

FIND YOUR RIVER



Central Vermont Swimming Hole Tour



Across Central Vermont, waterways tumble off the slopes of the Green Mountains, creating cascading waterfalls and pools. These shady retreats are great places to cool off – whether splashing with kids, taking a dip after a hike, reading from a rocky perch, or just relaxing beside a babbling brook.

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 Lamoille 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 Johnson: Beard Recreation Park

Just a short walk from Johnson's village center, this park is home to a beautiful shoreline, waterfalls, a shallow gravel beach, and an extra long pool, making it suitable for swimmers of all ages and abilities. Along the banks, the upper fields have trails and flat, open land for enjoying nature. Plus, it's right next to the 150-year old Power House Covered Bridge, giving visitors the chance to stroll back in time.

3 Johnson: Journey's End

Loved by generations of local residents and visitors, these 25 forested acres along Foote Brook are home to towering trees, songbirds, and wildlife. The shady canopy helps keep water cool for trout and swimmers.

4 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.



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