The Contoocook River

The Contoocook River flows through the New England College campus and winds 71 miles in a northern direction with a drop in elevation over 700 feet. It stretches from Poole Pond in Rindge, NH to Concord, NH where it flows into the Merrimack River.

The river provides both warm and cold water habitats for recreational and sport fishing. The rapids that stretch between Hillsboro and Henniker offer premier class III-IV whitewater. These rapids are high quality cold water habitats for many fish. The slow moving areas are great for warm water fishing.

For more information please visit:
http://des.nh.gov/organization/divisions/water/wmb/cont_river.htm
http://www.wildlife.state.nh.us/
http://www.wildlife.state.nh.us/Fishing/NH_state_record_fish.

Cover Photo: http://www.tripadvisor.com/LocationPhotos-g46118-Henniker_New_Hampshire.html#last
Fish Species in the Contoocook River

**Cold Water**

- **Brown Trout**
  *Salvelinus fontinalis*
  Record: 32.50” 16 lbs. 6 oz.

- **Rainbow Trout**
  *Oncorhynchus mykiss*
  Record: 35.50” 15 lbs. 7.2 oz.

- **Bluegill**
  *Lepomis macrochirus*
  Record: 11.25” 2 lbs. 0.64 oz.

- **Black Crappie**
  *Pomoxis nigromaculatus*
  Record: 17.25” 2 lbs. 12.8 oz.

**Warm Water**

- **Atlantic Salmon**
  *Salmo salar*
  Record: 34.00” 12 lbs. 8.8 oz.

- **Walleye**
  *Stizostedion vitreum*
  Record: 34.00” 12 lbs. 6 oz.

- **White Perch**
  *Morone Americana*
  Record: 17.20” 3 lbs. 11.5 oz.

- **Largemouth Bass**
  *Micropterus salmoides*
  Record: 25.80” 10 lbs. 8 oz.

- **Smallmouth Bass**
  *Micropterus dolomieui*
  Record: 23.25”

- **Chain Pickerel**
  *Esox niger*
  Record: 26.00” 8 lbs.

- **Horned Pout**
  *Ictalurus nebulosus*
  Record: 17.95” 3 lbs. 4.8 oz.

**Records shown are NH state records. Not all Species Shown**

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The Contoocook River is important to the anaromous fish restoration program for the Merrimack River Watershed. It is a vital nursery area for the Atlantic Salmon.

**Regulations:**

**Area:** Former paper mill dam in West Henniker through 1 mile west.

**Season:** From Jan 1 through Nov 30

**Bait:** Flies and single hook artificial lures with no more than 3 points.

**Limit:** Daily limit for brook trout is 2 fish; minimum length 12 inches.

**Area:** From paper mill to Merrimack River.

**Season:** No closed season for all species except salmon and smelt.

**Limit:** Daily limit of 2 brook trout through ice.

**Great Fishing at NEC:**

- Try using flies under the NEC Covered Bridge to catch rainbow trout. Use worms to catch brook trout.

- Cast directly into the rapids with flies. Let worms sink in calm deep areas.

- Use live worms along the old train tracks in the NEC woods to catch bluegill.

- Use lures and flies on the old train abutment to catch bass and trout.