

**Boundary Waters Canoe Trip
Frost River**

Year: _____

Entry # 50 Entry Lake Cross Bay Trailhead Cross River

Camp	Paddle (mi.)	Portage (rd.)	Lake (to)	Sights	Leg Total	Travel (hrs.)	Cumulative		
							Pad. (mi.)	Port. (mi.)	Total (mi.)
	0.3	50	Cross River						
	0.3	40	Ham						
	1.3	24	Cross Bay						
	1.5	50	Rib						
	1.0	37	Lower George	? Alternate, paddle around island					
	0.5	28	Karl						
	0.3	35	Long Island						
	1.0		Long Island River						
	0.5	28	Gordan						
	0.5	140	Unload						
	0.3	30	Frost						
#1	7.3	462r,7623',1.4mi.			8.7	5.5 hr	7.3	1.4	8.7
	1.0	130	Frost River						
	0.3	15							
	0.3		Octopus						
	0.5	10	Frost River						
	0.3	25							
	0.8	20							
	0.4	30	Chase						
	0.3	15	Bologna						
	0.3								
#2	3.9	245r,4043',0.8mi.			4.7 mi	3 hr	11.2	2.2	13.4
	0.3	15	Chase						
	0.3	10	Pencil						
	0.8	50	Frost River						
	0.3	10							
	0.3	5							
	1.0	10							
	0.5	15							
	1.0	20							
	0.1		Afton						
#3	4.4	135r,,2228',0.4mi.			4.8 mi	3 hr	15.6	2.6	18.2

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							Pad. (mi.)	Port. (mi.)	Total (mi.)
	0.5	20	Fente						
	1.0	15	Whipped						
	0.8	100	Mora						
	1.0	10	Tarry						
	0.5	50	Crooked						
#4	3.8	195r,3218'	0.6mi.		4.4 mi	3 hr	19.4	3.2	22.6
	1.0	90	Gillis						
	1.5	25	Bat						
	0.8	20	Green						
	0.5	70	Flying						
	0.3	50	Gotter						
	0.3	100	Brant						
#5	4.3	355r,5858'	1.1mi.		5.4 mi	3.5 hr	23.7	4.3	28
	1.0	35	Edith						
	0.1	50	West Round						
	0.3	85	Round						
	1.0		Outfitters	0.3 miles from entry					
Out	2.4	170r,2805'	0.5mi.		2.9 mi	2 hr	26.1	4.8	30.9

20 hr