New York

*Kennebec River*

The Kennebec River offers consistent class 2-4 whitewater rafting every day from May through October. It’s an ideal rafting trip for first time rafters, and everyone who enjoys a good mix of whitewater action, fire-grilled lunch on a river beach, and a peaceful afternoon float to the take-out

*Penobscot river*

Epic best describes whitewater rafting the West Branch of the Penobscot River, under the shadow of Mount Katahdin. We launch rafting trips in the steep rock walls of Ripogenus Gorge, through the class V rapids of The Cribworks to raft surfing at Big Amberjack. After lunch get set to tackle Nesowadnehunk Falls 11′ foot drop, and the rapids of the lower river.

*Allegany State Park-Quaker Area*

New York is home to some of the greatest waterways on the East Coast. Team up with professional guides at Sacandaga Outdoor Center to enjoy tubing, rafting, and kayaking on the Hudson and Saranac Rivers. Just minutes from Lake George, this family-friendly outfitter is great for groups and for introducing the kids to the outdoors.

New Jersey

*Delaware Water Gap National Recreation Area*

Located in the northwest corner of New Jersey, the park runs along 40 miles of the Delaware River, including where it cuts through a ridge in the Appalachian Mountains to form the famed “gap.” The park is a magnet for kayak enthusiasts.

*Lakeview Marina*

Being on New Jersey's largest lake means that there are plenty of places for kayakers to paddle and explore. Lakeview offers Kayak rentals, and has a boat ramp for launching kayaks.

Pennsylvania

*Youghiogheny River*

The Youghiogheny River flows through one of Pennsylvania's largest state parks, Ohiopyle, in the Laurel Highlands region in southwestern Pennsylvania. Locals call it the Yough The river is popular for white water rafting and kayaking.The loop is perfect for kayakers since they do not need a transport vehicle.

[**White Water Rafting To Start Soon On Goa's Mahadayi River**](https://www.ndtv.com/india-news/happy-times-as-white-water-rafting-to-start-on-the-mahadayi-river-soon-1872411)

[India News](https://www.ndtv.com/india-news) | Press Trust of India | Sunday June 24, 2018

White water rafting on Mahadayi river to start soon. In good news for those seeking a monsoon adventure, 'White water rafting' on the Mahadayi river near Valpoi in Goa will begin in the next fortnight, a state government official said today.

[Ban On River Rafting, Paragliding In Uttarakhand Till Further Notice](https://www.ndtv.com/india-news/ban-on-water-sports-like-rafting-paragliding-in-rishikesh-in-uttarakhand-till-further-notice-1871637)

[India News](https://www.ndtv.com/india-news) | Written by Snigdha Basu, Edited By Richa Taneja | Friday June 22, 2018

No more water rafting, paragliding or any water sports in Uttarakhand until transparent policies are formulated, the High Court ruled.

Rafting is a competitive sport in which the objective is to navigate downstream on river rapids using an inflated raft. It is considered as an extreme sport which is highly challenging and risky, and requires a great deal of teamwork. Rafting is also an extremely popular recreational activity practiced in most countries around the world.

**Canoeing** is an activity which involves [paddling](https://en.wikipedia.org/wiki/Paddling) a [canoe](https://en.wikipedia.org/wiki/Canoe) with a single-bladed [paddle](https://en.wikipedia.org/wiki/Paddle). Common meanings of the term are limited to when the canoeing is the central purpose of the activity. Broader meanings include when it is combined with other activities such as canoe camping, or where canoeing is merely a transportation method used to accomplish other activities.

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