



Northern Forest Canoe Trail

Connecticut River

“Fish, Paddle and Shop”

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
- Learn about the region's history at the [Great North Woods Interpretive Center](#)

Places to Stay

- [Big Rock Campground](#)
- [Colebrook Country Club](#)
- [Northern Comfort Motel](#)
- [The Blueberry Hill Inn, Café and Campground](#)

Where to Eat

- [Debanville's General Store](#)
- [Howard's Restaurant](#)
- [Mostly Muffins](#)
- [Le Rendez-Vous French Bakery](#)
- [Stratford Market](#)
- [Wilderness Restaurant](#)

Outfitters, Guides and Supplies

- [Ducret's Sporting Goods](#)
- [Kingdom Guide Service](#)
- [L.L. Cote](#)
- [Osprey Fishing Adventures](#)
- [Outdoor ESCAPES New Hampshire](#)

Local Events

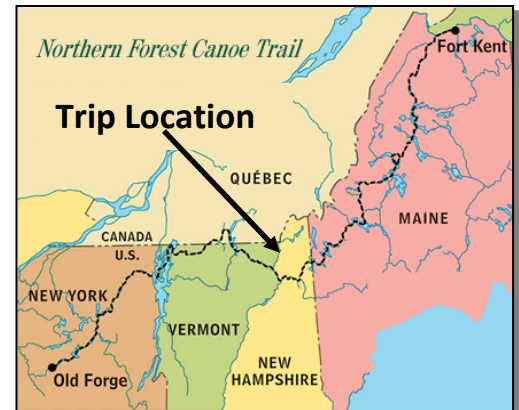
[NFCT Events Calendar](#)

NFCT Package Specials

[Inn to Inn on the Connecticut](#)

~Last Updated—Oct. 12, 2011

Come and explore **Colebrook, New Hampshire's** quaint Main Street, striking waterfalls and the 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 riverbed's deep “holes” provide ideal habitat for wild brook trout.



Day 1: Main Street Meander; Waterfalls and Fishing

After a night in the well-kept and comfortable [Northern Comfort Motel](#) or the [Colebrook Country Club](#), head to town for a gourmet pastry from [Le Rendez-Vous French Bakery](#), a Yankee Magazine Editor's pick. For heartier breakfast fare, try out [Howard's Restaurant](#). Afterwards, explore the charming town of Colebrook. [Creative Natives](#), [Fiddleheads](#) and the [Colebrook Farmers' Market](#) (Saturdays) sell crafts, gifts and clothing made by local, regional and national artisans. [Ducret's Sporting Goods](#) has a wide variety of boating, fishing and camping supplies. If you need to rent a boat, [L.L. Cote](#) offers boat delivery services to your lodging and may be able to arrange a shuttle. You can pick up groceries for a picnic at [LaPerles IGA](#).

You can spend the rest of your day exploring the surrounding region beginning with a picnic lunch at 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 historic site depicting rural farm life before electricity. From there, continue north to Pittsburg and the Connecticut Lakes. An alternate route to Pittsburg along “Moose Alley” (Rte. 3) takes you past the [Great North Woods Interpretive Center](#) where you can learn more about the region's cultural and natural history.





If there are fishermen in your group, bring along a rod or two. The [Connecticut Lakes](#), the headwaters of the 410-mile Connecticut River, are renowned for their landlocked salmon and lake trout. According to [Trout Unlimited](#), “The Upper Connecticut River and its tributaries boast a diversified fishery. Fly fishers from all over the Northeast travel to the Upper Connecticut to ply their trade and test their skills.” If you do tour the Connecticut Lakes by boat, be mindful on windy days that whitecaps form quickly on these waters.

At the end of the day, return to Colebrook for a juicy steak at the [Wilderness Restaurant and Lounge](#). Another option is the award winning dining room or the Panorama Grille at the [Balsams Grand Resort Hotel](#) (*temporarily closed*) in

Dixville Notch.

Day 2: Connecticut River Paddle

Sample some of the tasty baked goods at [Mostly Muffins](#) before setting out for your journey on the Connecticut River. You may also consider the logistical and safety benefits of hiring a guide from [Kingdom Guide Service](#) or [Outdoor ESCAPES New Hampshire](#) to join you on your adventure. In addition to supplying boats and shuttle services, guides highlight the subtleties of the river’s natural ecosystems and tell stories of both the Native and non-Native people who have inhabited the landscape through history. 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.

For those who want to camp on the river, the primitive campsites in Columbia or further downstream at Lyman Falls State Park are good options (reservations are not required). NFCT is working with the Connecticut River Paddler’s Trail, a new cross-organization effort to manage and steward a system of primitive campsites and access points from the river’s headwaters to the Massachusetts border.

If you plan to set up your own shuttle, leave a vehicle in Bloomfield, VT at the “Debanville Landing” (look for the NFCT kiosk) and then return to Colebrook to the bridge into Lemington, Vermont. The boat access is on the downstream side of this bridge and is not well developed. You should be prepared for sections of swift water and “sweepers” (obstacles in the water) when you launch your boat and further downstream. As you paddle 16 miles along the mellow current, you will pass arching maples and vistas of working farmland and rolling hills. Osprey and bald eagles often soar above the river while hungry wild brook trout bite at your line from below.



As you approach Lyman Falls at the end of the day, 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 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”.

You can return to Colebrook for the night or head to [The 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 along with a well-kept room and delicious breakfast in the morning before you make your way home.

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