

Canoeing and Kayaking in West Virginia: An Unforgettable Adventure

West Virginia is a paddler's paradise, with miles of scenic rivers and lakes to explore. The state's diverse waterways offer something for everyone, from gentle floats for beginners to challenging whitewater rapids for experienced paddlers. And with its convenient location in the heart of the Appalachian Mountains, West Virginia is an easy drive from major cities in the East Coast.



Canoeing & Kayaking West Virginia (Canoe and Kayak Series) by Ward Eister

★★★★☆ 4.8 out of 5

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One of the best ways to experience West Virginia's waterways is to participate in the state's famous Canoe and Kayak Series. This annual event features a series of races and recreational paddles on some of the state's most popular rivers and lakes. The series is open to paddlers of all ages and abilities, and it's a great way to meet other paddlers and learn more about the sport.

The Canoe and Kayak Series

The Canoe and Kayak Series is a series of six races and recreational paddles held throughout West Virginia from May to October. The races are divided into two divisions: sprint and endurance. Sprint races are typically 3-5 miles long and are designed to test paddlers' speed and agility. Endurance races are typically 10-15 miles long and are designed to test paddlers' stamina and endurance.

The recreational paddles are non-competitive events that are open to paddlers of all ages and abilities. These paddles are typically 5-10 miles long and are a great way to explore West Virginia's waterways at a leisurely pace.

Races and Paddles

The Canoe and Kayak Series features a variety of races and paddles to choose from. Here is a list of the races and paddles that are typically held each year:

- **May:** Gauley River Race (sprint)
- **June:** North Fork of the Potomac River Paddle (recreational)
- **July:** New River Race (endurance)
- **August:** Cheat River Race (sprint)
- **September:** Greenbrier River Race (endurance)
- **October:** Elk River Paddle (recreational)

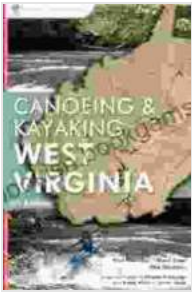
Planning Your Trip

If you're planning a canoeing or kayaking trip to West Virginia, here are a few things to keep in mind:

- **Choose the right river or lake.** West Virginia has a variety of waterways to choose from, so it's important to choose one that is appropriate for your skill level and interests. If you're a beginner, you may want to choose a gentle river or lake with calm waters. If you're an experienced paddler, you may want to choose a more challenging river with whitewater rapids.
- **Get the right gear.** You'll need a canoe or kayak, a life jacket, and a paddle. You may also want to bring a dry bag for your belongings, and a water bottle to stay hydrated.
- **Plan your route.** Before you start paddling, take some time to plan your route. This will help you avoid getting lost or running into any hazards.
- **Be safe.** Always wear a life jacket when you're paddling. And be aware of the weather conditions and water levels before you start paddling.

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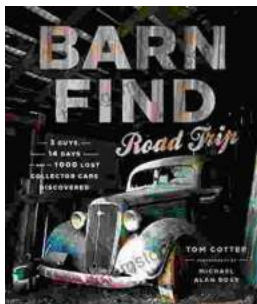
So what are you waiting for? Start planning your next paddling adventure in West Virginia today!



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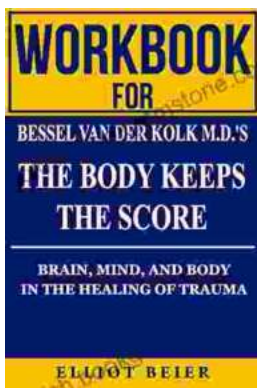
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