



Northern Forest Canoe Trail

Connecticut River

Fish, Paddle and Shop

A Self-Guided Two-Day Itinerary



Trip Summary

Maps and Guidebooks

- NFCT Map 7: Great North Woods
- NFCT Guidebook
- Connecticut River Joint Commission online Maps
- Google Maps directions

Activities

- Paddle 16 miles on the CT River
- Fish for wild brook trout and landlocked salmon
- Visit Beaver Brook Falls and the Connecticut Lakes
- Purchase locally made crafts

Places to Stay

- Colebrook Country Club
- Northern Comfort Motel
- The Blueberry Hill Inn, Café and Campground

Where to Eat

- Howard's Restaurant
- Moose Muck Coffee House
- Mostly Muffins
- Le Rendez-Vous French Bakery
- North Stratford Market
- Wilderness Restaurant

Outfitters, Guides and Supplies

- Ducret's Sporting Goods
- Kingdom Guide Service
- L.L. Cote
- North Stratford Market
- Osprey Fishing Adventures
- Outdoor ESCAPES New Hampshire

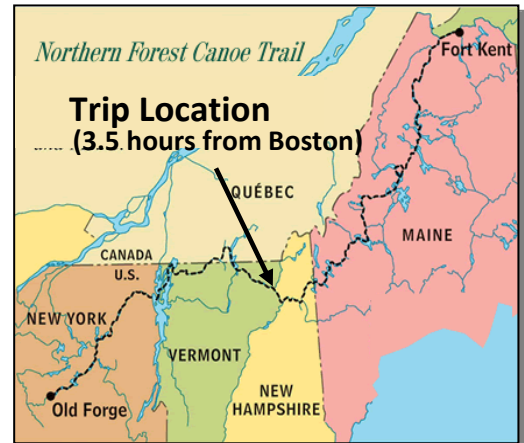
Local Events

NFCT Events Calendar

Check Out NFCT's Vacation Packages!

~Last Updated-June, 2014~

Come and explore **Colebrook, New Hampshire's** quaint Main Street, striking waterfalls and the wide currents of the Connecticut River. This 2-day itinerary highlights some of the area's best lodging, dining and shopping and describes a 16-mile paddling tour past the bucolic farmland and rolling hills of the Connecticut River Valley. Whitewater rapids add challenge and adventure to this route and the search for wild brook trout will be sure to delight anglers of all ages.



Day 1: Main Street, Waterfalls and Fishing

After a night in the well-kept and comfortable **Northern Comfort Motel** or the **Colebrook Country Club**, head to town for an exquisite chocolate croissant from **Le Rendez-Vous French Bakery**, a Yankee Magazine Editor's pick. For heartier fare try **Howard's Restaurant**.

After you eat, spend some time exploring the shops lining Colebrook's charming downtown. **Creative Natives**, **Fiddleheads** and the **Colebrook Farmers' Market** (Saturdays 9-11AM) sell crafts, gifts and clothing made by local, regional and national artisans. If you are looking for boating, fishing and camping supplies **Ducret's Sporting Goods** is a great resource. Before you leave town to begin exploring the area, pick up delicious fresh made sandwiches and picnic supplies at the **Moose Muck Coffee House**.





Watch a video of NFCT's Kate Williams paddling on the CT River! Credit: NH Fish and Game

From there, make your way to the beautiful waterfall, park and trails of Beaver Brook Falls, 2.5 miles north of Colebrook on Route 145. Less than 5 miles further north on 145 is the [Poore Family Homestead](#), a remarkable historic site depicting rural farm life before electricity. The homestead was featured in the March, 2013 [Yankee Magazine](#). Continue north to Pittsburg (6.5 miles) and take in the grandeur of the Connecticut Lakes, a Mecca for anglers looking for landlocked salmon, and rainbow, brook and lake trout.

If you have worked up an appetite, Pittsburg is home to some excellent dining including the Rainbow Grille and Tavern. Back in Colebrook, you can find a juicy steak at the [Wilderness Restaurant and Lounge](#).

Day 2: Connecticut River Paddle

Start your day by stopping in for the delicious baked goods at [Mostly Muffins](#) or [Moose Muck Coffee House](#) before setting out for your journey on the Connecticut River. Over breakfast, peruse your [NFCT Guidebook](#), [Map 7](#) and the [Connecticut River Joint Commission maps](#) (available online) to plan your paddle trip.

You might also consider contacting [Kingdom Guide Service](#) or [Outdoor ESCAPES New Hampshire](#) and benefit from their guides' wealth of knowledge about the river's natural and cultural history as well as their logistical support. If you are an angler, the guides of [Osprey Fishing Adventures](#) can help you discover the pleasures of fly fishing from the comfort of their drift boat. The upper Connecticut is renowned for its wild brook trout population.

When you are ready to paddle, go to the boat access at the bridge between Colebrook and Lemington, VT. The site was improved in 2011 by a crew from the Colebrook Academy and has an NFCT kiosk.

You should be prepared for sections of swift water and "sweepers" (obstacles in the water) when you launch your boat as well as further downstream. As you paddle 16 miles along the mellow current to "Debanville's Landing" in Stratford, you will pass arching maples and vistas of working farmland and rolling hills. The Connecticut River is the border between New Hampshire and Vermont, although the waterway is considered part of New Hampshire. In high water, the Granite State's border creeps westward by a few inches or even feet!



At the end of the day you will approach Lyman Falls; be sure to pull off above the falls to scout the rapids and assess if you are able to paddle them. If not, you can simply "line" or walk your boat in the shallow water on the New Hampshire shore. If you choose to run the rapids, stay to the New Hampshire side of the river. A mile downstream, look for the entering Nulhegan River and "Debanville's Landing" where you will take out.

You can return to Colebrook for the night or head to the nearby [Blueberry Hill Inn, Café and Campground](#), an Early Colonial farmhouse surrounded by over 50-acres of woods and blueberry fields in Stratford. Their friendly owners can provide shuttle services, a well-kept room and delicious breakfast before you make your way home.

Interested in paddling further south? NFCT's Connecticut River Wildlife Watch Itinerary describes the section of the paddle between Bloomfield and Guildhall, VT.

The Northern Forest Canoe Trail • P.O. Box 565, Waitsfield, VT 05673 • 802-496-2285 • <http://www.northernforestcanoetrail.org/>

[Follow Us on Facebook](#)



[Join us on Twitter](#)



[Read Our Blog](#)



This publication is the result of tax-supported funding from USDA, Rural Development, and as such is not copyrightable. It may be reprinted with the customary crediting of the source.