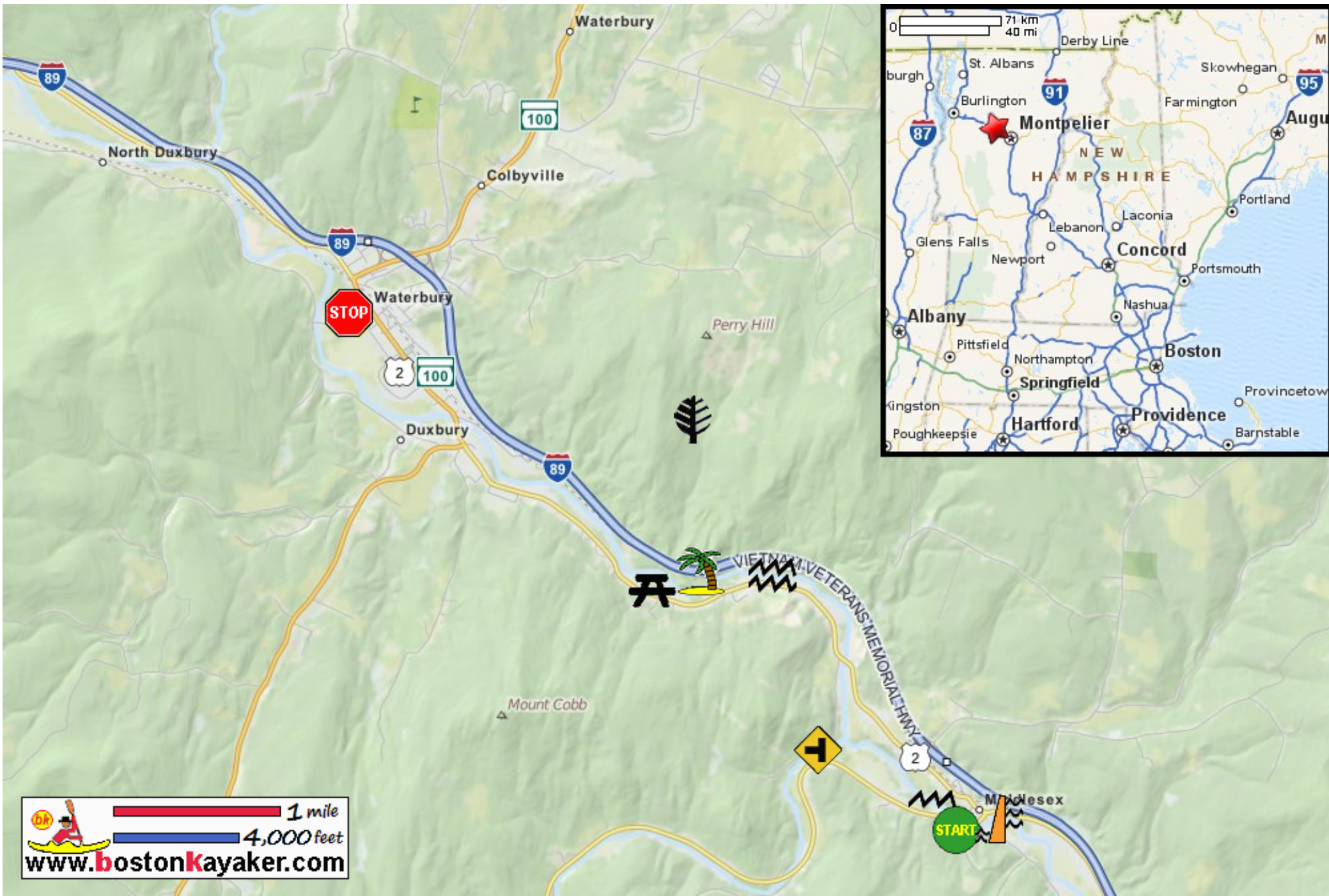


Kayaking on Winooski River - from Middlesex VT to Waterbury VT



- Put in Route 100B in Middlesex VT.
- Take out at Waterbury Rec Field on Winooski Street in Waterbury VT.
- Estimated distance = 5 miles
- Mad River enters on river left.
- Middlesex Dam
- Hugo Rapid
- Junkyard Rapids. Scout first and may portage.
- Rapids at both sides of island.
- Putnam State Forest
- Community Park - alternate put in
- River name came from Abenaki word meaning "wild onion".