



Jumonville

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What You Need to Know for Peddle Paddle Trips

What to Expect:

You will normally need to allow about 6 hours for this trip. The first part of the trip is about an eleven mile bike ride on the relatively flat Ohiopyle Bike trail. You will start in Ohiopyle where we will get the bikes from our outfitter. You'll then begin the journey following the bike trail alongside the river until we get to the town of Confluence. The bike trip normally takes about an hour to an hour and a half.

In Confluence, we will meet the outfitter who will then pick up our bike and give us our duckies (Inflatable kayaks). You will be provided a helmet and a paddle and after going through our safety talk, we will begin our journey back down the river traveling through flat water and mild rapids (Class I & II). The ducky trip normally takes about 4 hours, but that can vary considerably with the water level. The higher the water level, the faster the trip. We like to take time to "play" in the rapids rather than just getting in and paddling straight to the take-out.

You should be in reasonably good shape for this trip. We may take short breaks during the bike trip, but since it is flat, you are peddling the entire way. There are no hills to coast down while you give your legs a break. The kayaking will give you a pretty good upper body workout and most of the time we use single duckies, which means if you don't paddle, there is no one else to paddle for you. You will sleep well after a day that includes this trip.

What to Wear:

Most people prefer to wear a swimsuit with shorts and a T-shirt overtop of your swimsuit. Tennis shoes or Teva or water shoes are also appropriate. Flip-flops are not acceptable as they will not provide proper ankle protection while you get into and take out from the river.

What to Bring:

Bring a change of clothes and a towel and personal items. We will be able to change in a public bathhouse at the end of the trip. Drinking water is always a good idea.

What We Need to Know:

While we do not require a medical information form, we do need to know if any of the following conditions are present in your group: elevated blood pressure, any heart condition, seizure disorders, asthma, allergies serious enough to cause anaphylaxis, wounds, and/or orthopedic anomalies.

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