72 miles from Vanderbilt

Take I-24 east to Exit 105. Turn right onto US 41 south. Go a few miles. Turn right onto Chapel Road and follow it as it becomes Blanton-Chapel Road. At the stop sign, turn left at Hiles Road. Travel across the lake and turn right onto Frank Road. This road will take you around to see the base of Normandy Dam which is a place you can put-in.

As its name suggests, this lovely Tennessee float stream has an abundance and variety of ducks, as well as good trout for fishing, beavers, mink, and other birdlife. The Duck River provides the canoeist with 12.1 miles of meandering Class I water for canoeing. During the summer, there is no need to worry about the level of the water because the Normandy Dam is always generating. The canoeist can put in at the Normandy Dam or Cortner Mill. Along the entire river are large, beautiful rock bluffs and forested hillsides. A few muddy banks with cows grazing exist along the river, but for the most part, the river is secluded. The section below the dam is an excellent spot for trout fishing.

The Parish Patch Inn, where Cortner Mill is, serves dinner and Sunday brunch and will also serve lunch for groups or pack box lunches. This should be arranged ahead of time. You can call the Inn at 615-857-3018.

Because of the constant generating dam, the water can get too high to run after a heavy rain. If you put in below Normandy Dam, be on the lookout for the Cortner Mill Dam. It is four miles down river from Normandy Lake, and the canoeist should keep to river right and take out just before the dam. A rocky and steep but short path leads around the dam, and if you do not mind scraping the bottom of your canoe, you can drag it down the incline into the water below the dam. To avoid the portage, you could also just put in at this location and cut the trip down to eight miles. A final warning is the flash flooding.

Call the TVA Information Line for release schedules at 1-800-238-2264. Press “4” for water release schedules, “56” for Normandy Dam, and “#” for future water release schedules. The Forest Landing Canoe Livery phone number is 615-364-7874. Refer to Canoeing in Tennessee by Holly Sherwin for more information.