



LEG 5—Lower Sunrise TO Watt Ave.

Paddle to the Capital is a fundraiser. Can you support FOR by raising \$100+ from friend and family? [Start your fundraising page today!](#) It takes 5 minutes.

Arrival— Please arrive at 8:30 am at Watt Ave. (Note: Have a personal boat?—see below.)

- **Directions—(Map on next page).**
 - Exit Watt Ave. off of Hwy 50, travel north, follow signs onto La Riviera Dr. The entry is a small driveway that goes over a levee. After you cross the levee, head east (left)
- **Parking—\$5/car/day** (Bring cash.)
- **Personal Craft drop-off—**FOR welcomes you to bring your own boat. Boat drop-off starts at 8:00 am. If you would like to use the convenience of a pre-arranged shuttle, please drop-off your boat at Lower Sunrise and then drop-off your car at Watt Ave. FOR volunteers can keep an eye on your gear while you drop-off your car. (FOR does not assume responsibility for personal equipment used during this event.)
 - **Lower Sunrise—** [Directions](#) to the parking lot for boat drop-off.

What to expect—

Each person fills out a liability waiver. If borrowing a FOR canoe, we will also provide you with a PFD (personal floatation device), paddle and helmet (if desired). If you are newer to canoeing, some basic instruction can be provided. We plan on getting on water after a River Safety Talk around 10:30 am.

Leg 5 includes two Class II rapids. Depending on your skill, you run them or walk around. Lunch will be served at River's Bend. We will take out at Watt Ave. and cold beverages and snacks await you! (Rumor has it there may be river fairies along the river! More info later...)

What to bring— Lunch will be provided.

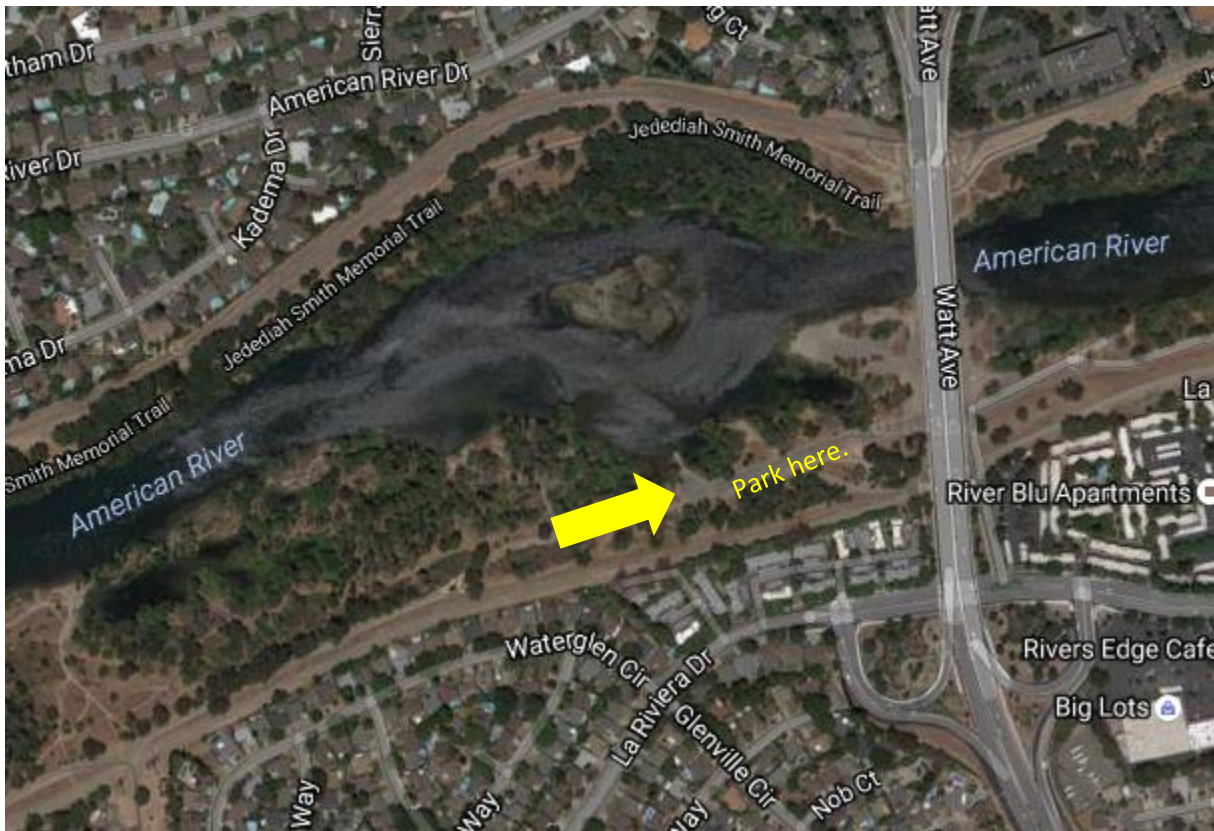
- Shorts and shirt (quick-dry is best). The more you cover, the less it burns.
- Apply sunscreen before getting on river.
- Hat/sunglasses. (Wear a hat that can go under a helmet and be squished.)
- A costume (optional). Come with your own bit of flare! Some boats are picking a theme.

End of day—

We will arrive back at Watt Ave. 3-4 pm. The river only moves as fast as it does. We encourage you to not make time sensitive plans as river time is flexible.

Questions— Contact **Toby Briggs**, *Paddle to the Capital* Coordinator, tobybriggs@friendsoftheriver.org, 510.301.2844.

Direction to Watt Take-out (and where you drop your car for the day!)



We are meeting at the end of the Watt Ave parking area where there is a concrete boat ramp into the river. Please park in any of the spaces nearby—and remember to pay for parking (\$5). Look for signs with the Paddle to the Capital logo on it to direct you!

