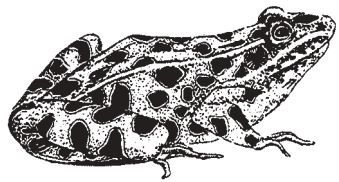


## Emergency Telephone Number 911

Maintained Portages	Approximate Length
White Sand Lk/Lost Canoe Lk	1700 ft
Lost Canoe Lake/Palette Lake	1400 ft
Plum Lake/Star Lake	1300 ft
Palette Lk/Stephenson Springs	700 ft
Manitowish R./Hwy K Rapids	600 ft
Fishtrap Dam Portage	300 ft
Rest Lake Dam Portage	300 ft

Trips	Miles
Hwy B to Fishtrap Dam	7.5
Fishtrap Dam to Hwy M	2.5
Hwy M to Hwy K	3.6
Hwy K to Island Lake Landing	6.6
Island Lake to Hwy W	7.3
Hwy W to Hwy 51	1.5
Hwy 51 to Hwy 47	5.9
Hwy 47 to Murray's Landing	9.5
Total Miles	44.4



This publication is available upon request in alternate formats for visually impaired persons. Please contact Kim Krawczyk at (715) 385-2704 to request an alternate format.

The Wisconsin Department of Natural Resources provides equal opportunity in its employment, programs, services and functions under an Affirmative Action Plan. If you have any questions, please write to: Equal Opportunity Office, U.S. Department of the Interior, Washington, D.C. 20240.



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# Northern Highland-American Legion State Forest

## Canoe Route Guide



### General Information

The Northern Highland-American Legion State Forest offers canoeists the opportunity to camp along rivers and lakes at designated canoe campsites. There are currently over 70 sites on the State Forest. The majority of sites are on the Manitowish River and Manitowish Chain of Lakes. A variety of lake sites also exist. All campsites have a picnic table and stone fire ring. Sites are numbered and marked with yellow signs displaying a tepee. Portages are designated by yellow signs with crossed paddles.

The Manitowish River flows 44 miles from High Lake to the Flambeau Flowage. There are three portages on the slow flowing river. Beginners as well as the avid canoeist can enjoy the scenic beauty of the Manitowish River. The following narratives describe four continuous sections of the Manitowish River.

#### 1) High Lake to Fishtrap Dam

Put-in at the High Lake boat landing on the south side of Hwy B. The small creek leads to High Lake. Travel south-west through a culvert into Fishtrap Lake. Once through Fishtrap, the river meanders past Johnson and Nixon tributary creeks. Take out at the boat landing just upstream from the Fishtrap Dam. The 7.5 mile segment could be a day trip or an overnight trip. Total paddling time is 4 hours.

#### 2) Fishtrap Dam to Highway K

Take Hwy M north of Boulder Junction and turn on High-Fishtrap Road. Stay to the right which is Dam Road. Put in below the dam that is downstream from the boat landing. The take-out is 6.1 miles at the boat landing just upstream from Hwy K. Paddling time is 3 hours. This could be a day or overnight trip.

#### 3) Highway K to Highway 51

Put-in for this segment is just below the rapids on Hwy K. This segment is 15.5 miles and 8 hours of paddling. Allow several days for this trip. A short portage for the ten foot dam at Rest Lake and Hwy W is required. Take out where the Manitowish River and Hwy 51 intersect. For a shorter trip (4 hrs.) take out at the Island Lake boat landing.

#### 4) Highway 51 to Murray's Landing

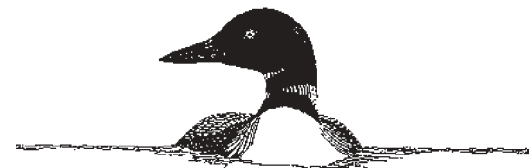
The last segment begins below the Hwy 51 bridge and runs 17 miles. A USGS topographic map is recommended for this trip as the river flows into the Flambeau Flowage, but not directly to Murray's Landing. Allow at least an overnight stay for this trip. Paddling time is 12 hours.

Taking out at the Hwy 51 Wayside or the Hwy 47 bridge can shorten this segment. Once past the Hwy 47 bridge there is no take out until Murray's Landing. Allow 4½ hours paddling time for the Hwy 47 to Murray's Landing segment.

#### 5) Alternate Canoe Routes

An alternate canoe route begins at White Sand Lake. Travel south through Lost Canoe and Palette Lakes, then west on Stephenson Creek to Trout Lake. The Trout River then passes through Wild Rice, Alder and Manitowish Lakes. Paddling north of Manitowish Lake and under the Hwy 51 bridge allows you to connect with the Manitowish River route at Spider Lake. There are a total of 3 portages on this route. The total distance is 19 miles, but can be divided into smaller routes.

Another alternate route would be to put in on Hwy. 182 on the Bear River and take out at Murray's Landing. Paddling time is 3 hours with all flat water.



### Rules and Regulations

Camping is permitted only at designated sites. Do not cut or damage living trees or shrubs. No more than six persons on a site. No fee is required. Access must be by watercraft. Camping is limited to one night only. Sites are available on a first-come-first-serve basis.

### Safety Messages

#### Canoeing

Every canoe must carry a U. S. Coast Guard approved wearable lifesaving device for each person aboard. Passengers should wear a life jacket at all times. Most forest water trails are slow to moderately slow, but the canoeist should be aware of any changing conditions. As a rule, do not overload your watercraft.

#### Swimming

Swim safely. Don't swim alone, at night, or in unfamiliar places. Use caution when wading as water depths may change abruptly. Watch small children closely near the water.

#### Campfires

Use caution and confine fires to a fire ring. Put the fire out if wind changes cause concern. Watch children closely near the fire. Once you have put a match to the fire don't use charcoal starter or any other flammable material. Make sure the fire is completely out and the grill or fire ring is cool before you leave the area.

#### Drinking Water

Boil all water, use approved tablets or filters before drinking.

#### Plants

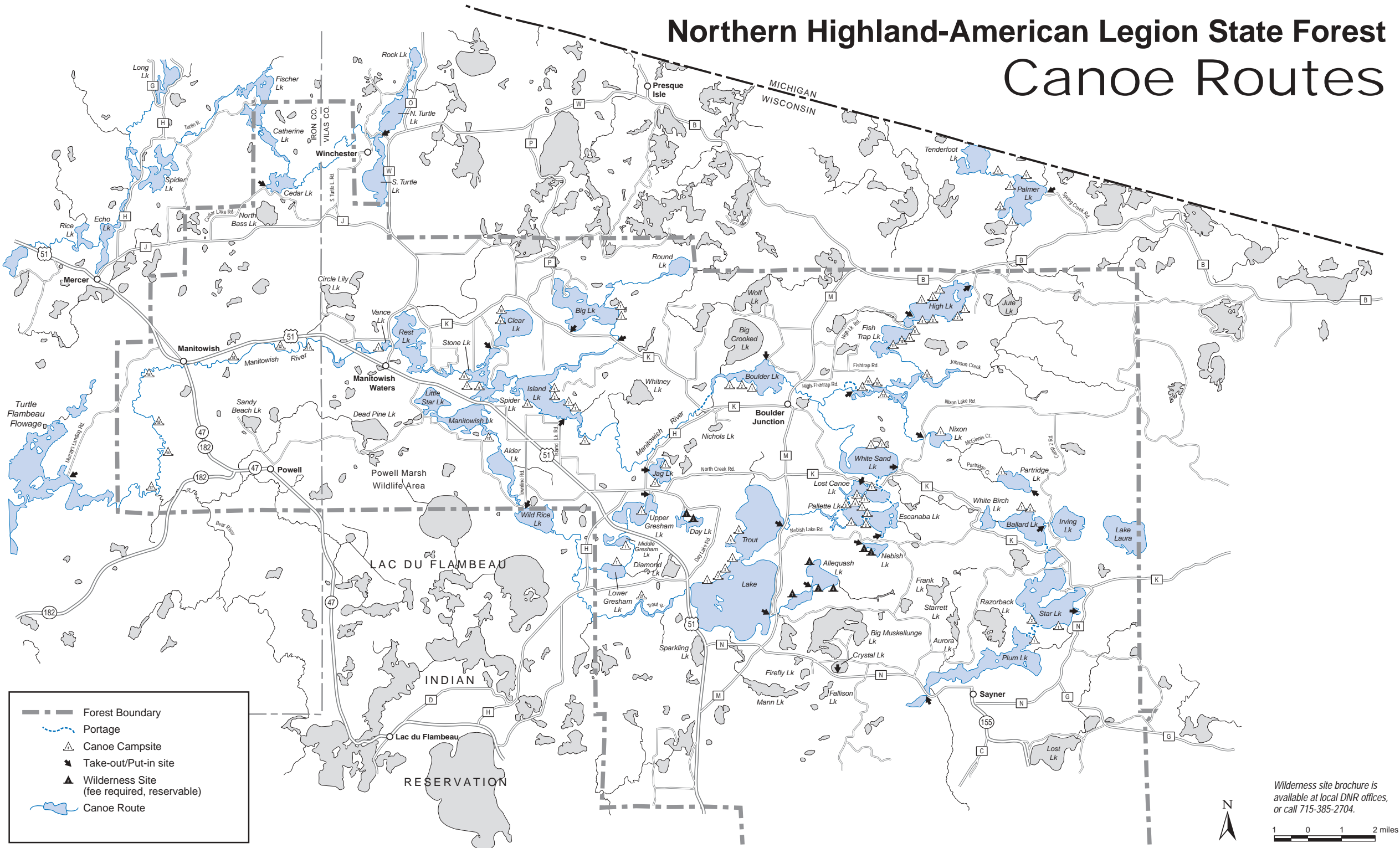
Never eat berries or plant materials unless you are certain of their identity.

### Helpful Hints

Keep soap usage at least 100 feet from shore where ground can filter out impurities. Always carry a compass, insect repellent and a first aid kit. Pack out non-combustibles and please leave a clean site for others.

Beaver dams may be encountered along the way, so wear shoes appropriate for dragging a canoe over the dams.

# Northern Highland-American Legion State Forest Canoe Routes



Wilderness site brochure is available at local DNR offices, or call 715-385-2704.