

Day: Saturday	Start Time: 9:30 am	End Time: 4:00 pm
Co-Leader:	Co-Leader:	Limit: 15 people
Transportation: Van or Cars	Driver: Bus Driver	Bus Captain:
Fees: \$59	Travel Distance: 39 Miles R/T	Travel Time: 51 min R/T

Tubing on the Delaware River

Tubing on the crystal-clear Delaware River is the place to be on those hot summer days. Lay back, relax, and drift along a mild whitewater adventure similar to a lazy river float. Tubing trips generally last between 3 and 4 hours, depending on river conditions. You will end your float at the vendor's campground.



You will float between Pond Eddy and Knight's Edge down 5 miles of the Upper Delaware Scenic & Recreational River National Park. This section of the river is known for its scenic views and the opportunity to experience a variety of river conditions. Note: Some or all parts of your body will be physically in water for the duration (three to four hours) of your float downriver. You must be comfortable floating in moving water with or without the assistance of a tube. The ability to swim in moving water is a requirement for this excursion. You must always wear your PFD (personal flotation device) while on the water. Anyone caught without their PFD properly buckled while on the water will be asked to leave the event upon returning to camp, with no refunds.

- Must wear [closed-toe water shoes](#)
- Also wear a swimsuit, hat, and [long-sleeved sun shirt](#) (to avoid sunburn), closed-toe water shoes with a strap, croakies with any glasses
- Bring a paddler's wallet, sunscreen, a complete change of clothing (including underwear and shoes) for afterward, and a water bottle that can be tied/clipped (with a large carabiner) to your tube.
- Cost: \$59 (pre-paid per person).
- Approx. 9:30 am~ 4:30 pm
- Limit 10 People
- Distance from camp 39 Miles R/T / 51 min R/T

Logistics

- 9:30 am Depart from camp.
- 9:30 am - 10:00 am Travel from Camp to Indian Head Canoes - Knights Eddy Boat Rentals and Riverfront Campground (Take-Out). Leave in your car(s) a change of clothing and lunch. Vendor has lockers for \$5
- 10:00 am – 10:30 am Get registered and load onto the vendor bus to take you to the Put-In in Pond Eddy.
- 10:30 – 10:45 Travel to Put-in at Pond Eddy.
- 10:45 am Launch for Tubing on the river from Pond Eddy to Knights Eddy (where your car is at the take-out).
- 10:45 am ~ 2:00 pm Tubing on the river (Est. 3-4 Hours).
- 2:00 pm -3:00 pm Arrive at Knights Eddy / Change Clothing / Bathroom / Lunch.
- 3:00 pm – 3:30 pm Travel to Port Jervis and get Ice Cream (if time allows). Stop along the way to enjoy the view from Hawks Nest (if time allows).
- 3:30 pm – 4:00 pm Travel from Knights Eddy to camp.
- BE BACK IN CAMP BY 4:30 pm

Waivers

You must sign a vendor-supplied waiver for this activity. A copy of the waiver will be provided to your leader to obtain your signature. Please sign the waiver and hand it back to your activity leader. This is your ticket for the activity. You MUST have a fully completed, signed waiver to go tubing. You can find a copy of this waiver [online](#) for your review. For simplicity, we will only be accepting signed paper copies.

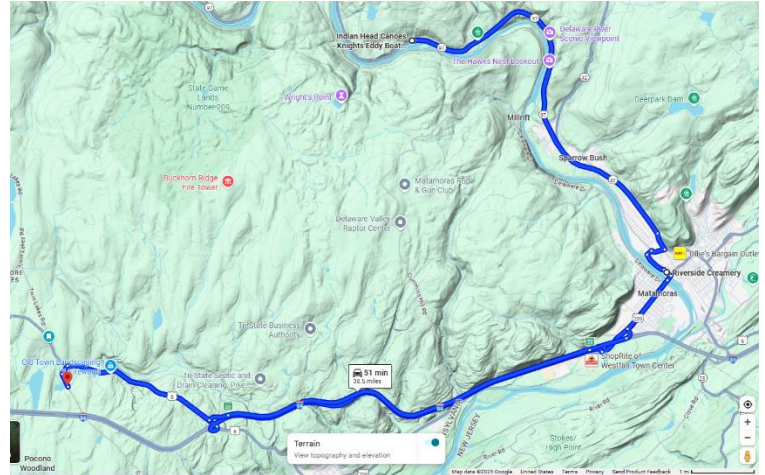
Driving Directions

- Start: Camp Nah-Jee-Wah, 570 Sawkill Rd, Milford, PA 18337
- To Take-Out: Indian Head Canoes - Knights Eddy Boat Rentals and Riverfront Campground, 1036 NY-97, Sparrow Bush, NY 12780
- Ice Cream Stop on the way home: Riverside Creamery, 5 Water St, Port Jervis, NY 12771
- End: Camp Nah-Jee-Wah, 570 Sawkill Rd, Milford, PA 18337

845-557-8777 | <https://indianheadcanoes.com> |

[Facebook](#) | [Yelp](#)

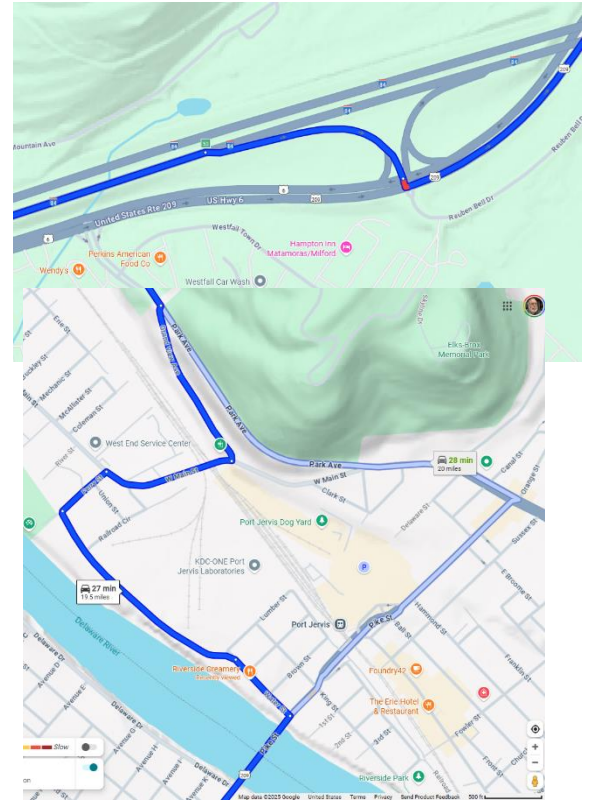
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Camp to Indian Canoes Driving Directions

Camp Nah-Jee-Wah: 570 Sawkill Rd, Milford, PA 18337

1. Head out of camp and turn left onto Sawkill Rd to US-6 E
2. Head northwest on Sawkill Rd toward Bridge Rd
 - a. Go 0.2 mi.
3. Turn right onto Bridge Rd
 - a. Go 0.2 mi.
4. Turn right onto US-6 E
 - a. Go 2.7 mi.
5. Slight right to merge onto I-84 E
 - a. Go at 6.8 mi.
6. Take exit 53 for US-6 E/US-209 N
 - a. Go 0.2 mi.
7. Use any lane to turn left onto US-209 N/US-6 E
 - a. Cross over the Delaware River and enter New York.
 - b. Go 1.7 mi.
8. Drive to NY-97 N in Lumberland
 - a. Go 11 min (7.7 mi)
9. Turn left onto Water St
 - a. Go 0.1 mi.
10. Slight left onto River Rd
 - a. Go 0.4 mi.
11. Turn right onto Ferry St
 - a. Go 0.1 mi.
12. Turn right onto W Main St
 - a. Go 0.2 mi.
13. Turn left onto Grand View Ave
 - a. Go 0.3 mi.
14. Turn left onto NY-42 N/NY-97 N
15. Continue to follow NY-97 N
16. Destination will be on the right.
 - a. 6.6 mi



Driving Directions from Indian Head to Camp via Riverside Creamery in Port Jervis

25 min (19.1 miles) via NY-97 S (25 min without traffic)

Start: Indian Head Canoes - 1036 NY-97, Sparrow Bush, NY 12780

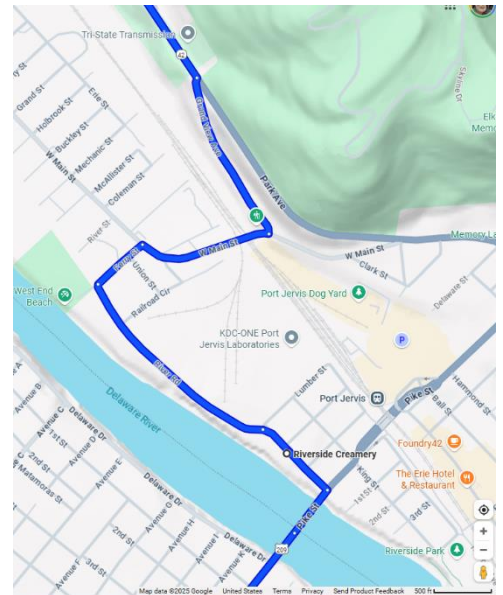
1. Turn left out of the driveway to head east (back the way you came) on NY-97 S toward Shortell Rd
 - a. 6.6 mi
2. Turn right onto Grand View Ave
 - a. 0.3 mi
3. Turn right onto W Main St
 - a. 0.2 mi
4. Turn left onto Ferry St
 - a. 0.1 mi
5. Turn left onto River Rd
 - a. 0.4 mi
6. Continue onto Water St

Destination will be on the right, [Riverside Creamery](#) - 5 Water St, Port Jervis, NY

12771 [Total leg 11 min (7.7 mi)]

After Ice Cream

1. Get on I-84 in Westfall Township from Pennsylvania Ave
 - a. 4 min (1.4 mi)
2. Head southeast on Water St toward Brown St
 - a. 472 ft
3. Turn right onto Pike St
 - a. Cross over the Delaware River to enter Pennsylvania.
 - b. 472 ft
4. Continue onto Pennsylvania Ave
 - a. 1.0 mi
5. Turn left onto the ramp to Rt. 84 (Scranton)
 - a. 0.2 mi
6. Merge onto I-84
 - a. 6.8 mi
7. Take exit 46 for US-6 toward Milford
 - a. 0.3 mi
8. Turn right onto US-6 W
 - a. 2.5 mi
9. Turn left onto Bridge Rd
 - a. 0.2 mi
10. Turn left onto Sawkill Rd
 - a. Turn right into Camp Nah-Jee-Wah - 570 Sawkill Rd, Milford, PA 18337 [Total leg 14 min (11.4 mi)]



What to bring/wear:

- **Do not bring anything on the river that you cannot easily replace. The river is a powerful force of nature that can strip you of anything. Please leave your keys, wallet, and jewelry at the campsite or key drop with the vendor. We recommend using spare prescription glasses (leave your primary pair at camp) or Sunglasses with a retainer strap, such as Chums or Croakies.**
- **WE DO NOT RECOMMEND ANY ELECTRONICS ON THE WATER THAT ARE NOT WATERPROOF ON THEIR OWN AND ARE IN A WATERPROOF HARD CASE AS WELL. MAKE SURE YOU HAVE A WAY TO SECURE THEM THAT IS NOT AROUND YOUR NECK. ANY WATCHES SHOULD BE WATERPROOF. THIS PROOFREADER ONCE HAD HER CELLPHONE DESTROYED IN WHAT SHE THOUGHT WAS A WATERPROOF CONTAINER WHILE TUBING!**
- Wear water shoes, closed-toe sandals, old sneakers, or wetsuit boots. You must wear closed-toe shoes that stay on your feet securely via a strap or ties. No flip-flops are allowed as they will fall off in the water. Activity leaders will ban you from the trip if you do not have proper footwear. Foot and toe injuries are prevalent with improper gear on paddles and floats.
- Do NOT wear any cotton! Cotton sucks all the body heat out of you when it gets wet. We recommend a synthetic long-sleeve shirt (such as Under Armour type, fleece, or wool) for warmth and/or sun protection, and a swimsuit or shorts made from nylon or other quick-drying materials. Again, NO cotton! Clingy clothes are more comfortable than loose-fitting clothes because they retain their shape when wet. **YOU WILL get WET**, even if you stay in the tube. That is part of tubing. **If you do not want to get wet, do not go tubing.**
- Sunscreen. A small bottle that can be tied to the tube. There will be no storage.
- Hat/Visor
- Chapstick
- Water in a bottle with a way to tie onto your tube.
- Please [check the weather](#) and [water temperatures/levels](#) before your tubing day and dress accordingly.
 - [Pond Eddy Water Temps](#) (Rafting Start)
 - [Matamoras Water Flow/ Height](#) (Rafting End)
 - [Milford Beach Water Flow/Height](#) (Kayak & Canoe Lunch)
- A waterproof camera with a hand strap. DO NOT wear anything around your neck. Again, bring only the equipment you are willing to lose during the float—no expensive SLRs. Keep in mind that your hands need to be free to float.
- The area has no cell phone reception, especially at the river bases.
- Rope to attach tubes if you wish.
- **[Paddler's wallet/fanny pack](#):** Wear a paddler's wallet or equivalent securely on your body. Please attach it to yourself but avoid anything around your neck. Think about what would happen if you were unconscious and needed help. [A small waterproof container](#) that has a **COPY** of your:

Driver's License (for ID). Can be expired.

Medical Insurance Card.

Emergency Contact Info.

List of medications/medical conditions/allergies

Spare credit card

\$20 to \$60 in cash (emergencies or small bills for the tip)

Food: Pack lunch during breakfast. We will leave lunch in your car for after your float. There is no place to store anything in or on your tube.

Clothing and gear for after the float:

Please bring a complete change of clothing to leave in the car to change into after your float.

Things to go over during the Safety Talk at the meeting with your leader.

Life Jackets (PFD) (personal flotation device)

Mosaic insurance requires everyone to always wear their properly fitted personal flotation device (PFD) while on the water. Anyone who does not follow this rule will be asked to leave the event immediately upon return to camp, with no refund.

There have been over 60 people who have drowned in the Upper Delaware River since 1980. None of the victims were wearing a properly fitted personal flotation device (PFD). In other words, *no one who wore a PFD drowned on the Upper Delaware River.*

Below is what the local law of the land requires:

- If the River Height is above 6 feet - Due to high water levels, the law requires a wearable life jacket (PFD) to be worn by all persons in or on the river, including boaters, swimmers, and wading fishermen.
- If the River Height is under 6 feet, the law requires a wearable life jacket to be readily accessible. At the same time, the National Park Service suggests wearing one when boating, fishing, swimming, or floating.

That said, Everyone from Mosaic will always wear their PFD on the water. No Exceptions!

Proper swimming techniques.

There are two techniques when swimming in the river, whether you fall out or jump in for fun. The first is the “Down River Swimmer’s Position.” This is a position where you are on your back, with your nose and toes pointed to the sky, and your head up so you can see where you are going. Feet downstream with your knees slightly bent. If you encounter a rock, you can use your feet and legs as shock absorbers and push off the rock. Keep your arms out to your sides to help maintain control. A helpful hint here: keep your butt up. If you sit with your butt low in the water, you may find a rock and bring home some interesting bruises. Guys, keep your legs together. If you hit a rock, we call this “romancing the stone. There is no romance for a couple of weeks afterward.

The second swimmer’s position is becoming more popular and accepted in rescue situations. This position is on your stomach, doing your best Michael Phelps impersonation—point to where you want to go and go. Swim until you are out of the river.

If you choose to swim to the shore, swim to the beach. NEVER stand up in a moving current. **Never walk in water over your knees.** This prevents a situation called “Foot Entrapment,” where you put your size nine foot in a size eight hole or crack in the bottom of the river. This is not a good place to be, but it is easy to avoid getting into this situation, so do not walk into the river. It is just that easy.

Be Cautious of Foot Entrapment.

The basic rule is never to stand up or put your feet down in the water unless the water depth is below your knees or the water is calm. The riverbed of any watercourse you may enjoy has likely been forming for millions of years. There are a lot of rocks at the bottom of mountainous streams, and you may not be able to see them. Getting your foot trapped under a rock and having the river push you down face-first is a horrible way to go, but it happens. It only takes a few inches of water to drown. [See Avoiding Foot Entrapment](#)

Avoid Strainers

Strainers are a nasty threat. A strainer is any object arrayed across the water that can knock you off a tube if you are in one, and it can force you underwater if you are not. Strainers can be logs, specific rock formations, or low bridges due to high water levels. Avoid them if possible; do your best to navigate the obstruction in any way you can.

Leader/ Sweep

It is essential to designate a leader and a sweep. Ensure that everyone understands not to go in front of the leader or behind the sweep. Anyone getting out of the river should tell at least three other people they are doing so. Try not to fall behind the sweep. The sweep should make every attempt to be the last out.

Attempt to stay as a group for the duration of the float.

Miss the Transportation Back to Camp

Everyone should be on the ride as a group for the return trip. This means the last person off the river will determine when you can return to camp. If someone misses the transportation provided, the participant must pay for a taxi and contact the taxi service to get back to camp.

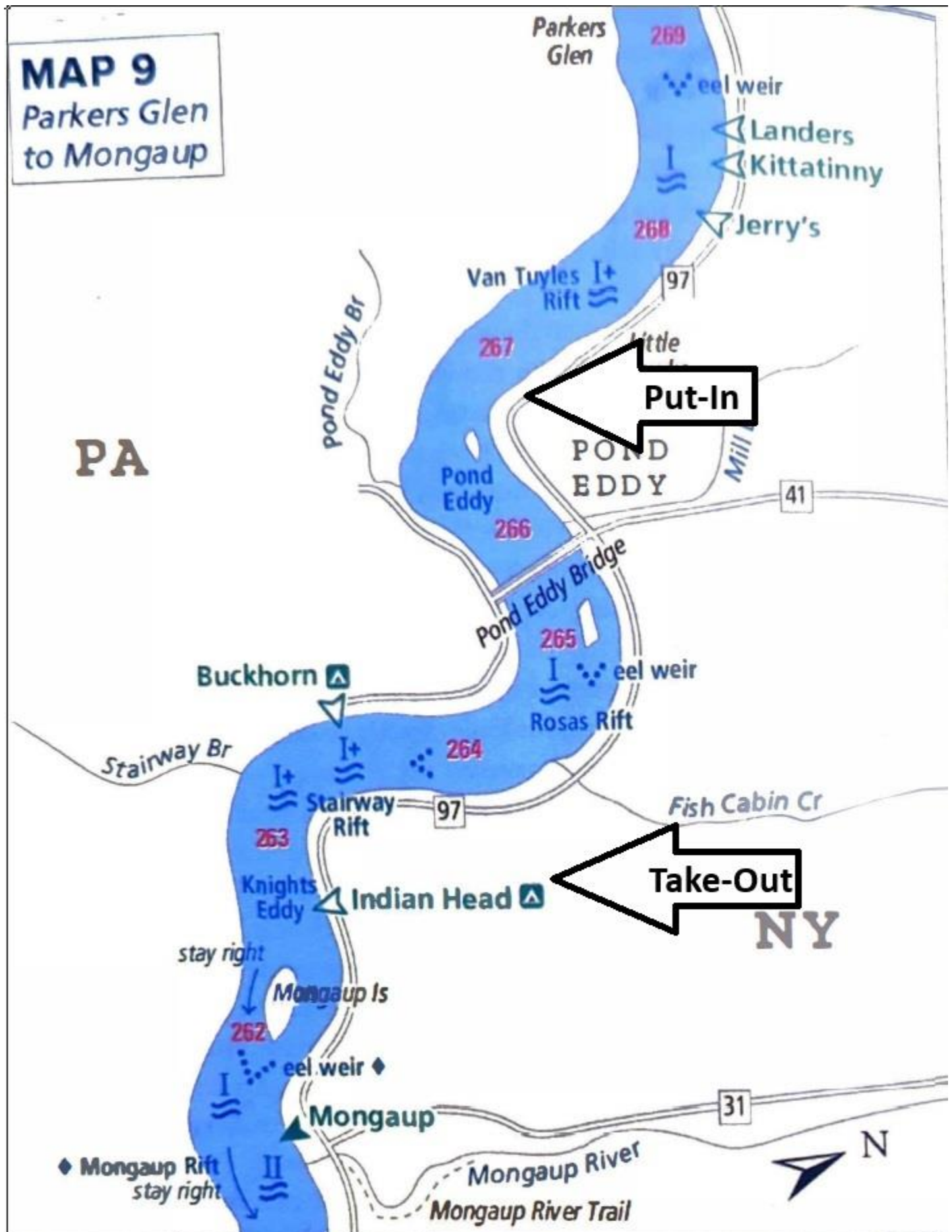
Port Jervis Taxi-845-856-3544 (99 Pike St, Port Jervis, NY 12771)

What to Expect from the Tubing Vendor

The tubing vendor will provide:

- Personal floatation device (PFD)
- Tube
- Transportation

What If It Is Raining? This is a popular question — trips rain or shine. You will get wet anyway, so come along and make it like a duck. The vendor will determine if any weather event causes a cancellation. No refunds unless the vendor cancels.



River Guide

The above map and excerpt below from Gary Letcher's *"Paddler's Guide to the Delaware River: Fourth Edition"* was written in 2023. The river may have changed over time.

267.7 Class I+ rapids of van Tuyls Rift. Paddlers will surely bump and grind on submerged rocks in the shallow water. The rapids go on for 0.7 miles, one of the longest on the river. Bluffs of Little Hawks Nest rise above the river on the left.

266.7 Wide ledges extend into the river from the Pennsylvania side, with cliffs rising 20 feet above the ledges, as the river bends to the left.

266.6 The river widens into the slow water of Pond Eddy.

266.4 Pond Eddy Brook enters Pennsylvania side, via a picturesque stone culvert under the Erie tracks. The river bends sharply to the left.

265.8 Mill Brook joins the river on the left.

265.7 Pass under the Pond Eddy Bridge. A private wire-rope suspension toll bridge built here in 1870 was replaced by a steel span in 1903, then by the present-day bridge in 2018. This bridge carries fewer cars than any other on the side of Delaware; there is only a small community on the Pennsylvania side, and no through traffic.

265.5 Broad ledges are exposed at low water, near the New York (left) side. **Stay right.**

265.0. Gravel bars and shallows continue along the left as the river bends sharply to the right. Class I rapids of Rosas Rift, with boulders strewn across the river. **Stay right to avoid an eel weir on the left.**

264.1 Outfitter: *Kittatinny Canoes* Staircase Rapids access, launch/landing for river trips. On NY 97.

264.9 Fish Cabin Brook enters a gravel bar on the left.

263.9 There's an old eel weir on the left. As of this writing (2025), it was not in use.

263.6 Begin Stairway Rift, a succession of three ledges with increasingly severe Class I+ rapids. The rocky ledges and bluffs along the Pennsylvania side resemble a giant staircase, giving these rapids their name. The best passage is to the left. Stairway Rift kicks off the most exciting string of rapids on Delaware. The next five miles will give canoeists, kayakers, and rafters a wild ride through five Class I+ and II rapids, with only brief respites in the eddies between.

NY 97 runs close to the New York riverbank, here and there supported by remnant walls of the old Delaware & Hudson Canal.

263.3 Two big ledges at the proper squeeze the river to the left, the final and most severe "step" of Staircase Rift. Stairway Brook enters the Pennsylvania side at the final ledge of the rapids.

263.1 Knights Eddy, slow-moving water for 0.8 miles. "Captain" John Knight was a well-known timber raftsman.

262.5 TAKE OUT and outfitter/Camping: *Indian Head Canoes*, Knights Eddy campground and launch/landing for river trips. "Primitive" tent sites and lean-tos for canoeists and kayakers - water and privies only. Off NY 97.

Nearest Hospital

Bon Secours Community Hospital

<https://www.wmchealth.org/locations/bon-secours-community-hospital>

160 East Main Street, Port Jervis, NY 12771 / [845-858-7000](tel:845-858-7000)

