



Northern Forest Canoe Trail

Lake Memphramagog Day Trip

One Day, Two Night Visitor Itinerary

Trip Summary

Maps and Guides

- [NFCT Map Section 6](#)
- [NFCT Guidebook](#)
- [AMC River Guide](#)
- [VT Gazetteer and Atlas](#)
- [Google map and directions](#)

Paddling Options

- Lake Memphramagog's South Bay
- Black and Barton River Outlets

Places to Stay

- [Salem Lake Inn](#)
- Border Motel
- [Newport City Motel](#)
- [Char-Bo Campground](#)
- Prouty Beach Campground
- [Four Seasons Vacation Rentals](#) or the [Maple Cottage](#)

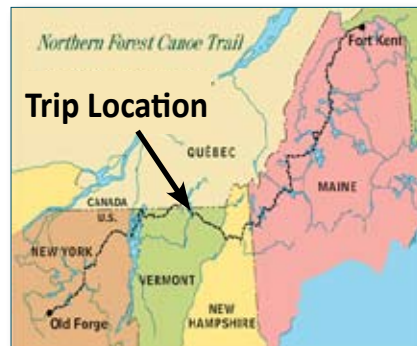
Where to Eat

- [Montgomery Cafe](#)
- The Cow Palace
- [Lago Trattoria](#)
- [East Side Restaurant](#)
- [The Boathouse Grill](#)

Outfitters and Guides

- [Clyde River Recreation](#)
- The Great Outdoor of Newport
- [Siskin's Outdoor Adventures](#)

Vermont's Lake Memphremagog, straddling the US border with Quebec, provides scenic paddling within just a couple of hours drive from Burlington, Vermont. While the main body of the lake can feature high winds and significant waves, the lake's **South Bay** provides opportunities for calm water paddling. The South Bay is also the location of the **Black and Barton River outlets**, which are wonderful marshy areas to explore.

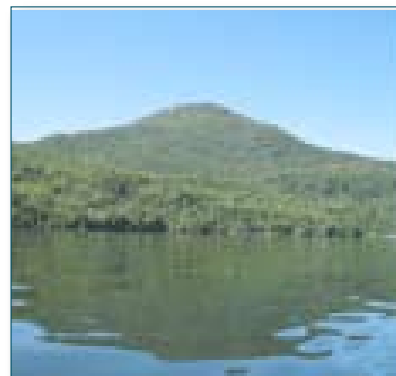


Note that you will be paddling waterways threatened by watermilfoil, which form dense mats that inhibit the healthy functioning of aquatic ecosystems. To act as a responsible paddler, please take essential milfoil precautions: inspect your boat and equipment carefully and wash or remove milfoil when you enter and leave waterways.

Paddling The South Bay

Depending on how much time you'd like to spend exploring, plan a half to full day of paddling the South Bay. Before you go, pick up lunch and/or snacks on North Main Street in Newport at [Newport Natural Foods & Montgomery Café](#), where you'll find a great selection of local, organic, and natural foods. If you need any paddling gear, stop in to the [Great Outdoors of Newport](#), located in the Waterfront Plaza across from Garner's Park.

In Newport, there are several access points along South Bay. In its northwestern corner, you'll find a state-owned access off of Route 5. You can also put-in at the city's Gardner Park, where one can also rent canoes, kayaks, and arrange for shuttle services from a [Clyde River Recreation](#) outpost. Finally, along the eastern side, you'll find a boat launch along Glen Road.



Black and Barton Rivers Outlets

The meandering **Black and Barton Rivers** flow into the South Bay, creating diverse wetland habitats that support a variety of bird, mammal, and fish species. As such, the southern portion of South Bay, including a zone on each shore of the Black and Barton Rivers, is designated by the Vermont Department of Fish and Wildlife as the 1,600 acre South Bay State Wildlife Management Area. Enjoy the wildlife on as travel up the twisting reaches of the Black and Barton Rivers. Picnic as you float back downstream, or along a quiet stretch of shoreline.



Lodging and Dining Options



It is worth treating yourself to a post-paddle meal at the [Montgomery Café](#). Their wonderful selection of chef-created hearty soups, sandwiches, and salads will satisfy the hungry traveller. It is also hard to resist Derby's local tourist attraction, the "[Cow Palace](#)," which specializes in elk burgers and sirloin stakes, culled from a local 300-head herd originally imported from Idaho in 1992. Also worthy of note is [Lago Trattoria](#), with authentic Italian entrees and desserts, the [Boathouse Grill](#) (featuring seafood, steaks, and pasta), or the classic home style specialties at the [East Side Restaurant](#), also notable for its open-air seating along the lake.

If you'd like to stay for the night, the Newport area is home to several lodging options. The best bet for campers is [Prouty Beach](#), on the shores of Lake Memphramagog. This city-owned campground hosts 53 camping sites, including 7 sites on the bluffs. Other amenities include a swimming beach, canoe and paddle boat rentals, and a covered picnic shelter.

Those preferring clean affordable, no-frills lodging should check into the Derby Center's [Border Motel](#). Each of its 34 pet-friendly rooms has a microwave and refrigerator. The [Newport City Motel](#), with its deluxe extended stay rooms and a pool, or [Jay Peak Vacation Rentals](#) (which has several 2-3 bedroom apartments for rent), are best good for longer trips to the region. Finally, it doesn't get much more cozy than the [The Salem Lake Inn](#), which offers four rooms in a home-like setting.



Extend Your Trip

Options abound for those seeking to extend their trip. Consider driving to the town of **Derby Line** to visit the famous [Haskell Opera House and Library](#). This beautiful, historic building sits astride the international boundary line. Alternatively, relax at the beautiful [Four Corners Swimming Hole](#), a deep pool beneath a beautiful cascade. As a final suggestion, rent bikes from [The Great Outdoors of Newport](#) and cycle around the lake up to Canada.