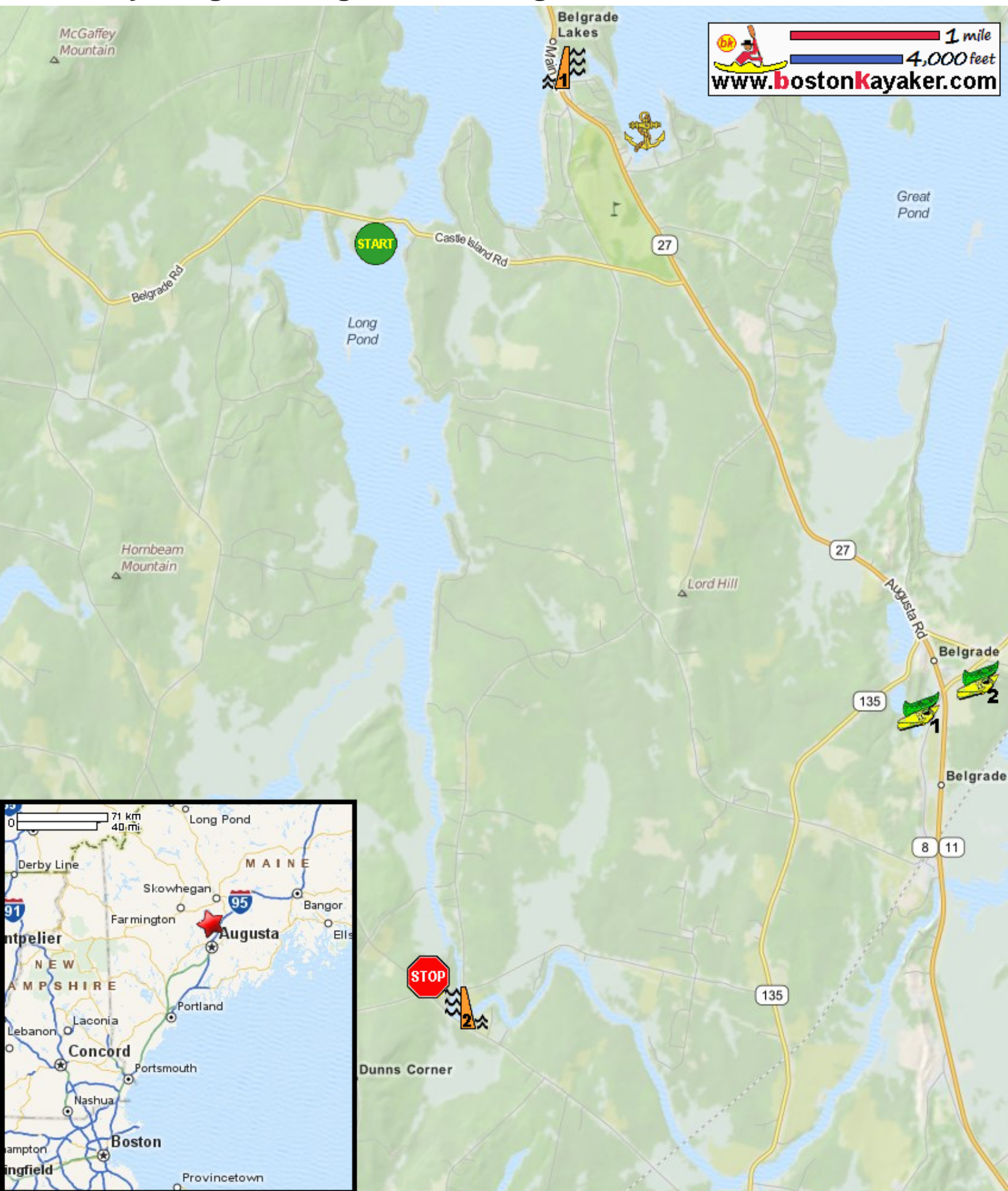










# Kayaking on Long Pond of Belgrade Lakes - in Mount Vernon ME

1 mile  
4,000 feet  
[www.bostonkayaker.com](http://www.bostonkayaker.com)



-  Put in at Castle Island Road in Mount Vernon ME.
-  Take out before dam at Wings Mills Road in Mount Vernon ME.
-  Belgrade Canoe and Kayaks
-  Belgrade Boat Rentals - kayaks and canoes
-  Estimated distance = 7 miles
-  Great Pond Marina
-  Great Pond Dam
-  Long Pond Dam