



Northern Forest Canoe Trail

Kingdom River Rambles

Two-Three Day Itinerary For River Lovers

Trip Summary

Maps and Guidebooks

- [Section 6: Northeast Kingdom](#)
- [Clyde River Paddling and Fishing Guide](#)
- [AMC River Guide](#)
- [Northern Forest Canoe Trail Guide Book](#) (pages 110-120)
- [VT Gazetteer and Atlas](#)
- [Google map and directions](#)

Activities

- Paddle the Clyde River
- Paddle Lake Memphramog's South Bay
- Explore the Black and Barton Rivers
- Fishing, swimming, relaxing

Places to Stay

- [Salem Lake Inn](#)
- [White Birch Lodge](#)
- Border Motel
- [Newport City Motel](#)
- [Char-Bo Campground](#)
- Prouty Beach Campground
- [Four Seasons Vacation Rentals or the Maple Cottage](#)

Where to Eat

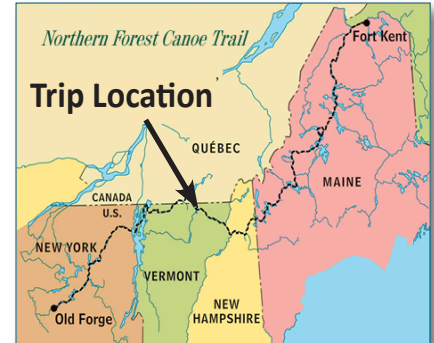
- Scampy's Country Store and Deli
- [Montgomery Cafe](#)
- The Cow Palace
- [Lago Trattoria](#)
- [East Side Restaurant](#)
- [The Boathouse Grill](#)

Outfitters and Guides

- [Clyde River Recreation](#)
- [The Great Outdoor of Newport](#)
- [Siskin's Outdoor Adventures](#)
- [Northwoods Stewardship Center](#)

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Newport, Vermont is situated at the confluence of three scenic waterways: the **Clyde, Black, and Barton Rivers**. No other destination in the state offers such a concentration of paddling options for river lovers. Gentle currents, an abundance of wildlife, and mountain views keep one curious about what awaits around the next bend. Off the water, inns, campgrounds, outfitters, country stores, restaurants, and fruit, vegetable, and ice cream stands provide all the services paddlers could ask for. **Enjoy!**

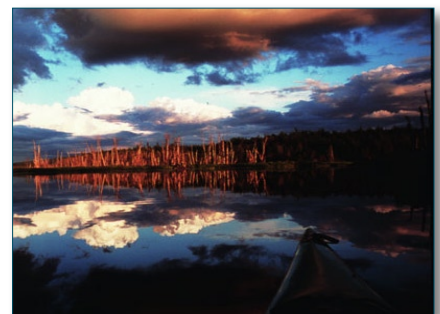


Day 1: Clyde River Paddle

Those that love **the beauty and tranquility of early mornings** will appreciate the sunrise opening of [Scampy's Country Store and Deli](#) in West Charleston, which caters not just to bird-watchers, but loggers and farmers who also make the most out of the day. Wake up with some hot coffee and put together a river lunch from the deli.

Paddling options abound on the Clyde, and trips of various lengths are possible. It is best to leave your car in West Charleston at [Clyde River Recreation](#), an outfitter located just west of Pension Pond, which provides affordable boat rental and shuttles services. A popular trip is a leisurely 2.5 hour paddle departing from School Road. Keep your eyes peeled for Common Mergansers and beaver tracks along the sandy banks. More energetic paddlers may want to start farther east, at access points near Five and Ten Mile Square Roads, or as far as the Clyde River's headwaters in Island Pond.

Prefer a bit of whitewater? Between Derby and Newport, the Clyde drops over three miles through a scenic, evergreen lined stretch of Class II border fields. The section, which historically was home to a classic open-boat race, can be a fun run for experienced whitewater paddlers in the spring, or after a rainy spell in



the summer or fall. Reach this section from the fishing access in Salem Lake. Consult the [NFCT Map \(Section 6\)](#), the [NFCT Guidebook](#), or the [Clyde River Paddling and Fishing Guide](#) for more information about these paddling options.



The Newport area is home to several lodging options. Campers should consider the RV friendly [Char-Bo Campground](#) on a hill overlooking Salem Lake, or the City of Newport's beautiful, [Prouty Beach](#) campground, situated on the shores of Lake Memphramagog. Those preferring affordable, no-frills lodging should consider the [Border Motel](#). The [Newport City Motel](#), with its extended stay rooms and a pool, or [Jay Peak Vacation Rentals](#) (which has 2-3 bedroom apartments for rent), are good for longer trips to the region. Finally, it doesn't get much more cozy than the [The Salem Lake Inn](#), which offers four rooms in a home-like setting, or the [White Birch Lodge](#), which has four affordable cabins to rent on peaceful Echo Lake. Several of these businesses are partnering with the NFCT to offer travelers convenient vacation packages.

Looking to dine out? It is hard to resist Derby's local tourist attraction, the "[Cow Palace](#)," which specializes in elk burgers and sirloin stakes, culled from a local 300-head herd, imported from Idaho in 1992. Those seeking to explore Newport's nightlife should consider the [Lago Trattoria](#) (featuring authentic Italian entrees and desserts), the [Boathouse Grill](#) (featuring seafood, steaks, and pastas), or the home style specialties with open-air seating along Lake Memphramagog at the [East Side Restaurant](#).

Day 2: Lake Memphramagog's South Bay, Black and Barton Rivers



Both the Black and Barton Rivers converge in Memphramagog's South Bay, home to a 1,600 acre wildlife management area. Those satisfied with an out-and-back style exploration can put in at a state access off of Route 5 or at [Gardner Park](#), where one can also rent canoes, kayaks, and arrange for shuttle services from a [Clyde River Recreation](#) outpost. Boat rentals are also available at the [Great Outdoors of Newport](#), located on the main lake.

The outlets to both the Black and Barton River keep begging for further exploration. Those preferring the fine sport of river loafing will enjoy a half-day trip beginning in Coventry, Vermont. Wood duck, moose, and muskrat are all frequent denizens of the river valley. And finally, whitewater enthusiasts such consider paddling the stretch between Irasville and Coventry. Class II rapids marked by nice clean-up pools make this a forgiving stretch. Hire the guides at [Siskin Ecological Adventures](#) if you need a whitewater refresher, and consider carrying a copy of the [AMC Vermont River Guide](#) with you.

It is worth treating yourself to a post-paddle meal at the [Montgomery Café](#) in downtown Newport. Their wonderful selection of chef-created healthy soups, sandwiches, and salads will satisfy the hungry traveller. Next door, the Newport Natural Foods store is well stocked with healthy snacks, bulk grains, and other necessities for the river lover.

If you can stay another day, the Barton River is worth paddling. Refer to the AMC River Guidebook for this trip. Put in at a bridge north of Orleans for 12.5 miles of flat-water and Class I rapids to all the way to Newport – portage free!

