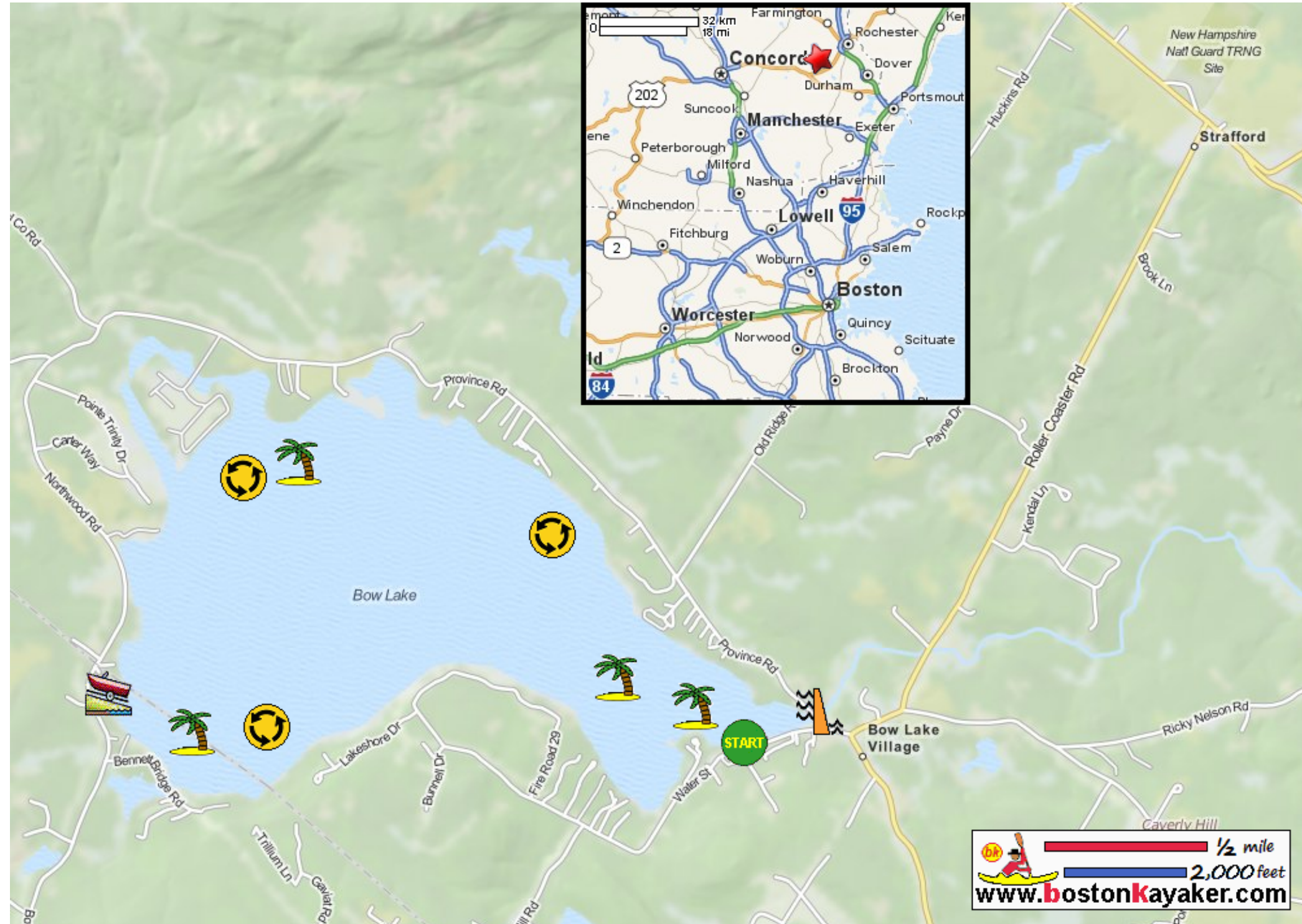








Kayaking on Bow Lake - in Strafford NH



-  Put in at Water Street ramp in Strafford NH.
-  Paddle around Bow Lake and return.
-  Estimated round trip distance = 4+ miles
-  Bow Lake Dam
-  Bow Lake Road ramp - alternate put in spot
-  Islands dot this lake