



NFCT Trail Update

Map: 8

Date of Update: 3-8-2015

Location: Rapid River Carry

Waterbody: Pond in the River

Town: Upton, NH

Lat/Long: 44° 45' 52.59" N, 70° 56' 46.53" W

Elevation: 1,408 feet

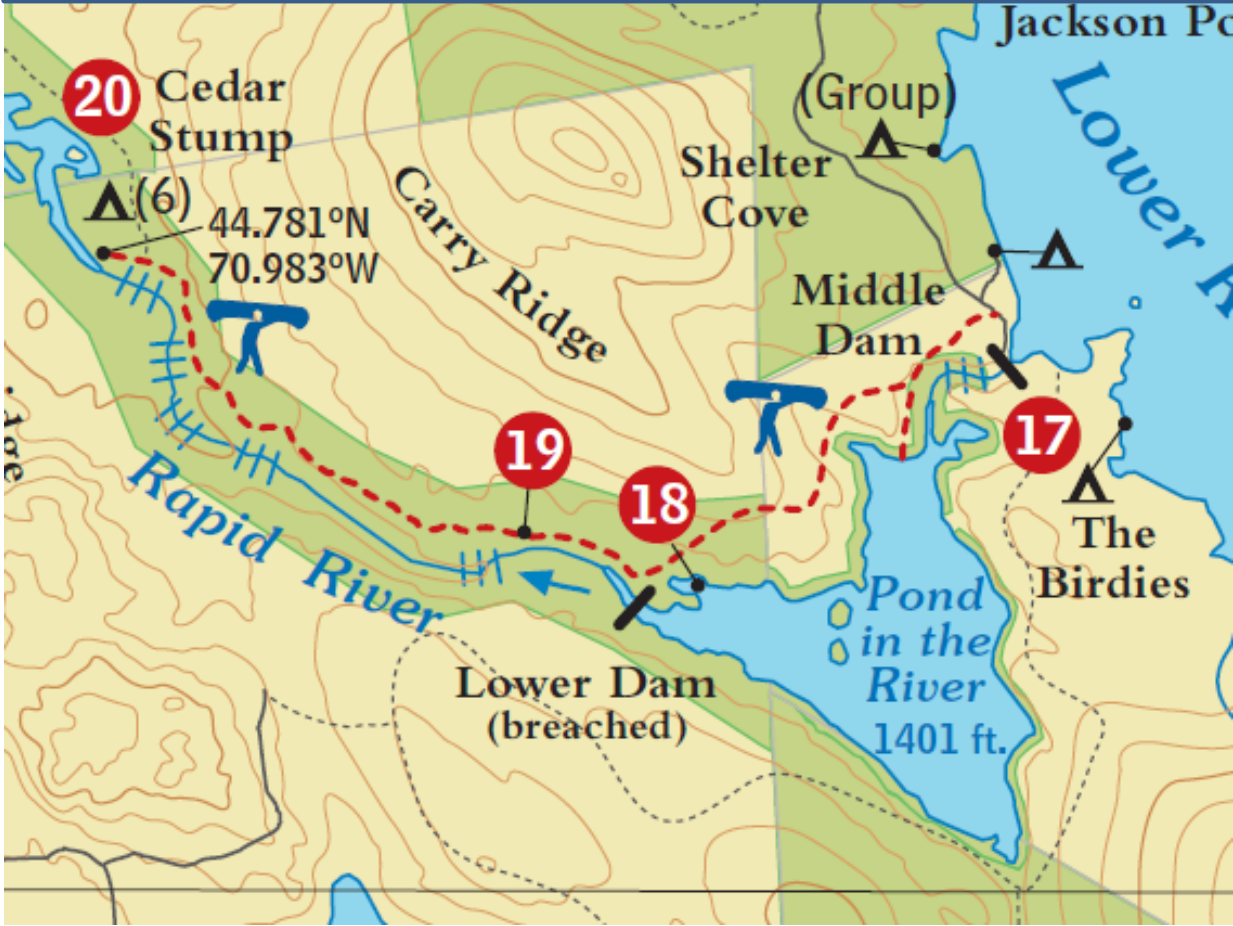
Overview: The Rapid River Carry offers an approximately 4 mile portage connecting Umbagog Lake to Lower Richardson Lake. To cut $\frac{3}{4}$ of a mile off of your portage and get your paddle wet in another waterbody you can access and paddle the Pond in the River.

Site Information: Pond in the River has two access points off of the Rapid River Carry. The western access point is right at the dam remains. Here you will find some interpretive information developed by the [Rangeley Lakes Heritage Trust](#) and [Seven Islands Land Company](#). The eastern access is at a system of docks and has a small woods trail of approximately $\frac{1}{4}$ mile.

This corridor is jointly owned and maintained by the Rangeley Lakes Heritage Trust and Seven Islands Land Company, public use would not be available without their permission or support. Please respect this corridor and practice all [Leave No Trace Principals](#).

The NFCT works to maintain landowner agreements and maintain the access, portage, and campsites along the 740-mile trail corridor. Please [become a member](#) or give to the [Trail Fund](#) to keep the Trail alive.

Close-up View of NFCT Map 8



Satellite Imagery of Pond in the River Portage Bypass

