

Carter County Whitewater Paddling Reaches:

· **Lower Watauga River – Recreational Releases every Saturday Memorial Day-Labor Day**

1. Wilbur Dam to Riverside Park – Class I-II

[Map with driving directions](#)

2. Riverside Park to Wagner Road Boat Ramp – Class I-II

[Map with driving directions](#)

<http://www.americanwhitewater.org/content/River/detail/id/1795/>

TVA Release Schedule: 800-238-2264 – Menu Option #4 – Dam #42

· **Doe River – Natural Flow**

1. Upper Doe – Happy Trails Park to Bear Cage Road Bridge – Class II-III+

[Map with driving directions](#)

<http://www.americanwhitewater.org/content/River/detail/id/1741/>

2. Doe Gorge – Bear Cage Road Bridge to Green Bridge Landing – Class III-IV

[Map with driving directions](#)

<http://www.americanwhitewater.org/content/River/detail/id/1742/>

3. Lower Doe – Green Bridge Landing to Covered Bridge Park – Class II-III

[Map with driving directions](#)

<http://www.americanwhitewater.org/content/River/detail/id/1743/>

TVA Valley Stream Flows: 800-238-2264 – Menu Option #3

· **Laurel Fork of the Doe – Natural Flow**

1. Laurel Fork Gorge – Dennis Cove AT Trailhead to Laurel Falls Trailhead – Class IV-V(V+)

[Map with driving directions](#) (Note – challenging mountain roads. Use caution.)

<http://www.americanwhitewater.org/content/River/detail/id/3994/>

This run typically starts to get flowing after rain when the Doe River is at 750 CFS. A visual flow gauge, installed by Tony Robinson, is attached to the rock caged retaining wall on river left near the take-out on Laurel Street near the intersection of Roark Park Ln in Hampton, TN. 3-6” on Gauge is low runnable. 6”-12” is medium flow. 12”-16” is high side of good. +18” = crazy gnar!!!

· **Elk River – Natural Flow**

1. Elk Gorge, AKA Twisting Falls of the Elk – Elk River Falls to Poga Rd Bridge – Class IV-V(V+)

[Map with driving directions](#) (Note – challenging mountain roads. Use caution.)

<http://www.americanwhitewater.org/content/River/detail/id/3045/>

This run typically starts to get flowing after rain when the Watauga River is at 500 CFS at the TVA Sugar Grove Gauge. TVA Valley Stream Flows: 800-238-2264 – Menu Option #3. A visual flow gauge, installed Tony Robinson, is attached to the Poga Road Bridge pillar nearest to river right at the takeout. Current runnable levels are considered 1'-3" to 3-6" on the gauge. Around 2'-0" on the gauge is considered prime. This run is expedition style gorge boating at its finest!

2. Lower Elk – Poga Rd Bridge to Elk Mills US 321 Bridge – Class II-III

[Map with driving directions](#) (Note – challenging mountain roads. Use caution.)

<http://www.americanwhitewater.org/content/River/detail/id/1744/>