

Reflective

## At the foot of the Missisquoi River

You are here on ancestral Abenaki - or W8banaki - land. The toponym *Rivière Missisquoi* was officialised in 1968. For thousands of years, the river provided native populations with a means to travel between lakes Champlain and Memphremagog to practice their hunting and gathering activities.

Some 144.5 km long, the river originates in Lake Champlain. Its first 35 km are entirely in the U.S. Then, after a sharp turn nicknamed "Fiddler's Elbow", it crosses the border into Quebec for some 24 kilometres.

Today, locals and tourists appreciate the river's sedate flow and enjoy a variety of aquatic sports such as kayaking, canoeing and stand-up paddleboarding. Station O'Kataventures in Mansonville offers water equipment rentals and a variety of excursions on the North Missisquoi River.

Stop and enjoy the river's quiet and take a health break on its shores. Are you not tempted to dip your sore feet in its cool waters?

**Duration**  
10 min



