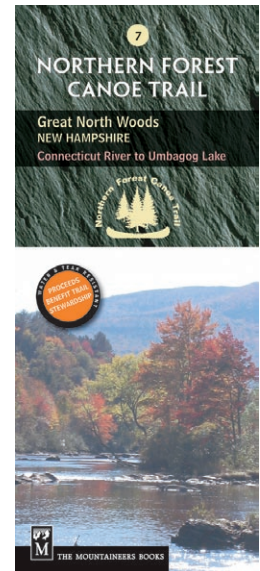


Route Overview

This section travels three rivers: the Connecticut, the Upper Ammonoosuc and Androscoggin. The route passes through the Great North Woods on the northern edge of the highest mountains in the northeast — the Presidential Range of the White Mountains. Birding and wildlife opportunities abound, and the section ends at the Lake Umbagog National Wildlife Refuge. All of the Great North Woods remains sparsely settled and logging is still the primary economy.



Northern Forest Canoe Trail: Section 7 Connecticut River to Umbagog Lake

Section Overview:

- ▶ 64 miles of paddling
- ▶ This section traverses three very different rivers. The Connecticut has reliable water year-round and flows through a broad agricultural valley. The Upper Ammonoosuc is smaller and provides a quickwater run to the Connecticut. The Androscoggin is large, with intermittent rapids and a flatwater stretch at the reservoir.
- ▶ Primary bodies of water include:
 - Connecticut River
 - Upper Ammonoosuc River
 - Androscoggin River
- ▶ Route passes through North Stratford, Groveton, Stark, West Milan, and Errol.

Suggested Trips and Durations:

- ▶ 2 days: North Stratford to Groveton (Connecticut River paddling with reliable water flow)
- ▶ 1 day: West Milan to Stark (swiftwater on the Upper Ammonoosuc)
- ▶ 1 day: Stark to Groveton (swiftwater with class I rapids, Upper Ammonoosuc)
- ▶ 2 days: Errol to Pontook (class I-II rapids on the Androscoggin)
- ▶ ½ day: Errol to Androscoggin Wayside (quick run with class I-II rapids)