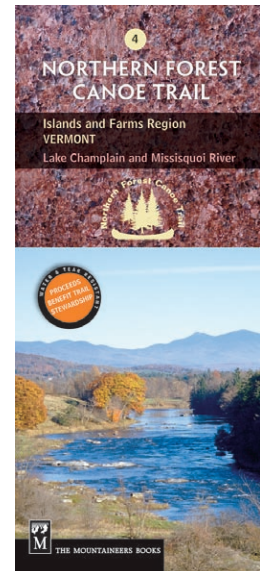


## Route Overview

This section of the Trail crosses the wide expanse of “most historic lake in America” and travels through the scenic farming country of the Missisquoi River Valley. The Champlain Islands are pastoral, with farms, vineyards and small towns. Where the Missisquoi River enters Lake Champlain, the huge delta is home to the 6600-acre Missisquoi National Wildlife Refuge, featuring the largest great blue heron rookery in Vermont, osprey, black terns and other threatened and endangered species.



## Northern Forest Canoe Trail: Section 4 Lake Champlain and Missisquoi River

### Section Overview:

- ▶ 63 miles of paddling
- ▶ Significant lake crossing, flatwater river paddling, limited whitewater, and a few carries around dams and falls.
- ▶ Primary bodies of water include:
  - Lake Champlain
  - Missisquoi River
- ▶ Primary towns along this route include Plattsburgh, Grand Isle, North Hero, Swanton, Highgate Center, and Enosburg Falls.

### Suggested Trips and Durations:

- ▶ 1/2 day: Loop in Missisquoi National Wildlife Refuge (flatwater, excellent birding)
- ▶ 1 day: Knight Point to Stephenson Point on North Hero Island (lake paddling)
- ▶ 2 days: Enosburg Falls to Missisquoi National Wildlife Refuge (moving flatwater, carries, rapids)