# CHARLES RIVER Canoe and Kayak Guide



### A publication of the

Charles River Watershed Association 190 Park Road, Weston, MA 02493

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# CHARLES RIVER Canoe and Kayak Guide

Paddling a canoe or kayak is one of the most satisfying ways to enjoy the sights and sounds of the river environment. Quiet movement through water connects us to a natural world nearly inaccessible by other means.

The Charles River, one of eastern Massachusetts' most treasured resources, has been explored continuously since the days when Native Americans were the river's only travelers. Today we value the Charles' natural beauty for the recreation and refreshment it brings to our lives. This guide is intended to assist all who would dip a paddle in search of the wonders of the river.



#### **CHARLES RIVER PROFILE**

The Charles River begins in Hopkinton, only 30 air miles from its terminus in Boston, but the river twists and turns within the watershed for 80 miles. This meandering is typical of rivers in the Atlantic Coastal Plain, a gentle slope toward the ocean. Thus the river flow lacks the speed and force to cut a straight channel. Waters are deflected around hills, glacial sand and gravel ridges, and occasional outcrops of bedrock.

Man has modified the natural flow of the Charles by constructing 20 dams and more than 90 bridges. The dams are a mixed blessing. They retard flow which prevents some upper reaches from drying up in the summer, but they also create ponds where pollution intensifies. The river is unable to flush itself in uninterrupted flow

#### SAFETY NOTE

State law requires that life jackets be worn in canoes and kayaks between September 15 and May 15. At all other times, there must be a life jacket in the boat for each person aboard.

The river is generally tranquil, but it can be dangerous at times due to obstructions or high water. Rapids and other natural hazards are few and are marked on the maps. Dams and portages around them are also indicated. Beware of submerged obstructions, which can be caught on bridge abutments. Fallen trees (especially on the outside edge of curves in the river), known as 'strainers', can catch paddlers in a downward current; stay as far away as possible, on the opposite side of the river. These maps should not be used for navigation. Go to www.charlesriver.org and click on 'recreation' for an up-to-date list of current conditions and paddling hazards in the river.

The volume of water in the Charles varies seasonally, but most of the river can be paddled any time of year. The major exception is the area above Populatic St., Medway (Map 1) which should not be attempted except perhaps during periods of high water.

Swimming in the Charles generally is not advised for up to three days following a rain storm. Beware of poison ivy at many launch sites and picnic areas.

#### **EMERGENCY PHONE NUMBERS**

**State Police Marine Division**: to report boating accidents, drownings

(617) 740-7820 (Marine Unit Office)

(617) 740-7600 (For emergencies – radio room)

State Environmental Police: to report fishing, hunting, motorboat, dumping violations

(617) 626-1670

(800) 632-8075 (24 hour dispatch line)

State Department of Environmental Protection:

to report oil or hazardous waste spills

(617) 292-5507 (weekday office hours)

(888) 304-1133 (24-hour hotline)

Department of Conservation and Recreation

(formerly Metropolitan District Commission):

to report problems on DCR parkland

(617) 626-1250 (weekday office hours)

(617) 722-1188 (24-hour dispatcher)

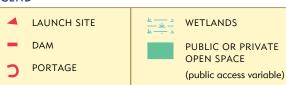
Boston Harbor Patrol: 911

# CHARLES RIVER Canoe and Kayak Guide

#### HOW TO USE THIS GUIDE

Ten section maps are arranged downstream in order, from Bellingham to Boston Harbor. The first 14 miles downstream of the source in Hopkinton are not mapped because this stretch is not well suited to paddling. The flow of the river is from the bottom of each section map to the top. The sections are continuous, each with a slight overlap. Inside the back cover, a locus map shows how the sections fit together and how the entire watershed is mapped in corresponding USGS Topographic Quadrangles.

#### **LEGEND**



**Note:** Right or left references in the text indicate sides of the river facing downstream, or reading the map sections from bottom to top. **Scale:** 5/8 inch equals 1/2 mile.

#### CAMPING AND PICNICKING

There are no public campgrounds on the Charles. If you picnic on the river, please leave the area in good condition and carry out your trash. Picnics are allowed on land owned by the Department of Conservation and Recreation, but fires and grills are prohibited.

#### OTHER RESOURCES

For a detailed guide about canoeing, bicycling, wildlife, and history along the river see *Exploring the Hidden Charles* by Michael Tougias and *The Charles River* by Ron McAdow. The Appalachian Mountain Club's *Massachusetts*, *Connecticut and Rhode Island River Guide* is a good source for additional paddling information.

For walks along the Charles see *Nature Walks in Eastern Massachusetts* and *More Nature Walks in Eastern Massachusetts* by Michael Tougias. For Charles River biking and walking tours see CRWA's Charles River Recreation Guide (for Watertown Dam to Boston Harbor), or the Charles River Distance Map by Jonathan Wyss.

This guide was created by **Charles River Watershed** 

Association, a donor-supported organization whose mission is to use science, advocacy and the law to protect, preserve and enhance the Charles River and its watershed. The association: 1) develops a sound, science-based understanding of interactions in the watershed; 2) defines long term solutions to watershed problems; 3) promotes cutting-edge, sustainable water management practices with government agencies and private entities; and 4) advocates protection, revitalization, and expansion of public parklands along the Charles.

In addition to research and advocacy, CRWA promotes recreational access to the Charles by sponsoring an annual Run of the Charles Canoe and Kayak Race the last Sunday in April. Call (781) 788-0007 or visit www.charlesriver.org for more information on the race or other CRWA projects.

#### **ACKNOWLEDGEMENTS**

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Charles River Canoe & Kayak

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Larry Smith, Ralph Boynton, Kevin Hollenbeck and MA Department of Conservation & Recreation

#### HOPKINTON/MILFORD/HOPEDALE/BELLINGHAM

The river is generally too narrow and shallow for canoeing, except in a few small areas. The river is more like a stream, and the section through Milford passes beneath many roadways, then through shallow areas into residential areas approaching Bellingham. There are also many obstructions, including 10 dams, trees and shallow water. This area is best seen by foot from such roads as Hartford Avenue. For excellent canoeing in the river's uppermost reaches, see Map 2: NORFOLK/MEDFIELD.

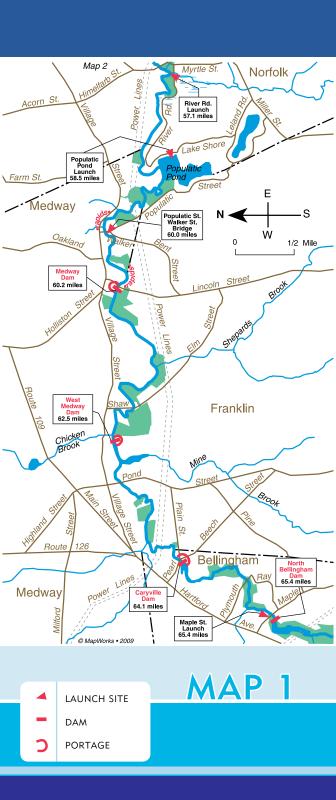
## BELLINGHAM/FRANKLIN/ MEDWAY/NORFOLK

## Maple Street Launch to River Road Launch (about 8.3 miles)

The best canoeing on this section of the river is downstream in the Populatic Pond area. Above that the river is either too low and narrow in the summer, or too hazardous with rapids and numerous dams in the spring. Access is also difficult. One recommended access point is at the Populatic/Walker Street Bridge where it is a 1.5 mile paddle downstream in a narrow channel through marshland to Populatic Pond. Paddle through the pond, staying at its northern end, to the outflow of the Charles, then another 1.5 miles to the River Road Launch in Norfolk.

If you choose to canoe the sections above Populatic Street, be prepared for considerable walking and portaging. There is danger due to rapids, dams, fallen trees, and difficult pullout sites; for current conditions, go to www.charlesriver.org and click on 'recreation'. A topographical map could also be helpful. The best access to this area is at the Maple Street launch site, on river left downstream from the bridge behind a factory building. A nice side trip in this area can be made up Mine Brook.

For those interested in seeing the river from roadways, visit the *Medway Dam* where the Sanford Mill has been converted to condominiums

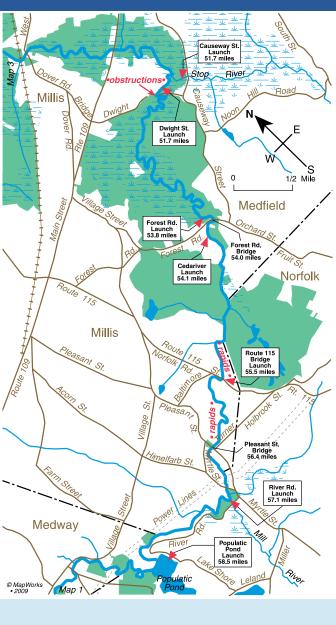


## NORFOLK/MEDFIELD

#### River Road Launch to Forest Road (about 3.3 miles)

During the spring, only experienced paddlers should run the rapids from River Road to Route 115 because of the many obstructions. In low water be prepared to drag boats through shallow, rocky areas. The launch site on River Road has very steep river access, and is adjacent to the confluence of the Mill River (which is narrow and not easily canoeable). Below Mill River, paddlers quickly pass under the Myrtle/Himelfarb Street Bridge and arrive at the Pleasant Street Bridge in 0.5 mile. At the upstream side of this bridge are the remains of an old dam. They create a hazard that should be looked over carefully before running. Another short section of rapids are located downstream of the bridge; then it's a pleasant paddle through secluded woods and farmland to Route 115.

Another series of rapids begins directly below this bridge. (In low water boats may need to be dragged for a short distance.) The next couple of miles are through forest with mostly flat water. Fallen trees may require portaging. You will see The Trustees of Reservation's Cedariver Reservation launch site (and parking lot) on the left bank, which is one of the better launch sites in the area, and then Forest Road Bridge launch.



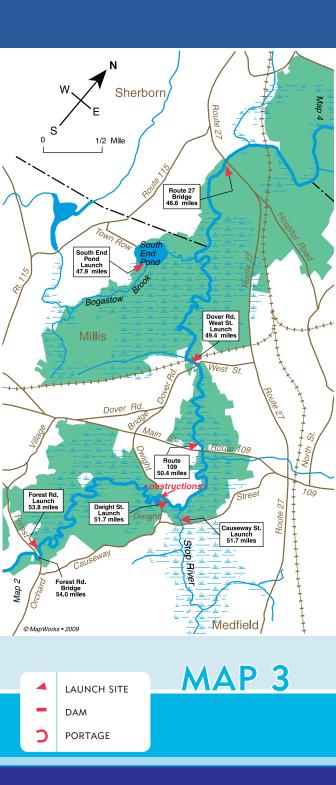


MAP 2

### MEDFIELD/MILLIS/SHERBORN

#### Forest Road to Route 27 (about 7.2 miles)

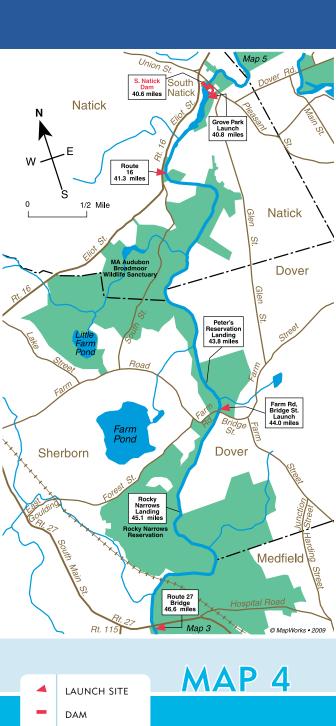
This section has a lot of twists and turns; trips may take longer than you estimate. The Forest Road and Cedariver launches are at the head of the vast Millis-Medfield marsh in beautiful, wild country. A short way downstream, a ledge extends across the river and must be watched in low water. Somewhat farther down near Dwight Street, care must be taken to navigate around submerged granite blocks from an old bridge abutment. The Dwight Street launch and parking lot is just downstream from this obstruction, on the left bank. Just below, the Stop River, which is canoeable, enters on the right. (There is a launch site on the Stop River off Causeway Street, 0.2 miles from the Charles.) Continuing down the river, woodlands give way to open marsh and in 1 mile you pass under Route 109. Another mile brings you to the Dover Road/West Street Bridge. After an additional 1.5 miles, Bogastow Brook enters on the left and it's possible to canoe up this tributary a short distance and enter South End Pond, where there is also a launch site. One more mile down the river will bring you to Route 27 where there is a steep hill to access the river.



## SHERBORN/DOVER/ SOUTH NATICK

#### Route 27 to the South Natick Dam (about 6 miles)

From Route 27 it is a 1.5 mile paddle to Rocky Narrows Reservation, owned by The Trustees of Reservations. It is one of the most impressive natural areas on the river with steep forested slopes of pine and hemlock, and the landing is a delightful place to stop for a rest or lunch. Be sure to carry out your trash. Another mile further is the Farm Road/Bridge Street launch where easy access is available on the right bank, on land owned by the Dover Conservation Commission. The remaining 3.5 miles are delightful, passing by Peter's Reservation (another Trustees property), Massachusetts Audubon Society's Broadmoor Wildlife Sanctuary, and around the right angle bend to parallel Eliot Street (Route 16) for the last mile. When you can see Route 16 on your left and you pass under a footbridge, be aware that the South Natick Dam is just ahead. Takeout is easy on the right bank just upstream of the dam in the town's handsome Grove Park. Use caution when launching below the dam, as there is a hydraulic immediately downstream. Be sure to launch from well downstream of Pleasant Street.

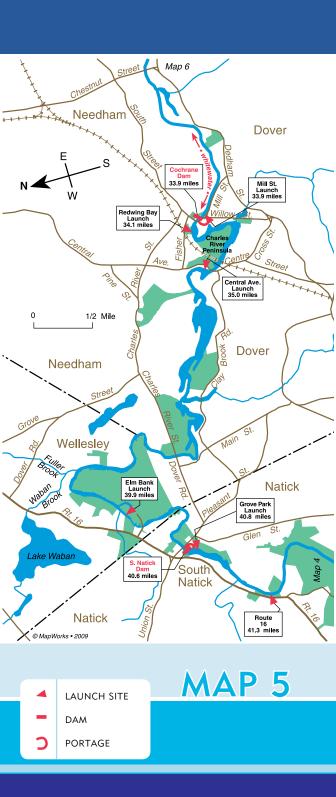


PORTAGE

## SOUTH NATICK/WELLESLEY/ NEEDHAM/DOVER

#### South Natick Dam to Cochrane Dam (about 6.7 miles)

Use caution when launching below the dam, as there is a hydraulic immediately downstream. Be sure to launch well downstream of Pleasant Street. There is a put-in on the right bank across Pleasant Street and down the path from the sidewalk, with rapids immediately downstream. A better launch site is at Elm Bank Reservation off Route 16 (just under a mile downstream) on the South Natick/Wellesley line. The gates at Elm Bank, owned by the MA Department of Conservation and Recreation (DCR), are open 8 am to dusk; note that gates are locked after dark. Just downstream from Elm Bank, the flow from Waban and Fuller Brooks enters the river on the left. Next you will pass several large coves which are open to exploration. The small Central Avenue launch site (just before a stone bridge with wooden rails) is on the left about 5 miles from Elm Bank. Also of interest are the open fields of the Trustees' Charles River Peninsula 29-acre property, which is located on the left 1 mile downstream. After you pass the Charles River Peninsula, be aware that Cochrane Dam is just ahead and stay near the left bank. Takeout is at DCR's Red Wing Bay Launch (off Fisher Street) which is located on the left just above Cochrane Dam.

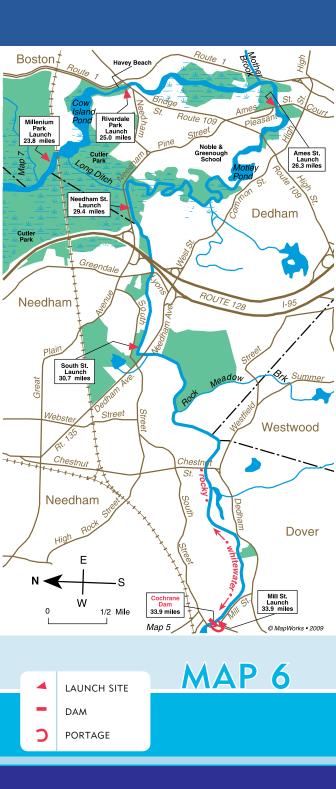


## **NEEDHAM/DEDHAM**

#### South Street to Needham Street (about 1.3 miles)

The section from *Cochrane Dam* to Route 128 is better suited to experienced paddlers, while downstream from Route 128 and into Dedham the river is mostly flat water and easy to paddle.

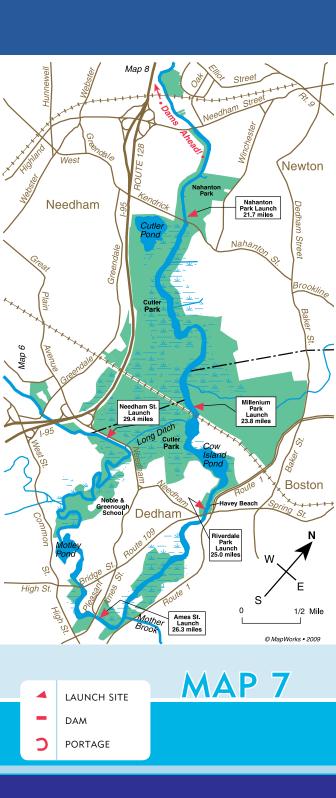
With adequate flow, the fast water below *Cochrane Dam* can be enjoyable for experienced paddlers. (This is a training area for whitewater competition teams.) The launch site is on Mill Street on the right bank. In low water, many large boulders crop up much of the way to and beyond Chestnut Street in Needham, making this a tricky section to paddle. The water directly under Chestnut Street Bridge is very shallow and rocky and caution should be exercised. A bit more than 1 mile downstream is the Dedham Avenue Bridge (Route 135) with a left bank launch site on South Street near the intersection of Route 135. Then it's another mile to Lyons Bridge and the river passes beneath Route 128 before paralleling Needham Street, a takeout point.



## DEDHAM/NEEDHAM/NEWTON

#### Needbam Street to Nabanton Park (about 7.7 miles)

Canoes and kayaks can be launched off Needham Street at a small dirt pull-off where the road runs close to the river. About 1 mile downstream of Route 128 on the left is Long Ditch, just before the river bends sharply to the right. Long Ditch was dug in 1654 to prevent flooding of the meadows. In times of high water, it is possible to canoe this ditch, cutting off the 5 mile circuit of the Dedham Loop and ending at the railroad bridge at Cutler Park. The Needham Street launch provides an ideal location to start/end paddling this loop: stay with the current along the Charles for the first part of the paddle, then follow Long Ditch to the left just before the railroad bridge to complete the loop. (Back on the Charles, you will have to paddle upstream for less than half a mile to return to the launch site.) Following the main stem from Needham Street, the river winds through the Dedham marshes past Noble and Greenough School, under two bridges, parallel to Route 1 with its commercial jungle, and past the Mother Brook outflow structure. After Bridge Street, DCR's Havey Beach and Riverdale Park provide a welcome respite. From Riverdale Park to Nahanton Park in Newton is just over a 3 mile paddle. You will pass through Cow Island Pond, then through the DCR's vast Cutler Park marshes where it is open and sometimes windy. Long Ditch will be on the left just before you go under the railroad bridge; then on the right is the City of Boston's Millennium Park. Pull out at the canoe launch and walk to the top of the hill for a wonderful view of the Charles. The last opportunity to take out before a series of dams is at Nahanton Park, just downstream of the Kendrick Street Bridge. This is also an excellent launch site but boaters should be wary when paddling downstream, because the perilous Silk Mill Dam is just 2 miles away.

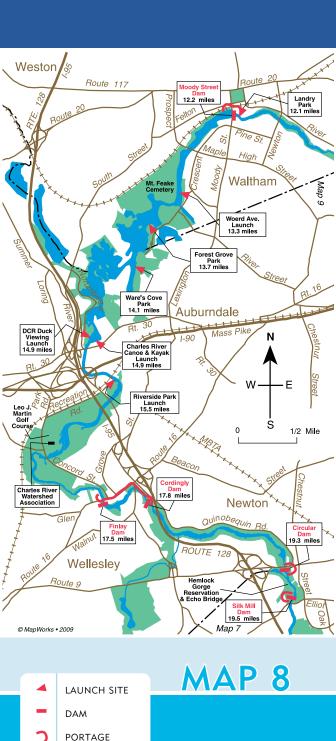


## NEWTON/WELLESLEY/ WESTON/WALTHAM

#### Nabanton Park to Moody St. (about 9.5 miles)

Downstream of Nahanton Park is dangerous because of the Silk Mill Dam. There is little warning of the dam's approach; an easy exit from the river is on the left bank. This area is best seen on foot and visitors are encouraged to walk past the dam into DCR's Hemlock Gorge Reservation and over Echo Bridge. Downstream is Circular Dam adjacent to Route 9, then a couple miles of quiet water to Cordingly Dam. There is a path and scenic footbridge crossing the river at Cordingly Dam, between Walnut Street and Route 16. Immediately after Cordingly Dam is Finlay Dam where the river crosses under Route 16. Because of the short, difficult stretch of river between them, these dams are best portaged as one carry. The river then winds through the DCR's Leo J. Martin Golf Course; beware the low footbridge during high water, and stay to river left. This is the home of the Charles River Watershed Association's office. The river continues beneath Route 128 yet again and flows by DCR's Riverside Park, which has a small dock.

After passing beneath the Massachusetts Turnpike and Route 30, the river emerges into the Lakes District, where it broadens considerably. This 190-acre area of impoundment is a result of the Moody Street Dam, and the coves here are up to a half-mile wide. On the right bank of the river alongside Route 30 is the headquarters for Charles River Canoe and Kayak where rentals and lessons are available seasonally. The Norumbega Duck Viewing Area is on river left and canoes can also be launched there. Ware's Cove Park, about 0.8 miles downstream on river right at the mouth of a large cove, is a nice area with restrooms and a picnic area. In another 0.5 miles is DCR's handicapped accessible boat launch at Woerd Avenue. A half miles more brings you to the Prospect Street Bridge followed by the Moody Street Dam and Bridge. The dam is immediately downstream of the bridge; takeout is best on a sloped bank on the left side of the river.



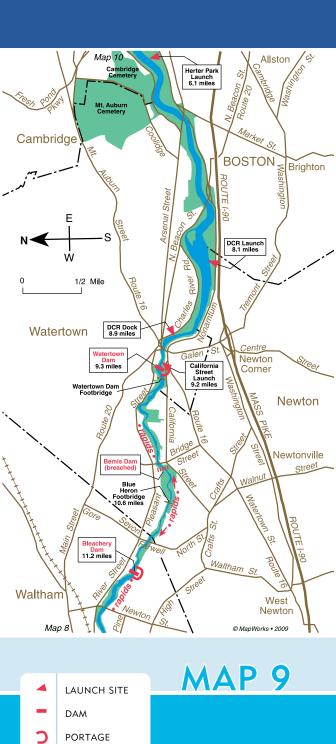
## WALTHAM/WATERTOWN/ NEWTON

#### Landry Park to Herter Park (about 5.8 miles)

Below the Moody Street Dam, paddling becomes difficult and portages are frequent because there are three more dams ahead. The dams are about a mile apart; from west to east are Bleachery Dam, Bemis Dam and Watertown Dam. If you do paddle this section, watch out for submerged pilings at the railroad bridge just downstream of the footbridge and Moody Street. Bleachery and Watertown Dams must be portaged. Be aware that there are quickwater sections and obstructions around Bemis Dam, so only experienced paddlers should attempt it; it is best to start on river left, and paddle diagonally towards the right bank. In addition, two bridges may be impassable in high water. This section of river can still be enjoyed on foot and bicycle because of the excellent network of paved paths next to the river. Look for the granite markers with a great blue heron etched at the top, signifying access to the DCR's Charles River Reservation pathways.

Good paddling awaits downstream of the *Watertown Dam*, but you will have to share the river with motorboats, sailboats and rowing crews. There are also many private yacht clubs in this final 9-mile section of the river, known as the lower basin; it is essentially a large pond formed by the *New Charles River Dam* at the river's mouth. The river is quite broad here and winds can be challenging.

You can launch below the *Watertown Dam* either at the grassy banks off California Street in Newton, the DCR dock off Charles River St. in Watertown, or the DCR launch on Nonantum Road in Newton (located just east of the DCR's Daley Ice Rink) where there is plenty of parking and restrooms open seasonally.



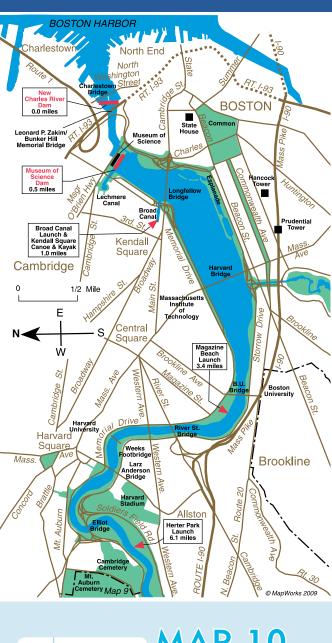
## **BOSTON/CAMBRIDGE**

## Herter Park to New Charles River Dam (about 6.1 miles)

Another good launch site below *Watertown Dam* is just downstream at DCR's Herter Park on Soldiers Field Road (located across from Harvard Stadium and just east of the large radio tower at WBZ). From here you can paddle upstream to *Watertown Dam* or downstream to the basin. Charles River Canoe and Kayak rents canoes and kayaks seasonally at the park just upstream of the Elliot St. Bridge, and their launch can be used anytime.

As you leave this area, keep close to the riverbanks on either side in the Elliot Bridge area and watch out for blind corners. Allow plenty of room for rowing shells that cannot turn as quickly as kayaks and canoes. On the Cambridge side of the river there is a launch site at Magazine Beach located downstream of the River Street Bridge and upstream of the B.U. Bridge. At the B.U. Bridge powerboats keep to the right (Boston side); paddlers to the left (Cambridge side).

In the vicinity of the B.U. Bridge you will get your first glimpse of the Prudential Tower, and shortly thereafter more of the Boston skyline comes into view. Upon reaching the Esplanade you might want to paddle through the sheltered lagoons on the Boston side of the river. You can take out here, although parking is difficult in this area. Downstream of the lagoons, traffic, bridges, and noise of the city crowd the river. Just past the Longfellow Bridge on the Cambridge side there is a dock at the end of the Broad Canal, which is a good launch or takeout site. Or you can take out on the Cambridge side just before the Museum of Science at a DCR maintenance yard at the mouth of the Lechmere Canal. The final barrier to salt water is the New Charles River Dam, where locks separate Boston Harbor from the river basin. For information about using the locks, contact the State Police Marine Division at (617) 740-7820.





MAP 10

## **CHARLES RIVER ACCESS SITES**

Please note: most locations listed here offer easy river access and are formal launch sites. There are other launch sites marked on the maps (including portage routes) where river access or parking are more difficult.

RIVER MILES

MAP 1

Bellingham: <i>Maple St. Launch</i>
Medway: Populatic St./Walker St
Norfolk: Populatic Pond Launch
Norfolk: River Rd. Launch
MAP 2 RIVER MILES
Norfolk: Populatic Pond Launch
Norfolk: River Rd. Launch 57.1 *same as above
Norfolk/Millis line: Route 115 Bridge Launch
Millis: Cedariver Launch
Millis/Medfield line: Forest Rd. Launch
Medfield: <i>Dwight St. Launch</i>
Medfield: Causeway St. Launch
MAP 3 RIVER MILES
Millis/Medfield line: Forest Rd. Launch
Medfield: Dwight St. Launch
Medfield: Causeway St. Launch
Medfield: Dover Rd./West St. Launch 49.4  Short carry down path to river. Launch downstream of bridge by railroad tracks near Wastewater Treatment Facility. Off-road parking on northwest side of the bridge.

Millis: South End Pond Launch
MAP 4 RIVER MILES
<b>Dover/Sherborn line:</b> Farm Rd./Bridge St. Launch44.0 Maintained launch site with short carry to river, and flat beach area for launching/landing. Easy parking along street and in launch parking lot.
South Natick: <i>Grove Park Launch</i>
MAP 5 RIVER MILES
South Natick: Grove Park Launch
Wellesley/Dover line: Elm Bank Reservation Launch 39.9 Enter from Route 16 and proceed through the reservation on one way loop road to small parking lot on right near river's edge. Carry boats down path to river.
Needham: Central Ave. Launch
Needham: Redwing Bay Launch 34.1  Maintained site with parking lot at launch site off Fisher St.
Dover: Mill St. Launch
MAP 6 RIVER MILES
Dover: Mill St. Launch
Needham: South St. Launch
Needham/Dedham Line:  Great Plain Ave./Needham St. Launch
<b>Dedham:</b> Ames St. Launch
<b>Dedham:</b> <i>Riverdale Park Launch</i>
Boston (West Roxbury): <i>Millenium Park Launch23.8</i> Bear left and follow road to river side parking lot area. Short carry to launch from lot.
MAP 7 RIVER MILES
Needham/Dedham Line: <i>Great Plain Ave./Needham St. Launch</i> 29.4  *same as above

## CHARLES RIVER ACCESS SITES

Dedham: Ames St. Launch
Dedham: Riverdale Park Launch25.0
*same as above
Boston (West Roxbury): <i>Millenium Park Launch23.8</i> *same as above
Newton: Nabanton Park Launch
MAP 8 RIVER MILES
Weston: Riverside Park Launch
Weston: Norumbega Duck Viewing Area
Newton: Charles River Canoe & Kayak Launch 14.9 Parking at Duck Viewing Area across river. Restrooms, drinking water and canoe rentals available seasonally.
Waltham: Forest Grove Park
Waltham: Woerd Ave. Launch
MAP 9 RIVER MILES
Watertown: California St. Launch
Newton: DCR Boat Launch
Boston (Allston): Herter Park
MAP 10 RIVER MILES
Boston (Allston): Herter Park
Cambridge: Magazine Beach
Cambridge: Broad Canal Launch/
Kendall Square Canoe & Kayak

## **CHARLES RIVER** Canoe and Kayak Guide

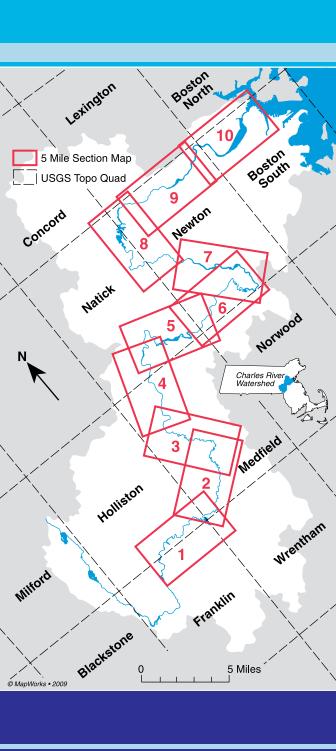
### PLEASE JOIN US!

MEMBERSHIP LEVELS:

A non-profit organization, Charles River Watershed Association depends entirely on support from individuals, foundations, corporations, institutions and government agencies to clean up the Charles River and protect its watershed. Won't you help us?

\$35 \$250	□\$50 □\$500	\$100 \$	Other		
NAME:			———		
ADDRESS:					
CITY, STATE, ZIP :					
EMAIL:					
PHONE:					
PAYMENT METHOD  Please make checks payable to CRWA, or charge your membership to:					
☐ Visa	☐ Mastercard				
EXPIRATION DATE:					
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MAIL TO: CRWA, 190 Park Ro CRWA's print news including action al invitations to spec visit www.charles	eletter the <i>Stream</i> lerts and voluntee ial events. For mo	er, an email news er opportunities, a ore information,	letter		







#### ABOUT CHARLES RIVER WATERSHED ASSOCIATION

One of the oldest watershed associations in the country, the non-profit Charles River Watershed Association (CRWA) was formed in 1965 in response to public concern about the degraded condition of the Charles. Since its earliest days of advocacy, CRWA has spearheaded major clean-up and watershed protection efforts, working with government officials and citizen groups from the 35 watershed towns from Hopkinton to Boston. CRWA initiatives over the last four decades have dramatically improved water quality and approaches to water resource management in the watershed. Please call (781) 788-0007 or visit www.charlesriver.org for more information about our work.



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