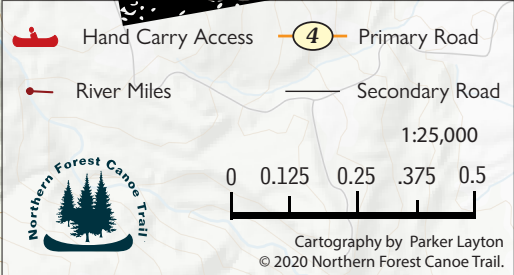






# Upper Missisquoi: Lowell Access to Lane Road Acces, Westfield

This great one-day paddle will take you through beautiful mixed forests and lush open fields. It offers some great views of the mountains, and also give you the option to have somewhat of an adventure through some easy quick water sections. The Heart of Mary Rapids are class II rapids and provide some difficulty, but is doable by a beginner/intermediate paddler. This section of the Missisquoi is also part of the National Wild and Scenic River System which means that it is well managed and overseen by several agencies and local committees.

**SAMPLE**



 Hand Carry Access      Primary Road  
 River Miles      Secondary Road  
 1:25,000  
 0 0.125 0.25 0.375 0.5  
 Cartography by Parker Layton  
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- 1 (RM 0) The **Lowell access** point is directly off of highway 100 and is a gravel pull-off. Beautiful stone steps have been built for easy access to the river at this put-in.
- 2 (RM 1.8) The **Heart of Mary Rapids (Class II)** has two short drops through a scenic gorge. Following each drop is a sharp turn which makes it more difficult to navigate. In medium to low water levels, there is a hard to see rock in the middle of the first drop.
- 3 (RM 5.2) The river has begun to cut through the land creating a shorter route down stream. We paddled in early June of 2020 and **paddlers' right route** was better, but over time will potentially change to the left route being easier to paddle.
- 4 (RM 6.5) Be prepared to **cut left** here due to a large log jam on the paddlers' right route.
- 5 (RM 8.1) This **Lane Road take out** point makes for a perfect one day 3-4 hour paddle from Lowell access. This parking area is a grass pull-off directly after the bridge.

