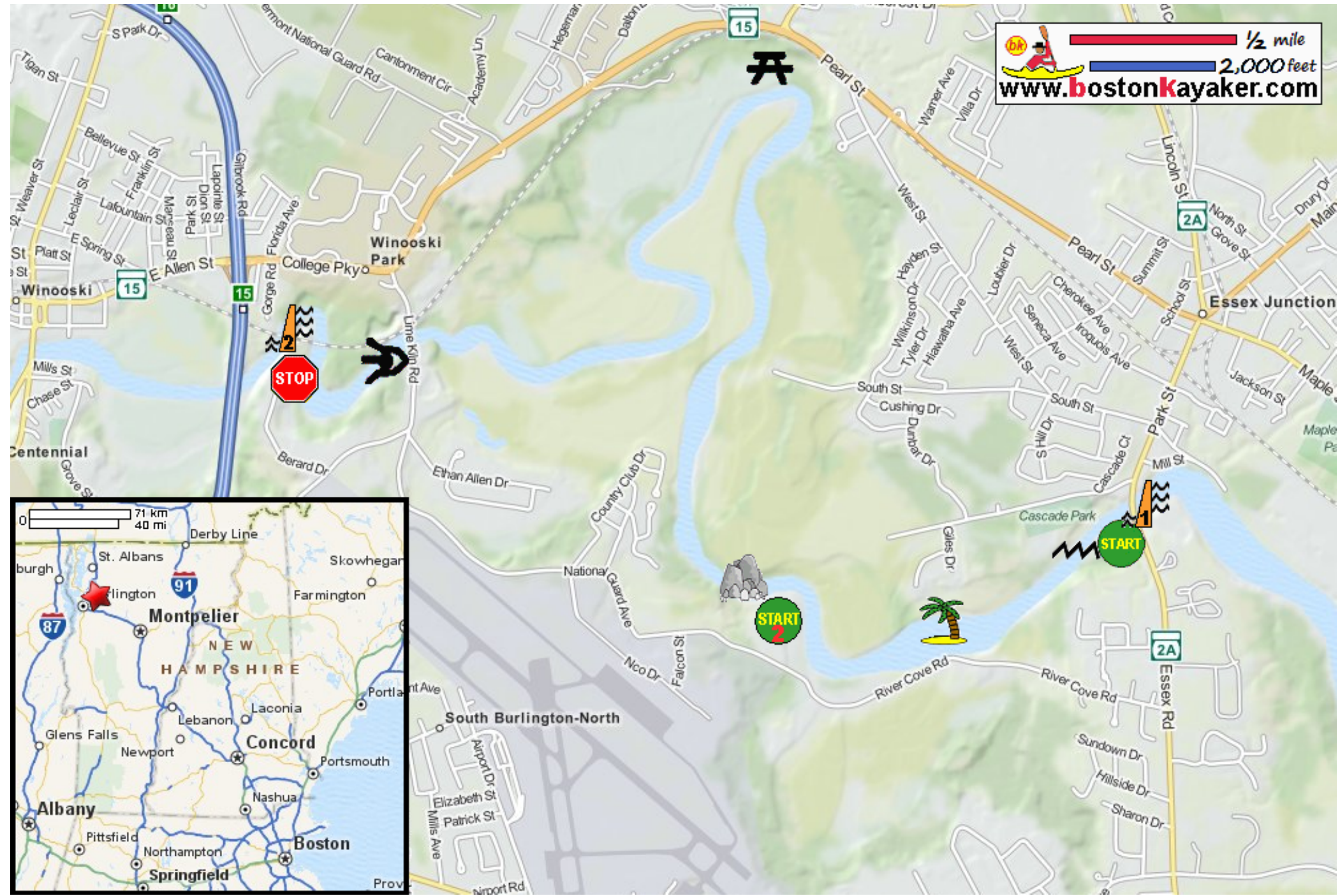


# Kayaking on Winooski River - from Essex VT to Winooski VT

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



- |  |   |                              |                      |  |                    |
|--|---|------------------------------|----------------------|--|--------------------|
| Put in behind power station off Route 2A in Essex VT.    | Take out at Berard Drive in Winooski VT.      | Estimated distance = 7 miles | Rapids below put in. | River splits around an island. Take right. | Essex Dam          |
| Alternate put in at Muddy Brook Park on River Cove Road. | River name from Abenaki meaning "wild onion". | Lime Kiln Gorge              | Woodside Park        | Long rocky stretch past Muddy Brook.       | Winooski Gorge Dam |