



# City of Knoxville Canoe Program

In case of inclement weather, please call 865-256-8020

The City of Knoxville Parks and Recreation Department is offering a canoeing program for all ages. We are joining efforts with Ijams Nature Center to educate paddlers about nature while enjoying the great outdoors just minutes from downtown Knoxville. Trips are not strenuous and are for all ages of swimmers. (You might be a little sore from paddling). Lifejackets that are Coast Guard approved are required. We will provide them if you do not have your own.

**What to Expect:** When you arrive in the morning we will begin by fitting you with lifejackets and paddles. Then we will talk about canoe safety and maneuvering. After that we will get on the water. We will paddle for four miles which will take about two hours. We are flexible on time, due to water flow and experience.

**Weather:** Trips are weather dependent. Threat of severe weather will cancel a trip. Wind advisories may alter a trip. Canoe leaders have the right to alter a trip depending on circumstances.

**Participants:** Children, adults and seniors welcome. We ask that all participants are comfortable swimmers in the water. These are not strenuous trips, but you might be sore from paddling.

**What to Bring:** Water to drink, hat and sun block.

**What to Wear:** We suggest you wear clothing that dries easily. Cotton is not always the best for drying, especially if it is cool in the morning. Wear appropriate footwear. You will get your feet wet, but you need to protect or be careful with your toes.

**Alcohol and Smoking:** Not Permitted!

**Pets:** No pets allowed unless it is a guide animal.

**Sign-ups:** Please call 311 for more information.