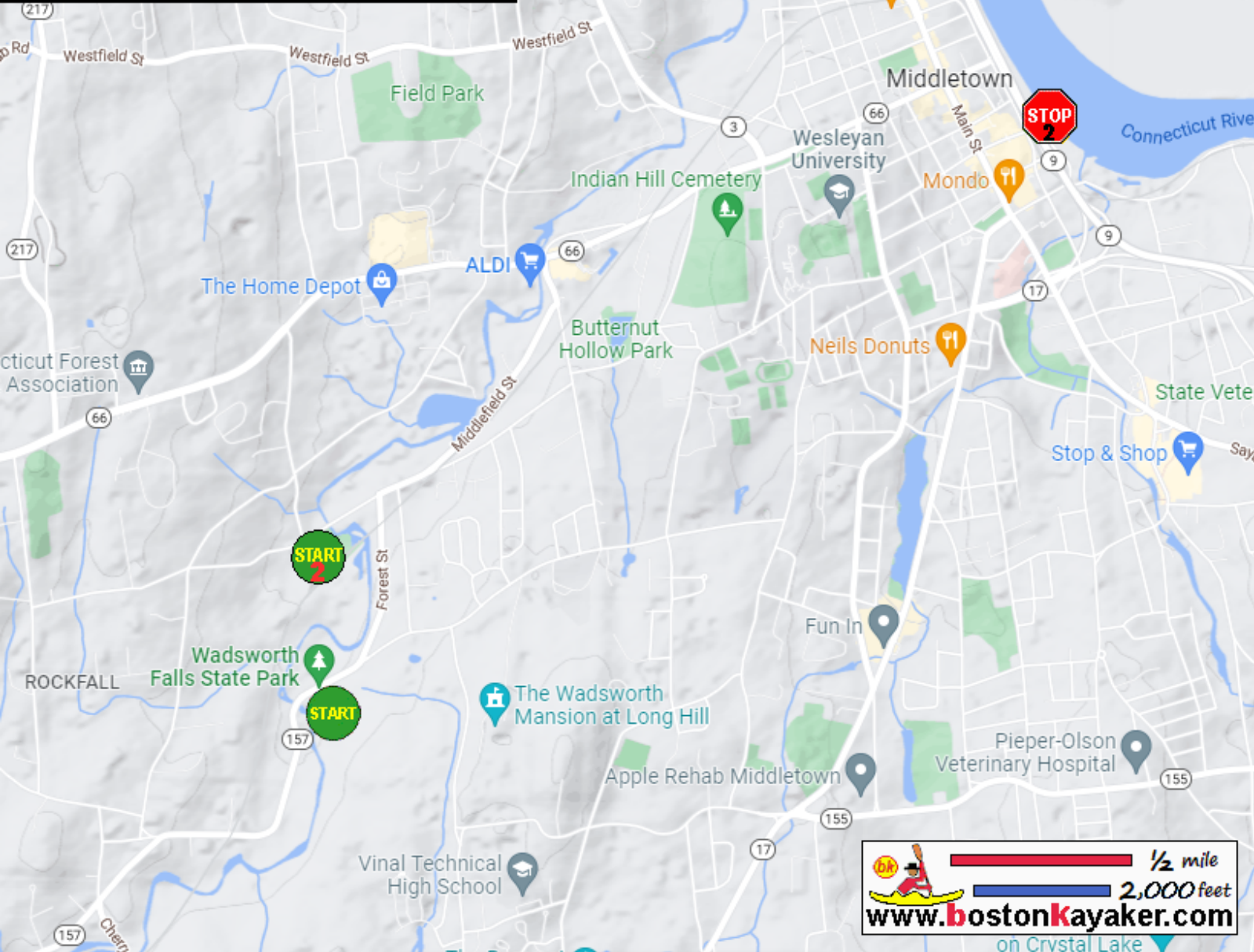
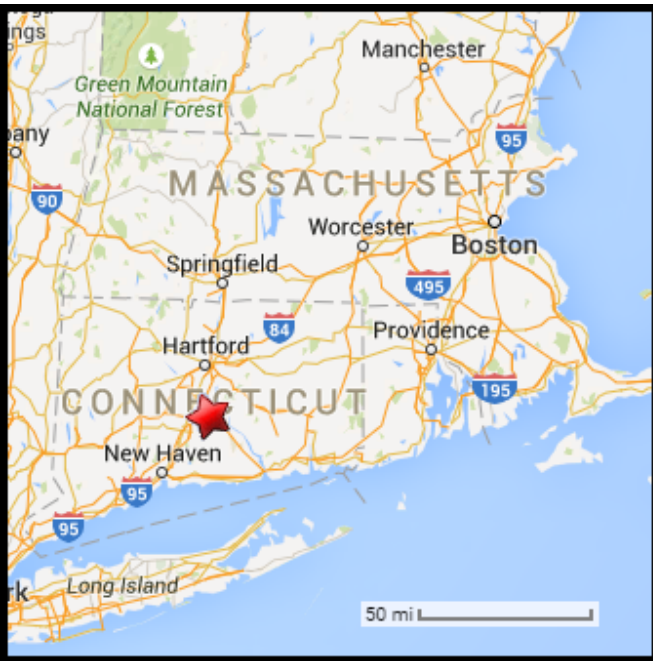










# Kayaking on Coginchaug River - in Middletown CT




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

-  Put in at Wadsworth Falls State Park on Wadsworth St. in Middletown CT.
-  Take out at Johnson St. in Middletown CT.
-  Estimated distance = 3.5 miles
-  "Coginchaug" means "great swamp".
-  Alternate put in at Marzalek Park on Middlefield Street.
-  Alternate take out at Harbork Park.
-  Best to start 1 hour+ before high tide.
-  Cromwell Meadows State Wildlife Area