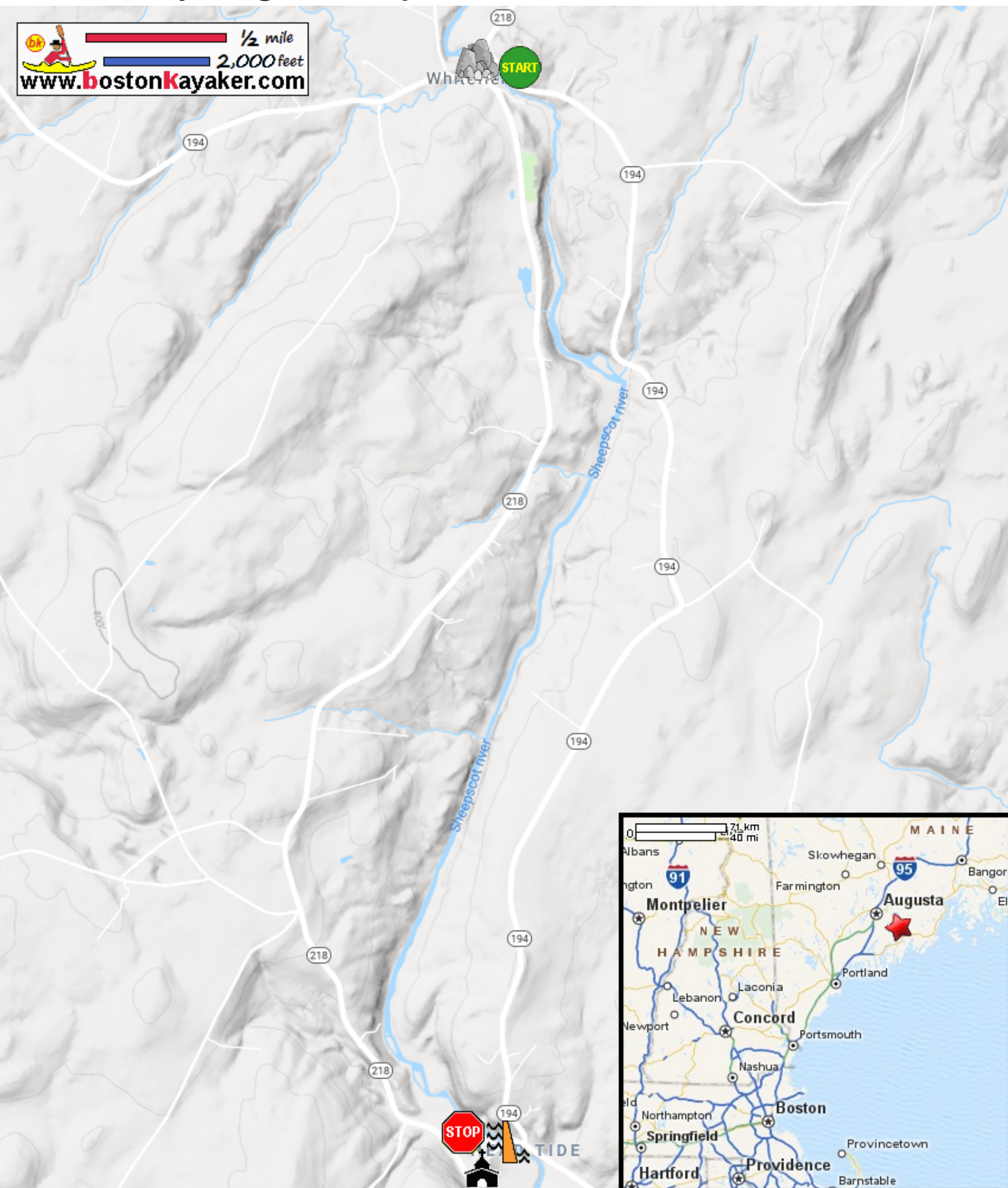


# Kayaking on Sheepscot River - from Whitefield ME to Alna ME



Put in at road side on Route 194 / Head Tide Road in Whitefield ME.



Old dam remnants below Route 194 bridge.



Take out at Head Tide Road before dam n Alna ME.



Head Tide Dam



Estimated distance = 4.5 miles



Head Tide Church