



Northern Forest Canoe Trail Upper Ammonoosuc Heritage Two-Day Itinerary



Trip Summary

Maps and Guidebooks

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

Activities

- Visit heritage sites
- Paddle 10.5 miles on the Upper Ammonoosuc River
- Shop at local stores

Places to Stay

- [Cedar Pond Campground](#)
- [Linger Longer Vacation Cabin](#)
- [Milan State Park](#) yurts
- [Pike Pond Cabins](#)
- [Stark Village Inn](#)

Where to Eat

- [Gord's Corner Store](#)
- [Everybody's Place](#)
- [Milan Luncheonette and Variety](#)
- [Northland Dairy Bar and Restaurant](#)
- [Ursula's Snack Shack](#)
- [Village Deli and General Store](#)

Outfitters and Guides

- [Kingdom Guide Service](#)
- [Outdoor ESCAPES New Hampshire](#)
- [North Woods Rafting](#)
- [L.L. Cote](#)

Shopping

- [Hampshire Highland Alpacas](#)
- [The Stone Rappers](#)

Local Events

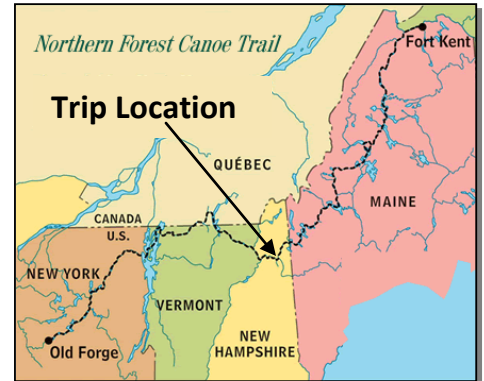
- [NFCT Events Calendar](#)

NFCT Package Specials

- [Adventure on the Androscoggin](#)
- [Eagles on Umbagog](#)
- [Hike, Bike and Paddle](#)
- [Inn to Inn on the Connecticut](#)
- [Paws and Paddles](#)

~Last Updated June 20, 2011~

Journey to the quaint town of **Stark, NH** and delve into the rich human history of northern New Hampshire. Photographers flock to this village in all seasons to capture its covered bridge, church, [Heritage Center](#) and Inn. This two-day itinerary features some of the best local dining and lodging facilities and highlights several fun and enriching experiences available in the area.



Day 1: Heritage Hunt

Wake up to a breathtaking view of the Presidential Mountains from your cozy yurt at the [Milan Hill State Park](#). If you would prefer the comfort of a beautifully maintained and historic B&B, the [Stark Village Inn](#) is a great choice. Several cabin rentals are also available in the area including [Linger Longer Vacation Cabin](#) and [Pike Pond Cabins](#).

If you haven't enjoyed breakfast at your lodging, eggs Benedict and homemade pancakes are on the menu at the beautifully renovated [Tea Bird's Café](#) in downtown Berlin. From there take a short drive north along Route 16 to the [Northern Forest Heritage Park](#), a re-created, circa-1900 logging camp. The Heritage Park hosts several events including a Cultural Heritage Festival and River Day in June and a Lumberjack Festival in October. You can also take in a narrated river boat trip on the Androscoggin River or enjoy a self-guided tour of the Logging Camp, Museum and Artisan Gift Shop.



Driving a few miles further north along Route 16 will bring you to the 170-foot [Nansen Ski Jump](#). This impressive steel structure was built in the mid-1930's and once hosted the Olympic Ski jump trials. The Nansen Ski Club of Berlin is the oldest continually operating ski club in the US.

If you have worked up an appetite for lunch, enjoy a sandwich and ice cream sundae while watching the Androscoggin tumble past at the [Northland Dairy Bar and Restaurant](#). You can also return here for a dinner from their full menu which includes lobster salad rolls and juicy steaks.

After lunch you can make preparations for your paddling trip. Travel north to Milan where you can rent a canoe or kayak and set up shuttle services with [North Woods Rafting](#) or [Gord's Corner Store](#) (fishing licenses, gear and picnic supplies are also available here). Other camping and outdoor recreation supplies are available further north in Errol at [L.L. Cote](#).

You might consider hiring a local guide from [Kingdom Guide Service](#) to join you on your paddle. Along the river guides offer safety oversight and can teach you about the river's natural ecosystems and the Native and non-Native people who have inhabited the landscape through history. The [NFCT Guidebook](#) also shares stories about the Abenaki Indians, "The People of the Dawn", who used the local rivers as trade routes and to make seasonal migrations reaching back 10-12,000 years ago.

If you are looking for other activities, head to the [South Pond Recreation Area](#) in Stark (\$5 parking fee). The short trail to the [Devil's Hopyard](#), a rocky gorge, is a fun adventure for both adults and kids. South Pond is also a great place for swimming and fishing. The 160-mile [Cohos Trail](#) also passes through this area.

Day 2: Ammonoosuc River Paddle

Your paddling voyage will begin at [Gord's Corner Store](#) along Route 110 in West Milan. NFCT is partnering with Gord's to develop a better access point here. As you travel the snaking, 10.5 miles along the Upper Ammonoosuc River you will pass the Percy Peaks and Kilkenney Mountains. Steer clear of strainers (obstacles in the water) while you paddle. Osprey can be seen soaring overhead and Peregrine Falcons nest in the cliff bands rising above the town of Stark. Before arriving in Stark, the river passes through the area that was once home to Camp Stark, a POW camp where 250 German and Austrian soldiers were imprisoned during World War II.



If you are staying at the [Stark Village Inn](#), enjoy the pleasure of pulling off the river at your doorstep. If you prefer to camp, you can travel further downstream and stay at NFCT's Frizzell Campsite. Camping is also available east of Stark at NFCT's Cordwell Campsite (refer to you [NFCT Map 7](#)).



This itinerary can easily be lengthened by continuing downstream the following morning to the town of Groveton, NH. Enjoy a tasty, homemade lunch there at the local's favorite [North Country Family Restaurant](#). [Everybody's Place](#) in Northumberland is also a great choice.

While in Groveton, be sure to stop in at the old Meeting House now known as the [Northumberland Historical Society Museum](#) (c. 1799). The museum's collection includes an original meeting table and wood stove. If you are in the area during the weekend, a Saturday morning (9-12)

Farmer's Market in Lancaster is also worth a visit. There are also several fun shops in Lancaster, notably [Simon the Tanner's](#), where you can purchase gifts, clothes and high quality footwear.

You might also consider a trip to the [John Wingate Weeks Estate Park](#) and the historic hunting lodge of the Senator, Congressman and Secretary of War who worked to create the White Mountains National Forest. The park offers 360-degree views of the White Mountains from the top of a stone fire tower. On Thursday evenings you can also enjoy a free program on local history, ecology, or current issues.

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