

Progress Suggestions for New UKC Whitewater Boaters

The primary concern of any whitewater trip is SAFETY. Trip leaders have the final decision as to the ability of boaters to safely participate. To help new kayakers entering the UKC programs to assess their experience, the UKC offers some informal guidelines. Kayaking is a skill sport and the purpose of this list is to outline criteria for progressing and skill building.

Please note that many of these runs require a Washington State Discover Pass for parking.

New boater runs:

These are runs that a boater who has had some flat water or pool instruction and in the company of safety boaters should do. They should be repeated many times until one feels secure with basic peel-out's, basic ferrying, forward and sweep strokes, and basic boat control.

[Yo-Yo stretch of the Green River](#)

[Powerhouse run](#) on the Snoqualmie

[Club Stretch](#) on the Middle Fk. Snoqualmie

[S. Fk. Skykomish](#) (Beckler Bridge to Money Ck.)

Next Steps:

These are runs that build on the basic skills but may require just a bit more river awareness and are a bit more challenging:

[Nisqually](#) (McKenna to Yelm)

[Headworks of the Green](#) (cars need proof of insurance to get to put-in)

[Upper Middle Fk. Snoqualmie](#) (Bridge View to Concrete Bridge) (road currently under reconstruction)

[Cedar River](#) (rarely run, frequent wood)

[S. Fk. Snoqualmie](#) (the most challenging on this list) this should be *repeated* at every opportunity before moving on.

[Upper Methow](#)

The Beginners Benchmark- Big Eddy

[Skykomish \(Below RR Bridge to Big Eddy\)](#) mastering this run is an absolute MUST. It has a little of everything and allows one to work on a variety of essential skills. Repeat every chance you get until it feels effortless at 3000 cfs.

Post-Beginner: Do at lowish water first time (should have reliable pool roll by now)

[Skykomish](#) simply add the rapid above the RR Bridge put-in to the Big Eddy run. One should feel very comfortable on this run before doing the others.

[Lower Green Gorge](#) (Kay's Landing to Flaming Geyser) This is not the Paradise put-in and so avoids the Class III rapids just below Paradise

[Skykomish](#) (Cabledrop to Split Rock, portage Boulder Drop)

[Green](#) (add Ledge Drop 1 and Park Rapids to Headworks)

[Skagit](#) (Goodell Creek to Copper Creek, S-Bends section)

[Wenatchee](#) (Peshastin to Cashmere, at low water first time)

[Cispus](#)

Post-Post Beginner (reliable river roll required):

[N. Fk. Skykomish](#) (Index to confluence)

[Middle Fk. Snoqualmie](#) (Middle Middle run)

[Lower Green Gorge](#) (from Paradise to Flaming Geyser)

[Methow](#) (Black Canyon section)

[Sauk](#) (Whirechuck River to Clear Ck.)

[Tieton](#) (usually only in early September)

[Wenatchee](#) (Peshastin to Cashmere, middle to high water)