








# Kayaking on Pemigewasset River - from New Hampton NH to Sanborton NH

 **1 mile**  
**4,000 feet**  
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-  Put in at Coolidge Woods Road in New Hampton NH.
-  Take out at Shaw Cove on Knox Mount Road in Sanborton NH.
-  Ayers Island Dam
-  Franklin Falls Dam 2 miles downstream (offmap)
-  Estimated distance = 8.2 miles
-  Class III rapids above put in
-  "Pemigewasset" is Abenaki for "narrow and shallow swift current".