

TRIP 3

MOOSE RIVER BOW LOOP



TRIP AT A GLANCE

- ☐ NFCT Map 10:
Greater Jackman Region
- ☐ 2 ponds, 1 river
- ☐ 34 miles
- ☐ 2 – 5 portages

Trip Description

The Moose River Bow Trip is a 34-mile trip that travels from Attean Pond to Holeb Pond, down the Moose River, and back to Attean Pond. This section has a little bit of everything, from lake and river paddling to portaging to some smaller and bigger rapids, all without needing a shuttle. This is a popular trip for a reason, as there is beautiful scenery, wonderful water for paddling, and abundant wildlife viewing opportunities. There is also the option to add on a day hike to Sally Mountain if your group is interested. On this trip, there is one long portage (1.2 miles), and one shorter portage (0.3 miles), with the option to portage around some of the Class I-II+ rapids.

Suggested Itineraries

This loop can be paddled in 4 or 5 days. Option 2 (shorter itinerary) means longer days, some potentially including multiple portages and rapids. Be aware that an active railroad bisects this route.

NOTE: ALL of these campsites require fire permits. Call Maine Forest Service (800) 750-9777 to obtain.

Option 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
START Day At	Attean Landing Boat Launch	Sally Beach Campsite	Portage Campsite	Camel Rips	Spencer Rips
END Day At	Sally Beach Campsite	Portage Campsite	Camel Rips	Spencer Rips	Attean Landing Boat Launch
MILEAGE	1	4 (+ portage)	8	9	10.5
NOTES	Short day intended to include travel. Climb Sally Mt. from eastern most Sally Beach campsite (1.25 mi to summit).	Portage to Holeb Pond (1.2 mi). Do not portage on railroad tracks, use designated portage trail.	Aim for the more southern entrance into Holeb stream, which will connect with Moose River after 1 mi.	MUST portage Holeb falls (0.3 mi). If water is low, boats can be lined through Mosquito Rips. Spencer Rips can be paddled in high water, but typically needs to be portaged due to sharp rocks.	Attean Rips can be run in high water, but should be portaged in low water.* Attean Falls is a quick drop, and should be scouted or portaged. Attean Pond can get a strong headwind. Islands can provide wind breaks.

* Attean Rips and Falls are two rapids (Class I - II+) separated by a pool. Attean Rips is filled with sharp rocks. There is a portage trail on either side of the river, but if you're planning on portaging both Attean Rips and Falls, 0.5 mi portage trail is on the left. Otherwise, portage twice (0.2 mi, river left), cross the pool, then portage 0.1 mi river right.

See Suggested Itinerary Option 2 on next page

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Suggested Itineraries (Con't)

Option 2	DAY 1	DAY 2	DAY 3	DAY 4
START Day At	Attean Landing Boat Launch	Fisherman's Cove	Barrett Brook	Spencer Rips
END Day At	Fisherman's Cove	Barrett Brook	Spencer Rips	Attean Landing Boat Launch
MILEAGE	5	4.5 (+ portage)	13	10.5
NOTES		Portage to Holeb Pond (1.2 mi). Do not portage on railroad tracks, use designated portage trail. Aim for the more southern entrance into Holeb stream, which will connect with Moose River after one mile.	MUST portage Holeb falls (0.3 mi). If water is low, boats can be lined through Mosquito Rips. Spencer Rips can be paddled in high water, but typically needs to be portaged due to sharp rocks.	Attean Rips can be run in high water, but should be portaged in low water.* Attean Falls is a quick drop, and should be scouted or portaged. Attean Pond can get a strong headwind. Islands can provide wind breaks. No camping at Attean Landing, but could stay at First Beach if your group needs a night's rest before traveling back.

* Attean Rips and Falls are two rapids (Class I - II+) separated by a pool. Attean Rips is filled with sharp rocks. There is a portage trail on either side of the river, but if you're planning on portaging both Attean Rips and Falls, 0.5 mi portage trail is on the left. Otherwise, portage twice (0.2 mi, river left), cross the pool, then portage 0.1 mi river right.

Camping Information

Campsites on this trip are first-come, first-served and are free without registration. Be aware that this is a popular trip and campsites can fill up quickly, especially during the summer.

Fire permits are required for all campsites. Call the Maine Forest Service at (800) 750-9777 to obtain.

Shuttle Information

Cry of the Loon

[Moose River Bow Trip](#)

(207) 668-7808

Cell: (207) 349-0389

- Guiding services
- Shuttle services to avoid the 1.2 mile Holeb Pond portage.



Other Resources

[Moose River Bow Trip - Maine Trail Finder](#)

- Very detailed trip notes

[Holeb Public Land](#) [Maine Parks and Land](#)

[The Geology of the Moose River "Bow Trip"](#)

[Jackman Maine: Moose River Bow Canoe Trip](#)