Whitehouse to Massanutten (H-J) 4 miles

 This section will be skipped if you are an Aqua-Blazer as you cannot self-portage around the 3rd dam.

Massanutten to Inskeep (J-K) 3 miles

Inskeep boat landing is the next drop in point beyond the 3rd dam.

Inskeep to Fosters (K-L) 9 miles

- From the ramp at Inskeep, you are within 9 miles of scattered camping spots along the river on GWNF land. (typically, on your left)
- About a mile before Fosters boat landing (L) is Shenandoah River Outfitters. They offer
 camping as well as more river information for the farther northern sections of the river.
 As well as Front Royal Canoe and Skyline Canoe Company. Stop in to seek further
 detailed information about these stretches of river, such as maps and camping.

Fosters to Chapman to Bentonville (L-M-N) 18 miles

This stretch contains the Compton Rapid (Class II)
 Located 3 river turns beyond Fosters landing. Use caution. STAY RIGHT

Bentonville to Simpson (N-O-P) 9.5 miles

Simpson to Front Royal (P-Q) 6 miles

Front Royal to Riverton (Q-R) 4 miles