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The Upper New River is perfect for novices and kids as young as six.

## Adventures on the Gorge Offers an Array of Whitewater Adventures. Which One is Right for You?

FAYETTEVILLE, W. Va., March 21, 2023 - Southern West Virginia features some of the world's best whitewater, and one of the world's first adventure resorts, Adventures on the Gorge, is ready to help paddlers choose the right whitewater rafting for them.

Choices range from mild Upper New River trips suitable for rafters as young as six to the big-water trips on the Upper Gauley River with a minimum age of 15 and recommended only for experienced rafters.

"With rafting options for everyone from beginners to highly experienced thrill seekers, there's a river-rafting experience for paddlers of all ages and experience levels," said Roger Wilson, CEO of [Adventures on the Gorge](#) (AOTG), the state's leading rafting outfitter. "The enthusiasm is contagious, and just about every longtime rafter I know can remember that early run that jumpstarted their love of the sport."



Glade Creek features smooth water and swimming holes.



The Lower New River put West Virginia rafting on the map.



The Gauley River is known for its predictable big waves in September and October.

Rafting begins on the Lower New April 1. Guided trips on the Upper New commence May 25. Spring and summer Gauley rafting is sporadic and occurs when U.S. Army Corps of Engineers releases water from Summersville Dam. In September and October, releases are scheduled Fridays through Mondays beginning the first Friday after Labor Day.

Which river trip is right for you? Here are the options to help people find the right trip for them:

#### **Rafting the New River**

The New River put West Virginia rafting on the map. The origins of whitewater rafting in West Virginia can be traced back to the mid-1960s when college-aged adventurers took Army surplus rafts and taught themselves how to navigate the New River. Early trips were conducted for fun with friends and family. As the word got out, however, opportunities to turn a profit by selling river trips emerged, and a fledgling industry was born.

The New River includes Upper and Lower sections as well as Glade Creek Canyon.

The [Upper New River](#) is a perfect introduction to rafting and is available to those as young as six. With mostly Class I and II rapids and occasional bigger waves of a few Class IIIs, the Upper New River is an ideal river for beginning rafters who paddle the river in large rafts or small one- or two-person inflatable kayaks called duckies. Rates start at \$129 for an adult and \$84.50 for a youth for full-day trips including lunch. Kids six -11 raft free with a paying adult (one free rafter per paying adult) every day except Saturday when the rate is half the adult rate.

The [Lower New River](#) is the most popular section with big whitewater in the spring and early summer with intermittent long, calm pools for swimming and floating. Because the river runs south to north, water levels are dependent upon rainfall in North Carolina and Virginia. The 25 named rapids can be as large as Class IV. Minimum age is 12. Rates start at \$129 for an adult and \$119 for a youth for full-day trips including lunch. Rates start at \$109 for an adult and \$99 for a youth for the rapid run.

[Glade Creek Canyon](#) is another family favorite that trip begins with a hike to a waterfall along Glade Creek on a path that winds through rhododendron thickets and hemlock forests. After a swim in the pool below the waterfall, guests return for a picnic lunch and a half-day of rafting on the New River. Minimum age is eight. Rates start at \$169 for an adult and \$159 for a youth.

#### **Rafting the Gauley River**

The nearby Gauley River offers even more challenges with plenty of rapids.

Adventures on the Gorge 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 including duckies and smaller rafts.

It's during the fall, however, that rafters from around the world descend upon AOTG. In September and October the Gauley River features the world's best rafting when the U.S. Army Corps of Engineers releases water from Summersville Lake Fridays through Mondays to create close to 100 named rapids - including nine Class V - in a 25-mile stretch.

Gauley rafting has two sections - the Upper and Lower. The [Upper Gauley](#) starts just below Summersville Dam and drops more than 335 feet in fewer than 13 miles, creating the most intense whitewater on the river and one of the most challenging whitewater experiences in the world.

The 12-mile [Lower Gauley](#) is slightly less intense, but still extremely challenging, with 70 rapids. Many people raft a section each day and call the Lower Gauley their “warmup.”

Minimum age for Gauley River trips is 15. Rates start at \$129. Others choose a two-day Upper and Lower Gauley rafting experience broken up by [camping at Canyon Doors](#), a permanent campground on the river featuring a wood-fired hot tub, hot showers, bathrooms and gourmet meals prepared by an expedition chef.

[Overnight rafting options](#) are available for New River trips as well.

#### **Best Run of the Day**

Because conditions can change quickly because of rainfall and dam releases, AOTG offers the option of letting guides and tour leaders choose for their guests. Introduced last year, the “[Best Run of the Day](#)” is available every day of the week except Saturday for moderate to adventurous rafters over the age of 15.

#### **Other Adventures**

Other popular adventures for spring breakers include [TreeTops Canopy Zipline Tour](#), [Bridgewalk](#), guided [rock climbing](#), guided [hiking](#) and [mountain biking](#).

#### **Lodging and more**

There are numerous [lodging options](#) including deluxe cabins with multiple bedrooms and private hot tubs and bunkhouse-style cabins - great for larger groups - with multiple beds in a sleeping loft. Options also include RV sites, tent sites and glamping tents. The resort also features restaurants, bars and shops, hiking trails, overlooks and on-campus adventures like a disc golf course and laser tag course.

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#### **About Adventures on the Gorge**

Established in 2007, Adventures on the Gorge is one of the world’s first adventure resorts. Located on more than 250 acres adjacent to the New River Gorge National Park and Preserve, the resort offers more than two dozen outdoor adventures including whitewater rafting on the New and Gauley Rivers, aerial adventures, rock climbing, kayaking, stand up paddle boarding, fishing, mountain biking and hiking. The resort features an array of lodging choices including deluxe multi-bedroom [rental homes](#) and [cabins](#), [hotel-style](#) cabins, [bunkhouse](#) cabins, [rustic](#) cabins, [glamping tents](#), [RV sites](#) and [campgrounds](#). In addition, the resort offers [restaurants](#), [shops](#), a [conference center](#) and a variety of [vacation packages](#).

For more information, visit the [website](#) or connect with the resort on [Facebook](#), [Twitter](#), [Instagram](#), [TripAdvisor](#), [YouTube](#), and [Vimeo](#) and by signing up for AOTG [e-newsletter](#).


Reservations can be made [online](#) or by calling 1-855-379-8738.

#### [Video and Photos](#)

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