

Safety gear

- Wear a highly visible personal floatation device (PFD) at all times on the water
- Wear a helmet when white water paddling
- Plenty of sunscreen
- Spare paddle and repair kit
- Adequate drinking water and food
- First aid kit and knowledge of CPR
- Waterproof containers for food and warm/dry clothing
- Appropriate footwear for water and rocks (secure, enclosed and non-slip)
- All canoes/kayaks should have fixed buoyancy with securing loops at each end.

At access points

- Please leave no rubbish behind - take out what you take in.
- Light fires only in fire places provided and extinguish completely before leaving. Observe any fire bans that may be in place.
- If there are no toilets, bury your poo at least 50 metres from the river.
- Do not interfere with vegetation, gates, fences or livestock.
- Do not use soaps or detergents in the river.
- Respect other paddlers, residents and visitors.

This brochure is designed as a reference guide only and is not to be used as a teaching aid. Canoeists/kayakers paddle on the river at their own risk.

Flat water paddling

If you're not looking for a white water journey and would prefer to simply float around on flat water, then bring your canoe, rubber tube or li-lo and head for Rocky Crossing. Upstream of the causeway is a stretch of quiet water plus there's a pretty picnic area with plenty of parking.

Tours, self-guided paddling, hire

Barrington Outdoor Adventure Centre offers a range of paddling experiences for beginners, intermediate and advanced paddlers. Choose from fully guided tours, self-guided trips; half day, full day and 2 day adventures. Equipment hire is also available.

126 Thunderbolts Way, Gloucester
adventure@boac.com.au
www.boac.com.au 02 6558 2093

For more details about paddling anywhere in the Gloucester region, check out the helpful website:
www.waterwaysguide.org.au

Gloucester Visitor Information Centre

27 Denison Street Gloucester 2422
New South Wales
AUSTRALIA

02 6538 5252
vic.information@MidCoast.nsw.gov.au
www.gloucestertourism.com.au



Paddling the Barrington River



There are many scenic rivers in the Gloucester region suitable for paddling by kayak or canoe. The best of these is the Barrington River and visitors have been enjoying paddling this river for over 40 years.

The Barrington River

The Barrington River is the most reliable and easily accessible river in the Gloucester region. This river cascades down the Barrington Tops escarpment and is joined by other rivers and creeks to form a fun, exciting and naturally beautiful waterway offering Grade 1 and Grade 2 rapids.

So whether you enjoy taking in the sights and sounds of the river ecosystem or you're looking for the fun & excitement of a white water experience, the Barrington River offers something for everyone....

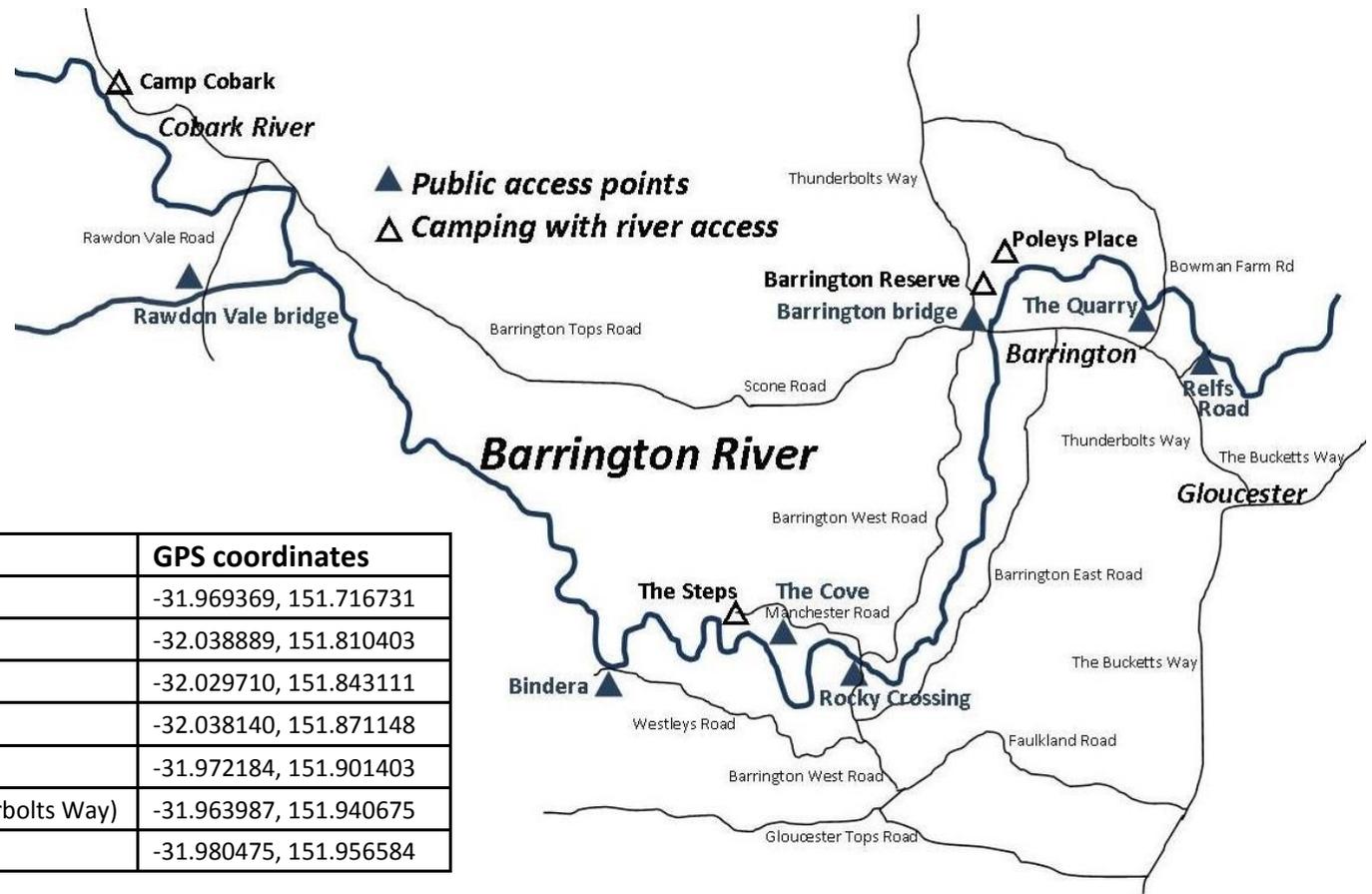
Barrington River paddling

When the river is flowing with average water levels the Barrington River is suitable for beginners (with professional instruction), intermediate and experienced paddlers. The moving water is classified as:

Grade 1 - below Rocky Crossing

Grade 2 - below Rawdon Vale bridge, Bindera, and The Cove

Grade 3 - above Rawdon Vale bridge is not suitable for paddling except in high water flows and is then suitable for experienced paddlers only.



Barrington River public access points:	GPS coordinates
Rawdon Vale bridge (on Rawdon Vale Road at Rawdon Vale)	-31.969369, 151.716731
Bindera (on Westleys Road, off Barrington West Road)	-32.038889, 151.810403
The Cove (on Manchester Road, off Barrington West Road)	-32.029710, 151.843111
Rocky Crossing (on Barrington West Road)	-32.038140, 151.871148
Barrington Reserve (at Barrington bridge on Thunderbolts Way)	-31.972184, 151.901403
The Quarry (end of Dundee Road off Bowman Farm Road off Thunderbolts Way)	-31.963987, 151.940675
Relfs Road (off Thunderbolts Way)	-31.980475, 151.956584

Safe paddling checklist

Before you go

- Always check the river levels before your trip. Daily river levels are available online at www.bom.gov.au or www.boac.com.au
- Advise someone of your trip plans and ensure your support vehicle is aware of your intended rendezvous point and how to get there.
- Paddlers should be proficient in canoeing or kayaking on moving water if paddling independently. Beginners and children should become competent paddlers on still water before attempting moving water.

- Ensure you have enough food and water.
- To find out about known river hazards, ask the most experienced locals at Barrington Outdoor Adventure Centre. They've been guiding paddlers here for over 30 years and will even lend you a laminated river map.

On the river

- Ensure you have all your gear aboard when you set off, as the river flow may be too strong to back paddle.
- Do not paddle alone if you can't swim and when paddling in a group ensure all members are in sight.
- Do not paddle at night.

- River conditions change regularly so be alert for hazardous overhanging trees, river rocks, submerged logs, stray fencing posts and other snags.
- If you capsize, keep your feet up and float until you reach an area of flat water, hold on to your paddle and boat and swim ashore.
- If in doubt about a rapid or obstacle ahead, paddle to the riverbank and check ahead on foot.
- There is little or no phone reception in most areas on the river.
- Always supervise children.
- Never dive into a river, you may break your neck.
- Fishing licences can be purchased from the Gloucester Visitor Information Centre.