



HARPETH RIVER

Distance	23 miles from Vanderbilt
Directions	Take I-440 West to I-40 West. Get off at Exit 196. Turn right onto HWY 70S. Go a few miles to a T-intersection. Turn left on HWY 70. (You will begin to follow signs for the Narrows of the Harpeth at this point.) Follow 70 for about 10 miles. Turn right onto Cedar Hill Rd., just past the canoe liveries (Tippecanoe, Foggy Bottom, etc.). If you miss the turn and go over the Harpeth, you went too far. Follow Cedar Hill Rd. for a few miles. The Narrows of the Harpeth Day Use Area will be on the left. If you miss it you will go over the Harpeth. Follow the signs to the parking area.
Description	<p>The Harpeth River offers over 100 miles of floating fun. A favorite route that begins at the Narrows is about 5 miles long and has the advantage of put-in and take-out within easy walking distance of each other (eliminating the need for a shuttle drive). For this float, unload your canoe at the Narrows Day Use Area Parking (K on the map). Drive to the take-out area (L on the map). Walk back to the put-in area via the short cut. Total time of this shuttle is 10-15 minutes, and your vehicle is waiting for you at the end of your river trip.</p> <p>The Harpeth is a Class I river with a few Class II rapids tossed in. Along the river route are a number of US and Native American historical sites, as well as beautiful scenery. The river runs year-round and is good for families and beginning and intermediate canoeists.</p>
Cautions	Regular boating precautions need to be taken. In addition, you should watch for deadfalls and strainers (trees that have fallen and create hazardous currents by their position in the water) and fish lines/hooks hanging from trees.
For More Information	Consult <u>Streams of Tennessee</u> by Bob Sehlinger and Bob Lantz, pp. 106-109 and <u>Canoeing in Tennessee</u> by Holly Sherwin, pp. 44-46. Also a toll-free hotline is staffed by the Tennessee Valley Authority at 1-800-362-9250 (1-800-251-9242 if you're calling from outside TN).