POWERED BY OrthoCarolina

KEEPING THE RIVER

CATAWBA RIVER ACTIVITIES

KAYAKING & CANOEING



Kayaking, Canoeing and tubing are some of the most popular river activities, save for fishing. The Catawba River Blueway hosts 200 miles of flatwater and whitewater paddling routes and put ins. The Catawba Riverkeeper Foundation's website hosts suggested trails, trips, tours and scheduled flow releases from nearby dams for you to stay up on water levels and speed before getting out on the river. Launch points are accessible all throughout the Lake Norman, Mountain Island Lake and Lake of the blueway with kayak and canoe rentals available seasonally.

Photo by Wes Maxwell

STAND UP PADDLE BOARDING



Stand-up paddle boarding, or SUP as its commonly known, has become a wildly popular water activity in recent years and in the Charlotte area you have access to events like SUP yoga and river races like the SUP Stream Catawba River Race. There are outfitters all along the Catawba River that can provide you with boards, paddles and personal floatation devices if you don't already have all the gear needed.

Photo courtesy of Catawba Riverkeep

FISHING THE SHORES OF THE CATAWBA



In order to fish on the Catawba River in North and South Carolina you must have a valid fishing license issued from either the North Carolina Wildlife Resources Commission or the South Carolina Department of Natural Resources. Beyond the license, fishing is free at all public access points on the Catawba River. Most access sites, and those managed by Duke Energy, are open 24 hours unless otherwise posted while some areas that are managed through a lease to a government entity may have different operating hours. You can expect largemouth bass in rocky, shady areas near the shore with channel catfish and blue catfish all being the most popular species. There are brown trout fishing areas near the Lake James Dam from September to May. Be sure to check all fish-consumption advisories in your area before becoming a largemouth yourself!

Photo courtesy of Catawba Riverkeeper

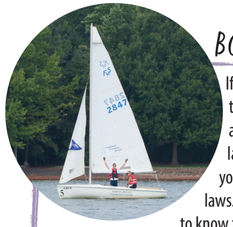
SWIMMING IN THE RIVER

Swimming on the Catawba River and in our local lakes can be a blast for spring, summer and early fall water-lovers. The Catawba Riverkeeper Foundation operates a summer Swim Guide program in which they test the water at popular swimming locations at six of our biggest lakes including Lake Norman, Lake Wylie, Lake James, Lake Hickory, Mountain Island Lake and Lake Wateree. CRF tests for E. Coli in the water, which is considered a better indicator of human waste. Results are posted on Fridays in a stoplight system (green, yellow, red), so you can make informed decisions about swimming over the weekend.



Photo by Kevin Knight

BOATING ON THE CATAWBA'S LAKES



If you've been to the lake on a weekend in the summer then you know that this is the most popular water activity, hands down. Before getting out on the lakes and rivers with your pals, be sure to familiarize yourself with all North and South Carolina boating laws. This is also an activity where it is very important to know the scheduled flow releases from area dams as well as the water levels. All of this information can be found on the Catawba Riverkeeper Foundation's website or the North Carolina Wildlife Resources Commission's website.

Photo courtesy of Catawba Riverkeeper

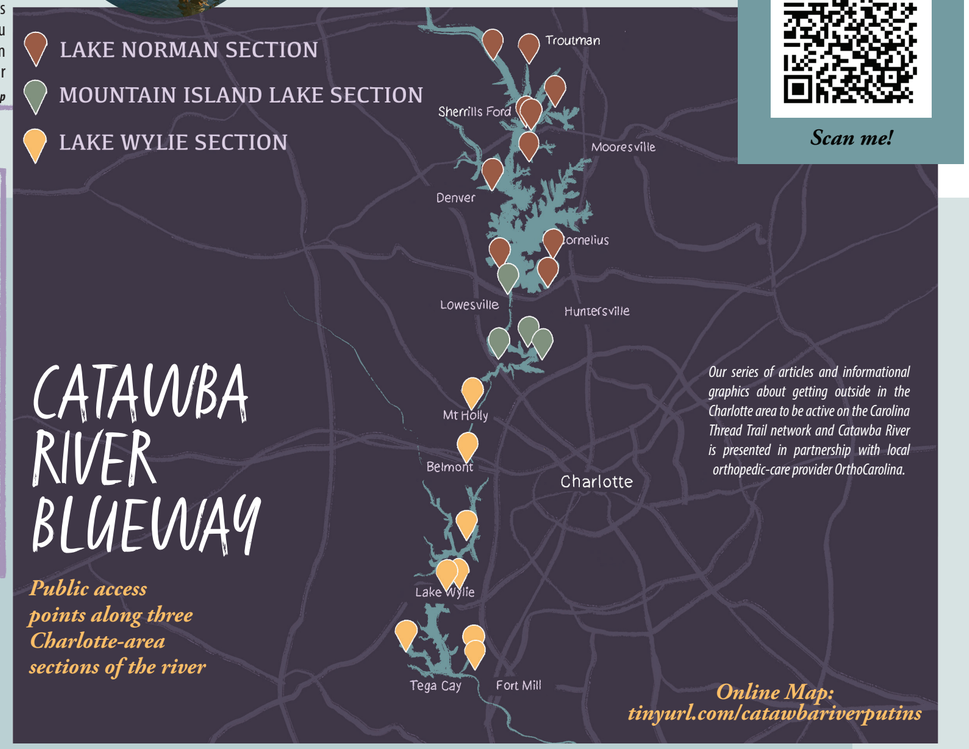
A MESSAGE FROM EXECUTIVE DIRECTOR JOHN SEARBY OF THE CATAWBA RIVERKEEPER FOUNDATION

"The most important reason for anyone to be involved in enjoying and protecting the Catawba River is that this is OUR RIVER! The Catawba River basin encompasses 5,000 square miles in 26 counties in North and South Carolina and these waters belong to the more than 3 million people who live in this area. The Catawba Riverkeeper exists to unify those voices so they are amplified to the same level as the private users, municipal users, utility users, and other interests who want to use our water.

It is a pretty cool benefit of working at Catawba Riverkeeper to get the opportunity to be on the water every single week and call it work. We get to explore many of the 9,000 miles of waterways in our basin in waders, kayaks, canoes, trolling boats, and motor boats to monitor, sample, investigate, and engage with our friends and neighbors who care about the water as much as we do."

WHERE ARE WE IN CLEANING UP COAL ASH ON THE CATAWBA RIVER?

Scan me!



CATAWBA RIVER BLUEWAY

Public access points along three Charlotte-area sections of the river

Our series of articles and informational graphics about getting outside in the Charlotte area to be active on the Carolina Thread Trail network and Catawba River is presented in partnership with local orthopedic-care provider OrthoCarolina.

Online Map: tinyurl.com/catawbariverputins

6 WAYS TO VOLUNTEER & CLEAN THE CATAWBA



RIVERSWEEP (OCTOBER 2)

One day a year when citizens from all over come together to clean up the Catawba-Wateree River Basin on the same day. Choose from 40+ cleanup sites across the basin. Sign up as an individual, a family, or register as a group. Learn more at catawbariversweep.org



BECOME A WATER WATCHER

Catawba Riverkeeper trains dozens of Water Watchers each year to act as eyes, ears, and a voice for our local waterways.



LITTER GITTERS

CRF is always looking for volunteer crew members to help maintain the Litter Gitter trash traps. Hours vary week to week, but are flexible. Cleanouts happen after rain events.



FISHING LINE RECYCLING

In partnership with PalmettoPride, CRF is launching monofilament (fishing line) recycling in several South Carolina locations. They will need citizens to help monitor and empty recycling bins.



CITIZEN SCIENCE

Protect our waterways by helping the Riverkeeper collect data, monitor water quality, conduct research, and advocate for the River's health.

Catawba Riverkeeper's Citizen Science programs include: Water Watchers, Invasive Species Team, South Fork Survey, Swim Guide



YOUNG ALLIES OF THE RIVER (YAR)

River lovers ages 21-39 are invited to join Catawba Riverkeeper's affiliate group for young professionals – the Young Allies of the River (YAR). Membership is $25/year and includes all the benefits of being a Catawba Riverkeeper member plus invitations to exclusive YAR events.

All photos courtesy of Catawba Riverkeeper