**Welcome to the Cacapon River Water Trail!**

Stretching approximately 60 miles into the Cacapon’s brewers with the Pocataw, the Cacapon River Water Trail offers paddlers a rich and varied paddling experience. Along the way you will visit old salvinian, biodiverse forest, and breathtaking cliffs and natural formations. The Water Trail passes through the biodiversity-stuffed of the Potomac River and the Chesapeake Bay ecosystems, giving paddlers a new glimpse into this ancient black on black in many other places. Bring your binoculars to view a large variety of birds and mammals, and your fly to fish one of the best bass fisheries in the area.

### Water Trail Overview

Water Trails are routes on a stream, river or lake that provide a natural, educational or recreational opportunity. The Cacapon River Water Trail flows through private property where landowners have granted permission that you please respect the rights of these private landowners by not camping without their permission.

**North to South:**

- Keyhole and non-aluminum craft are the preferred craft and are mandatory in certain sections.
- There are no public restrooms facilities located along the trail. There are no public restrooms facilities located along the trail. There are no public restrooms facilities located along the trail. There are no public restrooms facilities located along the trail.
- There is no public camping along the Cacapon and Lost River section.

**Lowest to Highest:**

- Cacapon Bridge to Cacapon Dam
  - Distance: 11 miles
  - Elevate 2,000 feet
  - Elevate 3,400 feet
  - Elevate 5,000 feet

**Cacapon Bridge to Pocataw Dam:**

- Distance: 38 miles
- Elevate 1,000 feet

### Cacapon and Lost Rivers Land Trust

The Cacapon and Lost Rivers Land Trust is a non-profit organization dedicated to preserving the Cacapon and Lost Rivers. To date the Land Trust has protected 28,000 acres of land and has carried out 15 river restoration projects. For more information, visit www.cacaponguide.com.

### Wildlife and Plants Species

**White Oak (Quercus alba)** is a deciduous, long-lived, broad-leaved tree that produces viable fruit. Eastern Red Oak (Quercus rubra) is a large, deciduous tree that produces viable fruit. Eastern Red Oak (Quercus rubra) is a large, deciduous tree that produces viable fruit. Eastern Red Oak (Quercus rubra) is a large, deciduous tree that produces viable fruit.

**Southern Red Oak (Quercus falcata)** is a deciduous tree that produces viable fruit. Eastern Red Oak (Quercus rubra) is a large, deciduous tree that produces viable fruit. Eastern Red Oak (Quercus rubra) is a large, deciduous tree that produces viable fruit.

**Riparian habitats** are a patch of habitat that extends 35 feet from the stream's edge. Riparian habitats provide a source of food for many species and are often home to many species.

**Cinnamon Fern (Osmunda cinnamomea)** is a fern that is often found in wetlands and along streams. It is a hardy plant that can survive in a variety of conditions.

**Grass of Parnassus (Crassula helmsii)** is a succulent plant that is often found in arid regions. It is a hardy plant that can survive in a variety of conditions.

**Asimina triloba** (American Pawpaw) is a deciduous tree that produces edible fruit. It is a hardy plant that can survive in a variety of conditions.

**Mountain Goldenrod (Solidago altissima)** is a native species that is often found in wetlands and along streams. It is a hardy plant that can survive in a variety of conditions.

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