



**The Northern Forest Canoe Trail Through-
Paddler's Companion: A guidebook to paddling
the 740-mile water trail from its western terminus
in Old Forge, ... to the eastern terminus in Fort
Kent, Maine.**

Katina Daanen

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The first comprehensive resource that guides paddlers from the first put-in to the last take-out on the Northern Forest Canoe Trail. Named in 2011 as America's Best Canoe Trail by Outside Magazine and sometimes referred to as the Appalachian Trail of the Waterways, the 740-mile Northern Forest Canoe Trail (NFCT) begins in the Adirondacks at its western terminus in Old Forge, New York, ending at the eastern terminus in Fort Kent, Maine. It traverses 22 rivers and streams, 58 lakes and ponds, passes through 45 towns and villages, and requires 63 portages, totaling 53 miles. The Through-Paddler's Companion documents navigating the Trail in its entirety west to east from the perspective and unique needs of an expedition paddler or anyone looking for more detailed information while following the official NFCT maps. It provides comprehensive and tactical advice about specific water bodies, including upstream paddling directions, portage (or carry) descriptions and distances, and mileage markers, while offering suggestions for ordinary, yet sometimes elusive matters, such as where one might spend the night. The Companion guidebook includes: 36 consecutive segment descriptions documenting the entire Trail including 160-plus miles of upstream paddling - 20 illustrated maps highlighting challenging trail sections. Details about every portage (or carry) with recommendations about how wheel-able each may be Statistics about average paddle times Tips for planning daily mileage goals Lists of services found along the Trail.

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