meeting Place/Car Pool: Paddlers joining us that day should arrive at the Essex Dam (on 2A) to unload their boats and gear. Cars will then be parked at Overlook Park on the other side of the Winooski on 2A.

Breakfast: In camp between 7 and 7:30
Morning Program: Tour of Dam @ 8:00 (please have all gear loaded and boats ready to launch before the program)
Launch: From below dam @ 9:15
Take out: Winooski Gorge Dam @ approx 12:30
Arrive Winooski: Around 1 to 1:30
Lunch: Winooski Boosters near Champlain Mill
Afternoon: Music, talk by Fred Wiseman of the Abenaki Cultural Center;
RiverWalk tour (between 2 and 4:30)
Dinner & Talk: Dinner at the O'Brien Community Center; Charles Fish; author of *In the Land of the Wild Onion*
Showers: YMCA in the Community Center from 5:00 to 6:30 (tentative)
Camping: Casavant Natural Area

Sunday June 28th

Meeting Place/Car Pool: Winooski Millyard Canoe Access off Canal Street.

Breakfast: In camp between 7 and 7:30
Leave Camp: 8:00 to walk to put in
Launch: From boat access below Winooski One dam @ 8:30
Program: Ethan Allen Homestead @ about 10 (includes snack)
Launch: Leave Ethan Allen by 11:30
Take out: Charlies Snack Shack @ approx 2:30
Late Lunch &
Celebrate!!: At Charlies
Camping: Go home, take a shower and sleep in a bed!