



Northern Forest Canoe Trail Connecticut River “Fish, Paddle and Shop” A Self-Guided Two-Day Itinerary



Trip Summary

Maps and Guidebooks

- [NFCT Map 7: Great North Woods](#)
- [NFCT Guidebook](#)
- [Connecticut River Joint Commission online Maps](#)
- [Google Maps directions](#)

Activities

- Paddle 16 miles on the CT River
- Fish for wild brook trout and landlocked salmon
- Visit Beaver Brook Falls and the Connecticut Lakes
- Purchase locally made crafts

Places to Stay

- [Colebrook Country Club](#)
- [Northern Comfort Motel](#)
- [The Blueberry Hill Inn, Café and Campground](#)

Where to Eat

- [Debanville's General Store](#)
- [Howard's Restaurant](#)
- [Mostly Muffins](#)
- [Le Rendez-Vous French Bakery](#)
- [Stratford Market](#)
- [Wilderness Restaurant](#)

Outfitters, Guides and Supplies

- [Ducret's Sporting Goods](#)
- [Kingdom Guide Service](#)
- [L.L. Cote](#)
- [Osprey Fishing Adventures](#)
- [Outdoor ESCAPES New Hampshire](#)

Local Events

[NFCT Events Calendar](#)

[NFCT Package Specials](#)

Inn to Inn on the Connecticut

~Last Updated–April, 2012 ~

Come and explore **Colebrook, New Hampshire's** quaint Main Street, striking waterfalls and the wide currents of the Connecticut River. This 2-day itinerary highlights some of the area's best lodging, dining and shopping and describes a 16-mile paddling tour past the bucolic farmland and rolling hills of the Connecticut River Valley. Whitewater rapids add challenge and adventure to this route and the lure of wild brook trout will be sure to delight anglers of all ages.



Day 1: Main Street, Waterfalls and Fishing

After a night in the well-kept and comfortable [Northern Comfort Motel](#) or the [Colebrook Country Club](#), head to town for an exquisite chocolate croissant from [Le Rendez-Vous French Bakery](#), a Yankee Magazine Editor's pick. For heartier breakfast fare, try out the full menu at [Howard's Restaurant](#).

After you eat, spend some time exploring the shops lining Colebrook's charming downtown. [Creative Natives](#), [Fiddleheads](#) and the [Colebrook Farmers' Market](#) (Saturdays 9-11AM) sell crafts, gifts and clothing made by local, regional and national artisans. If you are looking for boating, fishing and camping supplies [Ducret's Sporting Goods](#) is a great resource. Boat rentals, shuttles and deliveries can be arranged through [L.L. Cote](#) (Errol, NH).

Spend the rest of your day exploring the surrounding region, but before you leave town, pick up picnic supplies at one of the local restaurants or [LaPerles IGA](#). From there make your way to the beautiful waterfall, park and trails of Beaver Brook Falls, 2.5 miles north of Colebrook on Route 145. Less than 5 miles further north on 145 is the [Poore Family Homestead](#), a historic site depicting rural farm life before electricity. From here, it is worth your while to travel up to Pittsburg (6.5 miles) to take in the grandeur of the Connecticut Lakes, a Mecca for anglers looking for





landlocked salmon, and rainbow, brook and lake trout.

If you have worked up an appetite, Pittsburg is home to some excellent dining including the Rainbow Grille and Tavern. Back in Colebrook, you can also find a juicy steak at the [Wilderness Restaurant and Lounge](#).

Day 2: Connecticut River Paddle

Start your day by stopping in for the delicious baked goods at [Mostly Muffins](#) before setting out for your journey on the Connecticut River. Over breakfast, peruse your NFCT Guidebook, Map 7 and the [Connecticut River Joint Commission maps](#) (available online) to plan your paddle trip.

You might also consider the logistical and safety benefits of hiring a guide from [Kingdom Guide Service](#) or [Outdoor ESCAPES New Hampshire](#) to join you on your adventure. In addition to supplying boats and shuttle services, guides highlight the subtleties of the river's natural ecosystems and tell stories of both the Native and non-Native people who have inhabited the landscape through history. If you are an angler, the guides of [Osprey Fishing Adventures](#) can help you discover the pleasures of fly fishing from the comfort of their drift boat.

If you plan to set up your own shuttle, leave a vehicle in Bloomfield, VT at the "Debanville Landing" (look for the NFCT kiosk) and then return to Colebrook to the bridge into Lemington, Vermont. The boat access, which was improved in 2011 by a crew from the Colebrook Academy, is on the downstream side of this bridge on the New Hampshire shore. An NFCT Kiosk will be installed here in the summer of 2012.

You should be prepared for sections of swift water and "sweepers" (obstacles in the water) when you launch your boat as well as further downstream. As you paddle 16 miles along the mellow current, you will pass arching maples and vistas of working farmland and rolling hills. The Connecticut River is the border between New Hampshire and Vermont, although the waterway is considered part of New Hampshire. In high water, the Granite State's border creeps westward by a few inches/feet! Osprey and bald eagles often soar above the river while hungry wild brook trout bite at your line from below. According to [Trout Unlimited](#), "The Upper Connecticut River and its tributaries boast a diversified fishery. Fly fishers from all over the Northeast travel to the Upper Connecticut to ply their trade and test their skills."



At the end of the day you will approach Lyman Falls; be sure to pull off above the falls to scout the rapids and assess if you are able to paddle them. If not, you can simply "line" or walk your boat in the shallow water on the New Hampshire shore. If you choose to run the rapids, stay to the New Hampshire side of the river. A mile downstream, look for the entering Nulhegan River and "Debanville's Landing" where you will take out.

You can return to Colebrook for the night or head to [The Blueberry Hill Inn, Café and Campground](#), an Early Colonial farmhouse surrounded by over 50-acres of woods and blueberry fields in Stratford. Their friendly owners can provide shuttle services along with a well-kept room and delicious breakfast in the morning before you make your way home.

Interested in paddling further south? NFCT's Connecticut River Wildlife Watch Itinerary describes the section of the paddle between Bloomfield and Guildhall, VT.

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