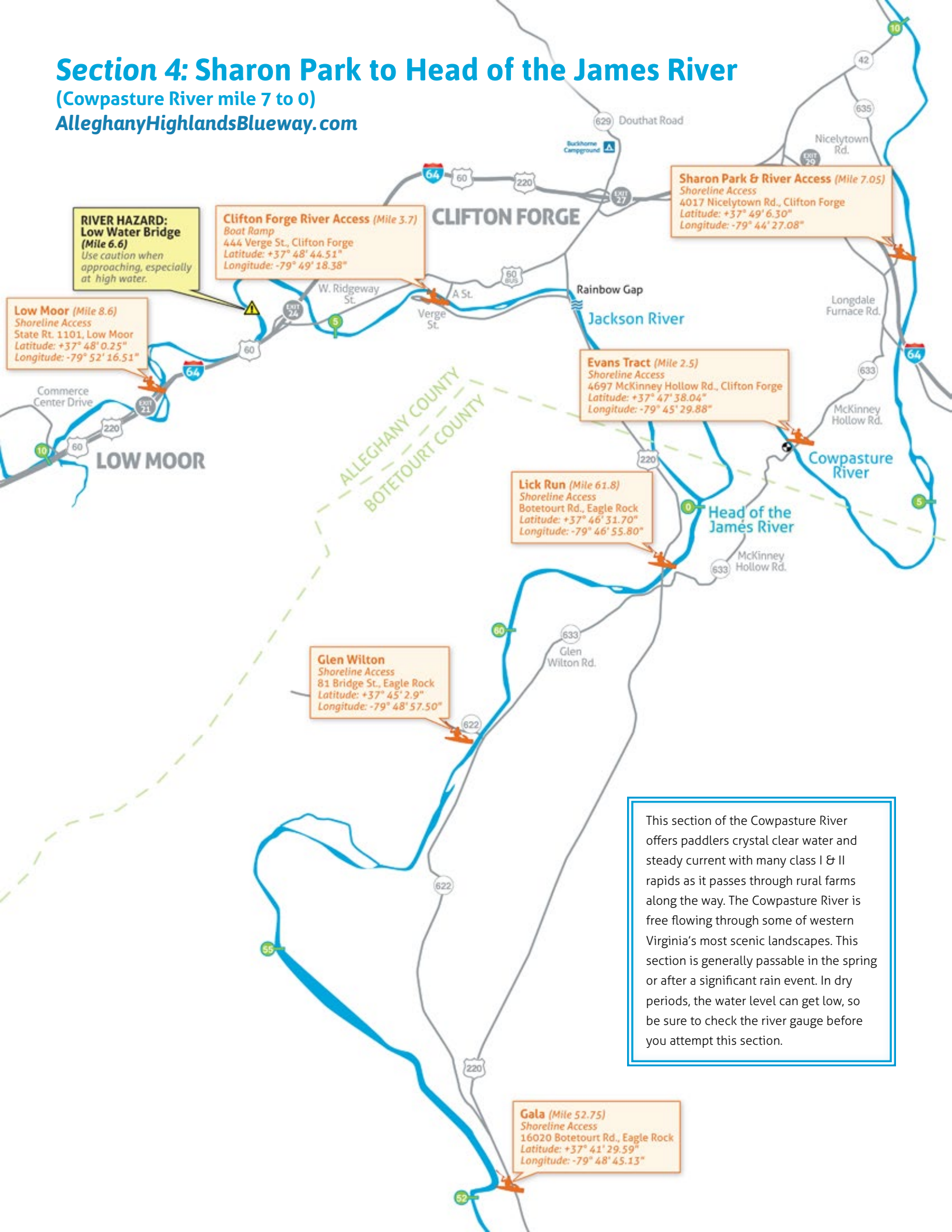


# Section 4: Sharon Park to Head of the James River

(Cowpasture River mile 7 to 0)

[AlleghanyHighlandsBlueway.com](http://AlleghanyHighlandsBlueway.com)



This section of the Cowpasture River offers paddlers crystal clear water and steady current with many class I & II rapids as it passes through rural farms along the way. The Cowpasture River is free flowing through some of western Virginia's most scenic landscapes. This section is generally passable in the spring or after a significant rain event. In dry periods, the water level can get low, so be sure to check the river gauge before you attempt this section.