



# Northern Forest Canoe Trail

## Rivers and Waterfalls

### *Six day family vacation itinerary*

## Trip Summary

### Paddling Options

- Kayaking the Clyde River
- Canoeing, fishing, and swimming in Lake Memphramagog's South Bay
- Exploring the Black and Barton Rivers

### Other Activities

- Swimming and fishing at the [Four Corners](#) Swimming Hole
- Backroads cycling up to the Canadian border
- Site-seeing and shopping Vermont's country stores
- [Jay Peak](#) tram ride and hiking
- Reindeer and elk viewing
- Tour of the famous [Haskell Opera House and Library](#)
- Tour the [Cabot cheese factory](#)
- Visiting the [Bread and Puppet Theater](#)
- Scenic country drives

### Where to stay

- [Jay Peak Vacation Rentals](#)
- [Char-Bo Campground](#)
- [Prouty Beach Campground](#)
- [Lake Salem Inn](#)
- [Newport City Motel](#)
- [Border Motel](#)

### Where to Eat

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

### Outfitters and Guides

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

### NFCT Package Specials

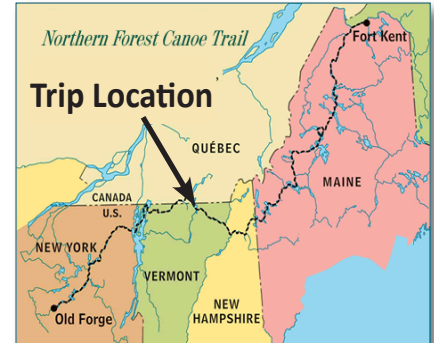
- [Newport Summer Vacation Package](#)
- [Kingdom River Rambles](#)

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### Looking to take an extended family vacation in Vermont?

This itinerary describes six days of site-seeing, cycling, hiking, and swimming in the Green Mountains, near the shores of scenic Lake Memphramagog. For those that appreciate the convenience of a vacation package, the NFCT [Newport](#)

[Summer Vacation Package](#) is based on this itinerary. Enjoy!

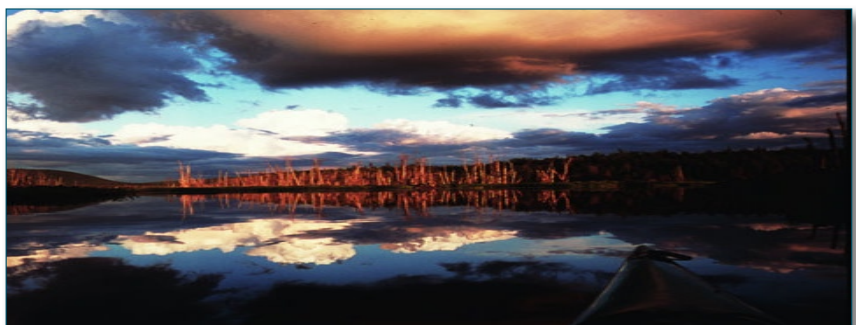


## Day One - Arrival

Your best bet for a week-long trip to the region is [Jay Peak Vacation Rentals](#), which has several 2-3 bedroom apartments for rent, or the [Newport City Motel](#), noted for its deluxe extended stay rooms and pool. For bed and breakfast fans, it doesn't get much more cozy than [The Lake Salem Inn](#), which offers four rooms in a home-like setting. Those preferring clean, affordable, no-frills lodging should check into Derby Center's [Border Motel](#). Each of its 34 pet-friendly rooms has a microwave and refrigerator. Camping options include the RV friendly [Char-Bo Campground](#) on a hill overlooking Salem Lake and the City of Newport's [Prouty Beach Campground](#), on the shores of Lake Memphramagog.

## Day 2 - Kayaking, site-seeing and shopping

A **Clyde River paddle** is a great way to begin your vacation. On your way to the river, stop by [Scampy's Country Store and Deli](#) in West Charleston to purchase a river lunch from the deli. Continue on to [Clyde River Recreation](#) in West Charleston, where you'll be shuttled to a put-in and embark on a trip. The most popular is a 3



hour, 5.5 mile paddle departing from School House Road; consult the [NFCT Map](#) (Section 6) for other options. In the afternoon, drive to Derby Line stopping on the way to view reindeer and elk feeding in their pasture and then on to the famous [Haskell Opera House and Library](#). This beautiful, historic building sits astride an international boundary line. On your drive back to Newport, stop in at [Couture's Maple Store](#) to sample a wide assortment of maple products at this Sugar House, whose syrup won an award for "best of show" at the 2010 Vermont Maple Festival.

### Day 3 - Swimming and fishing

Make a picnic lunch and head out to the [Four Corners Swimming Hole](#), located 3 miles from North Troy. If you have your own fishing gear you can try your hand at catching rainbow and brook trout at this beautiful spot - with any luck you'll be having fish for dinner!



### Day 4 - Canoeing, swimming, and biking



Head back to Newport for a morning at the beach on Lake Memphremagog at [Gardner Park](#). You can rent a canoe from a Clyde River Recreation outpost and paddle around the South Bay's marshes, exploring the outlets to both the Barton and Black Rivers. For lunch, [Montgomery Café](#) (in downtown Newport) is highly recommended. Their wonderful selection 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. After lunch, consider renting a bike from [The Great Outdoors of Newport](#) and cycle around the lake towards the Canadian border. Quiet backroads and lakeside vistas make for a pleasant trip.

### Day 5 - Tram ride, hiking, swimming

Make a visit to [Jay Peak Resort](#) where you can take a tram ride the top of the mountain and view four states - as well as Canada. Explore this mountain ridge and either take the tram down to the base lodge or hike your way back to the parking lot. When you leave, you can drive the scenic road through Troy and visit scenic [Big Falls](#), one of the most impressive waterfalls in the state.



### Day 6 - Cheese factory and puppet theater tours



It's worth taken a scenic drive south through the Green Mountains to the [Cabot Creamery](#), where you can learn how some of the world's best cheese is made. In the visitor's center, you can join a factory tour, watch talented cheese makers create cheddar, and enjoy plenty of samples. On the way to Cabot, swing by the town of Glover and check out [Bread and Puppet](#), a troupe known for their "cheap art" and "political theater." Try and catch one of their regular "circus" performances or take a tour of their museum, which hosts a large collection of some of the biggest puppets in the world.