



Northern Forest Canoe Trail

Island Pond and the Upper Clyde

Two Day Paddling & Fishing Itinerary

Trip Summary

Maps and Guides

- [NFCT Map Section 6](#)
- [NFCT Guidebook](#), pages 110-120
- [Google map and directions](#)

Paddling Options

- Island Pond to Pensioner Pond (18 miles, 8 hours)
- Island Pond to 10 Mile Square Road (10.6 miles, 4-5 hours)
- Island Pond to East Charleston (12.6 miles, 5-6 hours)
- 5 Mile Square Road to 10 Mile Road (5.5 miles, 2 hrs)
- School Street to Pensioner Pond (2-3 hrs)
- Island Pond and Spectacle Pond (1/2 Day)

Other Activities

- Lake and river fishing
- Swimming and relaxing at [Brighton State Park](#)
- Visiting the [Northwoods Stewardship Center](#)
- Shopping in Island Pond
- Visiting a historic rail depot

Places to Stay

- [The White Birch Lodge](#)
- [The Clyde River Hotel](#)
- [The Lakefront Inn and Motel](#)
- [Brighton State Park](#)
- [Lakeside Camping](#)

Where to Eat

- [Pickles Pub](#)
- [Friendly's Pizza](#)
- [East Charleston Country Store](#)

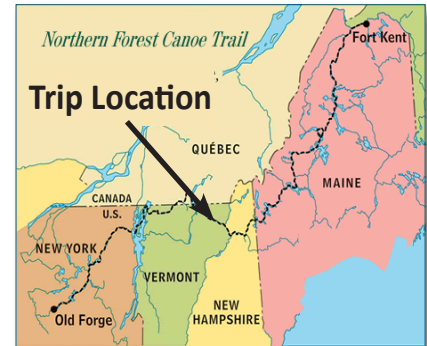
Outfitters and Guides

- [Clyde River Recreation](#)
- [Siskin Ecological Adventures](#)
- [Clyde River Outfitters](#)
- [Simon The Tanner](#)
- [Vermont Outdoor Guide Association](#)

NFCT Package Specials

- [Pedal and Paddle](#)
- [Kingdom River Rambles](#)

In Vermont's Northeast Kingdom lies the village - and the lake - of **Island Pond**. Island Pond also serves as the headwaters for the Clyde River, which flows 40 miles northwest to Lake Memphremagog. The area is rich in wildlife and is known for its abundant and diverse fisheries hosting trout, salmon, bass, and many other species. Island Pond and environs is a great destination for fisherman and paddlers in search of off-the-beaten-path lakes and running streams. By following this two day itinerary, visitors will experience some of the area's best fishing and paddling. Enjoy!



Afternoon Arrival

If you arrive in Island Pond in the afternoon, you'll have time to stroll **Cross Street** with its collection of shops and views of Island Pond. If you need to purchase gear for your outdoor activities, consider shopping at [Clyde River Outfitters](#) or [Simon the Tanner](#). Your best bets for dinner are [Pickles Pub](#) (inside the Clyde River Hotel), or [Friendly's Pizza](#), serving pizza, steaks, pasta, grinders, and salads.

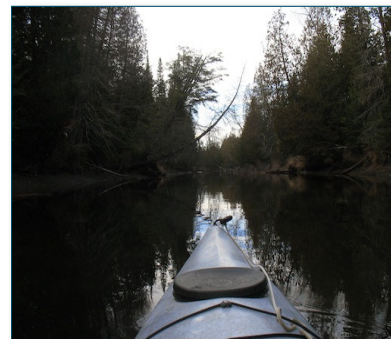
You have several overnight options in Island Pond. The [Clyde River Hotel](#) literally straddles the Northern Forest Canoe Trail, as it is built over the Clyde River, which flows out of Island Pond. Another option is the family-oriented [Lakefront Inn and Motel](#), which offers an array of accommodations, including standard rooms, efficiencies, and luxury suites with fireplaces. Storage of large recreational items (such as bicycles) is available, as is boat parking on their dock. Finally, outside of town one finds [The White Birch Lodge](#), which has four peaceful and affordable cottages on beautiful Echo Lake - perfect for extended trips to the area.

If you'd prefer to camp out, stay at either [Brighton State Park](#) on beautiful Spectacle Pond, or privately owned [Lakeside Camping](#) on the eastern shore of Island Pond.



Day One: Paddling And Fishing The Clyde

For breakfast, head to the [Lakefront Express Mart-Deli/Bakery](#) where you can start your day with a freshly brewed cup of gourmet coffee, breakfast sandwiches, bagels, muffins or pastries. If you need a picnic lunch, stop by either The Lakefront Express Mart-Deli, [Ted's Market & Deli](#), or plan on stopping by the [East Charleston Country Store](#) in route.



Paddling options of varying lengths are possible on the Clyde River - consult [NFCT Map #6](#), the [NFCT Guidebook](#), or the [Clyde River Paddling and Fishing Guide](#) to plan your route and learn more about the area's fisheries and rich ecological and geologic history. If you need to rent boat or shuttle services, make arrangements with [Clyde River Recreation](#), located near the outlet of Pensioner Pond. If you prefer paddling and/or fishing with a guide who can explain the natural history of the River, [Siskin Ecological Adventures](#) or the [Northwoods Stewardship Center](#) are your best bets. Alternatively, find a guide through the [Vermont Outdoor Guide Association](#).

Experienced paddlers wanting a full day (about 8 hours) of paddling can begin where it exits Island Pond,



just behind the Clyde River Hotel, and ending their trip eighteen miles downstream at Pension Pond. A more relaxing option is to take out in East Charleston, 11 river miles downstream from Island Pond, where you can also buy snacks or lunch at the historic East Charleston Country Store. With the exception of a short portage and an easy rapid early in the paddle, you will enjoy a relatively calm, lazy float passing through impressive wetlands and floodplain forests. Between Island Pond and 5 Mile Road, be prepared to scramble over the occasional log jam and beaver dam. Stay in the river's main channel to avoid disturbing wildlife. If you're fishing, you'll enjoy encounters with perch, pickerel, and bass.

Day Two: Paddling & Fishing Island Pond and Spectacle Pond

For your second day of paddling, spend a half day exploring Island Pond and Spectacle Pond. If you need to rent a boat, [Brighton State Park](#) (which has a beach on the eastern shore of Island Pond) is the most convenient choice. The lake gets its name from the 20-acre privately-owned island in its center, which is home to a rare native red pine forest. Anglers on Island Pond will discover brown and brook trout, walleye, bass, pumpkinseed, rockbass, perch, brown bullhead, among other species. Plan to picnic at Brighton State Park's sandy day beach and bathhouse located on the eastern shore of Island Pond. Be sure to explore the quiet backwaters of Spectacle Pond by entering its inlet along the eastern shore of Island Pond.

Finally, a visit to Island Pond wouldn't be complete without a stop at the railroad depot at the junction of routes 105 and 111, where you can learn more about the Grand Trunk Railway, an international route historically connecting Montreal, Canada and Portland, Maine, with its half-way point in Island Pond.

