



Northern Forest Canoe Trail Androscoggin River Valley Paddle and Local Products *One-Day Itinerary*



Trip Summary

Maps and Guidebooks

- [NFCT Map 7](#)
- [NFCT Guidebook](#)
- [AMC River Guide: NH/VT](#)
- Google Maps directions

Activities

- Paddle Pontook Reservoir and the Androscoggin River's Class I, II and III rapids
- Shop for local crafts and foods

Places to Stay

- [Milan Hill State Park and Campground](#)
- [Dubee Our Guest B&B](#)
- [Mahoosuc Inn](#)
- [Great Northern Moose Lodge](#)
- [Cedar Pond Campground](#)

Where to Eat

- [Ursula's Snack Shack](#)
- [Milan Luncheonette](#)
- [Gord's Corner Store](#)
- [Tea Bird's Cafe](#)
- [Northland Dairy Bar](#)

Outfitters and Guides

- [North Woods Rafting](#)
- [Gord's Corner Store](#)
- [L.L. Cote](#)
- [Northern Waters Outfitters](#)
- [TNT Guide Service](#)

Local Events

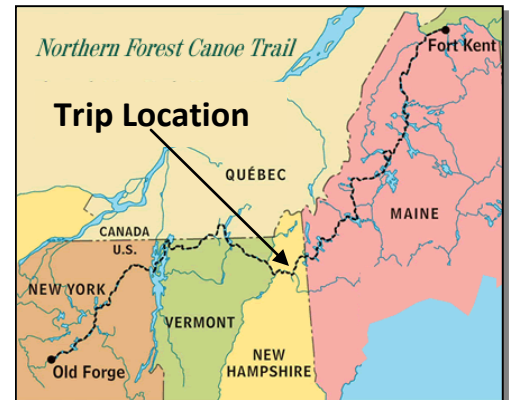
- [NFCT Events Calendar](#)
- [Source to the Sea](#)
- Milan Old Home Day (mid-August)

NFCT Package Specials

- Androscoggin River Valley B&B package (*Coming Soon!*)
- [Androscoggin River Rafting Package 1 – Rustic Lodge](#)
- [Androscoggin River Rafting Package 2 – Village Guesthouse](#)
- [Lake Umbagog National Wildlife Refuge Package](#)

Venture north to the quaint towns of **Milan and Dummer, NH**, situated on the fertile banks of the Androscoggin River. These historic farming villages (c.1771) are surrounded with exquisite views of the Presidential and Mahoosuc mountain ranges and are featured in John Irving's haunting novel, "Twisted River".

This one-day itinerary highlights some of the best recreation, locally made products, dining and lodging opportunities available to visitors in the area.



Day 1: Local Products Promenade and Pontook Reservoir

Wake up to a breathtaking view of the Presidential Mountains from your yurt at the [Milan Hill State Park](#). The Park is home to a fire tower which you can climb for 360 degree views of the surrounding mountains. A network (8.5 km) of hiking and mountain biking trails are also available to overnight and day visitors alike (nearby country roads offer additional opportunities for biking). In the winter the Park trails are groomed by the Nansen Ski Club, the oldest continually operating ski club in the United States.

If you would prefer to stay in Milan village, you can't beat the price of the well-kept, [DuBee Our Guest Bed and Breakfast](#). Another lovely option is the newly opened [Mahoosuc Inn](#) which overlooks the Mahoosuc Mountains and is surrounded by gardens, orchards and horse fields.

If you have not been treated to breakfast at your lodging, you can make your way to the [Milan Luncheonette](#). Locally made "Sarah's Best" breads and pastries, grocery essentials and gas are also sold here. The beautifully renovated [Tea Bird's Café](#) in Berlin also offers a full breakfast menu to those looking for a



relaxed pace and a delicious, freshly made meal. If you do head to Berlin, be sure to visit Savoir Flare, a fun book and gift shop.

On your way back to Milan on Rte. 16, you can view the 170-foot steel [Nansen Ski Jump](#) where annual winter festivals once drew elite skiers from across the globe. You can also visit Berlin's [Northern Forest Heritage Park](#), a rebuilt circa-1900 logging camp, and take a guided pontoon boat ride narrated by a local historian.



Back in Milan, begin your local products tour at [Hampshire Highland Alpacas](#) where you can find high quality alpaca yarn and beautifully made sweaters. Outside visit with the alpacas themselves! Locally crafted stained glass, wood carvings and maple syrup are also sold here. Afterwards, call to make an appointment at [The Stone Rappers](#) (603-449-7396) and peruse their original, wire wrapped jewelry crafted from minerals gathered by hand from the nearby mountains.

When you are ready to paddle, head to [North Woods Rafting](#) where you can rent canoes and kayaks and arrange shuttle services. You might also consider signing up for a half or full day guided whitewater rafting trip. North Woods Rafting is widely recognized for its stellar service and is featured as one of the [Certified Grand Adventures](#) of Coos County.



After renting your boat, stop in at the [Milan Luncheonette](#) or [Ursula's Snack Shack](#) to pick up freshly made sandwiches and supplies for a picnic lunch. In West Milan, you can also find picnic provisions, a fishing license and rent canoes at [Gord's Corner Store](#).



Drive north on Rte. 16 past nesting eagles and osprey to the serene waters of the Pontook Reservoir and tour prime loon, eagle and moose habitat. For those interested in paddling whitewater, the Androscoggin boasts some of the region's best Class I-III rapids. [NFCT's Map 7](#) can help you choose where to launch your boat. If there are fishermen in your group, bring along a rod or two. The upper Androscoggin is renowned for its premiere trout fishing.

After a day on the water, you can return to [Ursula's Snack Shack](#) and enjoy a tasty sandwich while looking out on the Androscoggin River from their screened in porch. On Friday nights, the [Milan Luncheonette](#) hosts a "fish fry" with haddock brought in fresh the previous day. Further south in Berlin, the [Northland Dairy Bar](#) also offers views of the River and has a full menu including sea food chowder and a local's favorite roasted turkey sandwich. Finish off you meal with a delicious ice cream sundae or fresh blueberry pie!