



# 26th Annual Schuylkill River Sojourn

Over the next seven days, we invite you to explore the Schuylkill River, challenge yourself, make new friends and become a steward of the river.

**June 15 - 21, 2024**



**pennsylvania**  
DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES



A MEMBER OF THE  
**National Heritage  
Area System**



# Policies and Safety Rules

## Policies:

1. No glass containers allowed on the river. No pets allowed.
2. All participants must attend the daily MANDATORY safety briefing conducted before launching. Participants must adhere to the safety guidelines presented.
3. Participants must wear a secured USCG approved Type 3 personal NON- inflatable flotation device (PFD) at all times when in or on the water.
4. Children must be able to swim and be fitted with an appropriately sized PFD.
5. Directions of the Safety Officers must be followed.
6. Alcoholic beverages are not allowed on the river, in municipal parks or on private property.
7. Person-powered watercraft only.
8. Organizers and safety officers of the Schuylkill Sojourn reserve the right to take anyone off the river whose equipment, physical abilities, or state of health would prevent them from safely completing a day on the Sojourn.

## Safety Rules:

1. The first boat is always the “Lead Boat” and may not be passed. This boat will be designated by the Trip Leader.
2. The last boat is the “Sweep Boat” and no boat may be behind this boat. This boat will be designated by the Trip Leader.
3. More experienced paddlers will be expected to assist less experienced paddlers or to function as safety boats if requested by the Trip Leader.
4. Whistle signals will be used by all to communicate on the river. These signals will be explained daily to all paddlers.

## General Instructions:

- When you get off the river in the evening, the outfitter will be at the location with your camping gear.
- Food and Water: Food will be provided for all meals except the first check-in Friday night at Schuylkill Haven. Water and Gatorade are always available at the morning, lunch, evening and scheduled water stops. You are welcome to bring a supply of your favorite high energy snacks. Please make sure you have a refillable water bottle with you at all times. Plastic/paper cups will NOT be available at water stops or lunch stops.



# Week at a Glance

## 26th Annual Schuylkill River Sojourn Programs

**Daily Safety Briefing every morning at 8:30am., this is mandatory for all paddlers.**

**There will be a quick intro for first time/ beginner paddlers joining the Sojourn every morning at 8:15am. Morning launch is at 9 a.m. daily. Program times are approximate & can change based on river conditions & other factors. Join us for a fun week on the water and learning about "Our Living River", this years week long theme.**

### Pre-Sojourn–Friday, June 14, 2024

#### 4-6 p.m. Check-in at Schuylkill Haven Island Park, Schuylkill Haven

Schuylkill River Greenways welcomes paddlers to the 26th Annual Schuylkill River Sojourn with check-in from 4 to 7 p.m. Arrivals may camp at the park for the night. The Island Park Committee will host a Sojourn Kickoff celebration featuring live music. There will also be burgers, hot dogs, ice cream and a beverages available for purchase at the pavilion.

### Day 1 – Saturday, June 15, 2024

#### 15.5 miles: Schuylkill Haven to Port Clinton

Lunch: Auburn Dam. Scott Heidel will be presenting on Schuylkill River restoration, sources of watershed pollution and methods used to mitigate sources of pollution.

Evening: Alexa Smith from the Schuylkill County Conservation District will present on the Acts & Impacts program. Trivia Game Night will follow at the Pavilion in Port Clinton Park. Prizes included.

### Day 2 – Sunday, June 16, 2024

#### 18.5 miles: Port Clinton to Jim Dietrich Park, Muhlenberg Twp.

Lunch: Peter Yarnell Park. Musician Haley Sheeler will provide live music during lunch. Jacob Gardner, SRGA staff, is presenting on Invasive Plants along the Schuylkill River.

Evening: Sojourners camp at Jim Dietrich Park. David Coyne, Environmental Engineer for Liberty Environmental is presenting on the Kernsville Dam Removal Project. Following his presentation, paddlers can wind down with a Sojourn Game Night which includes yard games.

### Day 3 – Monday, June 17, 2024

#### 16.3 miles: Jim Dietrich Park to Gibraltar

Lunch: Join Dr. Erik Silldorff from Delaware Riverkeeper Network to explore the diversity and history of crayfish in the Schuylkill River, including the recent invasion by the Rusty Crayfish. This story links to the decline of American Eels in the Schuylkill River, and we will talk about the path to restoring eels and reversing the crayfish invasion.

Evening: Join Dr. Erik Silldorff for and Underwater Exploration of Allegheny Creek and the Schuylkill River to search for native & invasive crayfish, aquatic plants beds & aquatic habitats.



# Week at a Glance

## Day 4 – Tuesday, June 18, 2024

### 13.7 miles: Gibraltar to Pottstown

Lunch: Historic Morlatton Village. Lois Vedock, from Exeter Township will be presenting on Butterflies and the native plants that support them in the Schuylkill River Heritage Area.

Evening: 50th Anniversary Celebration at Pottstown Riverfront Park! Schuylkill River Greenways is hosting a fun filled night to celebrate our first 50 years and all the extraordinary accomplishments on the River and Trail. There will be live music from Michael Kropp, an ice cream truck and a special program highlighting SRG's accomplishments and upcoming projects.

## Day 5–Wednesday, June 19, 2024

### 17.8 miles: Pottstown to Mont Clare Lock 60

Lunch: Victory Park in Royersford. Emily Basil, Ph.D Assistant Professor of Ecology at Delaware Valley University, will present on River Ecology.

Evening: Join Lucy Heggentaler, our 2024 SAN Steward, to hear their findings from this years Sojourn.

## Day 6–Thursday, June 20, 2024

### 14 miles: Mont Clare to West Conshohocken

Lunch: Valley Forge National Historical Park. National Park Service Ranger will discuss the history of Valley Forge. Sojourners will hear from French Creek Racing, the organization that provides year-round training for area triathletes and open water swimmers.

Evening: Fairmount Water Works will present the final evening program on the Sojourn with a presentation on Freshwater Mussels in the Schuylkill River.

## Day 7–Friday, June 21, 2024

### 16 miles: West Conshohocken to Philadelphia

Lunch: Philadelphia Canoe Club. Schuylkill River Greenways will give final remarks during lunch at the Philadelphia Canoe Club and award full-trip sojourners! Delaware River Basin Commission will join paddlers for the final lunch time program.

Final Takeout: Sojourners will arrive at Boathouse Row and takeout at Lloyd Hall. Paddlers and their kayaks/canoes will be transported to Conshohocken or Schuylkill Haven.



# Schuylkill Sojourn Scholarships

## **Bud O'Hare Scholarship**

A one-day paddling scholarship has been established to honor long-time Sojourner Bud O'Hare.

## **Schuylkill Sojourn Mentorship Program**

This program was established during our 20th Sojourn in 2018. It supports young adults from underserved communities to join the Sojourn for their first kayaking experience on the river. Participants paddle from Allegheny Aqueduct Park to Pottstown Riverfront Park or from Pottstown Riverfront Park to Lock 60 in Mont Clare, PA.

## **Schuylkill Action Network Sojourn Steward**

We are so thankful for the Schuylkill Action Network's partnership and their work in the Schuylkill River Watershed. This year, we welcome Lucy Heggentaler. Lucy is an avid paddler, has completed several sojourns and has a love for the natural world and is excited to share her knowledge with this year's Sojourners! You can follow the Sojourn Steward's journey by following the Schuylkill Action Network (SAN) on Facebook, Instagram (@SchuylkillWaters), and Twitter (@SchuylkillWater).

## **Bill Trace Scholarship for First Time Sojourners**

This award has been established in memory of Bill Trace, a regular paddler on the annual Schuylkill River Sojourn, a devoted outdoorsman with a love for the river, and an active member of Schuylkill River Greenways NHA. He loved getting people out on the river. This provides one free day of the Sojourn to an individual and guest who have never before participated.



# Pre-Sojourn: Friday, June 16, 2024

Schuylkill Haven Island Recreational Park

## EMERGENCIES: CONTACT 911

## Non-Emergency Contacts:

**SRG Contact: 610-322-0618**

**SRG Office: Monday - Friday: 484-945-0200 (9 a.m.-4 p.m.)**

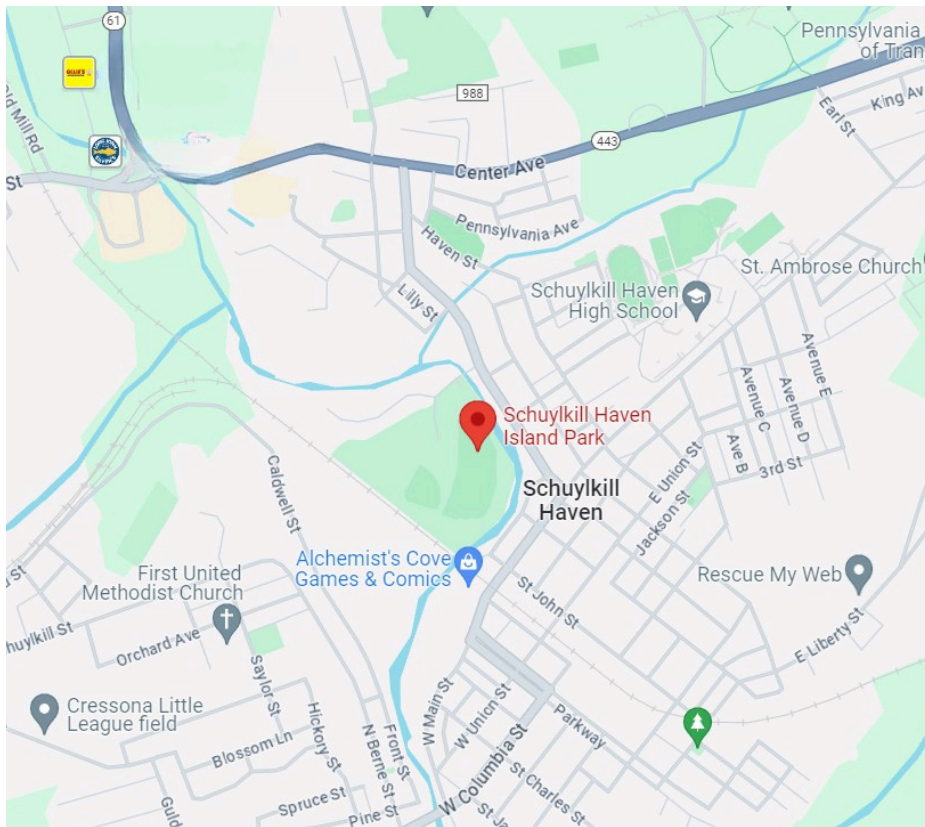
**Take It Outdoors : 215-630-7706**

**Landing Captain:** Schuylkill River Greenways  
Schuylkill Haven Island Park  
Broadway St. Schuylkill Haven, PA 17972

**Check In:** 4pm - 7pm, under pavilion

The Island Park Committee will host a Sojourn Kickoff celebration featuring live music from local musicians, food and drinks for purchase in the pavilion.

## Schuylkill Haven Island Park



# Pre-Sojourn: Friday, June 16, 2024

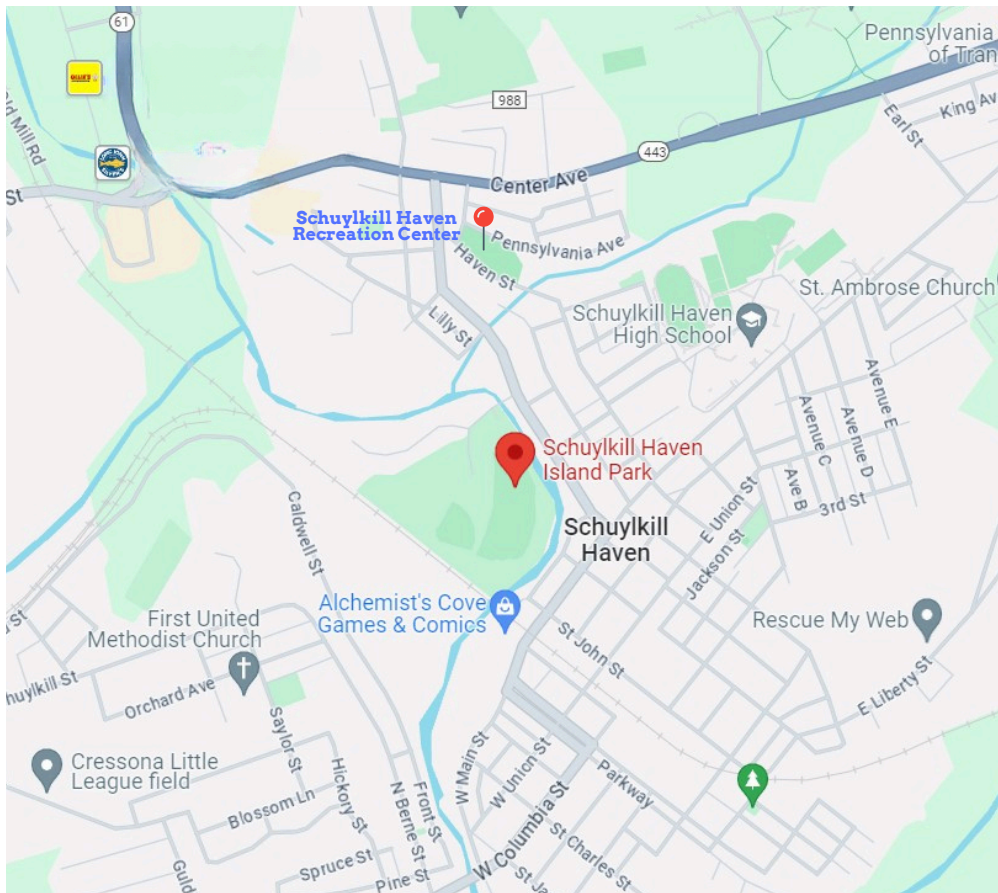
## Schuylkill Haven Island Recreational Park

**Activities:** Camping is available at Schuylkill Haven Island Park.

Sojourners shuttling their car to Port Clinton Saturday evening can park at Island Park. Sojourners also have the option to take a shuttle back to Schuylkill Haven Sunday evening.

Sojourners leaving their car in Schuylkill Haven during the entire Sojourn, need to park their cars at the Schuylkill Haven Senior Center on Haven Street. It is about a 10 minute walk back to the park. Map below.

## Schuylkill Haven Island Park



### Parking and Goggle Links:

If you are shuttling your car every day or taking the weekend shuttle, you may leave your car at Island Park in the gravel lot.

### \*Full Trip Shuttle Parking!

If you are doing the full trip and selected the full trip shuttle to bring you from Philly to Schuylkill Haven, you must have your car parked at Schuylkill Haven Recreation Center.

You can drop your kayak/ canoe and gear at the park before hand. It is about a 10-15 minute walk back to Schuylkill Haven Island Park.

### Google Links:

- [Schuylkill Haven Island Park](#)
- [Schuylkill Haven Rec. Department](#)

# Day 1 - Saturday, June 15, 2024

Schuylkill Haven to Port Clinton

## **EMERGENCIES: CONTACT 911**

### **Non-Emergency Contacts:**

**SRG Contact: 610-322-0618**

**SRG Office: Monday - Friday: 484-945-0200 (9 a.m.-4 p.m.)**

**Take It Outdoors : 215-630-7706**

**Registration:** 7am - 8am, Schuylkill Haven Island Park

**Breakfast:** 7am - 8:15am, Hosted by Schuylkill River Greenways.

### **New Paddler**

**Check In with** 8:15am

**TIO:**

**Gear on Trailer:** No later than 8:30am

**Safety Briefing:** 8:30am, ATTENDENCE IS MANDATORY!

**Opening** 9am, Schuylkill River Greenways will kick off  
**Remarks:** the Sojourn with a few remarks.

**Lunch:** Auburn Dam Landing hosted by Schuylkill  
Lodge No. 138





# Saturday River Miles: 15.5

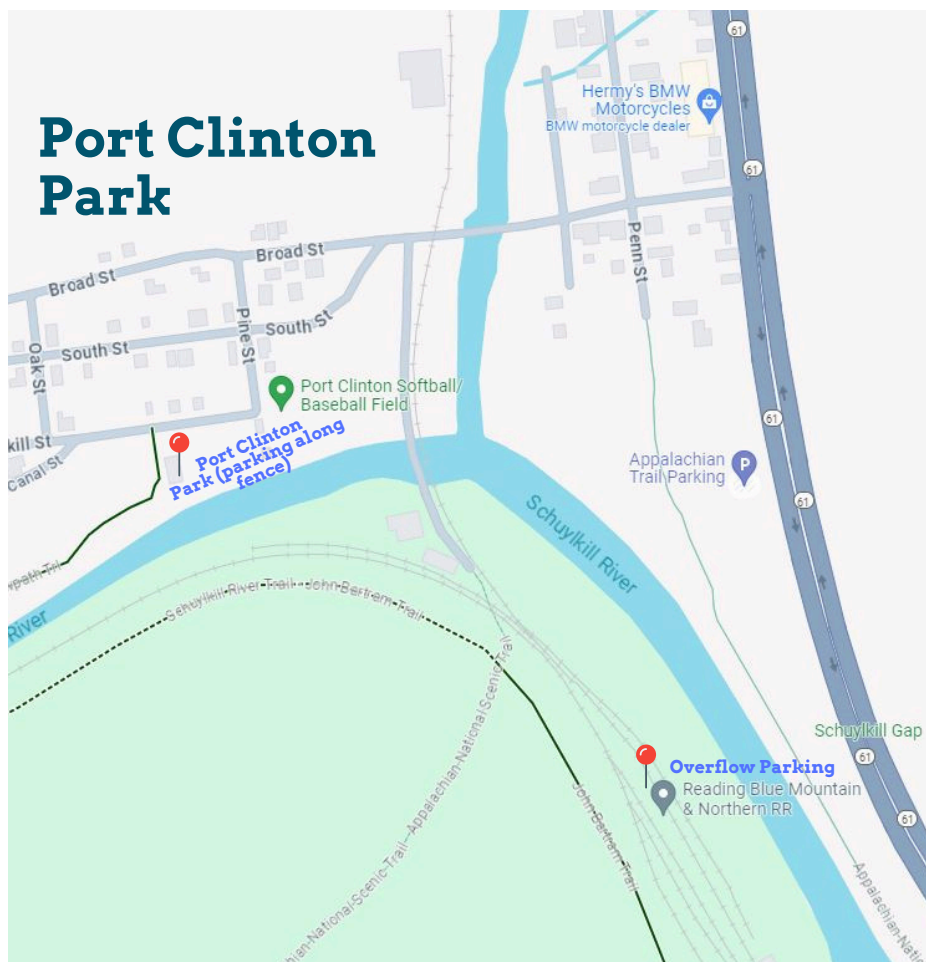
River Features: Beautiful narrow headwaters, the Auburn Basin, views of the AT and the Chutes!

**Program:** Scott Heidel will be presenting on Schuylkill River restoration, sources of watershed pollution and methods used to mitigate sources of pollution.

**Take Out:** Port Clinton Park. Schuylkill St., Port Clinton, PA 19549. Shuttle buses will take paddlers to Schuylkill Haven.

**Dinner:** 4:00-7:00 pm. Hosted by Port Clinton Fire Company.

**Evening Program:** 7pm in the Pavilion, Alexa Smith will present on Acts & Impacts. Trivia game night will follow. Prizes included!



## Parking and Goggle Links:

Parking at Port Clinton is limited. There will be an evening shuttle from Schuylkill Haven to Port Clinton. \*Only park where instructed at the Park or overflow at Reading Blue Mountain, both highlighted to the right.

## Weekend Shuttle:

If you would like to leave your car at Schuylkill Haven Island Park, there will be a shuttle Sunday night to take you from Jim Dietrich park to Schuylkill Haven Island Park.

## Google Links:

- [Schuylkill Haven Island Park](#)
- [Port Clinton Park](#)

# Day 2 - Sunday, June 16, 2024

Port Clinton to Jim Dietrich Park, Muhlenberg Twp.

## **EMERGENCIES: CONTACT 911**

### **Non-Emergency Contacts:**

**SRG Contact: 610-322-0618**

**SRG Office: Monday - Friday: 484-945-0200 (9 a.m.-4 p.m.)**

**Take It Outdoors : 215-630-7706**

- Registration:** 7am - 8am at Port Clinton Park Pavilion. Schuylkill St., Port Clinton.
- Breakfast:** 7am - 8:15am, Hosted by Saint John's Church of Port Clinton. Directions: walk up Pine St., right onto Broad, then left onto Penn Street & to the red church on the right hand side. 36 Penn St., Port Clinton, 19549.
- Gear on Trailer:** No later than 8:30am
- New Paddler Check In with TIO:** 8:15am
- Safety Briefing:** 8:30am, ATTENDENCE IS MANDATORY!
- Launch Time:** 9am
- Lunch:** Peter Yarnell Park, Hosted by Hamburg Rotary. 448 Fisher Dam Rd., Hamburg, PA 19526.
- Program:** Music by Haley Sheeler during lunch. After lunch, Jacob Gardner will give a presentation on invasive plants found in the Schuylkill River Heritage Area.
- Water Stop:** Leesport Water Trail Landing
- Take Out:** Jim Dietrich Park, 4899 Stoudts Ferry Bridge Rd., Reading, PA 19605. Shuttles will bring paddlers back to Schuylkill Haven and Port Clinton AFTER dinner.

# Sunday River Miles: 18.5

River Features: Twisty river bends, the Kernsville Dam, and plenty of wave trains.

## Dinner:

Hosted by Muhlenberg Lions Club. Dinner will be held before the shuttle.

## Evening Program:

7pm, David Coyne, from Liberty Environmental, is presenting on the Kernsville Dam Removal Project. Following his presentation, paddlers can wind down with a Sojourn Game Night which includes yard games.

## Parking and Goggle Links:

Jim Dietrich Park has plenty of parking reserved for paddlers by the blue pavilion and barn parking lot. Paddlers picking up or dropping off their kayaks, can follow the gravel road back to the Boat Launch area highlighted on the map below.

## Weekend Shuttle:

If you would like to leave your car at Schuylkill Haven Island Park, there will be a shuttle Sunday night to take you from Jim Dietrich park to Schuylkill Haven Island Park.

## Google Links:

- [Schuylkill Haven Island Park](#)
- [Jim Dietrich Park](#)



# Day 3 - Monday, June 17, 2024

Jim Dietrich to Allegheny Aqueduct, Gibraltar

**EMERGENCIES: CONTACT 911**

**Non-Emergency Contacts:**

**SRG Contact: 610-322-0618**

**SRG Office: Monday - Friday: 484-945-0200 (9 a.m.-4 p.m.)**

**Take It Outdoors : 215-630-7706**



- Registration:** 7am - 8am at Jim Dietrich Park, 4899 Stoudts Ferry Bridge Rd, Reading 19605
- Breakfast:** 7am - 8:15am, Hosted by Muhlenberg Lions Club
- Gear on Trailer:** No later than 8:30am
- New Paddler Check In with TIO:** 8:15am
- Safety Briefing:** 8:30am, ATTENDENCE IS MANDATORY!
- Launch Time:** 9am
- Lunch:** Reading Riverfront Park hosted by the Keystone Canoe Club. 407 Riverfront Drive, Reading 19602
- Program:** Dr. Erik Silldorff from the Delaware Riverkeeper Network, we will explore the diversity & history of crayfish in the Schuylkill River.
- Take Out:** Allegheny Aqueduct, 1130 Old River Rd., Birdsboro, PA 19508
- Dinner:** Hosted by Cumru Lions Club.  
**Showers & Frozen Island Ice Cream Truck!**
- Evening Program:** 7pm, Snorkeling and underwater exploration of Allegheny Creek and the Schuylkill River with Dr. Erik Silldorff.

# Monday River Miles: 16.3

River Features: Crazy Hat Day for Kelly's Rapids, city views of Reading, and waves trains.

## Parking and Goggle Links:

Allegheny Aqueduct Historical Park does not have parking for paddlers. If you are dropping off/picking up your kayak, park along Old River Road temporarily. If you are camping over night, park at St. Johns Evangelical Lutheran Church and walk up Old River Road for dinner, programming, camping and showers.

## Google Links:

- [Beidler House at Allegheny Aqueduct Historical Park](#)
- [St. Johns Parking](#)



# Day 4 - Tuesday, June 18, 2024

Allegheny Aqueduct to Riverfront Park, Pottstown

**EMERGENCIES: CONTACT 911**

**Non-Emergency Contacts:**

**SRG Contact: 610-322-0618**

**SRG Office: Monday - Friday: 484-945-0200 (9 a.m.-4 p.m.)**

**Take It Outdoors : 215-630-7706**

**Registration:** 7am - 8am at , 1130 Old River Rd.,  
Birdsboro, PA 19508

**Breakfast:** 7am - 8:15am,  
Hosted by Cumru Lions Club

**Gear on Trailer:** No later than 8:45am

**New Paddler  
Check In with TIO:** 8:15am

**Morning Shuttle:** **Full trippers & daily paddlers will need to move their cars to Pottstown in the morning. Shuttles will leave from Riverfront Park at 8:15am. Paddlers arriving Tuesday morning for your first day and mentors can leave their car at St. Johns and take the limited evening shuttle available from TIO after sweep boat comes off the water.**

**Safety Briefing:** 8:45am, ATTENDENCE IS MANDATORY!

**Launch Time:** 9am

**Lunch:** Morlatton Village, 31 Old Philadelphia Pike,  
Douglassville 19518

# Thank You Sojourn Sponsors!



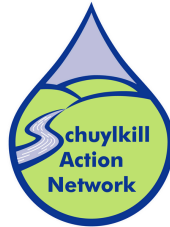
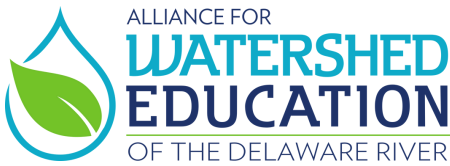
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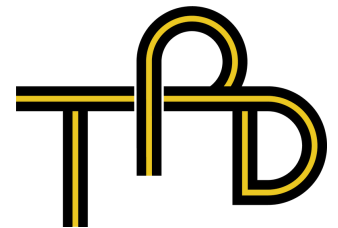
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DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES



**Scott & Susan Bentley**



**CORNERSTONE**  
*Independent Asset Management*



# Tuesday River Miles: 13.7

River Features: Scenic Tunnel of Love, small rapids and river islands.

**Program:** Lois Vedlok will present on native plants and butterflies.

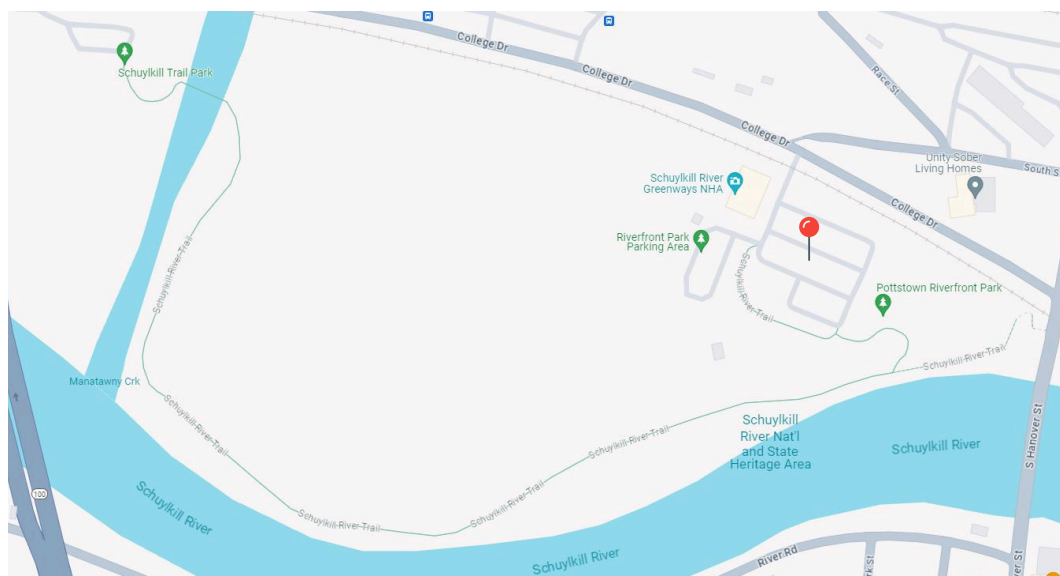
**Take Out:** Pottstown Riverfront Park.  
140 College Drive, Pottstown 19464.

**Showers:** Showers in the SRG office till 7pm.

**Dinner:** Hosted by Schuylkill River Greenways.

**Evening Program:** Showers and massages will be available starting at 4pm with dinner to follow. During dinner, join SRG in celebrating our 50th anniversary with live music from Michael Kropp & local treats. Take It Outdoors will also be open to Sojourners if they want to try paddle boarding. Showers will also be available in SRG's office.

## Pottstown Riverfront Park



### Parking and Google Links:

There is plenty of parking at Riverfront Park!

- [Pottstown Riverfront Park](#)

### Car Shuttle:

Full trippers & daily paddlers shuttling their cars daily will need to move their cars to Pottstown in the morning. Shuttles will leave from Riverfront Park at 8:15am. Paddlers arriving Tuesday morning for your first day and mentors can leave their car at St. Johns & take the limited evening shuttle available from TIO after sweep boat comes off the water.



# Day 5 - Wednesday, June 19, 2024

Pottstown to Lock 60, Mont Clare

**EMERGENCIES: CONTACT 911**

**Non-Emergency Contacts:**

**SRG Contact: 610-322-0618**

**SRG Office: Monday - Friday: 484-945-0200 (9 a.m.-4 p.m.)**

**Take It Outdoors : 215-630-7706**

**Registration:** 7am - 8am at Pottstown Riverfront Park  
140 College Dr., Pottstown, PA 19464

**Breakfast:** 7am - 8:15am, Hosted by Schuylkill River  
Greenways.

**Gear on Trailer:** No later than 8:30am

**New Paddler  
Check In with TIO:** 8:15am

**Safety Briefing:** 8:30am, ATTENDANCE IS MANDATORY!

**Launch Time:** 9am

**Water Stop:** Linfield Community Park, Limerick Twp.

**Lunch:** Victory Park, 2nd Avenue &, Arch St,  
Royersford, PA 19468

**Program:** Emily Basile, Ph.D Assistant Professor of  
Ecology at Delaware Valley University, will  
present on River Ecology.

## Wednesday River Miles: 17.8

River Features: windy river, small rapids, Lock 60 & the Schuylkill Canal.

### Dinner:

Hosted By Schuylkill Canal Association, Dan and Betsy Daley. Dinner is at St. Michaels Pavilion. Directions: Walk across the Lock & turn right onto the gravel & continue past the past Lock Tender's house, past the concrete block garage, through the open gate and the woods to pavilion. Highlighted on map below.

### Evening Program:

7pm, SAN Steward Lucy Heggenstaller will give a presentation about her experience on the Schuylkill Sojourn around a campfire.

## Lock 60, Mont Clare

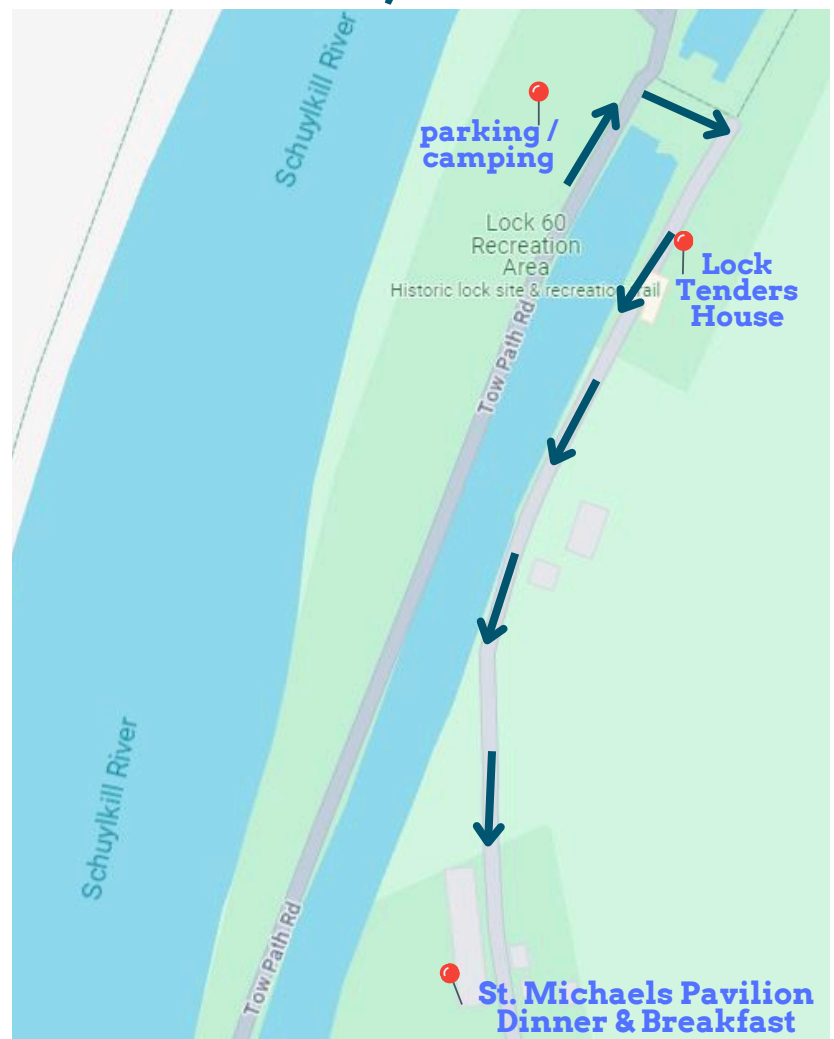
### Parking and Goggle Links:

Parking is available in gravel lot and around the top loop. Do not park along the road.

Directions from lock 60 to St. Michaels Pavilion are highlighted on the map. If you would like to forgo the walk along the canal for dinner, use the link below to drive to St. Michaels. Park in the designated spots in the grass.

### Google Links:

- [Lock 60, Mont Clare](#)
- [St. Michaels Pavilion](#)



# Day 6 - Thursday, June 20, 2024

Mont Clare to West Conshohocken

## **EMERGENCIES: CONTACT 911**

### **Non-Emergency Contacts:**

**SRG Contact: 610-322-0618**

**SRG Office: Monday - Friday: 484-945-0200 (9 a.m.-4 p.m.)**

**Take It Outdoors : 215-630-7706**

**Registration:** 7am - 8am at Lock 60. Lock 60 Recreation Area, Mont Clare, PA, 19453

**Breakfast:** 7am - 8:15am, Hosted by Schuylkill Canal Association at St. Michaels Pavilion.  
Directions: walk the dirt the road past Lock tender's house & concrete block garage, go through the open gate & woods to the pavilion.

**Gear on Trailer:** No later than 8:30am

**New Paddler  
Check In with TIO:** 8:15am

**Safety Briefing:** 8:30am, ATTENDENCE IS MANDATORY!

**Launch Time:** 9am

**Lunch:** Betzwood Park at Valley Forge, Hosted by Valley Forge National Historic Park.

**Program:** Valley Forge National Historical Park. National Park Service Ranger will discuss the history of Valley Forge. Sojourners will hear from French Creek Racing.

# Thursday River Miles: 14.0

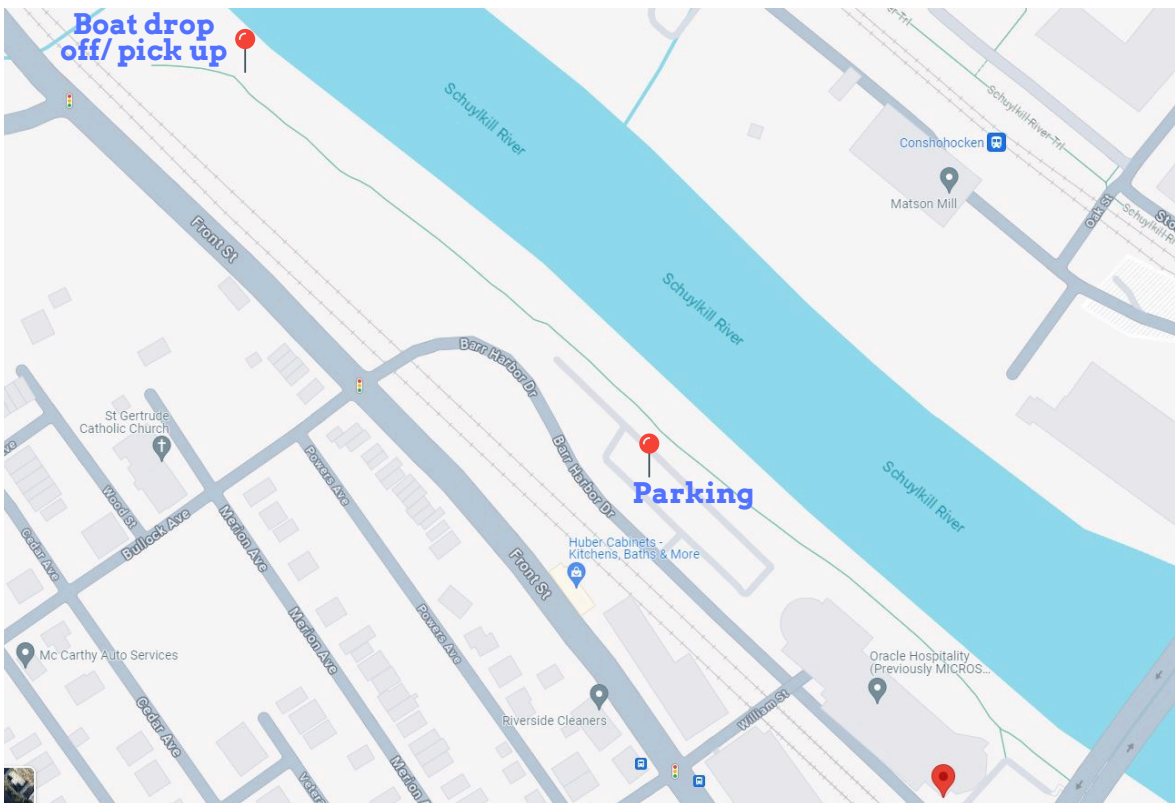
River Features: the Schuylkill Canal, wave trains, and flat water.

**Take Out:** West Conshohocken. Shuttle buses will arrive after dinner. Use 300 Barr Harbor Dr., West Conshohocken, PA 19428.

**Dinner:** Hosted By Schuylkill River Greenways.

**Evening Program:** Fairmount Water Works to present the final evening program on the Sojourn with a presentation on freshwater mussels in the Schuylkill River.

## West Conshohocken



**Parking and Goggle Links:**  
Parking is available in the parking lot closest to the river.

**Google Links:**

- [West Conshohocken](#)

# Day 7 - Friday, June 21, 2024

West Conshohocken to Philadelphia

## **EMERGENCIES: CONTACT 911**

### **Non-Emergency Contacts:**

**SRG Contact: 610-322-0618**

**SRG Office: Monday - Friday: 484-945-0200 (9 a.m.-4 p.m.)**

**Take It Outdoors : 215-630-7706**

**Registration:** 7am - 8am, 300 Bar Harbor Dr.  
Conshohocken

**Breakfast:** 7am - 8:15am, Hosted by Philadelphia Canoe Club

**Gear on Trailer:** No later than 8:30am

**New Paddler  
Check In with TIO:** 8:15am

**Safety Briefing:** 8:30am, ATTENDANCE IS MANDATORY!

**Launch Time:** 9am

**Lunch:** Hosted by the Philadelphia Canoe Club  
4900 Ridge Ave, Philadelphia 19127

**Program:** Schuylkill River Greenways will give final remarks & full-trip sojourners will be recognized.

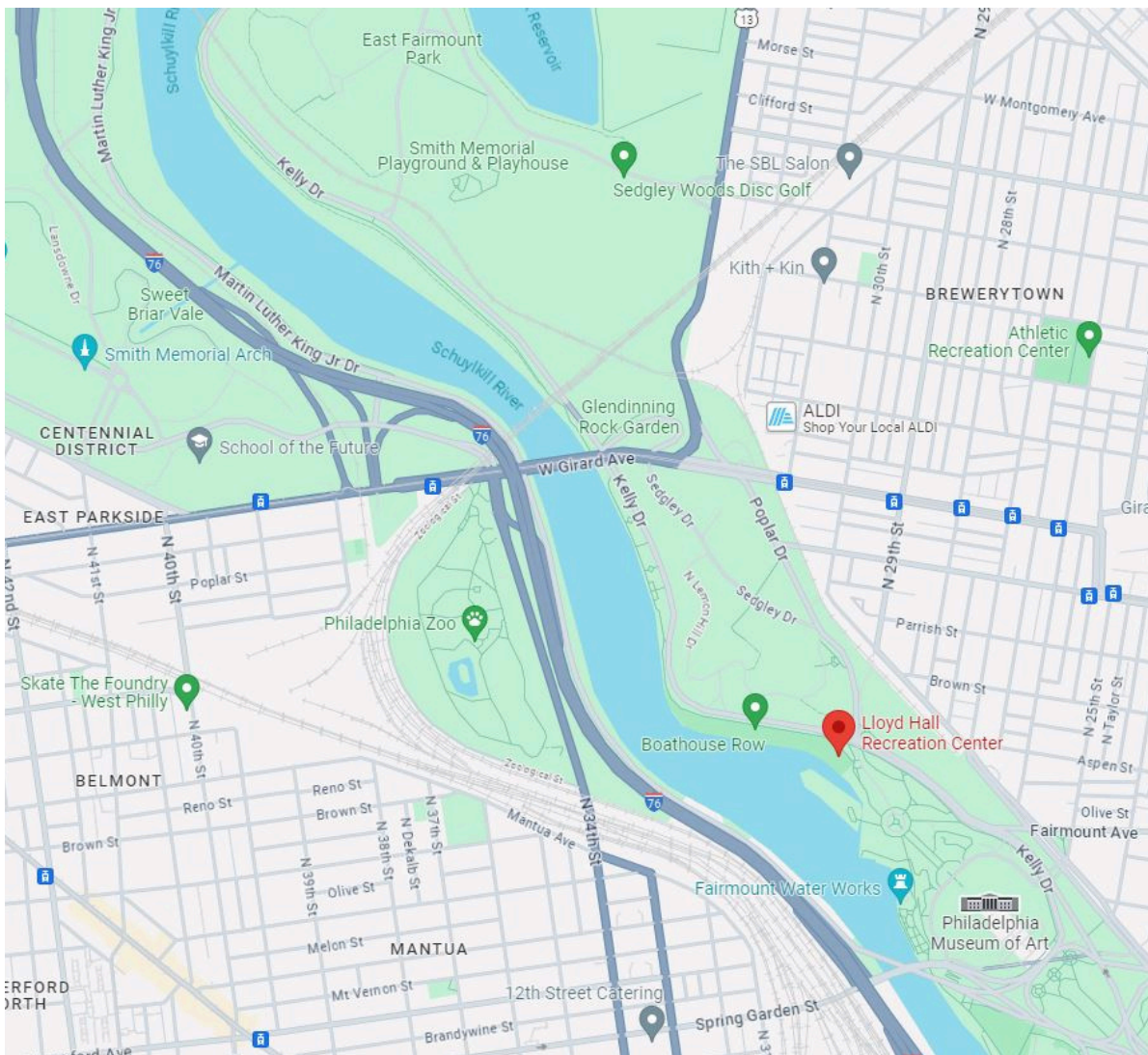
**Take Out:** Lloyd Hall, Boathouse Row  
1 Boathouse Row, Philadelphia, PA 19130

**Shuttles** Shuttle Buses and Outfitter vehicles will shuttle boats, gear and sojourners back to West Conshohocken or Schuylkill Haven.

# Friday River Miles: 16.0

River Features: Flat Rock, river bridges and the iconic Boathouse Row and Philadelphia Skyline.

## West Conshohocken



### Parking and Goggle Links:

No parking needed at this location as all boats, gear and paddlers will be shuttled back to West Conshohocken or Schuylkill Haven.

### Google Links:

- [Lloyd Hall Boat Launch](#)


# Get To Know this Years SAN Steward, Lucy Heggenstaller!

Meet Lucy Heggenstaller

## 2024 SAN STEWARD



- Master Naturalist
- Forest and Nature Therapy Guide



We welcome Lucy Heggenstaller as this year's Schuylkill River Steward. Lucy fell in love with river tripping on her first sojourn on the West Branch of the Susquehanna. She has paddled the length of the Susquehanna and a few of its tributaries and loves back country paddling in Algonquin Provincial Park, Ontario. She is excited to join the 2024 Schuylkill River Sojourn and to share her love of the natural world with Schuylkill sojourners.

Lucy encourages all paddlers to download the iNaturalist app and the Merlin app in preparation for the Sojourn.

# Say Cheese! And keep an eye out for this year Photographer, Kara Foran!



## SAY CHEESE!

The official sojourn photographer will be paddling along with the group every day to capture action shots on the water to group photos and everything in between!



# SOJOURN PHOTOS



## MEET THE PHOTOGRAPHER



Kara Foran is an outdoor photographer and filmmaker based in Philadelphia. Her work focuses on landscape, adventure and branding. She is also an avid adventurer!  
This will be her 3rd sojourn

@karaforan  
www.karaforan.com



## SEE YOU ON THE SCHUYLKILL!



## WHERE CAN I FIND THESE PHOTOS?

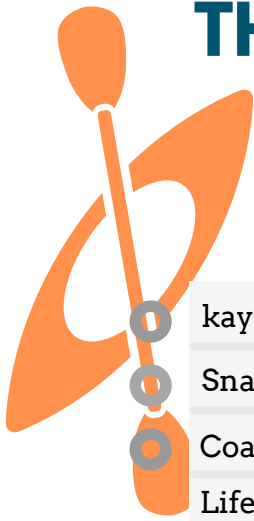
After the trip you will receive a link to a photo gallery where you can purchase images.





# THE SCHUYLKILL RIVER SOJOURN

## What do I bring and wear?



### on water gear

- kayak or canoe and paddle
- Snacks
- Coast Guard approved Type III Life jacket (PFD)
- Sunblock and lip balm w/SPF
- waterproof dry bag
- water bottle-aim for 1.5 liters capacity. Water & Gatorade will be available for you at every stop
- medications you need for the day

### on water wear

- athletic wear, quick dry & swimming apparel
- sports sandals with ankle strap,
- water shoes or sneakers
- hat with a brim/ sun protection
- sunglasses with strap
- rain jacket-no ponchos
- bring a light jacket with full zip, mornings can be chilly

### off water

- up to 2 duffle bags per person
- camping gear
- clothes for cool evenings
- shoes and socks
- headlamp or flashlight
- toiletries and towel
- medications

### not permitted

- inflatable life jackets
- paddle leashes
- unsecured or excessive lines, ropes or bungee cords
- portage wheels not properly secured inside kayak/canoe

### optional (but recommended)


- bailer and sponge, whistle, seat pad, waterproof dry box
- additional dry and warm clothes as well as rain gear
- insect repellent, body wipes, extra glasses
- portage wheels may be used if stored safely when not in use. Portage assistance will be available if needed.



# THE SCHUYLKILL RIVER SOJOURN

## Advice for your first Sojourn!

- Wear shoes you've used before on land and in water.
- Talk with anyone and everyone along the way.
- If you think you have enough clothes, bring more!
- Figure out the first night which tent(s) snore(s) and choose your tent site appropriately (TIO has ear plugs too).
- Prepare to be amazed by the quality of the safety people
- Paddling gloves are a good idea
- Be prepared for some short and longer walks to meals.
- Always pack snacks and bring them on the water with you.
- Don't overpack your camping gear; all you need on the boat is a dry bag with snacks, water bottle, sunscreen, etc. You can leave your car keys, dry clothes, tents, extra snacks, extra medicine and gear on the gear trailer that will meet you at the Take Out each day.
- Just go with the flow! SRG and TIO's got your back (and your boat).
- Anybody can do it and the experience is wonderful!



Be ready for  
anything and  
have fun.



# 2024 Sojourn Menu

\*\*SRG provides water and Gatorade for the entire trip. Several water stops will include some a variety of snacks. Each meal has vegetarian options but review the menu and pack additional snacks if needed.

## Friday Night Pre-Sojourn: Schuylkill Haven Island Park

- Schuylkill River Greenways will not be providing dinner this night. Schuylkill Haven Island Park is holding its annual "Rock the Island" community event and will have food vendors. BBQ Chicken will be available. Pre-ordering the BBQ dinner is highly recommended. To order, call 570-385-3578.

## (Day 1) Saturday, June 15

- Breakfast: Schuylkill Haven Island Park, Hess Catering
  - Scrambled eggs, French toast, sausage, homefries, fruit, and coffee.
- Lunch: Auburn Dam, Schuylkill Lodge No. 138
  - Selection of wraps with lunch meat and vegetarian options, soup, salad and watermelon.
- Dinner: Port Clinton, Port Clinton Fire Company
  - Spaghetti Dinner with salad and a variety of desserts.

## (Day 2) Sunday, June 16

- Breakfast: Port Clinton, St. Johns Church
  - Scrambled eggs, pancakes, sausage & vegetarian sausage, fruit, orange juice, coffee & tea.
- Lunch: Peter Yarnell Park, Hamburg Rotary Club
  - Assortment of BYO Sandwiches with, veggies, fruit, cookies and chips.
- Dinner: Jim Dietrich Park, Muhlenberg Lions Club
  - Mexican Fiesta – BYO fajita - chicken, steak, veggie, rice, beans, chips and salsa and drinks.

## (Day 3) Monday, June 17

- Breakfast: Jim Dietrich Park, Muhlenberg Lions Club
  - Bagels, cereal with non-dairy options, muffins, fruit, coffee and tea.
- Lunch: Reading Riverfront Park, Keystone Canoe Club
  - Fresh salads made by volunteers, fresh fruit, selection of cut vegetables and chips, a variety of sandwiches (from hummus to peanut butter, meats and cheeses), snacks – granola bars and desserts like brownies and cake – coffee, tea, iced tea lemonade.
- Dinner: Allegheny Aqueduct, Cumru Lions Club
  - Pulled pork BBQ sandwiches, vegetarian BBQ sandwiches, salads, fruit and drinks.
  - There will be a frozen treat for dessert!

### (Day 4) Tuesday, June 18

- Breakfast: Allegheny Aqueduct, Cumru Lions Club
  - Pancakes, sausage, eggs, yogurt, fruit, coffee and tea.
- Lunch: Morlatton Village, Historic Preservation of Berks Co.
  - Fried chicken, salads, tomato pie, drinks, water ice.
- Dinner: Riverfront Park, Pottstown, SRG and Bause Catering
  - Lemon Chicken and Rosemary Pork, Pasta with Broccoli Pesto, summer salads, & coffee.
  - There will be drinks and an ice cream truck for dessert!

### (Day 5) Wednesday, June 19

- Breakfast: Riverfront Park, Pottstown, SRG and Bause Catering
  - Assortment of individual breakfast casseroles with vegetarian option, fresh fruit, pastries, coffee and tea. A few Gluten Free and Dairy Free options will be available at this breakfast.
- Lunch: Victory Park, Schuylkill Canal Association
  - Boyer Catering, hot dogs, hamburgers, veggie burgers, hot pork sandwiches, salads, & fruit.
- Dinner: Lock 60, Schuylkill Canal Association
  - Cheese steaks and veggie grinder, salad, chips, desserts, and beverages.

### (Day 6) Thursday, June 20

- Breakfast: Lock 60, Schuylkill Canal Association
  - Breakfast sandwiches, cereal, yogurt and granola, fruit, coffee and tea.
- Lunch: Betzwood Park in Valley Forge, French Creek Racing
  - Variety of meat and veggies sandwiches and wraps, tomato pie, and drinks.
- Dinner: Barr Harbor in Conshohocken, Ribhouse BBQ
  - Chicken, Ribs, Baked Beans, Baked Ziti, potato salad, salad and drinks.

### (Day 7) Friday, June 21

- Breakfast: Barr Harbor in Conshohocken, Philadelphia Canoe Club
  - Pastries, yogurt, cereal, fruit, coffee and tea.
- Lunch: Philadelphia Canoe Club
  - Variety of meat and veggie sandwiches, salads, fruit, chips, fresh baked cookies, and drinks
- No dinner since the final takeout will be late afternoon.

There will be snacks and drinks at the takeout at Lloyd Hall.

