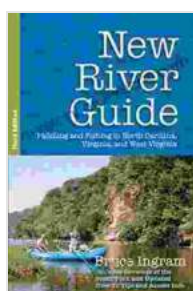


# Paddling and Fishing: Exploring the Waterways of North Carolina, Virginia, and West Virginia

The Appalachian Mountains are a natural playground offering an endless array of paddling and fishing adventures. From the tranquil waters of the Outer Banks to the raging rapids of the New River Gorge, there's something for every paddler and angler in the heart of the Blue Ridge Mountains.



## New River Guide: Paddling and Fishing in North Carolina, Virginia, and West Virginia by Maria van Noord

★★★★☆ 4.5 out of 5

Language	: English
File size	: 9050 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 218 pages
Lending	: Enabled



## North Carolina: Paddling and Fishing in the Tar Heel State

North Carolina boasts a diverse coastline with many rivers, sounds, and lakes, making it a paddler's and angler's paradise. The Albemarle and Pamlico Sounds are home to a variety of waterfowl, while the Neuse and Pamlico Rivers are known for their excellent striped bass fishing.



For a more secluded fishing experience, venture into the remote waters of the Great Dismal Swamp. This national wildlife refuge is a haven for largemouth bass and chain pickerel, while its cypress-lined waterways provide a tranquil setting for paddling.

### **Virginia: Exploring the Blue Ridge Mountains**

Virginia is known for its scenic Blue Ridge Mountains and Shenandoah Valley. The James and Potomac Rivers offer a variety of paddling opportunities, from gentle floats to thrilling whitewater runs. The Shenandoah River is a popular fishing destination for brown and rainbow trout.



For a unique paddling and fishing experience, try the Rappahannock River. This historic waterway offers a chance to explore colonial plantations and battlefields while casting a line for largemouth bass, striped bass, and crappie.

### **West Virginia: The Whitewater Wonderland**

West Virginia is a paddler's paradise with its numerous rivers and streams. The New River Gorge is considered one of the premier whitewater rafting destinations in the world, featuring Class V rapids for experienced paddlers. The Gauley River is another popular whitewater destination with a variety of rapids for all skill levels.



In addition to its whitewater, West Virginia offers excellent fishing opportunities. The Potomac River is known for its smallmouth bass, while the Cheat River is a great spot for trout fishing. For a more remote fishing experience, explore the Elk River, which offers a chance to catch native brook trout.

## **Planning Your Paddling and Fishing Adventure**

There are numerous campgrounds and lodges located near the major waterways in North Carolina, Virginia, and West Virginia. Be sure to check ahead for availability and reservations, especially during peak season.

When it comes to gear, a kayak or canoe is essential for paddling and fishing in these waterways. For whitewater paddling, a specialized whitewater boat is recommended for safety. Also, remember to bring the necessary fishing gear, such as rods, reels, lures, and tackle.

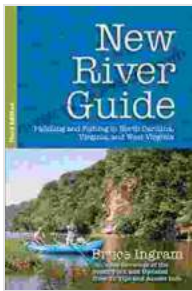
### **Safety First**

Always put safety first by wearing a life jacket when paddling. Be aware of the water conditions and your skill level, and don't attempt rapids beyond your abilities. Also, be mindful of other boaters and share the waterways responsibly.

### **Conservation**

These waterways are valuable natural resources, so practice responsible fishing and paddling. Follow catch-and-release regulations, don't litter, and respect the wildlife. By working together, we can ensure that these waterways remain pristine for generations to come.

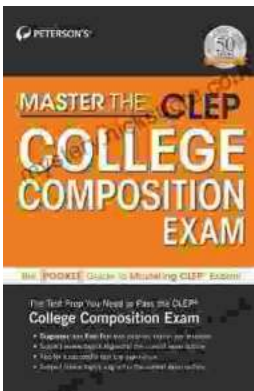
Paddling and fishing in North Carolina, Virginia, and West Virginia offer an unforgettable outdoor experience. Whether you're an experienced paddler or an enthusiastic angler, there's something for everyone in these enchanting waterways. So grab your gear and embark on an adventure through the Appalachian Mountains, where nature's beauty and outdoor recreation await.



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