



Winooski River Sojourn Paddler Info Sheet

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

General Information & Logistics

Meals, Water, and Camping

Three meals are included with the Sojourn for those paddling multiple days. Day paddlers will join us after breakfast and will eat lunch and dinner with the Sojourn. Generally speaking, vegetarians will be well served by the menu and we try to have gluten-free items. We cannot accommodate other special diets. Paddlers should bring their own snacks for on water.

Paddlers should carry at least two quart-size water bottles while on water. You will be able to fill your bottles before we break camp in the morning, at lunch and once we are set up at the end of the day. Bring powdered drink mix with you if you like.

We have planned this event to be a Zero Waste event throughout the entire trip. We will have recycling and composting at all our overnight sites and most importantly want to minimize the waste we generate in the first place. We ask that you bring your own reusable dishware including utensils, plates, cups, bowls etc - even if you are only paddling for a day. We will provide washing facilities in camp after breakfast and dinner as well as before dinner if you use them at lunch.

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 on Wednesday June 20th at the Old Stagecoach Inn and in Winooski on Saturday June 23rd at the Y. Hot water will be available in Richmond on June 21st.

In order to keep the fees as low as possible, we are asking participants to help set up camp, prepare and/or clean up after meals etc.

Safety and River Orientation

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.

We will encounter class 1/2 rapids at several points, mostly in the upper river between Marshfield and Bolton. Safety boaters will provide directions for safe paddling and will be positioned to assist if necessary. Safety boaters and the Sojourn organizers reserve the right to determine if a participant is capable of paddling safely through a rapid. The rapids can be portaged relatively easily.

A naturalist will be accompanying the Sojourn on the water each day, and will provide an overview of flora and fauna to observe during the day's paddle. All multi-day paddlers will receive a copy of our Winooski River paddling guide.

Gear

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. However, please pack as lightly as possible as space is limited. Please put your gear in a waterproof cover or pack clothing within garbage bags, as we cannot guarantee that gear will remain dry in the support vehicle.

At most campgrounds, we are able to bring the gear trailer into or very close to the camping area. The most significant exception may be the Winooski campground on Saturday night where you may need to carry your gear about 100 yards or so.

For all multi-day paddlers and single day paddlers who requested shuttle service, we will get you, your boat and gear back to your car at the end of your journey.

You will only need to carry in your boat the items that you need or want for the day. Suggested items include: insect repellent, sunscreen, rain gear, fleece (or something non-cotton for warmth), snacks and the capacity to carry approximately 2 quarts water with you.

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.

What to Bring

- Boat and paddle
- Personal Flotation Device (PFD)—must be worn at all times.
- Water bottle(s) to carry in your boat—at least two quart-size bottles
- Mess Kit (Utensils, plate, bowl, cup) for in-camp meals
- Camping gear (tent, sleeping bag, pad etc)
- Ear plugs if you are a light sleeper
- 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 that puts on a large event. 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 802-882-8276 up to through about noon on June 18th. After that, you call my cell at 802-881-4409. However, I do not expect to have consistent coverage until we reach Montpelier late in the afternoon of June 19th. I will check voice mail at 882-8276 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 be ready in 15 minutes, some 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. Also, paddlers should note the times for the end of day shuttles. In some cases, shuttles occur before dinner, and you will need to drive back to the evening take-out point in order to join us for dinner. If you need to get back to your car earlier, please make your own arrangements.

Tuesday June 19th

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 with camping gear here. This is also the Put In for Day 2. 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 with camping gear there for the day. Someone will be by to pick you up between 6:50 to 7:00.

Please let me know whether you plan to meet us at Montpelier High School or Twinfield School.

Breakfast:	Marshfield Inn (aka MarshPlain Motel) from 7:00 to 8:00
Launch:	The Blacksmith Shop on Rte 2 @ 8:30
Lunch:	Plainfield Village at approximately noon
Take out:	East Montpelier @ approximately 4:00
Shuttle:	From take out point @ approximately 4:00
Dinner:	TBD
Talk:	TBD
Camping:	Montpelier High School

Wednesday June 20th

Meeting Place/Car Pool: Paddlers joining us that day should meet us at Montpelier High School at 8:00 am.

Breakfast:	Montpelier High School 7:00 to 7:45
Launch:	Montpelier High School @ 8:30
Portage:	Portage the Middlesex dam with vehicular support at about 11:30
Lunch:	At the Middlesex dam after completing the portage. (provided by Red Hen Bakery in Middlesex)
Take out:	Waterbury @ approximately 4:00
Showers:	Available at the Stagecoach Inn from 4:30 to 5:30 PM
Dinner & Talk:	TBD
Shuttle:	After dinner and talk
Camping:	On the State Office Complex in Waterbury

Thursday June 21st

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
Launch: 8:15 am
Portage: Bolton Dam with vehicular support @ about 11:00
Lunch: At the put in below Bolton Dam after portage
Take out: Richmond @ approx 4:30
Dinner: TBD
Shuttle: At approximately 7:00 PM
Camping: Volunteer Green in Richmond

Friday June 23rd

Meeting Place/Car Pool: Paddlers joining us that day should arrive at Volunteer Green (the Richmond town park on the river) at 8:00.

Breakfast: 7:00 AM at the Richmond Town building, provided by the Grange
Launch: Volunteer Green @ 8:00
Lunch: Along river (approx noon)
Take out: Essex Dam @ approx 3:00 (vehicular portage around Essex dam to the camp site below the dam)
Dam Tour: Tour of the Essex Hydro Facility upon landing (tentative)
Shuttle: Just after take out or dam tour
Dinner: TBD
Camping: At Green Mtn Power Site in Essex

Saturday June 23rd

Meeting Place/Car Pool: Paddlers joining us that day should arrive at the Essex Dam at 7:30 (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
Launch: From below dam @ 8:30
Take out: Winooski Gorge Dam @ approx 12:30
Arrive Winooski: Around 1 to 1:30
Lunch: In camp upon arrival .
Showers: YMCA in the O'Brien Community Center from 4 to 5
Dinner Prep: Volunteer crew of participants prepares dinner at O'Brien Center
5:00 to 6:00
Dinner: 6:00
Talk: TBD
Camping: Casavant Natural Area

Sunday June 24th

Meeting Place/Car Pool: Winooski Millyard Canoe Access off Canal Street at 8:15 am

Breakfast: In camp between 7 and 7:30; catered by Sneakers
Leave Camp: 8:00 to walk to put in
Launch: From boat access below Winooski One dam @ 8:30
Stop : Ethan Allen Homestead @ about 10 (includes snack)
Launch: Leave Ethan Allen by 11:30
Take out: Colchester Boat Ramp—we will not be able to take out on the Lake front due to flooding. Paddlers may be able to paddle to the lake if they wish and then paddle back up stream.
Late Lunch &
Celebrate!/: At Take out
Camping: Go home, take a shower and sleep in a bed!