

# FIND YOUR RIVER



## Family Friendly Swimming Hole Tour



**With dozens of rivers and hundreds of mountain streams, Vermont's waterways are the perfect place to cool off. These swimming holes' shallow pools are great for splashing and the rocks are great for climbing – a natural outdoor playground that's the perfect dose of fun and relaxation.**

### 1 Cambridge: Poland Covered Bridge

Named for the adjacent bridge built in 1888, this is a great place to swim or enjoy a picnic from the beach-like sandbar. Just across the footbridge is the Lamaille Valley Rail Trail where there are seasonally-open restrooms, a water fountain, and children's play structure. For a full day, go for a ride on the rail trail, then enjoy a picnic and a cool dip at this river access sandbar.

### 2 Worcester and Elmore: North Branch Cascades

With seven stunning waterfalls and numerous deep holes for swimming, it's no wonder that this has quickly become a family favorite. A 1-mile nature trail along the river, all of which is now wheelchair accessible, gives people of all abilities the chance to connect with the river. Multiple stone stairways wind down the banks to the river, giving visitors the chance to explore the many cascades. The site offers a unique nature experience in a verdant, moist, and mature hardwood-hemlock-spruce forest along the cold, mountain waters of the North Branch of the Winooski, and is a great place for bird watching, nature study, hiking, fishing, swimming, and picnicking.

### 3 Newbury: Wells River Conservation Area

With over 8,000 feet along the Wells River, this conservation land has diverse, high-quality wetlands, forestlands, and prime agricultural soils. It's right next to the school, and makes a great outdoor classroom. Visitors will find a network of walking trails, and plenty of places to dip a toe or pause for lunch.

### 4 Rockingham: Stickney River Corridor Easement

Visitors to this scenic section of the Saxtons River will find bedrock ledges and outcrops, shallow pools and cascades, cobble shores, and small areas of shaded sandy beaches.

### 5 Guilford: Green River Meadows

The mostly open field here is bordered on one side by the meandering Green River, where the bank is lined with mature trees that light-up with reds and oranges each fall. Visitors are treated to a series of shaded and shallow pools perfect for cooling your feet off on a hot day, or searching for macroinvertebrates under smoothed rocks.



### As always, be safe when enjoying Vermont's many swimming holes:

- Avoid swimming 48 hours after a heavy rain.
- Scan the area for any dangerous rocks, outcroppings, or human made structures that may pose increased risk.
- Look closely at the surface water. If there is a strong current or frothy water, do not go in.
- Check the water temperature. Cold water drops core body temperature resulting in inability to control muscles.



**Many of Vermont's small town gas stations and general stores have fantastic delis. Swing by on your way to pick-up a picnic lunch, or afterwards for a refreshing maple creemee.**

Find full descriptions,  
driving directions, and  
more places to explore at  
[vermontriverconservancy.org](http://vermontriverconservancy.org)