

**Tenth Annual Stonycreek
& Kiski-Conemaugh Rivers
Sojourn
June 4-7, 2009**

**Registrant's Confirmation
Packet**

Dear Sojourn Participants:

Thank you for registering for the 2009 Stonycreek and Kiski-Conemaugh Rivers Sojourn. This packet will help you plan for this year's event. Please review it prior to your trip and remember to bring it with you for the weekend. If you have any questions before the event begins, please call Jill Latuch at (814) 444-9695 (H) or (814)442-8858 (C).

We look forward to a great trip!
Sojourn Committee

SAFETY

Wilderness Voyageurs Outfitters is providing insurance for the event. Their rules must be followed, including:

- *All participants must read and sign a Waiver and Release of Liability.
- *All participants must wear properly fitting US Coast Guard approved lifejackets (personal floatation devices or PFDs) during on-water activities.
- *Any participant who encounters another participant or event personnel whose personal safety is in danger must stop to render assistance.
- *All participants shall be prohibited from consuming any alcohol or illegal drugs immediately before or during an on-water event. Any participant judged to be intoxicated or under the influence of drugs shall be asked to leave the waterfront area immediately.

Sojourners are also asked to follow any rules from event organizers. Sojourners who fail to comply with event guidelines will not be considered part of the sojourn and will forfeit shuttling, meals, and insurance.

Sponsors

- Conemaugh Valley Conservancy
- PA Organization for Watersheds & Rivers
- Benscreek Canoe Club
- Wilderness Voyageurs
- Stonycreek Quemahoning Initiative
- Wyotech
- Paul Bunyan Tree Service
- Concurrent Technologies Corp.
- Somerset Trust
- Tuscano-Maher Roofing
- Western PA Sports Medicine & Rehabilitation Clinic
- Natural Biodiversity
- Kiski-Conemaugh Stream Team

PLEASE NOTE THAT THE TIME OF THE WHITEWATER TRIP ON SUNDAY HAS BEEN CHANGED. SEE PAGE 5 FOR AN UPDATE AND ACCURATE TIMES.

Gear

Unless you have arranged to rent equipment on your registration brochure, you must bring your own boat, paddling gear and camping gear. If you did not arrange to rent through the registration process, but you need equipment, you may rent equipment directly through one of the outfitters **asap**:

Wilderness Voyageurs Outfitters

P.O. Box 97

Ohiopyle PA 15470

(724)329-1000 or (800)272-4141

Saltsburg River and Trail Outfitters

111 Market Street

Saltsburg PA 15681

(724)639-1314

Canoe Shuttling

Participants are responsible for shuttling their canoe/kayaks to the put-in sites, unless they are renting gear. We will be shuttling people only to and from the put-in and take-out sites. If this is your first time shuttling a canoe/kayak, ask an outfitter about purchasing a foam block car-topping kit. This will allow you to shuttle without damaging your car or boat. If you have a roof rack, ask about tie-down straps.

All sojourners will bring their vehicles along for the entire trip. A van will be available to shuttle people to and from their vehicles. This will allow sojourners to leave their camping equipment and other supplies in their vehicle.

Equipment To Bring

- Boat and paddling equipment
- Personal floatation devices
- Dry bags for cell phones or radios
- Tent and other camping gear
- Sleeping bag
- Two-way radios if you have them
- Spare dry clothes and shoes – polyester, polypropylene or other synthetics are better than cotton
- Clothes for inclement weather – rain gear, sunscreen, waterproof hat
- Drinking water (additional water will be available)
- Small snacks such as energy bars
- Plastic bags for dry clothes, cell phones or two-way radios, keys
- Personal hygiene items – towel, tooth brush and paste, lip balm, soap
- Bed linens (if you are staying in Summer's Best Two Weeks cabins on Saturday night)
- Travel coffee mug (to help us keep trash to a minimum-a water bottle will be provided)

Please make sure you know where your keys are at all times, especially during shuttling, and that they are secured, not loose, while you are in your canoe/kayak. Please do not bring valuable items that may be ruined if wet.

Meals

All meals are included in the price of your registration with the exception of lunch on Saturday. On Saturday you will be able to purchase your lunch at vendor booths during our stop at the Canal Days Festival in Saltsburg.

Camping/Lodging

Sojourners must bring their own camping gear.

Thursday, June 4th – Riverfront area near Bairdstown Bridge

Bathrooms will be available at the Blairsville Hebron Lutheran Church, and showers will be available at the Blairsville Community Center (a volunteer will stay at the campsite with the gear). No open fires are permitted. There is potable water at this campsite.

Friday, June 5th – Conemaugh Dam Recreation Area, Tunnelton.

Bathrooms are provided, but there are no showers at this facility. No open fires are permitted. Cooking grills are available at campsite. Driving on the grass is not permitted, but plenty of parking is available. There is potable water at this campsite.

Saturday, June 6th -Quemahoning Reservoir Group Camping Area

These campsites are \$5 per site, payable at site. Restrooms with showers and potable water are available on site. Open fires are permitted only in designated fire rings. Fire wood will be available.

For non-camping options, please contact:

Comfort Inn (Thursday and Friday)

1085 Rt. 22, Hwy West
Blairsville PA 15717
(724)459-7100

James Campbell House Bed and Breakfast (Thursday and Friday)

157 West Campbell Street
Blairsville PA 15717
(724)459-7100

Schantz Haus Farm Vacation B & B (Saturday)

687 E Campus Ave.
Davidsville, PA 15928
Phone: (814) 479-2494

Stone Ridge (rustic A-Frame) (Saturday)

2825 Carpenters Park Road
Davisville, PA 15928
Phone: (814)288-3931

Indiana County Tourist Bureau

www.indiana-co-pa-tourism.org
(724)463-7505/(877)463-42642

Laurel Highlands Visitors' Bureau

www.laurelhighlands.org
(724)238-5661/(800)333-5661

Johnstown and Cambria County Convention and Visitors Bureau

www.visitjohnstownpa.com
(814)536-7993/(800)237-8590



All participants will receive a t-shirt with our 2009 Sojourn logo, designed by American Eagle Screen Printing.

ITINERARY AND DIRECTIONS

Please be on time for all registration and other events – your fellow-sojourners will be grateful! Put-in and take-out times and locations may be subject to change with weather and water conditions.

Thursday, June 4th- Conemaugh Gap

- 9:30a.m. Meet at Tire Hill Greenhouse Park in Johnstown for registration & instructions.
Depending on water level, a decision will be made between putting in at Greenhouse Park vs. downstream
- 10:00a.m. Shuttle **drivers** only to Seward and return to Greenhouse Park **or**
Shuttle **drivers** downstream, drop off gear, shuttle **drivers**
to Seward and return to put-in. Those who do not have vehicles to be shuttled may remain at the park.
- 11:00a.m. On river for paddle through Conemaugh Gap to Seward take-out, lunch along the river (provided) and presentation by Laura Nulman, "Leave No Trace"
- 4:30p.m. Sojourners arrive at Seward, drive to Bairdstown Bridge area, Blairsville
- 5:30p.m. Set up camp at Bairdstown Bridge area
- 6:00p.m. Dinner at Blairsville Hebron Lutheran Church by a "Touch of Class"
- 7:00p.m. Shuttles, walks to the Blairsville Community Center for showers (open until 9 PM)

Volunteers will stay at campsite with gear

Directions to Tire Hill Greenhouse Park, Johnstown

Take U.S. 219 to Davidsville exit (PA 403). Take Rt. 403 North approximately 4 miles. Greenhouse Park is on the right almost exactly a half-mile past the second red light. There is not a sign for Greenhouse Park. You went too far if you get to the T intersection at the third red light.

Directions to Seward ball field take out, from Greenhouse Park

Follow Rt. 403 North through Johnstown to PA Rt. 56 West. Follow Rt. 56 to Seward. The ball field access road is on your right immediately after the green bridge that goes over the Conemaugh River. (Driving Time: 30 minutes)

Directions to Bairdstown Bridge area, Blairsville

From Seward ball field, take 56 West to Rt. 22 West.

Take Rt. 22 East (if coming from the west) or West (if coming from Seward) to State Route 217 (Blairsville) exit, near Dean's Diner. Turn left and follow the road into Blairsville, on Walnut Street. Go to the former National Guard Armory, which looks like a castle and is located next to the library. If you get to the Sheetz you have gone too far. Turn right at the Armory and go straight until the street ends behind the Lutheran Church. There is an open riverfront area where we will set up camp. (Driving Time: 25 minutes)

Friday, June 5th-Packsaddle Gap

- 7:30a.m. Breakfast at campsite/Hebron Lutheran Church
- 8:30a.m. Shuttle paddlers to Robinson
- 11:00a.m. Lunch & Registration at Robinson Community Center
- 11:30a.m. Presentation-Trail Town Outreach Corps, "Great Allegheny Passage"
- 12:00p.m. On river from Robinson to paddle Packsaddle Gap to Blairsville take-out
- 4:00p.m. Arrive in Blairsville for take out at Bairdstown Bridge.
Drive to Conemaugh Dam
- 5:00p.m. Tent set-up at Conemaugh Dam
- 6:30p.m. Dinner & Presentation at Conemaugh Dam by Laura Hawkins, "Kiski Conemaugh Water Trail Mapping Project"

Directions to Robinson Community Center

From Route 22 – Take State Route 259 south toward Bolivar. About a half-mile before Bolivar, turn left onto Caroline Street in Robinson. Proceed about a half-mile and the park will be on your right.

From Route 30 – Take State Route 259 north toward Bolivar. About a half-mile past Bolivar, turn right onto Caroline Street in Robinson. Proceed about a half-mile. The park will be on your right.

Directions to Blairsville take-out

Take Route 22 east or west to State Route 217 (Blairsville) exit, near Dean's Diner. Turn left and follow the road into Blairsville, on Walnut Street. Go to the former National Guard Armory, which looks like a castle and is located next to the library. If you get to the Sheetz you have gone too far. Turn right at the Armory and go straight until the street ends behind the Lutheran Church. You'll be at the take-out along the Conemaugh River.

Directions to Conemaugh Dam

From Blairsville – Take Route 22 west to New Alexandria/Route 981 intersection (about 10 miles). Turn right and follow Route 981 toward Saltsburg. Watch for two Conemaugh Dam directional signs; each sign directs you to make a right turn. There will also be a sojourn sign under each Conemaugh Dam directional sign. (Driving Time: 35-40 minutes)

Saturday, June 6th –Kiski Section

- 7:30 a.m. Breakfast at Conemaugh Dam
- 8:30 a.m. All sojourners meet at Conemaugh Dam for registration, instructions
Shuttle vehicles to Avonmore
- 10:30 a.m. Put-in at Dam, paddle Kiski section from Conemaugh Dam to Saltsburg
- noon Canal Days at Saltsburg (**lunch on own**)
- 1:30 p.m. Put-in at Saltsburg
- 3:30 p.m. Arrive and take-out at Avonmore; load gear and drive to Que Reservoir
- 5:30 p.m. Arrive at Quemahoning Reservoir, tent set up
- 6:30 p.m. Dinner at Family Camping Area, Que Reservoir by Chuckwagon Catering
Presentation by Len Lichvar, "StonycreekARDY"

Directions to Avonmore take-out

From Conemaugh Dam – Turn left at park entrance onto Auen Road. Travel 0.6 miles to Tunnelton Road. Turn left onto Tunnelton Road. After crossing the bridge, bear to the right. Travel 2.7 miles on Tunnelton Road to 981. At Marshall's Market, turn right onto 981. Go 3.1 miles to junction of 981 and 286. Don't cross the bridge into Saltsburg. Go straight about 100 yards. At bend in road, stay right onto North 981. Follow this for about 3 miles. Turn right onto 156 north. Continue to stop sign at Westmoreland and 2nd Street. Follow signs to Avonmore Canoe Launch Area. (Driving Time: 25 minutes)

Quemahoning Dam Family Recreation Park (Summer's Best Two Week's Camp) Camping

From Avonmore – Turn right onto 1st Street. Go one block and turn left onto Westmoreland. Turn right onto 156 South and follow to junction with Route 981. Follow 981S bearing to the left after 100 yards. Pass the Saltsburg Bridge on your left. Continue on 981 to New Alexandria. Take Route 22 East toward Blairsville. Follow Route 22 to the Route 56 East (first of two Johnstown exits). Follow Route 56 through Johnstown to junction with Route 219 South. Take Route 219 South to Route 403 – Davidsville exit. Turn left at the bottom of the exit toward Hollsopple. Follow 403 to junction with Route 601 – bear to the right at the junction to follow 601 south for 1 mile. Turn left onto Plank Road then an immediate right onto the Que Dam Road. Follow the Que Dam Road for approximately 3 miles to the Que Group Camp Area on the left. (Driving Time: 1 ½ hrs.)

Sunday, June 7th- Whitewater on the Stonycreek River

There may be an organized early morning paddle at reservoir—to be announced

- 9:00 a.m. Breakfast at Que Rec. Area
- 11:00 a.m. Whitewater event registration and preparation, dress in wetsuits if necessary
- 12 p.m. Whitewater sojourners shuttle to Foustwell to receive paddling and safety instructions by Wilderness Voyageurs and put on the Stonycreek River. WV will most likely be conducting the trip using "duckies" – inflated solo rafts - instead of group rafts for this trip, depending on the water levels. If you have questions about this event call Eric at WV at (800)272-4141.
- 2:30 p.m. Sojourners shuttle or drive back to Quemahoning Reservoir for a late lunch by Chuckwagon Catering.

WHITEWATER PADDLERS

We will be treated to an exciting whitewater trip down the Stonycreek Canyon by Wilderness Voyageurs Outfitters. WV is the oldest outfitter east of the Mississippi and has been leading adventures since 1964. The Stony Canyon hails rapids that range from Class II-IV depending on water levels. You must be 12 years of age by the day of the trip and a waiver must be completed by a parent or guardian for anyone under 18.

WV will provide wet suits, life jackets and helmets as well as trained and experienced river guides.

Participants will be shuttled from the Family Camping Area to the staging area in Foustwell where you will climb into your rafts for a quick introduction to river running before hitting the water. All vehicles will be left at the Family Camping Area. River safety, paddle strokes, boat maneuvering and what to expect on the water will all be covered. After these instructions you will hit the water and the fun begins!

The Stony Canyon is considered a drop and pool river: the rapids are separated by calm deep pools, allowing you to catch your breath and enjoy the scenery.

Due to water levels, we will most likely be running this trip with solo inflatable duckies as opposed to group rafts. It is recommended that you have some paddling experience for duckies. The trips are run as "guide assisted" trips. You will captain your own solo raft, but the guides are always close by to lend a helping hand. Before the large rapids, groups will be pulled to the side of the river (or "eddy out" in river lingo) for a description of the rapid. When given the signal, all rafts will follow the lead boat through the whitewater. It is an experience you'll remember for a lifetime!

When you leave the water in Carpenter's Park, you will be shuttled back to the Family Camping Area at the Que to change clothes prior to a late lunch and closing comments.

If you have questions concerning this trip or if you have any special needs please call Eric at Wilderness Voyageurs at (800)272-4141 or (724)329-1000 prior to the trip.

FAQ's for Whitewater Paddling

What should I wear?

Do not wear any cotton. Cotton will make you cold. In spring the air may be warm, but the water is still very cold. Wear a synthetic under layer. We will have paddling jackets available for the day. Wear shoes that will stay on your feet: old tennis shoes, river sandals or neoprene boots - no flip flops. Bring a warm, dry change of clothes, shoes and towel.

What if I can't swim?

Many rafters can't swim. On all trips, Coast Guard approved life jackets are provided and must be worn. On advanced trips, it is recommended that you have swimming skills.

Do I need to be physically strong?

Participation is required – you must paddle. You don't need to be an athlete, but good physical condition is expected. Life jacket limitations allow for a maximum girth of 54". If you have medical conditions that strenuous activity may affect, consult your physician. If you have any special needs that require attention, please contact Eric at Wilderness Voyageurs prior to the trip at (800)272-4141 or (724)329-1000.

What if it is raining?

Trips go rain or shine. You're going to get wet anyway, so come along and make like a duck.

Is rafting really safe?

Wilderness Voyageurs has maintained an excellent safety record for 40 years. WV takes a great deal of pride in providing guests with a trip that is safe and enjoyable. Every guide is trained in First Aid and CPR. However, due to the nature of the activity, Wilderness Voyageurs assumes no responsibility for personal safety or loss of personal property.

What does Class I-IV mean?

Class I – Easy. Fast moving water with riffles and small waves.

Class II – Novice. Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but rocks and medium sized waves are easily missed by trained paddlers.

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 – Advanced. Intense, powerful but predictable rapids requiring precise boat handling in turbulent water. A strong Eskimo roll is highly recommended. Rapids that are at the upper end of this difficulty range are designated "Class IV-" or "Class V+" respectively.