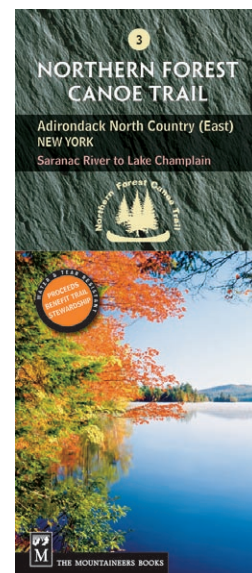


Route Overview

This section is characterized by varied river travel (often challenging), passing through some ponds on the upper stretch and dropping through rapids to the Lake. The flora and fauna change as the elevation drops and the landscape changes. The river was used for travel and fishing by Mohawk, Abenaki and Algonquin before arrival of European settlers, and then industrial uses came in: remains of dams, a sawmill, an iron forge give evidence of this past.



Northern Forest Canoe Trail: Section 3 Saranac River to Lake Champlain

Section Overview:

- ▶ 63 miles of paddling
- ▶ The first (Saranac Lake to Union Falls Pond) and last (Imperial Falls to Lake Champlain) segment of this section include flatwater paddling options. The middle, longer segment is for the experienced paddler only, including whitewater with numerous carries around falls and drops.
- ▶ Primary bodies of water include:
 - Saranac River
 - Franklin Falls Pond
 - Union Falls Pond
- ▶ Route passes through Saranac Lake Village, Redford, Picketts Corners, and Plattsburgh

Suggested Trips and Durations:

- ▶ 1 day: Saranac Lake Village to Permanent Rapids (moving flatwater, class II rapids)
- ▶ 2-3 days: Saranac Lake Village to Union Falls Pond (moving flatwater, carries, rapids)
- ▶ 3-4 days: Saranac Lake Village to Lake Champlain (moving flatwater, carries, numerous rapids)