

Outdoor Recreation and Adventure Destinations								
Location	Country	River/Lake	Difficulty Level	Best Time to Visit	Duration (Hours)	Guides Available	Equipment Rental Available	Additional Activities
Lake Tahoe	USA	Lake Tahoe	Easy	May-September	4	Yes	Yes	Hiking, Biking
Banff National Park	Canada	Bow River	Moderate	June-September	3	Yes	Yes	Hiking, Wildlife Watching
Whistler	Canada	Green Lake	Easy	May-October	2	Yes	Yes	Mountain Biking
Glacier National Park	USA	Flathead River	Difficult	May-September	6	Yes	Yes	Hiking, Camping
Chattahoochee National Recreation Area	USA	Chattahoochee River	Easy	Year-Round	3	Yes	Yes	Fishing, Hiking
King's Canyon National Park	USA	Kings River	Moderate	June-September	4	Yes	Yes	Hiking
Great Smoky Mountains	USA	Little Pigeon River	Easy	April-October	3	Yes	Yes	Hiking, Wildlife Watching
Yellowstone National Park	USA	Yellowstone Lake	Moderate	June-September	5	Yes	Yes	Fishing, Hiking
Jackson Lake	USA	Jackson Lake	Easy	May-September	2	Yes	Yes	Fishing, Hiking
Glacier Bay National Park	USA	Glacier Bay	Difficult	June-August	8	Yes	Yes	Wildlife Watching
Mount Rainier National Park	USA	Carbon River	Moderate	June-September	4	Yes	Yes	Hiking, Sightseeing
Rocky Mountain National Park	USA	Lake Estes	Easy	May-September	3	Yes	Yes	Biking, Hiking
Adirondack Mountains	USA	Saranac Lake	Easy	May-October	4	Yes	Yes	Fishing, Hiking
Pigeon Forge	USA	Little Pigeon River	Easy	April-October	3	Yes	Yes	Amusement Parks
Smith River	USA	Smith River	Moderate	May-June	6	Yes	No	Camping
Columbia River Gorge	USA	Columbia River	Moderate	April-October	5	Yes	Yes	Wind Surfing
Sierra Nevada	USA	Lake Tahoe	Easy	May-September	4	Yes	Yes	Hiking
Watauga Lake	USA	Watauga Lake	Easy	May-September	2	Yes	Yes	Fishing
Lake Louise	Canada	Lake Louise	Easy	June-September	3	Yes	Yes	Hiking
Drakensberg Mountains	South Africa	Tugela River	Difficult	November-March	5	Yes	Yes	Hiking
Humboldt Redwoods State Park	USA	Eel River	Moderate	May-September	4	Yes	Yes	Hiking
Zion National Park	USA	Virgin River	Moderate	April-October	3	Yes	Yes	Hiking
Saguaro National Park	USA	Rillito River	Easy	Year-Round	2	Yes	Yes	Biking
Grand Teton National Park	USA	Jenny Lake	Easy	May-September	3	Yes	Yes	Hiking, Wildlife Watching
Mount St. Helens	USA	Toutle River	Moderate	May-September	4	Yes	Yes	Hiking
Lake Powell	USA	Lake Powell	Easy	April-September	8	Yes	Yes	Sightseeing
North Cascades National Park	USA	Skagit River	Difficult	May-September	5	Yes	Yes	Hiking
Mount Lassen Volcanic National Park	USA	Lassen Volcanic National Park	Moderate	June-September	4	Yes	Yes	Camping
Whitetop Laurel Creek	USA	Whitetop Laurel Creek	Easy	May-September	3	Yes	Yes	Hiking
Mount Hood National Forest	USA	Sandy River	Moderate	May-September	4	Yes	Yes	Fishing, Biking

Ocoee River	USA	Ocoee River	Difficult	April-September	5	Yes	Yes	Whitewater Rafting
Sandwich Range	USA	Squam Lake	Easy	May-October	3	Yes	Yes	Fishing
Yosemite National Park	USA	Yosemite Lake	Easy	May-September	4	Yes	Yes	Climbing
Lake Louise	Canada	Lake Louise	Easy	June-September	3	Yes	Yes	Hiking
Snæfellsjökull	Iceland	Káratjökull	Difficult	June-September	5	No	Yes	Hiking
Acadia National Park	USA	Jordan Pond	Easy	May-October	2	Yes	Yes	Biking
Green Mountains	USA	Chittenden Reservoir	Moderate	May-October	3	Yes	Yes	Hiking, Biking
Custer State Park	USA	Sylvan Lake	Easy	May-September	2	Yes	Yes	Hiking
Puget Sound	USA	Puget Sound	Easy	April-September	5	Yes	Yes	Wildlife Watching
Olympic National Park	USA	Hoh Rainforest	Difficult	June-October	4	Yes	Yes	Hiking
Mount Elbert	USA	Twin Lakes	Moderate	June-September	6	Yes	Yes	Hiking
Lake McDonald	USA	Glacier National Park	Easy	June-September	2	Yes	Yes	Fishing, Hiking
Olympic Peninsula	USA	Quinalt Lake	Moderate	April-October	4	Yes	Yes	Hiking, Wildlife Watching
Glacier National Park	USA	St. Mary Lake	Easy	June-September	2	Yes	Yes	Hiking
Vermilion Lakes	Canada	Vermilion Lakes	Easy	June-September	3	Yes	Yes	Hiking, Biking
Rocky Mountain National Park	USA	Bear Lake	Easy	May-September	2	Yes	Yes	Hiking
San Juan Mountains	USA	Lake San Cristobal	Moderate	May-October	4	Yes	Yes	Fishing, Hiking
Cascade Mountains	USA	Lake Wenatchee	Easy	May-September	3	Yes	Yes	Fishing, Hiking
Black Hills	USA	Custer State Park Lakes	Easy	May-October	3	Yes	Yes	Camping, Hiking
Kootenay National Park	Canada	Kootenay River	Moderate	June-September	5	Yes	Yes	Hiking
Joshua Tree National Park	USA	Cottonwood Spring	Easy	Year-Round	2	Yes	Yes	Hiking
Blue Ridge Parkway	USA	Lake Julian	Easy	April-October	3	Yes	Yes	Hiking
Catamount Reservoir	USA	Catamount Reservoir	Easy	May-October	2	Yes	Yes	Fishing, Hiking
Bighorn Mountains	USA	Bighorn Lake	Moderate	June-September	4	Yes	Yes	Fishing, Hiking
Shenandoah National Park	USA	Shenandoah River	Easy	April-October	3	Yes	Yes	Hiking
Mt. Washington	USA	Saco River	Moderate	May-October	4	Yes	Yes	Climbing
Lake Superior	USA	Lake Superior	Easy	April-October	5	Yes	Yes	Fishing
Panorama Mountain Resort	Canada	Invermere Lake	Easy	June-September	3	Yes	Yes	Biking
Wilderness Area	USA	Army Corp Lakes	Moderate	May-October	4	Yes	Yes	Fishing
Teton National Forest	USA	Jackson Hole	Moderate	June-September	4	Yes	Yes	Hiking
Watson Lake	Canada	Watson Lake	Easy	May-September	3	Yes	Yes	Sightseeing
South Fork of the American River	USA	South Fork	Moderate	May-September	4	Yes	Yes	Whitewater Rafting
Monkey Face	USA	Smith Rock State Park	Difficult	April-October July-	6	Yes	Yes	Climbing

Mount Adams	USA	Mount Adams	Difficult	September	5	Yes	Yes	Hiking
Franklin Falls	USA	Snoqualmie River	Moderate	May-October	3	Yes	Yes	Hiking
Sunrise Lake	USA	Sunrise Lake	Easy	May-September	2	Yes	Yes	Hiking
Lake Ontario	Canada	Lake Ontario	Easy	April-October	5	Yes	Yes	Fishing
Dolomites	Italy	Lago di Braies	Easy	June-September	4	Yes	Yes	Hiking
Alberta	Canada	Kananaskis River	Difficult	June-September	6	Yes	Yes	Hiking, Fishing
Te Anau	New Zealand	Lake Te Anau	Easy	November-April	3	Yes	Yes	Fishing, Hiking
Kingston Valley	Australia	Kingston River	Easy	January-December	2	Yes	Yes	Camping, Hiking
Finger Lakes	USA	Cayuga Lake	Easy	May-October	3	Yes	Yes	Wine Tasting
Grand Canyon	USA	Colorado River	Difficult	April-October	5	Yes	Yes	Camping, Hiking
Cochise Stronghold	USA	San Pedro River	Easy	April-October	4	Yes	Yes	Rock Climbing
Cherry Creek	USA	Cherry Creek	Moderate	March-June	3	Yes	Yes	Whitewater Rafting
Hwangmae Mountain	South Korea	Hwangmae River	Moderate	April-October	4	Yes	Yes	Hiking
Pine Creek Gorge	USA	Pine Creek	Moderate	April-October	5	Yes	Yes	Hiking
Lake Havasu	USA	Lake Havasu	Easy	April-October	4	Yes	Yes	Fishing, Hiking
Waterton Lakes National Park	Canada	Waterton Lake	Easy	June-September	3	Yes	Yes	Hiking
Ausangate	Peru	Ausangate River	Difficult	May-September	7	Yes	Yes	Camping, Hiking
Mount Huashan	China	Huashan River	Difficult	March-November	6	Yes	Yes	Hiking
Glen Canyon National Recreation Area	USA	Glen Canyon Lake	Easy	May-September	4	Yes	Yes	Sightseeing
St. Marys River	USA	St. Marys River	Moderate	May-October	4	Yes	Yes	Fishing
Little River Canyon	USA	Little River	Moderate	April-October	3	Yes	Yes	Swimming
Cotswolds	UK	River Windrush	Easy	April-September	2	Yes	Yes	Biking
Serengeti	Tanzania	Serengeti River	Difficult	June-October	5	Yes	Yes	Wildlife Safari
Mont Tremblant	Canada	Diable River	Moderate	May-September	4	Yes	Yes	Biking
Lake Bled	Slovenia	Lake Bled	Easy	May-September	3	Yes	Yes	Sightseeing
Boulders Beach	South Africa	Boulders Beach	Easy	Year-Round	2	Yes	Yes	Wildlife Watching
Tyrol	Austria	Inn River	Moderate	June-September	4	Yes	Yes	Hiking
Willerby Hill	UK	River Derwent	Easy	April-October	3	Yes	Yes	Fishing
Rayser Mountain	USA	Rayser Lake	Moderate	May-October	5	Yes	Yes	Hiking
Mount Saint Helens	USA	Toutle River	Difficult	May-September	6	Yes	Yes	Hiking
Jones Lake	Canada	Jones Lake	Easy	May-September	3	Yes	Yes	Fishing
Swan Lake	USA	Swan Lake	Easy	May-September	2	Yes	Yes	Wildlife Watching
Watkins Glen	USA	Seneca Lake	Moderate	April-October	3	Yes	Yes	Hiking
Chiricahua National		Chiricahua		March-				

Monument	USA	River	Moderate	November	4	Yes	Yes	Hiking
Wilderness Lodge	Canada	Elk Lake	Easy	May-September	3	Yes	Yes	Fishing
Heart Lake	USA	Heart Lake	Easy	May-September	2	Yes	Yes	Biking
Beartooth Mountains	USA	Beartooth Lake	Difficult	June-September	6	Yes	Yes	Camping
Sea to Sky Corridor	Canada	Howe Sound	Moderate	May-September	4	Yes	Yes	Biking
Gold River	Australia	Gold River	Moderate	April-October	4	Yes	Yes	Fishing, Hiking
Mount Cook	New Zealand	Tasman Lake	Difficult	November-April	5	Yes	Yes	Hiking
Great Blue Hole	Belize	Great Blue Hole	Easy	Year-Round	8	Yes	Yes	Snorkeling
Cascade Lake	USA	Cascade Lake	Easy	May-September	3	Yes	Yes	Fishing
Cascades National Park	USA	Cascades River	Difficult	May-September	6	Yes	Yes	Camping
Forks of the Credit	Canada	Credit River	Easy	March-October	3	Yes	Yes	Hiking
Mount Baker	USA	Nooksack River	Moderate	May-September	4	Yes	Yes	Skiing
Rogue River	USA	Rogue River	Difficult	April-October	5	Yes	Yes	Whitewater Rafting
North Fork of the White River	USA	North Fork River	Moderate	June-September	4	Yes	Yes	Fishing
Cradle Mountain	Australia	Dove Lake	Moderate	October-May	5	Yes	Yes	Hiking
Swabian Jura	Germany	Neckar River	Easy	May-September	3	Yes	Yes	Hiking
Cariboo Mountains	Canada	Cariboo River	Moderate	May-September	4	Yes	Yes	Fishing
Monsal Dale	UK	River Wye	Easy	April-October	3	Yes	Yes	Biking
Great Dividing Range	Australia	Murray River	Easy	Year-Round	5	Yes	Yes	Camping
Sierra Madre Range	Mexico	Cahabon River	Difficult	June-August	6	Yes	Yes	Wildlife Watching
Montana Rockies	USA	Flathead River	Moderate	May-September	5	Yes	Yes	Hiking
White River	USA	White River	Easy	April-September	4	Yes	Yes	Fishing
Cathedral Range	Australia	Cathedral River	Moderate	October-May	4	Yes	Yes	Hiking
Spokane River	USA	Spokane River	Easy	April-October	3	Yes	Yes	Fishing
Sierra Nevada Mountains	USA	Mono Lake	Moderate	April-September	4	Yes	Yes	Camping
Weminuche Wilderness	USA	Rio Grande	Difficult	June-September	7	Yes	Yes	Camping
Appalachian Mountains	USA	New River	Moderate	April-October	5	Yes	Yes	Hiking
Purcell Mountains	Canada	Kootenay River	Difficult	June-September	6	Yes	Yes	Hiking
Mount Olympus	Greece	Olympus River	Difficult	April-October	5	Yes	Yes	Hiking
New River Gorge	USA	New River	Difficult	April-September	5	Yes	Yes	Whitewater Rafting
Boundary Waters	USA	Boundary Waters	Easy	May-September	4	Yes	Yes	Camping
Klahhane Ridge	USA	Marmot Lake	Moderate	June-September	3	Yes	Yes	Hiking
Rugged Mountain National Park	USA	Rugged River	Difficult	June-October	6	Yes	Yes	Camping
Dead Horse Point State Park	USA	Colorado River	Moderate	April-October	5	Yes	Yes	Hiking

Sleeping Bear Dunes	USA	Crystal River	Easy	May-September	4	Yes	Yes	Hiking
Willamette Valley	USA	Willamette River	Easy	April-October	3	Yes	Yes	Wine Tasting
Diablo Lake	USA	Diablo Lake	Moderate	May-September	4	Yes	Yes	Camping
Malaren	Sweden	Malar River	Easy	April-September	3	Yes	Yes	Fishing
Yukon Territory	Canada	Yukon River	Difficult	June-September	8	Yes	Yes	Camping
Amicalola Falls	USA	Amicalola River	Moderate	March-October	3	Yes	Yes	Hiking
Natchez Trace Parkway	USA	Natchez River	Easy	April-October	4	Yes	Yes	Biking
Cerro Castillo	Chile	Castillo River	Difficult	December-March	5	Yes	Yes	Hiking
Catawba River	USA	Catawba River	Easy	April-September	3	Yes	Yes	Biking
Chisos Mountains	USA	Chisos River	Moderate	May-October	4	Yes	Yes	Wildlife Watching
Tenaya Lake	USA	Tenaya Lake	Easy	May-September	3	Yes	Yes	Fishing
Dharamshala	India	Mcleodganj River	Moderate	March-October	4	Yes	Yes	Hiking
Skyline Drive	USA	Shenandoah River	Moderate	April-October	3	Yes	Yes	Hiking
Cliff Island	USA	Cliff River	Easy	May-September	3	Yes	Yes	Fishing
Mount Katahdin	USA	Katahdin River	Difficult	June-September	6	Yes	Yes	Climbing
Tomales Bay	USA	Tomales River	Easy	Year-Round	3	Yes	Yes	Wildlife Watching
Batanes Islands	Philippines	Valugan Boulder Beach	Easy	March-October	3	Yes	Yes	Snorkeling
Mount Roraima	Venezuela	Roraima River	Difficult	May-December	7	Yes	Yes	Hiking
Teton Crest Trail	USA	Teton River	Moderate	July-September	6	Yes	Yes	Hiking
Nevada City	USA	Yuba River	Moderate	April-September	4	Yes	Yes	Fishing
Burney Falls	USA	Burney Creek	Easy	May-September	3	Yes	Yes	Hiking
Bohinj Lake	Slovenia	Lake Bohinj	Easy	May-September	3	Yes	Yes	Fishing
Douglas Lake	USA	Douglas Lake	Easy	May-September	2	Yes	Yes	Fishing
Rugged Mountain	USA	Rugged River	Difficult	May-September	5	Yes	Yes	Camping
Maroon Bells	USA	Maroon Lake	Easy	June-September	2	Yes	Yes	Hiking
Schroon Lake	USA	Schroon River	Easy	May-September	3	Yes	Yes	Fishing
Cheam Range	Canada	Cheam River	Moderate	June-September	4	Yes	Yes	Hiking
Arkansas River	USA	Arkansas River	Difficult	April-September	5	Yes	Yes	Whitewater Rafting
Fourth of July Lake	USA	Fourth of July Lake	Easy	June-October	3	Yes	Yes	Fishing
Passamaquoddy Bay	Canada	Passamaquoddy River	Easy	May-October	4	Yes	Yes	Sightseeing
Delaware Water Gap	USA	Delaware River	Moderate	April-October	4	Yes	Yes	Hiking
Hangzhou	China	West Lake	Easy	March-November	2	Yes	Yes	Sightseeing
Tenmile Range	USA	Tenmile Creek	Moderate	May-September April-	4	Yes	Yes	Hiking

Maui	Hawaii	Kahakuloa Bay	Easy	September	3	Yes	Yes	Fishing
Karst Mountains	Vietnam	Nhat Le River	Moderate	April-September	4	Yes	Yes	Sightseeing
Newfoundland	Canada	Gros Morne National Park	Difficult	June-September	6	Yes	Yes	Hiking
Dalton Highway	USA	North Slope Borough	Moderate	June-September	5	Yes	Yes	Camping
Red River Gorge	USA	Red River	Difficult	April-October	5	Yes	Yes	Hiking
North Fork of the Snake River	USA	North Fork River	Moderate	June-September	4	Yes	Yes	Fishing
Road to Hana	USA	Hana River	Easy	May-September	3	Yes	Yes	Sightseeing
Inyo National Forest	USA	Owens River	Moderate	April-October	4	Yes	Yes	Fishing
Snaw Naw As Mountain	Canada	Snaw Naw As River	Difficult	May-September	5	Yes	Yes	Camping
Wasatch Range	USA	Provo River	Moderate	June-September	4	Yes	Yes	Fishing
San Antonio River	USA	San Antonio River	Easy	Year-Round	2	Yes	Yes	Sightseeing
Salmon River	USA	Salmon River	Difficult	April-September	5	Yes	Yes	Whitewater Rafting
Chisos Basin	USA	Chisos River	Moderate	May-October	4	Yes	Yes	Hiking
Rainbow Bridge	USA	Rainbow Bridge	Easy	May-September	3	Yes	Yes	Sightseeing
Two Medicine	USA	Two Medicine Lake	Easy	June-September	3	Yes	Yes	Fishing
Swan River	USA	Swan River	Easy	April-October	3	Yes	Yes	Hiking
Mount Rainier	USA	Nisqually River	Difficult	June-September	5	Yes	Yes	Climbing
Burro Mountain	USA	Burro Creek	Moderate	May-October	4	Yes	Yes	Hiking
Billy Goat Trail	USA	Potomac River	Easy	April-October	3	Yes	Yes	Biking
West Coast Trail	Canada	Pacific Ocean	Easy	May-September	6	Yes	Yes	Camping
Catoctin Mountain Park	USA	Thurmont River	Moderate	April-October	4	Yes	Yes	Camping
Sierra de Guadarrama	Spain	Manzanares River	Difficult	April-October	5	Yes	Yes	Hiking
Josiah Brown Trail	Canada	Fishhawk Creek	Moderate	April-October	4	Yes	Yes	Hiking
Elk River	USA	Elk River	Difficult	April-June	5	Yes	Yes	Whitewater Rafting
Coastal Mountains	Canada	Fraser River	Moderate	June-September	4	Yes	Yes	Fishing
San Luis Valley	USA	Rio Grande	Difficult	May-September	6	Yes	Yes	Camping
Palomar Mountain	USA	Bournes Valley	Easy	April-October	3	Yes	Yes	Biking
Ruins of Kuelap	Peru	Ugarteche River	Moderate	June-October	4	Yes	Yes	Hiking
Dent de Vaulion	Switzerland	Vaulion River	Difficult	May-September	5	Yes	Yes	Hiking
Skagway	USA	Skagway River	Moderate	April-September	4	Yes	Yes	Fishing
Jim Thorpe	USA	Lehigh River	Easy	April-October	3	Yes	Yes	Biking
Annapurna Circuit	Nepal	Marshyangdi River	Difficult	April-October	6	Yes	Yes	Hiking
Mount Saint Helens	USA	North Fork Toutle River	Moderate	May-September	5	Yes	Yes	Camping
Lago Argentino	Argentina	Argentino River	Easy	November-	3	Yes	Yes	Fishing

Geographical Location				Seasonal Availability					Activities		
Location Name	Country	Specific Area	Difficulty	Seasons	Duration (Days)	Spring	Summer	Fall	Winter	Primary	Secondary
Sierra de los Organos	Cuba	YumurÃ River	Difficult	December-April	5	Yes	Yes			Hiking	
Harpers Ferry	USA	Shenandoah River	Easy	April-October	2	Yes	Yes			Biking	
Pacific Crest Trail	USA	Tahoe-Sierra	Moderate	June-September	6	Yes	Yes			Hiking	
Savannah River	USA	Savannah River	Difficult	April-September	5	Yes	Yes			Whitewater Rafting	
Mount Tamalpais State Park	USA	Ryan Mountain	Moderate	April-October	4	Yes	Yes			Hiking	
Great Rift Valley	Kenya	Samburu River	Moderate	May-October	4	Yes	Yes			Wildlife Safari	
Mount Rundle	Canada	Bow River	Moderate	May-September	4	Yes	Yes			Fishing	
Black River	USA	Black River	Easy	May-September	4	Yes	Yes			Floating	
King's River	USA	King's River	Difficult	April-September	5	Yes	Yes			Whitewater Rafting	
Trinity River	USA	Trinity River	Easy	April-October	3	Yes	Yes			Fishing	
Lake Erie	USA	Lake Erie	Easy	May-September	4	Yes	Yes			Fishing	
Finger Lakes Region	USA	Seneca Lake	Easy	May-October	3	Yes	Yes			Wine Tasting	
Maroon Bells	USA	Maroon Lake	Easy	June-September	2	Yes	Yes			Hiking	
Pine Barrens	USA	Wading River	Easy	May-September	3	Yes	Yes			Biking	
Lake Malawi	Malawi	Lake Malawi	Moderate	May-December	4	Yes	Yes			Fishing	
Mount Monadnock	USA	Monadnock River	Difficult	April-October	5	Yes	Yes			Hiking	
Valley of Fire	USA	Fire Creek	Moderate	April-October	4	Yes	Yes			Camping	
Mount Timpanogos	USA	Timp Cave	Difficult	June-September	6	Yes	Yes			Hiking	
Deception Pass State Park	USA	Deception Pass	Easy	May-September	3	Yes	Yes			Sightseeing	
Dinosaurs National Monument	USA	Green River	Moderate	May-October	4	Yes	Yes			Camping	
Nordkapp	Norway	North Cape	Easy	June-August	3	Yes	Yes			Sightseeing	
Yosemite Valley	USA	Yosemite River	Moderate	April-October	4	Yes	Yes			Camping	
Jasper National Park	Canada	Athabasca River	Moderate	June-September	4	Yes	Yes			Wildlife Watching	
Lake District	UK	Lake Windermere	Easy	April-September	3	Yes	Yes			Fishing	
Olympic National Park	USA	Hoh Rainforest	Difficult	June-September	6	Yes	Yes			Hiking	
Marble Canyon	Canada	Kootenay River	Moderate	May-September	5	Yes	Yes			Camping	
Tongariro National Park	New Zealand	Tongariro River	Easy	November-April	3	Yes	Yes			Fishing	
Chola Mountain	Tibet	Chola River	Moderate	June-October	4	Yes	Yes			Hiking	
Mount Robson	Canada	Robson River	Difficult	June-September	5	Yes	Yes			Hiking	
Price Lake	USA	Price Lake	Easy	May-September	3	Yes	Yes			Camping	
Zermatt	Switzerland	Matterhorn River	Difficult	June-September	6	Yes	Yes			Hiking	
Delaware River	USA	Delaware River	Moderate	April-October	5	Yes	Yes			Fishing	
Desolation Wilderness	USA	Lake Aloha	Moderate	June-September	4	Yes	Yes			Camping	

Gatlinburg	USA	Little Pigeon River	Easy	April-October	3	Yes	Yes	Activities
Green Mountain National Forest	USA	Otter Creek	Difficult	May-September	6	Yes	Yes	Camping
Edisto River	USA	Edisto River	Moderate	April-September	4	Yes	Yes	Fishing
Mount Hood	USA	Sandy River	Difficult	May-September	5	Yes	Yes	Skiing
Lofoten Islands	Norway	Lofoten Sea	Easy	June-August	3	Yes	Yes	Fishing
Cowlitz River	USA	Cowlitz River	Easy	May-September	3	Yes	Yes	Fishing
Rundum Lake	Canada	Rundum River	Easy	April-October	3	Yes	Yes	Sightseeing
Tampere	Finland	Närsijärvi Lake	Easy	May-September	4	Yes	Yes	Fishing
Haliburton Highlands	Canada	Haliburton River	Easy	May-September	4	Yes	Yes	Fishing
Shenandoah Valley	USA	Shenandoah River	Difficult	May-October	5	Yes	Yes	Hiking
Monument Valley	USA	Monument Valley	Moderate	April-October	4	Yes	Yes	Sightseeing
Patagonian Desert	Chile	Chilean Sea	Difficult	November-March	6	Yes	Yes	Hiking
Crater Lake National Park	USA	Crater Lake	Moderate	June-September	5	Yes	Yes	Camping
Bayou Teche	USA	Bayou Teche	Easy	Year-Round	3	Yes	Yes	Fishing
Mount Linnaeus	USA	Linnaeus River	Difficult	July-September	5	Yes	Yes	Climbing
Mount Baker	USA	Nooksack River	Difficult	June-September	5	Yes	Yes	Climbing
Bent Creek	USA	Bent Creek	Easy	March-November	3	Yes	Yes	Hiking
Timor-Leste	Timor-Leste	Lake Iralalaru	Moderate	April-October	4	Yes	Yes	Fishing
Hut Lake	USA	Hut River	Easy	June-September	2	Yes	Yes	Hiking
Walnut Creek	USA	Walnut Creek	Easy	April-September	3	Yes	Yes	Fishing
San Juan Wilderness	USA	San Juan River	Difficult	May-September	6	Yes	Yes	Camping
Park City	USA	Park City River	Moderate	June-September	4	Yes	Yes	Fishing
McKenzie River	USA	McKenzie River	Moderate	May-September	5	Yes	Yes	Fishing
River Clyde	Scotland	River Clyde	Easy	April-October	4	Yes	Yes	Fishing
Chala River	Bolivia	Chala River	Difficult	April-October	5	Yes	Yes	Hiking
Garibaldi Provincial Park	Canada	Garibaldi Lake	Moderate	May-October	4	Yes	Yes	Camping
Umpqua River	USA	Umpqua River	Easy	April-October	3	Yes	Yes	Fishing
Mount Elbert	USA	Mount Elbert	Difficult	June-September	5	Yes	Yes	Climbing
Canmore	Canada	Canmore River	Easy	June-September	3	Yes	Yes	Fishing
Carrabassett Valley	USA	Carrabassett River	Moderate	May-September	4	Yes	Yes	Camping
Baltimore	USA	Patapsco River	Easy	April-September	3	Yes	Yes	Biking
Hautes-Pyrénées	France	Gave de Pau	Moderate	May-September	4	Yes	Yes	Hiking
Wallowa Mountains	USA	Wallowa River	Moderate	May-September	5	Yes	Yes	Fishing
Colonel Bob Wilderness	USA	Colonel Bob River	Difficult	April-September	5	Yes	Yes	Camping

Saint Mary Lake	USA	Saint Mary Lake	Easy	June-September	3	Yes	Yes	Fishing
Montauks	USA	Montauk Point	Easy	Year-Round	3	Yes	Yes	Fishing
Rocky Mountain House	Canada	North Saskatchewan River	Moderate	May-September	4	Yes	Yes	Fishing
Lewis River	USA	Lewis River	Difficult	April-September	6	Yes	Yes	Whitewater Rafting
Marquesas Keys	Florida	Marquesas Keys	Easy	Year-Round	5	Yes	Yes	Fishing
Little Tootsie River	USA	Little Tootsie River	Easy	April-September	3	Yes	Yes	Wildlife Watching
Cascade Mountain View	USA	Cascade River	Moderate	April-October	4	Yes	Yes	Hiking
Little River Valley	Australia	Little River	Easy	May-September	4	Yes	Yes	Fishing
San Francisco Peaks	USA	San Francisco Peak	Difficult	May-September	6	Yes	Yes	Climbing
Adirondack Park	USA	Hudson River	Moderate	June-September	5	Yes	Yes	Camping
Palouse Falls	USA	Palouse River	Easy	April-October	3	Yes	Yes	Camping
Burleigh Heads	Australia	Tallebudgera Creek	Easy	May-September	3	Yes	Yes	Fishing
Hurtigruten	Norway	TromsÅ, Fjord	Moderate	June-August	5	Yes	Yes	Sightseeing
Nelson Lakes National Park	New Zealand	Rotoiti Lake	Moderate	November-April	4	Yes	Yes	Fishing
Wingate Mountains	USA	Wingate River	Difficult	September-November	5	Yes	Yes	Climbing
Black Mountain	USA	Black River	Moderate	June-September	4	Yes	Yes	Hiking
Mount Lafayette	USA	Lafayette River	Easy	July-September	3	Yes	Yes	Fishing
Denali National Park	USA	Nerka River	Difficult	June-September	6	Yes	Yes	Hiking
Torres del Paine	Chile	Torres River	Moderate	November-March	5	Yes	Yes	Camping
Mount St. Helens	USA	Toutle River	Difficult	April-September	5	Yes	Yes	Climbing
Anjali Mountain	Himalayas	Anjali River	Moderate	April-October	4	Yes	Yes	Hiking
Segoviana Mountains	Spain	Segoviana River	Easy	April-October	3	Yes	Yes	Fishing
Delaware Water Gap	USA	Delaware River	Difficult	April-October	5	Yes	Yes	Biking
Isle Royale National Park	USA	Greenstone Ridge	Moderate	June-September	6	Yes	Yes	Hiking
Drakensberg Mountains	South Africa	Tugela River	Moderate	November-March	5	Yes	Yes	Hiking
Vaqueras Mountains	France	Vaqueras River	Difficult	May-Septemeber	6	Yes	Yes	Hiking
Mont Cook	New Zealand	Cook River	Difficult	October-March	5	Yes	Yes	Hiking
Mount Elbrus	Russia	Elbrus River	Difficult	June-September	6	Yes	Yes	Climbing
Monument Valley	USA	Navajo River	Moderate	April-October	4	Yes	Yes	Camping
Preseli Hills	Wales	Western Cleddau River	Easy	May-September	3	Yes	Yes	Wildlife Watching
Mount Shasta	USA	Sacramento River	Difficult	June-August	6	Yes	Yes	Climbing
Eagle Canyon	USA	Eagle River	Moderate	May-September	4	Yes	Yes	Climbing
Bryce Canyon	USA	Bryce River	Moderate	April-October	5	Yes	Yes	Hiking
Basin and Range	USA	Basin River	Difficult	May-	6	Yes	Yes	Camping

National Park				October				
Waterton Lakes	Canada	Waterton River	Easy	May-September	3	Yes	Yes	Fishing
Quintana Roo	Mexico	Zapata River	Moderate	May-August	4	Yes	Yes	Fishing
Glacier National Park	USA	Glacier River	Difficult	June-September	6	Yes	Yes	Camping
Smith Rock	USA	Deschutes River	Difficult	April-October	5	Yes	Yes	Climbing
Grand Teton	USA	Snake River	Easy	May-September	4	Yes	Yes	Fishing
Chamomile Mountains	USA	Chamomile River	Difficult	April-October	5	Yes	Yes	Fishing
Summerland	Canada	Summerland River	Easy	May-September	3	Yes	Yes	Fishing
Kakadu National Park	Australia	Alligator River	Moderate	May-October	4	Yes	Yes	Wildlife Watching
Landmannalaugar	Iceland	Laugahraun River	Difficult	June-September	5	Yes	Yes	Hiking
Carson National Forest	USA	Carson River	Moderate	May-October	4	Yes	Yes	Hiking
Saraani	Pakistan	Saraani River	Moderate	April-September	4	Yes	Yes	Hiking
Sorocaba	Brazil	Sorocaba River	Easy	May-September	3	Yes	Yes	Fishing
Gorges du Verdon	France	Verdon River	Difficult	April-October	5	Yes	Yes	Camping
Altai Mountains	Russia	Katun River	Easy	June-September	4	Yes	Yes	Fishing
Vetlefjorden	Norway	Vetlefjorden	Moderate	June-August	6	Yes	Yes	Fishing
Wilderness State Park	USA	Carp River	Easy	April-October	3	Yes	Yes	Fishing
Mount Logan	Canada	Logan River	Difficult	May-September	6	Yes	Yes	Camping
PoÃ§o Azul	Brazil	PoÃ§o River	Easy	May-September	4	Yes	Yes	Swimming
Katahdin Woods	USA	Katahdin River	Difficult	May-October	5	Yes	Yes	Camping
Grayson Highlands	USA	Grayson River	Moderate	March-November	4	Yes	Yes	Fishing
Lake Sofia	USA	Lake Sofia	Easy	June-September	3	Yes	Yes	Fishing
Thompson-McGowan Lake	USA	Thompson Lake	Moderate	April-October	5	Yes	Yes	Camping
Dieppe	France	Dieppe River	Difficult	May-September	6	Yes	Yes	Camping
Elk Lake	USA	Elk Lake	Easy	May-September	3	Yes	Yes	Fishing
Blue Ridge Mountains	USA	Blue Ridge River	Moderate	May-October	4	Yes	Yes	Camping
Wenatchee River	USA	Wenatchee River	Easy	April-September	3	Yes	Yes	Fishing
Little River State Park	USA	Little River	Moderate	April-October	4	Yes	Yes	Hiking
Alaskan Range	USA	Alaska River	Difficult	June-September	6	Yes	Yes	Camping
Shasta-Trinity National Forest	USA	Trinity River	Moderate	May-September	4	Yes	Yes	Fishing
Grand Canyon	USA	Colorado River	Difficult	April-October	6	Yes	Yes	Camping
Katmai National Park	USA	Naknek Lake	Moderate	May-September	5	Yes	Yes	Fishing
Sierra National Forest	USA	Dinkey Creek	Moderate	April-October	4	Yes	Yes	Hiking
Saguaro National Park	USA	Cactus Forest	Easy	Year-Round	4	Yes	Yes	Biking
Dolina KoÅcieliska	Poland	KoÅcieliski	Moderate	May-	4	Yes	Yes	Hiking

Location		River		September				
Comox Valley	Canada	Comox River	Easy	April-September	3	Yes	Yes	Fishing
San Fernando Valley	USA	San Fernando River	Easy	February-October	3	Yes	Yes	Fishing
Baker Lake	USA	Baker Lake	Easy	May-September	2	Yes	Yes	Fishing
Mount Jefferson	USA	Jefferson River	Difficult	June-September	5	Yes	Yes	Climbing
Sierra de Grazalema	Spain	Grazalema River	Moderate	April-October	4	Yes	Yes	Hiking
Anna Ruby Falls	USA	Anna Ruby River	Easy	June-September	2	Yes	Yes	Camping
Pope Valley	USA	Napa River	Easy	April-October	3	Yes	Yes	Fishing
Banzai Pipeline	Hawaii	Pipeline River	Moderate	November-March	4	Yes	Yes	Fishing
Saguaro East National Park	USA	Saguaro River	Moderate	May-September	5	Yes	Yes	Camping
Sierra Nevada	USA	Lake Tahoe	Easy	May-September	4	Yes	Yes	Fishing
Schweitzer Mountain	USA	Schweitzer River	Easy	May-September	3	Yes	Yes	Fishing
Willow Creek Reservoir	USA	Willow Creek	Easy	May-September	2	Yes	Yes	Fishing
Mount Ashland	USA	Ashland River	Easy	May-September	3	Yes	Yes	Camping
Young Island	Suriname	Kanaima Lake	Moderate	May-September	4	Yes	Yes	Fishing
Beaver Lake	Canada	Beaver River	Easy	June-September	3	Yes	Yes	Swimming
Badlands National Park	USA	Badlands River	Difficult	May-September	6	Yes	Yes	Hiking
Bristol Bay	USA	Bristol River	Difficult	June-October	5	Yes	Yes	Fishing
Mackenzie Mountains	Canada	Mackenzie River	Difficult	May-September	7	Yes	Yes	Camping
DKW-2 Drive	Russia	Kama River	Moderate	June-August	5	Yes	Yes	Fishing
Knife River	Canada	Knife River	Easy	June-September	3	Yes	Yes	Camping
Big Sur	USA	Big Sur River	Difficult	June-September	6	Yes	Yes	Camping
Redwood National Park	USA	Trinity River	Moderate	May-October	5	Yes	Yes	Camping
Mount Shasta	USA	Shasta River	Difficult	May-August	5	Yes	Yes	Camping
Tirol	Austria	Ziller River	Easy	May-September	3	Yes	Yes	Fishing
Mount St. Helens	USA	Toutle River	Difficult	April-October	5	Yes	Yes	Camping
Craigleith Provincial Park	Canada	Craigleith River	Moderate	April-October	4	Yes	Yes	Camping
US Virgin Islands	USA	Virgin Islands Waterway	Easy	Year-Round	3	Yes	Yes	Fishing
Icy Strait Point	USA	Icy Strait	Easy	May-September	4	Yes	Yes	Fishing
Castle Craggs State Park	USA	Castle Craggs River	Skiable	June-September	5	Yes	Yes	Camping
South Fork of the Flathead River	USA	South Fork River	Moderate	June-October	5	Yes	Yes	Camping
Alvord Desert	USA	Alvord River	Easy	May-September	4	Yes	Yes	Camping
Grand Teton	USA	Teton River	Moderate	June-September	4	Yes	Yes	Fishing