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Whitewater Rafting Season Begins Friday, April 1, With Adventures on the Gorge

FAYETTEVILLE, W. Va., March 30, 2022 - Whitewater rafting starts Friday, April 1, on Southern West Virginia's New River.

The Lower New is the stretch of river that made West Virginia rafting famous.

The state's leading rafting outfitter, [Adventures on the Gorge](#) (AOTG) will take its first guests down the "Lower New" to kick off what promises to be a stellar season.

"We have seen renewed interest in outdoor adventures the past two years, and many of our guests have said they want to make rafting and other activities a regular occurrence," said Roger Wilson, CEO of AOTG. "We are ready for them, and we look forward to our classic rafting experiences and more."



The New River Gorge Bridge signals the trip is almost over.

AOTG is renowned for its whitewater rafting on the New and Gauley rivers. Most spring rafting occurs on the New River with Gauley River rafting viewed as more opportunistic as flows are dependent upon water releases from Summersville Lake.

Here's a summary:

Rafting the New River

The intensity of the whitewater depends on the time of the year, and early-season rafters are attracted by the big waves, big holes and fast-running waters that mark spring on the New River.

The New River includes [Lower](#) and [Upper](#) sections. On the Lower New River, there is typically big whitewater in the spring and early summer with intermittent long, calm pools for swimming and floating. Rafting on the Upper New River begins in mid-May and is much calmer throughout the season, making this section a good choice for families with children as young as six.

Rafting the Gauley River

Adventures on the Gorge also offers [Gauley River](#) rafting trips beginning in mid-May. The frequency of Gauley River releases depends largely on rainfall as well as the amount of water that accumulates in wetlands - or glades - 3,000 to 4,000 feet above the rivers. During a particularly wet year, paddlers can count on intense, technically challenging whitewater during the spring. As summer approaches, there are typical trends in the amount of flow resulting in tighter channels of water, steeper drops and the use of a variety of boats includes duckies and smaller rafts.

Best Run of the Day

New this year is the option of signing up for the "[Best Run of the Day](#)" and letting the guides choose.

On any given day, the best run could be the well-known Upper Gauley, Middle Gauley, Lower Gauley, Upper New or Lower New as well as the less-frequently run Dries on the New River, the Cherry or the Middle Meadow River.

The Dries refers to the section of the New River just below the Hawk's Nest Dam. The Cherry is a tributary of the Gauley featuring Class III rapids. The Meadow River is also a Gauley tributary and features rapids topping out at Class IV.

Travelers can find out more about Adventures on the Gorge [online](#), by calling 1-855-379-8738, or connecting on [Facebook](#), [Twitter](#), [Instagram](#), [Google+](#), [TripAdvisor](#), [YouTube](#), and [Vimeo](#) and signing up for AOTG [e-newsletter](#).

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What to know about Adventures on the Gorge

Named one of the top adventure resorts in the country by [U.S. News & World Report](#), Adventures on the Gorge is located on more than 350 acres along the rim of the majestic New River Gorge near Fayetteville, W.Va. The resort provides an array of outdoor experiences including whitewater rafting on the New and Gauley Rivers, aerial adventures, rock climbing, rappelling, kayaking, stand up paddle boarding, fishing, mountain biking and hiking. There are also restaurants, bars and shops as well as a small-group conference center. Visitors can choose from a variety of [accommodations](#) and [vacation packages](#).

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