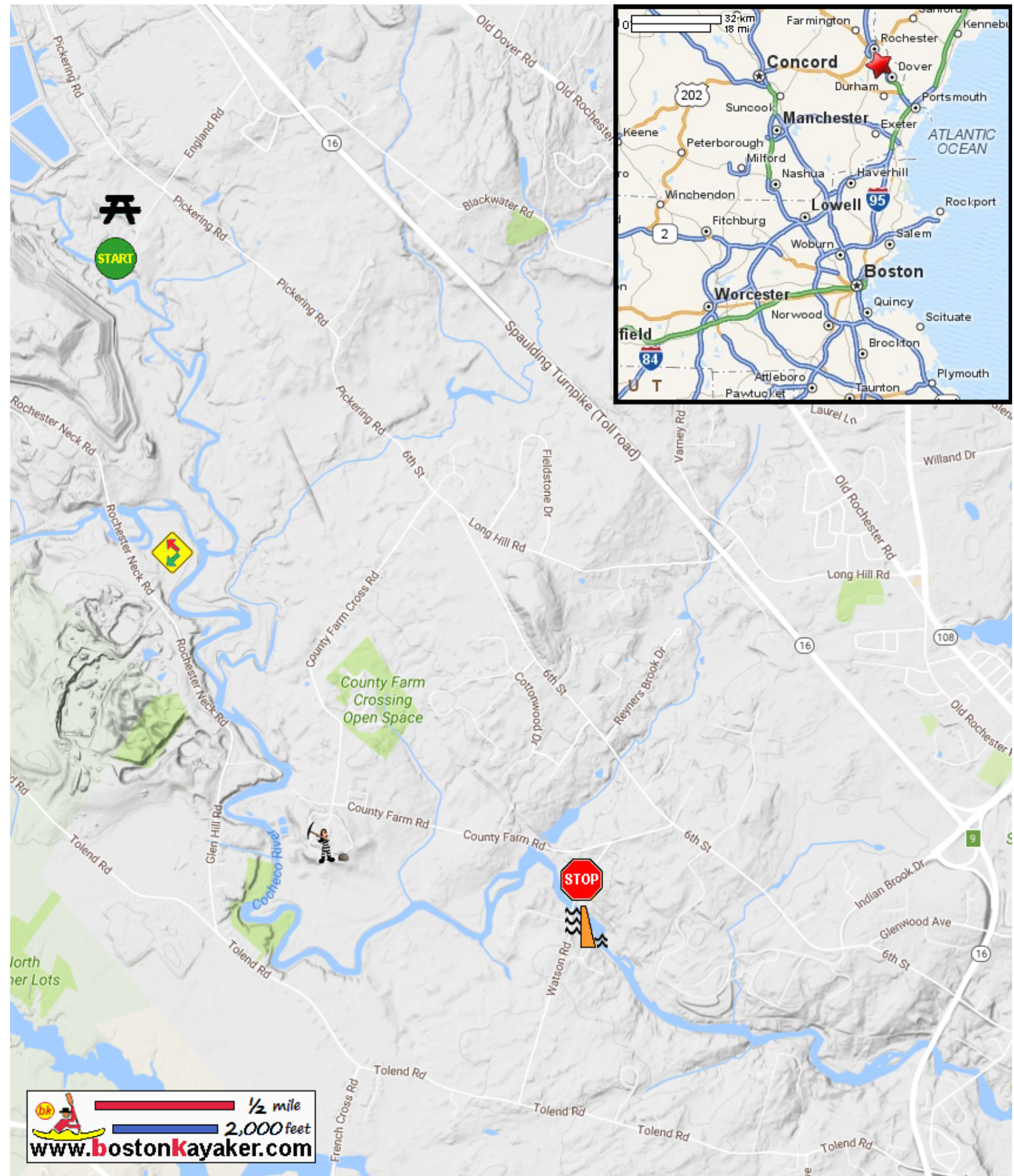


# Kayaking on Cocheco River - from Ironwood Park in Rochester NH to Dover NH




 1/2 mile  
 2,000 feet  
[www.bostonkayaker.com](http://www.bostonkayaker.com)

-  Put in at England Road in Rochester NH.
-  Isinglass River enters on river right. Take left.
-  Take out at Watson Road in Dover NH.
-  Estimated distance = 4+ miles
-  Waldron Dam
-  Ironwood Park
-  Department of Corrections