



Hiking Guide

GREAT ADIRONDACK WALKS AND DAY HIKES



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THE ADIRONDACKS ARE HOME TO THE LARGEST SYSTEM OF HIKING TRAILS IN THE COUNTRY MORE THAN 2,000 MILES OF PATHS WINDING THROUGH FOREVER WILDERNESS. -

While the park is famous for its 46 high peaks, it is also home to some of the most scenic day hikes in the Northeast.

Whether you are looking for an easygoing stroll through nature or a hearty hike, this guide will help you identify and prepare for a scenic walk or day hike that piques your curiosity, meets your ambitions or simply happens to be the nearest trailhead to your location.



Stroll along forested paths. Discover a cascading waterfall. Follow a historic trail to one of the Great Camps. Summit to 360-degree views that extend as far as the eye can see. Simply, enjoy some time outside hiking in the Adirondacks.

Find the right paddling destination for you, and get ready to hit the water.



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Essential Adirondack Hiking

Regardless of whether you're visiting the Adirondacks to escape into nature for a weekend, or simply wanted to explore some of the cool new microbreweries, wineries and distilleries popping up across the region, hiking is an essential part of getting the full Adirondack experience. You don't have to bag a 46er, unless you want to. That's not what this handy hiking guide is all about. You're holding the most comprehensive guide to Great Walks & Day Hikes of the Adirondacks, in all its printed, sized just right for slipping into your pack, glory.

Welcome to the Trailhead: The place where you check in, take note, begin and end your hike.

First thing you should know about hiking in the Adirondacks is that the region is home to the largest hiking trail system in the United States, spanning more than 2,000 miles of glorious summits, and every nature trail and scenic loop around a lake, town, or park in between.

Rated for various levels of ability, use this guide to plan a short trek around a woodland pond, or to start planning a longer hike and make each step of your day an adventure.

Universally accessible trails and facilities are located throughout the Adirondacks, and this guide provides information about the facilities at John Dillon Park, Ausable Marsh, Lampson Falls, Francis Lake, Moss Lake, South Branch Trail, and many more. Simply look for the universally accessible icon next to the trail descriptions, and enjoy the incredible views of the Adirondacks accessible for all.

Tips for Hiking with Dogs

Most of the Adirondacks' trails welcome dogs – but there are some important things to remember to keep everyone, four-legged included, safe, happy, and healthy.

- Keep your dog on a leash at all times.** Even if you see another dog off a leash. If your pup is unfamiliar with the area, or gets a whiff of something heavenly emanating from the forest, instinct kicks in, off they may run, and just like that, day ruined. Don't spend your afternoon calling "Tilly, come here girl" over and over again.
- Bring water and a portable bowl, especially if it's hot outside.** Bring more water than you think you'll need for a hike, and stop often for water breaks. Pay attention to your pup and make sure everyone is hydrated and having fun.

Swim safely. The Adirondacks are unique among mountainous regions in the U.S. in that there is an abundance of waterfalls, ponds, lakes, rivers and streams, which means that if your dog enjoys a good swim, you better bring a towel for the ride home. Keep everyone safe by checking the water ahead of time for fallen logs or shallow bottoms, and don't swim in swift currents.

Disclaimer: By its compilation and distribution of this brochure, the Adirondack Regional Tourism Council & JMF Publishing Inc. assume no responsibility of any nature for damages or injury to persons or property arising out of or resulting from travel on any of the routes described herein, or from any service, sales or accommodations provided by the businesses represented herein, and accordingly, does disclaim any and all liability on its part for such damages or injuries should they occur.

Code of Hiking Conduct

- Leave No Trace.** If you carry it in, carry it out, respect wildlife, and hike on dry, hard-packed surfaces to avoid wrecking trails.
- Wear the right clothes and shoes.** It's never a good idea to wear flip flops or shoes without treads when hiking. It's always a good idea to wear light-weight layers, socks that wick moisture, and carry a lightweight pack for all your accoutrements.
- Bring water and snacks, and plenty of them.** Always bring more water than you think you'll need, especially when hiking in a group or with a dog.
- Respect wildlife.** If you see a wild animal observe from a distance, do not follow or approach, and never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.

NYS Dept. of Environmental Conservation (DEC)

For trail conditions, backcountry information and permits, fishing and hunting regulations and licenses, consult the DEC offices listed below. Normal office hours are Monday-Friday, 8:30am to 4:45pm. www.dec.ny.gov/outdoor/7865.html

DEC Headquarters: 625 Broadway, Albany, NY 12233 518-402-8013
www.dec.ny.gov

DEC Region 5 : Clinton, Franklin, Essex, Hamilton, Warren, Fulton, Saratoga and Washington Counties

Region 5 Headquarters: Route 86, Box 296, Ray Brook 518-897-1200
Region 5 Sub-Offices: 701 South Main St., Northville 518-863-4545
232 Golf Course Rd., Warrensburg 518-623-1200

DEC Region 6: St. Lawrence, Lewis, Herkimer, Jefferson and Oneida Counties

Region 6 Headquarters: 317 Washington St., Watertown 315-785-2239

DEC Region 6 Sub-Offices: 6739 Route 11, Potsdam 315-265-3090
225 North Main St., Herkimer 315-866-6330
7327 Route 812, Lowville 315-376-3521

DEC Publications Online: www.dec.state.ny.us/website/locator/rec.html

Forest Preserve Campgrounds

Information: 518-457-2500 • www.dec.ny.gov/outdoor/camping.html

Reservations: 800-456-CAMP • www.reserveamerica.com

Great Walks & Day Hikes Index

Time & Distance: Most of the trips in this guide can be completed in a day, or half-day. The more difficult trips will require more time to complete than easier ones, even if the distance is the same. Most of the distances in this guide are shown as RT (round trip), or loop trips.

Difficulty Ratings: Easy ratings include short trips or trails with level terrain. Moderate ratings include longer trips, rougher terrain, and some elevation gain. Difficult ratings include prolonged steep climbing over greater distance, and can be more remote.

What's Next: At the bottom of each map is a resource guide that provides additional trail information for that section of the Adirondacks. If planning a hiking trip to multiple locations, or heading out on a hike for the first time, it's a good idea to grab a detailed map.

Adirondack Region Information Centers

Adirondack Regional Tourism Council

Comprehensive travel information for a seven-county region.
P. O. Box 911, Lake Placid, NY 12946
www.VisitAdirondacks.com

Regional Office of Sustainable Tourism/Lake Placid CVB

2608 Main St., Lake Placid, NY 12946
518-523-2445 or 800-447-5224
www.roostadk.com
www.lakeplacid.com
www.tupperlake.com
www.saranaclake.com
www.adirondackhub.com
www.whitefaceregion.com
www.lakechamplainregion.com
www.adirondackexperience.com

Adirondack Coast Visitors Bureau (Clinton County)

7061 State Route 9, P.O. Box 310,
Plattsburgh, NY 12901
518-563-1000 or 877-242-6752
www.goadirondack.com
info@goadirondack.com

Franklin County Tourism

355 West Main St Suite 438
Malone, NY 12953
518-481-1573
www.exploreadirondackfrontier.com

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Hamilton County Tourism

South Shore Road, P.O. Box 57,
Lake Pleasant, NY 12108
518-548-3076 or 800-648-5239
www.adirondackexperience.com
info@adirondackexperience.com

Lewis County Tourism

7383C Utica Blvd., Lowville, NY 13367
800-724-0242
www.adirondackstughill.com
info@adirondackstughill.com

St. Lawrence County Chamber of Commerce

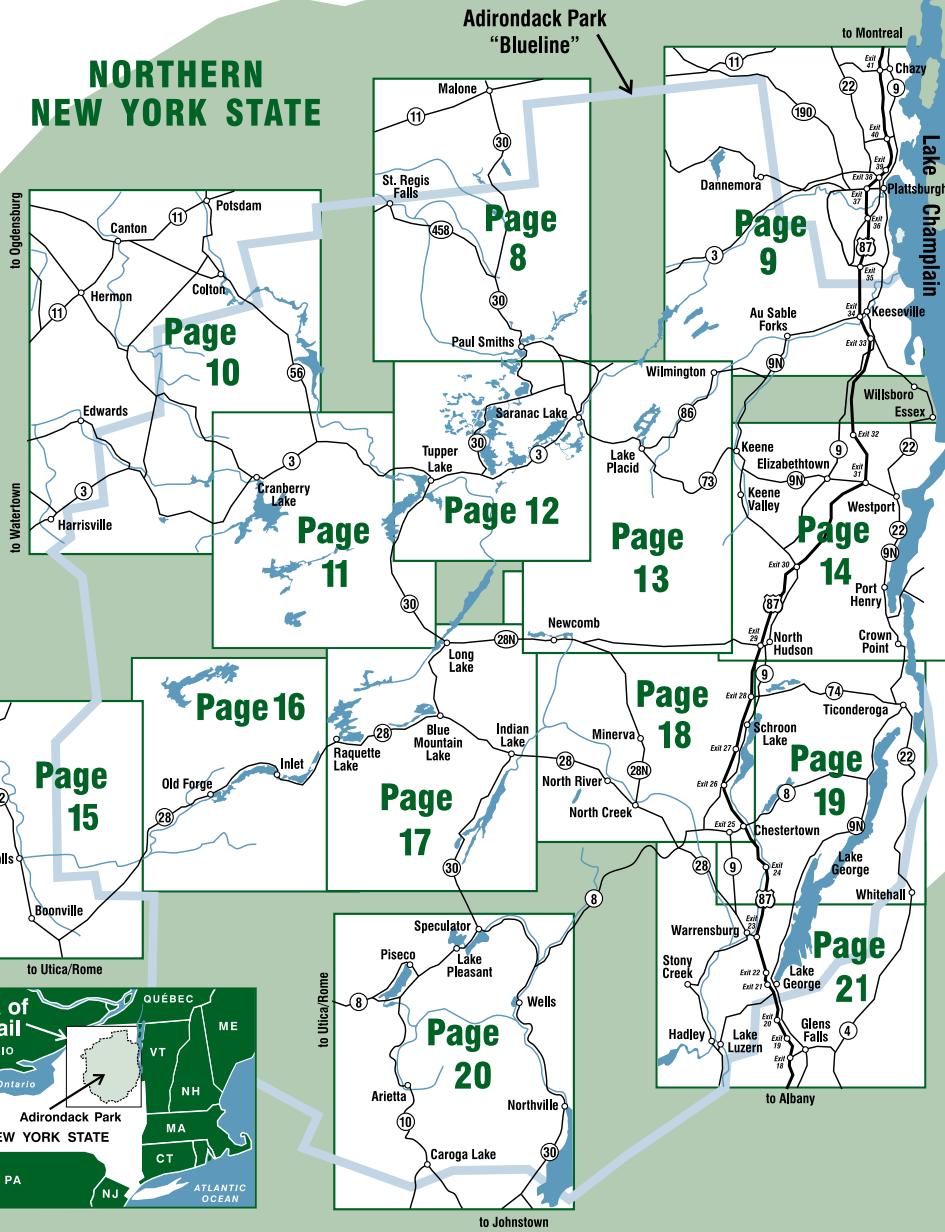
101 Main Street, 1st Floor
Canton, NY 13617
315-386-4000 or 877-228-7810
www.visitstlc.com

Warren County Tourism

Municipal Center, 1340 Route 9
Lake George, NY 12845
518-761-6366 or 800-365-1050
www.visitlakegeorge.com

SYMBOL & MAP LEGEND

- Featured Trails
- Other Trails
- Highway, Road
- Scenic Railroad Route
- Railroad
- Stream, River
- Great Walk: Special destinations and trails that provide a better than average experience.
- ▲ Summit with a restored Fire Tower
- ▲ Overlook, open ledge or mountaintop destination
- Compact trail system, attraction, village walking tour
- ♿ Route or area accessible to people with disabilities
- ▲ State campground
- State Forest Preserve
- Adirondack Park "Blueline" Boundary

NORTHERN NEW YORK STATE**Maps****National Geographic Trails Illustrated Map Series: Adirondack Park**

Waterproof topographic maps. Trails are marked with point-to-point mileage. Designated wilderness and wild forest areas. Scale: 1:75,000.

Map 742: Lake Placid/High Peaks
Map 743: Lake George/Great Sacandaga

Map 744: Northville/Raquette Lake
Map 745: Old Forge/Oswegatchie
Map 746: Saranac/Paul Smiths

U.S.G.S. Topographic Maps

Available at area sporting goods stores.



Park-wide DEC Forest Ranger Emergency Search and Rescue and Forest Fire Hotline: 518-891-0235

Adirondack Great Walks & Day Hikes Map Index

Destinations: Many different kinds of walks/hikes are outlined on the pages to follow. Look over the information and select the destinations that match your interest and ability. They are first grouped by area on 14 different maps. On each map page the walks/hikes are grouped by type of destination and then listed from shortest to longest distance. Special symbols call attention to the "Great Walks", trails to firetowers, potential mountain biking trails and trails accessible to people with disabilities.

Great Walks: Several outings on each of the following pages have been designated as a "Great Walk" — these special destinations and trails provide a better than average experience. There may be a waterfall, a Great Camp, an extraordinary view, a historic site or an unusual natural formation.

Get more information: The descriptions are brief and the maps rudimentary—the information provided here is not intended to be used as a working field guide. The complex nature of some of the trail networks found in the Adirondacks requires that you obtain a good map and guidebook before setting out on most of these hikes. In some cases trailheads may not be marked or trailhead signage may be missing or difficult to find, a guidebook will give you mileage and directions to most trailheads. Trail intersections

may be encountered that are not shown on these maps and you could become lost or confused. The guidebooks and maps will not only help make your outing a safer one, they will also enhance your experience by providing interesting background information on the areas you will be visiting. At the bottom of each map page you'll find a Resource Guide—a list of guidebooks and maps that provide information on routes suggested on that page. Guidebooks and maps can be found at bookstores and outdoor outfitters. Area and regional information centers (page 6) and the NYS Department of Environmental Conservation (page 6) are also good sources for more information.

Time and Distance: Most of the trips suggested can be completed in a day or even a half-day. The more difficult trips will require more time to complete than easier ones even if they are the same distance. Most of the trip distances are shown as round-trip (RT) or loop trips. Some distances may be one-way and require two cars.

Difficulty Ratings: In addition to the rating explanations that follow, please take into consideration your own physical preparedness and the ability of the least experienced member of your party. Easy ratings include short trips or mostly level terrain or both. Moderate ratings include longer trips, rougher terrain and some climbing. Difficult ratings include prolonged steep climbing or are longer and more remote. Previous experience will be helpful.

Planning an Adirondack Day Trip

A casual hiker's adventure plan

by Glenn Pareira

I am not a 46er. In fact...I think I might only be a 4er? 5er maybe? That's right. Thirty-three years of living in the Adirondacks and I have yet to tackle all of the high peaks. It is on the list. But there's just so many other trails with shorter climbs, equivalent views, and fewer crowds to explore, not to mention canoeing, boating, camping, sampling new beers, local music. Just so many things on the to-do list.



The Author - In the wild

Moral of the story: while I've had some experience exploring the Adirondacks, I'm clearly not an expert. The good news is you don't have to be either to have a great time hiking here. Here's a rundown of what my trip planning routine looks like:

Planning

Dreamin' the dream - every adventure begins the same way for me. A comment, a recommendation, a post..someone or something somewhere kicks my brain into "adventure" gear and puts me on the scent of a new place to explore. For me, this usually involves numerous Google searches and a trip over to adirondackatlas.org or another trails app. Here are the questions I'm usually asking myself when scoping out a new hike:

- How's the view? (Let's be honest--it's the first question we all ask)
- How long is it?
- How much "up" (elevation gain) is there?
- What's the weather going to be like when I want to go, and what are the chances it'll change between where I start and where I end? (Winter, spring, fall, and summer are all very different here.)
- How crowded might it be, and how much earlier might I need to arrive to find a parking spot?
- Do I need a reservation to hike? (new consideration for 2021 for one specific access point to the High Peaks).

Packing

I more or less have a backpack pre-packed with most of the stuff I like to take. Sometimes I'll add or subtract pieces depending on how serious my adventure may be.

Here are my hiking essentials:

- My hiking boots - Seriously. Nothing could be more important than a sturdy sneaker or boot. Leave the sandals in the car.
- My backpack - I've got a fancy hiking backpack with all sorts of widgets and doodads, but literally any pack will do. If you're hiking without a backpack, give me a call. Because if you can carry all this stuff without a pack, you are most certainly a sorcerer of some sort with the ability to store things in another dimension.
- Plenty of water - I'll bring 64 ounces for a long day hike (I drink a lot). 16oz is my minimum for a short hike.
- A hiking pole - I used to think hiking poles were dead weight, but I added a pole last year and I'll never look back.
- Flashlight - and extra batteries!
- TP - because everybody poops.
- Poop bags - because my dog Cedar poops too.
- GPS/Map/Compass - I'm a Boy Scout. I like to have a map and compass. And my GPS. You may not be a boy scout and may not want to invest in a GPS. And that's fine. But you SHOULD take a printed map and know how to read it. If you don't have a physical hiking map (the best option). There are any number of paid or free websites and apps that will allow you to print off topo maps and/or allow you to use your phone as a GPS with trail maps. Just remember to download your digital maps and bring extra batteries! Cell signal is weak or nonexistent in the mountains and electronics are always in danger of losing power.
- SNACKS! - C'mon now. What could be more important than snacks?! I'm a big fan of nuts, sesame sticks, and



High Peaks - Keene

energy bars (a sandwich and cold beverage from a local deli never hurt, either).

- First aid kit - I carry a small pre-made hiking first aid kit. You can probably pick a simple kit up at your local drug store, or just make your own.
- A hat/sunglasses/sunscreen - Cause sun be brutal on my dainty freckles!
- A wind/rain jacket - Cause you never know...

Morning of

Any good day hike should start with a good breakfast. For me that's usually a bowl of oatmeal or some eggs. Then, a visit to the bathroom, and my dog Cedar and I are ready to go. One more glance at the weather and check of our pack and we're out the door.

At the trailhead

Congrats to us! We've made it! We signed in at the trailhead (don't forget that) and we're off on another adventure! Oh wait...we forgot one last bathroom stop at the parking lot (maybe, if there's a facility there). Seriously, I can't stress the bathroom planning enough! There are virtually no bathrooms or privys (outhouses) in the woods once you leave the pavement. I do carry toilet paper so I can go on the go. But honestly, it's not an easy task to dispose of my waste properly on the trail and I'd prefer to avoid it. In fact, in two decades I've only had to deal with it a few times on a day hike. So do yourself a favor and go before you go. Unfortunately I have not been able to instill the same principles in my dog Cedar, so I do still have to contend with pet waste on the trail. The things we do for our dogs...

From here on out a day hike is pretty simple. Stay on the trail, clean up after yourself, and enjoy it. You're in one of the country's largest and greatest parks! I can tell you from experience, no matter the season or the weather, the woods and the views never get old.

Happy hiking, my friends.

Open spaces, legendary places.

An ever-expanding Champlain Area Trails (CATS) system contains diverse offerings for every visitor. From easy walks and active relaxation to thrilling adventures and striking views, these hikes are guaranteed to give you a memorable experience.

For more information, scan the code or go to
LakeChamplainRegion.com/CATS.



Malone-Mountain View-Paul Smiths-Santa Clara-St. Regis Falls

Views

Elephant Head (1 mile RT, moderate) Climb to an isolated hilltop with views looking north over Lake Titus and Titusville Mountain.

Ledges Trail (1 mile RT, moderate) Modest grades and switchbacks wind up a steep hillside leading to views and a final spectacular overlook.

Azure Mtn. (2 miles RT, moderate) Extensive views from summit ledges and a 360 degree view from the refurbished fire tower.

Debar Mtn. (7.4 miles RT, moderate, entrance fee to state campground) An easy hike with a steep final ascent leads to a partially open summit with several overlooks.

Jenkins Mtn. (8.4 miles RT, difficult) An old road over mostly gentle terrain leads to a steep final section of trail which climbs to a partially open summit with views overlooking the St. Regis Canoe Area. Stop by the Visitor Interpretive Center at Paul Smiths, where the trail begins, for more information and a map.

Loon Lake Mountain (5.6 miles RT, moderate) The trail rises more than 1,600 feet from the trailhead to the 3,355 foot summit and a 35 foot fire tower. The open bedrock summit provides views of Lyon Mountain, Whiteface Mountain, the High Peaks Wilderness Area, DeBar Mountain and other nearby summits. Currently the fire tower is not open to the public.

Lakes

Debar Pond (0.6 miles RT, easy) The short boardwalk trail crosses a wetland and leads to the shore of a secluded glacial pond.

Skiff Pond Loop (4.1 mile loop, moderate) The loop trail crosses the headwaters of Hatch Brook and travels over moderately rolling terrain through a mature hardwood forest to a small pond.

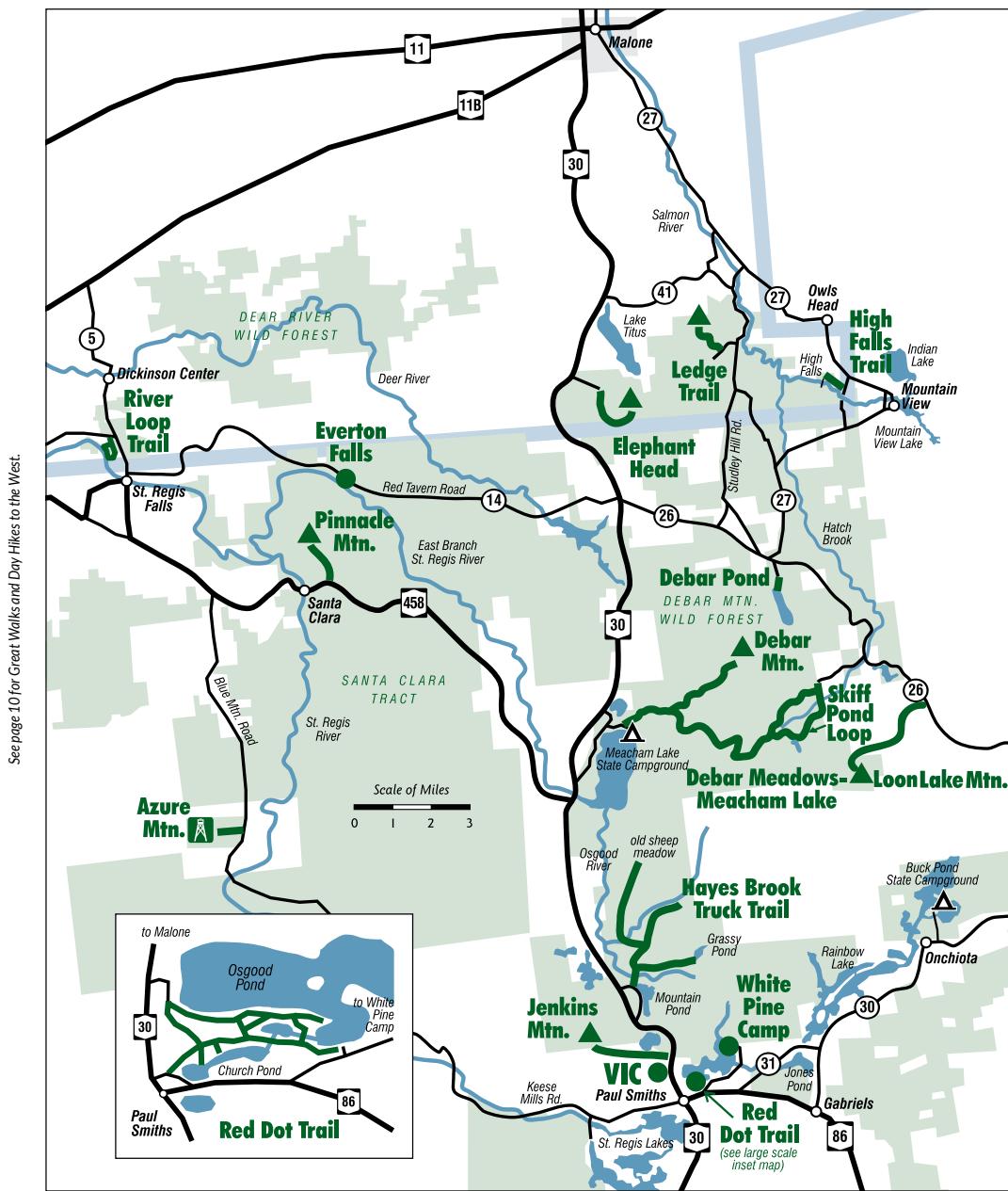
Nature Trails

Everton Falls (Nature Conservancy preserve) The waterfall can be easily seen from the road. Trail guides are available at the trailhead for walks through the formerly logged hardwood forest. A canoe access site above the falls enables paddlers to travel upstream through an interesting 10-mile stillwater.

Red Dot Trail (2.5 mile loop plus several spur trails, easy) Explore the glacial ponds and eskers, a grove of towering Cathedral Pines, and a unique old canal system which connects the ponds to larger Osgood Pond. The trail passes lean-tos, wooden bridges, benches and views overlooking Osgood Pond.

(VIC) Adirondack Park Visitor Interpretive Center at Paul Smiths (marked nature trails, easy) Six hiking trails traverse a variety of environments—marsh, lake, river and forest—and include elevated viewing platforms, boardwalks, benches, a lean-to, wayside exhibits, and a 250-foot floating bridge. A trail designed especially for people with disabilities has an extended streamside boardwalk and a viewing platform overlooking the marsh. Interpretive exhibits, slide presentations, visitor information, restrooms, special events and workshops are found in the main building. 518-327-3000. &

Trout RiverState Forest in Constable is offers a rustic outdoor experience with limited developed amenities. There are two hiking trails in the northern section of the property. The yellow trail is 0.88 mile long and starts on the west side of Poplar Street. It extends west to the Trout River before looping back. The red trail starts on the east side of Poplar Street and heads northeast for 0.43 mile before looping back and additional 0.47 mile over Poplar Street and reconnecting to the yellow trail.



See page 10 for Great Walks and Day Hikes to the West.

Historic Sites/Woods/Waterfalls

High Falls Trail (2 miles RT, easy) Walk over foot bridges and boardwalks along a section of the Salmon River that includes a series of deep pools and rapids to the spectacular High Falls.

River Loop Trail (1.5 mile loop, easy) An abandoned railroad grade provides access to a scenic section of riverside trail.

Hayes Brook Truck Trail (7.2 miles RT to old sheep meadow, moderate) A series of multi-use trails follow wide dirt roads through a pine plantation and forest. The main trail leads to an old sheep meadow and an alternate spur trail dead-ends near Hayes Brook. The Grass Pond spur trail is 1.4 miles long and leads to a lean-to on the shore of the pond.

Debar Meadows-Meacham Lake (7.2 miles one way, easy, need two vehicles and entrance fee to state campground) The multi-use trail between the former Debar Game Refuge and the Meacham Lake State Campground traverses over rolling terrain and by brooks, wetlands, pine plantations and the old foundations from a former game refuge.

Fire Tower Trails in the Adirondacks

Many recently restored fire towers are now open to the public and provide unparalleled views in all directions. Look for the following mountains denoted by a fire tower symbol on the maps that follow: Azure (this page); Poke-O-Moonshine (pg. 9); Arab (pg. 11); Bald (Rondaxe) (pg. 16); Owls Head, Blue, Wakely, Snowy, Pillsbury (pg. 17); Vanderwhacker, Goodnow (pg. 18); Kane (pg. 20) and Hadley (pg. 21).

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails—Northern Region; Discover the Northern Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #746—Adirondack Park Saranac/Paul Smiths. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

Au Sable Forks-Chazy-Clayburg-Dannemora-Keeseeville-Plattsburgh

Views

Silver Lake Mtn. (1.8 miles RT, easy) The summit ridge of this mountain is a series of open rock ledges with outstanding views of Silver Lake, Union Falls Pond, Taylor Pond, Catamount and Whiteface Mountain's northern slopes. The trail to the top has several open views and rocky sections along the way.

Poke-O-Moonshine Mtn. (2 miles RT, moderate) A short, popular hike that climbs steeply beside cliffs to a restored fire tower and an open summit. Rock climbers can often be seen scaling the 1000-foot-high cliffs on the mountain's east side.

Lyon Mtn. (5 miles RT, difficult) The "international" view from the top of Lyon Mountain includes the skyline of Montreal, the Adirondack High Peaks, Lake Champlain and the Green Mountains. The climb to the open summit and its abandoned fire tower is steep.

Lakes

Valcour Island (1 mile water crossing from the Peru boat launch and 11.9 miles of trails) The area surrounding this historic island, now owned by the state, was the site of a pivotal naval battle during the Revolutionary War. The historic lighthouse, built in 1874, is open to the public on some Sundays during the summer. There are many beautiful views from the shoreline trail that circles the island, skirting cliffs, a heron rookery, beaches and sheltered bays. The island is a very popular camping destination for boaters on Lake Champlain in the summer. There is an abundance of poison ivy on the island; wear long pants, socks and closed toe shoes to avoid exposure. The water crossing can become dangerous when windy conditions cause the narrow channel to become very rough. Be sure to check the weather forecast before setting out and choose your day wisely.

Point Au Roche State Park (8 mile trail network, easy) The network of trails begins near the nature center where you'll find a sign with a map of the area. Most of the trails lead to views of Lake Champlain and, in many cases, the routes parallel the shoreline. Some routes are paved and accessible to people with disabilities. The adjacent day-use area has an entrance fee and includes a picnic area, restrooms, a large beach and a boat launch site. 518-563-6444.

Waterfalls

Ausable Chasm (admission fee) Lookouts with benches and interpretive signs line both routes – the pine bark Rim Promenade and the Inner Sanctum Excursion. Look straight down the 150-foot vertical ridge from the top of the rim. Complete your visit with an easy two-mile "float through nature" on a 12-person river raft, an inner tube or a two-person kayak. 518-834-7454.

Nature

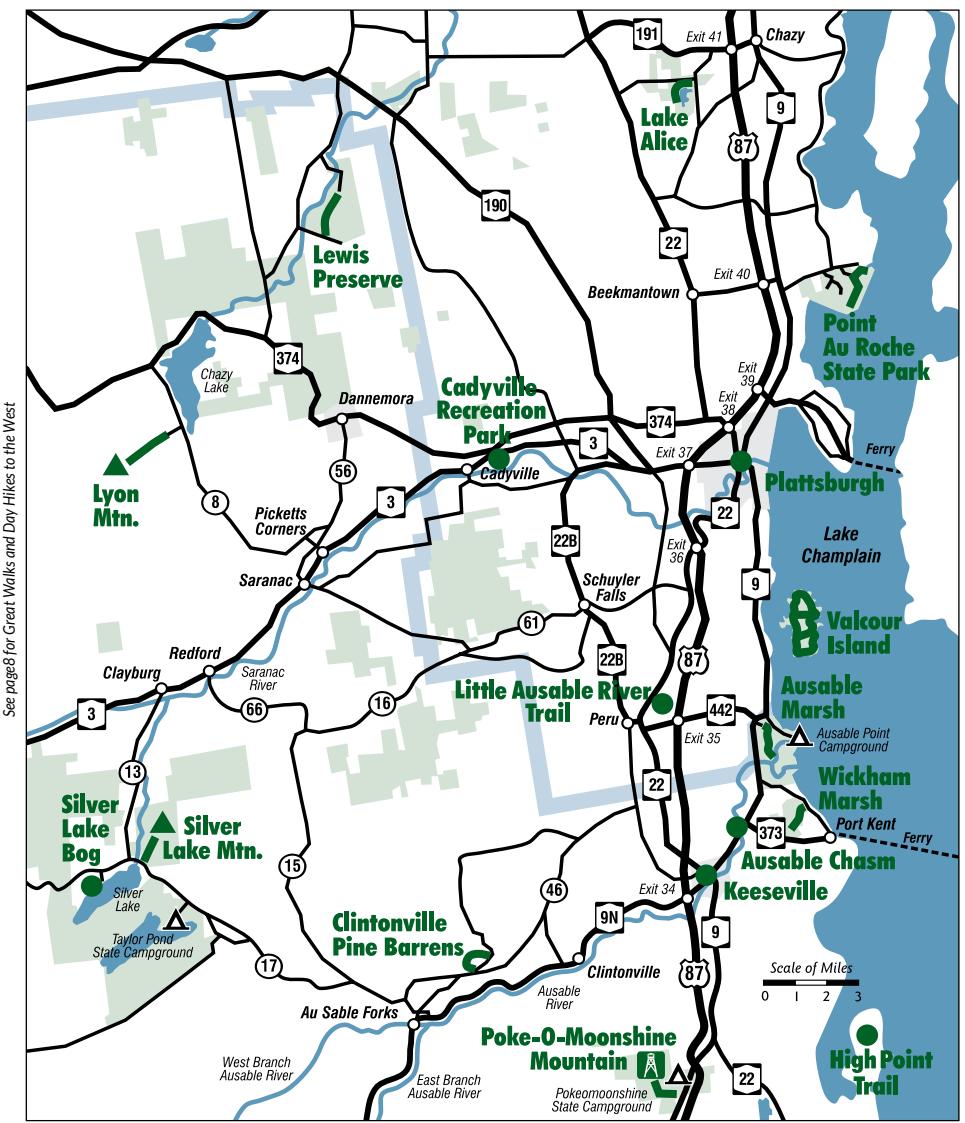
Cadyville Recreation Park (0.4 - 1.9 miles RT, easy) Goddeau Road just south of Rt 3. Two level trails through forests.

Clintonville Pine Barrens (Nature Conservancy preserve) This 900-acre pitch pine-heath barrens is one of the best examples of this natural community in New York. It is home to two rare plants and two rare moths. A short trail traverses the area and a trail guide is available at the trailhead.

Wickham Marsh (2 miles RT, easy) Wickham Marsh Wildlife Management Area includes essentially the same habitat and viewing opportunities as Ausable Marsh (described below) but here you can also see a rare cedar plantation and an old homestead site.

Silver Lake Bog (2.5 miles RT, easy, Nature Conservancy preserve) A variety of habitats can be observed here—a black spruce-tamarack bog, a northern white cedar swamp, a hemlock-northern hardwood forest and a pine ridge. The half-mile Bog Walk traverses the bog and swamp on a universally accessible boardwalk; 15 marked stops interpret the ecology and plant life. At the end of the boardwalk, the "Pine Bluff Trail" begins. The route ascends to a ridge 400 feet above Silver Lake and has eight marked stops. The trail guide for both trails is available at the trailhead.

Ausable Marsh (3 miles RT, easy) Explore this extraordinary marsh habitat by foot or canoe. Its location along the Lake Champlain flyway offers some of the finest bird watching in New York State, including small warblers, hawks, herons and migrating waterfowl. A handicap accessible viewing platform can be accessed from the Ausable Point State Campground road. The platform extends 50 feet into the marsh and provides an open view to hundreds of acres of unspoiled habitat.



See page 8 for Great Walks and Day Hikes to the West

See pages 13 and 14 for Great Walks and Day Hikes to the South

Lake Alice (3 miles RT, easy) View wildlife and waterfowl, such as osprey and herons, as you walk beside the lake and through the woods of the wildlife management area.

High Point Trail on Willsboro Point (2.4 miles RT, easy) In village of Peru, on east side of Rt 22. Point Rd 0.6 mi north of Frisbie Rd. Pleasant hike through pretty forest to high point of Willsboro Point (spoiler—it's not too high).

Historic Sites

Lewis Preserve (5.6 miles RT, easy) Traverse abandoned farm fields and second growth forest, and take a short side trail to a group of civil war-era charcoal kilns. You can still see the foundation of the original homestead and there are numerous old apple trees and some old stone fences among the trees. Bluebird nest boxes have been erected and three major streams flow through the area providing top quality fishing.

Keeseville local history and over 33 points of interest are described in A Walking Guide to Keeseville's Historic District. The 19th century industrial community is a national register district with 147 historic buildings and bridges. To obtain the 36-page guide call 518-834-9606.

Plattsburgh Heritage Trail & Riverwalk Self-guided historic walking tour of the waterfront and City of Plattsburgh linking parks, historic sites and museums. Descriptive signs and markers trace the route from the City Beach to the old Air Force Base. The Riverwalk follows the Saranac River from the Champlain Monument to the Saranac's south shore. 518-563-1000.

Little Ausable River Trail (3.6 miles RT, easy, accessible) In village of Peru, on east side of Rt 22. A flat gravel and paved trail through forests along the Little Ausable River. Hayworth Mason Park is west entrance to the trail and has interpretive signs about human and natural history.

Canton-Colton-Cranberry Lake-Edwards-Fine-Parishville-Potsdam-Rensselaer Falls-Star Lake

Views

Tooley Pond Mountain (2.5 miles RT, moderate) Views from a former fire tower site; access is near the Tooley Pond parking area.

Lakes

Wolf Lake (5 mile loop, moderate) The interesting loop trail to Wolf Lake winds around rock outcrops and leads to a series of picturesque rock-encircled lakes, each with a lean-to, and a 40-foot bluff overlooking Huckleberry Lake.

Clear Pond (6.6 miles RT, moderate) The route from Clear Pond to Lilypond Pond traverses an extensive beech forest and passes several picturesque glacial ponds. Long Pond, lined with hemlocks and white pine, is a nice destination and a shorter 5.2 mile RT hike.

Streeter Lake (8 miles RT, moderate, or 1 mile RT, easy) Two trailheads provide access to the lake and its lean-to. The area's park-like quality is due primarily to its previous owners who still maintain a family burial plot. The Schuler family, whose fortune was made in potato chips, grew experimental potatoes in the area now called the "Potato Patch." Nearby is beautiful Crystal Lake with its clear water and an "imported" sand beach.

Streams/Waterfalls

Lampson Falls (0.8 miles RT to falls, easy) The Grass River is known for its waterfalls and this 60-foot waterfall is one of its largest. The trail to Lampson Falls has been recently improved to provide a universally accessible route to a viewpoint overlooking the falls.

Grass River Waterfalls (various, easy) The South Branch is known for its waterfalls, recent acquisitions have opened up public access to many of them. A series of short trails starting from Tooley Pond Road provide easy access.

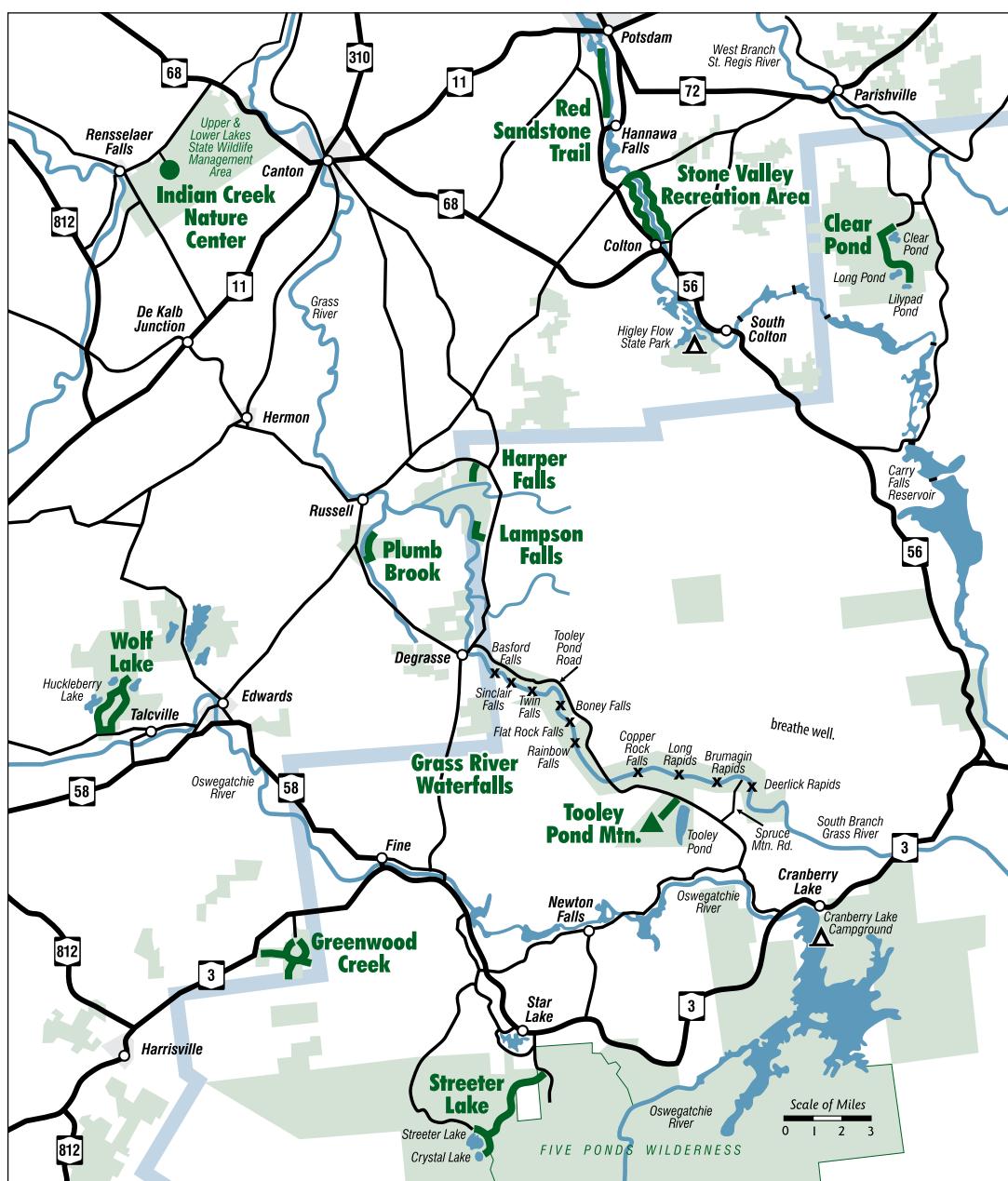
Greenwood Creek (1.8 mile loop, easy) A beautiful stream and cascades are located beside the picnic area where a short nature trail begins. The loop trail has signposts highlighting points of interest and a short .50 mile RT trail leads to an observation platform overlooking the adjacent wetland. Several miles of spur trails on old roadbeds wind through the state forest.

Plumb Brook (1.8 miles RT; easy) A bridge at the southern end of this route provides access to the far shore and the trail that leads to fishing hot spots along this popular stream.

Harper Falls (2 miles RT, easy) The short trail winds through hemlocks to the foot of this 60-foot waterfall which drops in two narrow cascades.

Stone Valley Recreation Area (7.5 mile loop or 3.2 miles one-way, easy to moderate) View rapids, waterfalls, gorges and rock outcroppings, and a section referred to as "The Tubs," as you walk along the Raquette River. The first mile below the Colton dam is especially exciting. Informational plaques are located along the trail and there are some tannery ruins along the west side.

Red Sandstone Trail (7 miles RT, easy) Twelve interpretive posts and several historic sites can be seen as you walk along the west bank of the Raquette River from Hannawa Falls to Sugar Island. Natural highlights include the Class Four rapids of Hannawa Gorge, the quiet Sugar Island Flow, majestic pines and hemlocks, and plenty of wildlife. Canoe landings, whitewater put-ins, grills and picnic tables.



See page 11 for Great Walks and Day Hikes to the South

Nature

Wilson Hill Wildlife Management Area (not shown on map, located northwest of the area covered by the map) (1 mile RT, easy) An extensive wetland habitat located on the St. Lawrence River west of Massena. From NYS Rt. 37 go north on NYS Rt. 131 to Willard Road, turn left to parking area. The short nature trail leads to an observation tower that overlooks the refuge and offers excellent waterfowl viewing.

Indian Creek Nature Center (4.5 mile trail network) This is an excellent bird watching site located in the Upper and Lower Lakes State Wildlife Management Area. The nature trail system includes an observation tower and a birdblind overlooking the refuge, as well as a boardwalk trail that is accessible to people with disabilities. There is a picnic pavilion, learning center and restroom facilities.

RESOURCE GUIDE: Trail Guides: ADK Guide to Adirondack Trails—Northern Region; Discover the Northern Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #745—Old Forge/Oswegatchie. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

Cranberry Lake-Tupper Lake-Wanakena

Views

Mt. Arab (2 miles RT, easy) Take in the view from the restored 1918 steel fire tower. The restored observer's cabin houses a small museum.

Bear Mtn. (3.4 miles RT, difficult, entrance fee to state campground) The steep trail offers vistas along the way and views from the top overlooking Cranberry Lake.

Cat Mtn. (9 miles RT, moderate) Enjoy views of the surrounding terrain from the summit. A shorter 5.4 mile RT route starts from Janack's Landing which is accessible by boat from Cranberry Lake.

Coney Mtn. (2.2 miles RT, moderate) The trail ascends 523 feet along a gradual looping route to the open bare rock summit with a 360-degree view of the surrounding mountains and lakes.

Goodman Mtn. (3.5 miles RT, moderate) The trail begins at Lumberjack Springs and ascends 525 feet to the summit. (The first quarter mile is flat then is wheelchair accessible and ideal for families with children and people with limited mobility.) The trail steepens before turning sharply and ascending to the top of the mountain. The view from the top is mainly to the southwest, and hikers can see Horsehoe Lake, Sargent's Pond and Blue Mountain Wild Forests, and Round Lake, Whitney and some of the High Peaks Wildernesses.

Lakes

John Dillon Park (Open May to September. Reservations required. Call 518-524-6226 from May through September and 518-327-6266 from October through April. Go to www.dillonpark.org for more information) Staffed backcountry campground designed for people with disabilities, their families and friends. The 200-acre park features six-foot-wide trails covering five miles of ground providing wheelchair access to nine lean-tos, outhouses, picnic tables, fireplaces and Grampus Pond which has a fishing dock, canoe and kayak dock, and a n electric pontoon boat for tours of the lake. A 1.5 mile trail to Handsome Pond takes you further into the wilderness.

Burntbridge Pond (13.2 miles RT, easy) Follow a historic route along a former spur line of the Grasse River Railroad through a hardwood forest to a lean-to on the shore of a beautiful pond.

William C. Whitney Area (13.5 mile trail system, easy) Burn Road is the main access trail to viewpoints and campsites along the north shore of Little Tupper Lake. Side trails lead to several interior ponds.

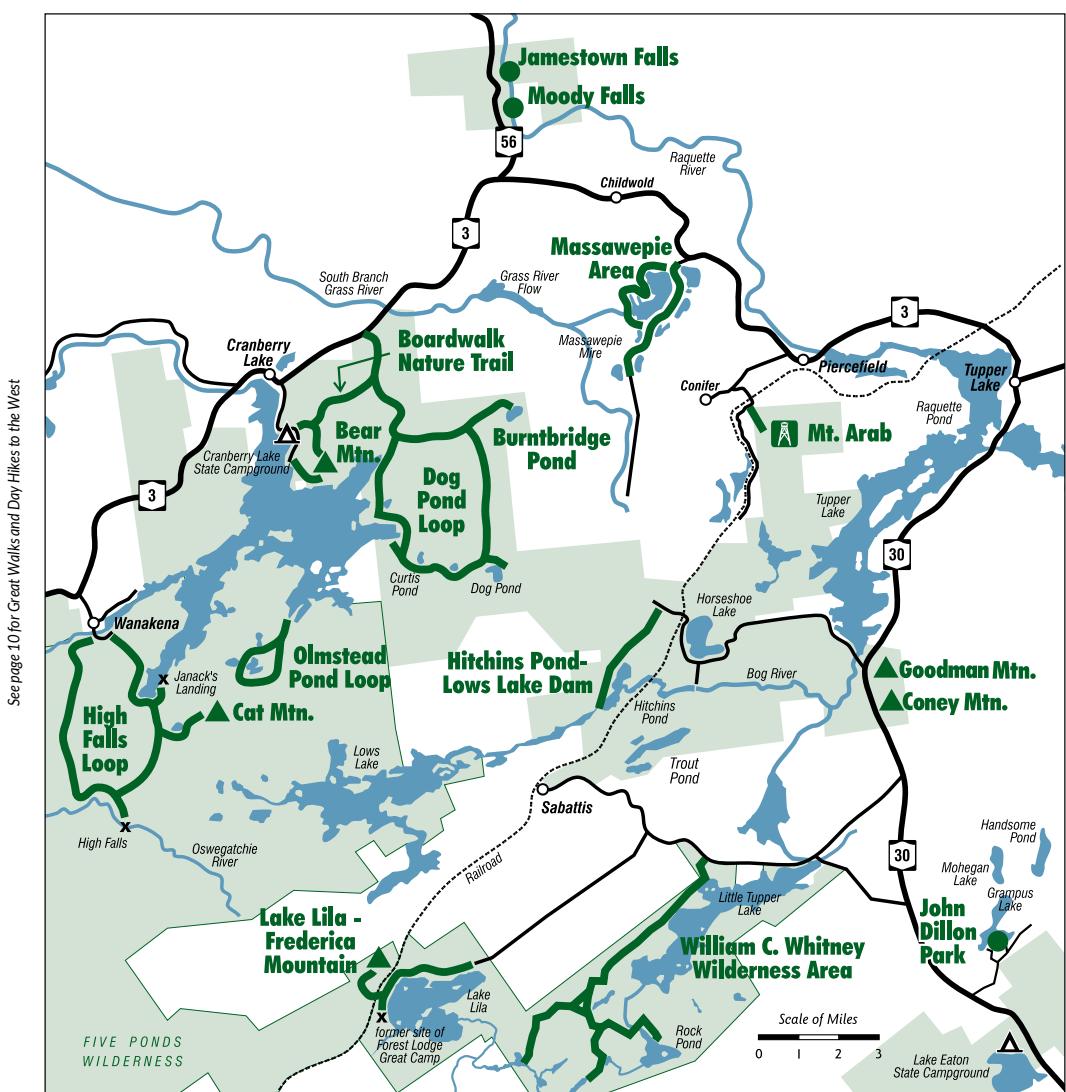
Dog Pond Loop (19.9 mile loop, moderately difficult) Plan on a two-day backpacking trip to explore this remote loop with vistas overlooking Brandy Brook Flow on Cranberry Lake, glacial ponds, a waterfall and historic natural rock shelter. The side trip to Dog Pond and the waterfall on its inlet is .5 mile RT.

Waterfalls

Jamestown Falls and Moody Falls (easy) Short, unmarked routes lead to views of these falls on the Raquette River. About 1.5 miles north of the intersection of Routes 3 and 56, an unmarked trail leads to the base of Moody Falls where the river twists through a chasm and drops 22 feet. Another mile up the road, a .3 mile woods road leads to views of Jamestown Falls, a long cascading waterfall. Private property is adjacent to both areas, please stay on state land.

Olmstead Pond Loop (4.6 miles RT, easy to moderate, water access only) A remote route that starts at the waters' edge and passes three wilderness ponds and a waterfall. One of the ponds has a unique greenish-blue coloring due to minerals in the water and there is an overlook above Spectacle Pond.

See pages 8 and 10 for Great Walks and Day Hikes to the North



See page 10 for Great Walks and Day Hikes to the West

See page 12 for Great Walks and Day Hikes to the East

See pages 16 and 17 for Great Walks and Day Hikes to the South

High Falls Loop (15.1 miles, moderately difficult) What begins as an old road soon narrows to a trail as it traverses interesting terrain, including a few beaver dams, to a scenic waterfall and camping area on the upper Oswegatchie River. Cat Mountain provides an interesting side trip (see above).

Nature

Boardwalk Nature Trail (4.2 miles RT, easy, entrance fee to state campground) Take a fun and educational walk across Bear Mountain swamp on two 250-foot-long boardwalks. Trail guides to 34 numbered stops are available at the entrance registration booth for Cranberry Lake state campground.

Massawepie Area (various, easy) Over 20 miles of trails wind beside 10 lakes and through forests. The area is best known for its extensive peatland or bog. Walk beside a winding esker on the town road to view the lakes or take a more rugged route around Massawepie Lake. No public use from June 15 to August 31.

Historic Sites

Hitchins Pond-Lows Lake Dam (4.4 miles RT, easy) An easy walk on a dirt road that passes a vast bog and wetland. At Lows Lake Dam you'll find the remains of the turn-of-the-century Augustus Low complex. Low was an enterprising man who had an extensive lumbering operation, sold bottled "spring" water to city markets and made barrels, wine, maple syrup, jam and jelly. The dams were used to generate electricity and he built his own railroad station and post office at Horseshoe Lake. Near the dam is a new trail that climbs a small mountain which overlooks Lows Lake and Hitchins Pond, about one mile round trip.

Lake Lila-Frederica Mtn. (8.8 miles RT, moderate) Most of this walk is on a level dirt road which leads to a large grassy clearing on the lakeshore where the Forest Lodge Great Camp once stood. A moderate climb leads up to a ledge overlooking beautiful Lake Lila, named after the wife of William Seward Webb, the former Lila Vanderbilt.

Bloomingdale-Lake Clear-Paul Smiths-Ray Brook-Saranac Lake-Tupper Lake

Views

Panther Mtn. (1.2 miles RT, moderate) After a steep initial climb beneath a large grove of hemlocks, you'll soon arrive at a large open ledge with views toward Upper Saranac Lake and the distant High Peaks.

Mt. Baker (1.8 miles RT, moderate) The short but sometimes steep trail reaches a wooded summit and open rocky areas with outstanding views of the distant High Peaks, the village of Saranac Lake and the Saranac Lakes Chain.

Floodwood Mtn. (3.4 miles RT, moderate) Starting from a remote Boy Scout Camp, the trail traverses gently rolling terrain through a hardwood forest to a final half-mile of steep terrain. You are rewarded with views overlooking the vast array of ponds and lakes below as well as the distant High Peaks.

Long Pond Mtn. (3 mile RT canoe and 3.2 mile RT hike, difficult) The unique outing with both canoeing and hiking starts out with a short portage from the parking lot to the lake. A pleasant paddle on Long Pond ends at the marked trail that leads to Mountain Pond. From Mountain Pond, an unmarked path follows the shoreline to the east and then heads due north climbing steeply to a flat grassy summit with views of the lake-studded scenery below and the distant High Peaks. Parts of this route are unmarked, map and compass skills are a must.

St. Regis Mtn. (7 miles RT, moderate) Hike through a mixed hardwood forest to a south-facing rocky summit with an abandoned fire tower. The view includes the many lakes of the St. Regis Canoe Area and the distant High Peaks.

Ampersand Mtn. (5.4 miles RT, moderate to difficult) The first 1.7 miles is relatively flat and passes through a mixed hardwood forest. The last mile ascends 1300 vertical feet and has some rough spots. The open summit provides amazing views of the High Peaks Wilderness and Saranac Chain of Lakes.

Lakes/Waterfalls

Lake Clear Beach An unmarked road off Route 30 provides access to the parking lot and a short trail to the beautiful 2000-foot beach.

Rock & Pickerel Ponds (0.8 miles RT and .6 miles RT respectively, easy) A dirt backroad leads through pines to the trailheads for these two remote ponds. A canoe would allow for more exploration of their shores.

Deer Pond Loop (7.3 mile loop, moderate) The trail, marked as a cross-country ski trail, to a remote pond traverses a Norway spruce plantation and a sugar maple, birch and beech forest. Deer Pond offers good fishing and a number of nice picnic spots along its shore, accessible via a short side trail. At least half of this hike is on level terrain.

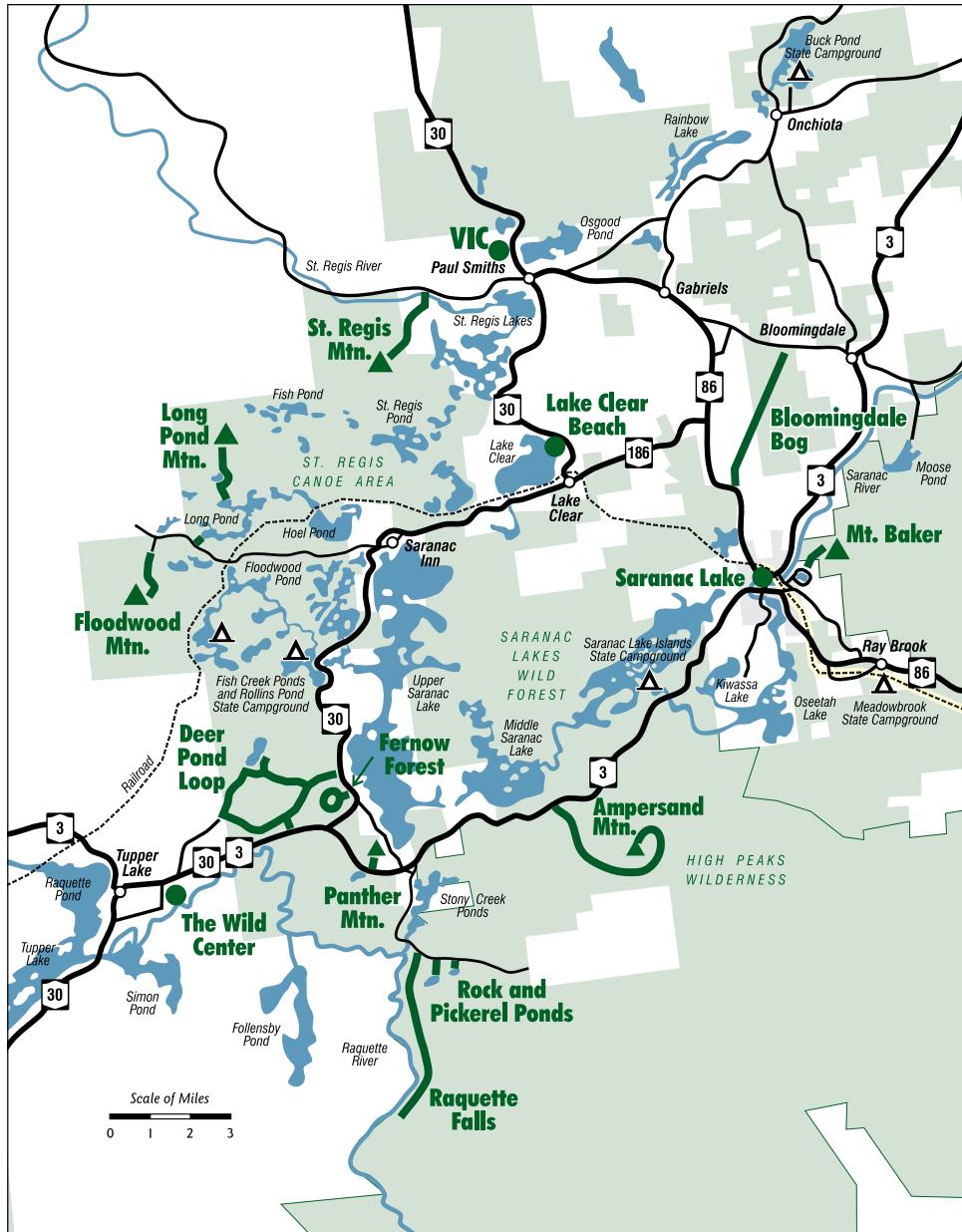
Raquette Falls (9 miles RT, easy) Several spur trails access lean-to's on the river as you walk down this old woods road. The road terminates at a large grassy clearing near the final cascade of Raquette Falls. Once the site of an inn and homestead, today a DEC outpost is located here. A canoe carry trail leads to the upper end of the rapids and unmarked side trails lead to points along the river.

Nature Trails

Fernow Forest-Wawbeek Plantations (1.1 mile loop, easy) Learn about forest ecology and history as you walk through this mature, 100-year-old white pine and Norway spruce plantation started by Bernard Fernow—an early pioneer in American forestry. There are 15 interpretive stops described in the trail guide which is available at the trailhead.

The Wild Center (The Natural History Museum of the Adirondacks, Hosley Avenue, Tupper Lake. Hours: Summer/Fall: Memorial Day-Columbus Day, 10am-6pm, daily. Winter/Spring: Columbus Day-Memorial Day, Fri-Mon, 10am-5pm. For more information: www.wildcenter.org)

See page 8 for Great Walks and Day Hikes to the North



See page 17 for Great Walks and Day Hikes to the South

org) There are live exhibits, theaters with high definition films, plenty of hands-on nature, and hundreds of live animals from rare native trout, to river otters, to turtles the size of walnuts and many other hard-to-see residents of the woods and waters. Three trails wind through the Wild Center's 31-acre campus leading to boardwalks over Blue Pond and to raised overlooks at the unusual oxbow marsh on the Raquette River. Access to the marked and interpreted trail system is available only to ticketed Museum visitors. Waterside Café and Wild Supply Co. gift shop. ↗

Historic Sites

Saranac Lake Most of the homes in this community were built prior to 1940 when Saranac Lake was a major tuberculosis treatment center. Settled in 1827, the village has 170 buildings listed on the National Historic Register and is best known for its "Cure Cottages." The village walking tour features 24 buildings

and The Guide to Short Walks describes three loops that tour parts of the village. 518-891-1990.

Bloomingdale Bog (4 miles one-way) A unique walk on an abandoned railroad right-of-way that runs through the middle of an extensive boreal bog area. The plant-rich bog community has many open views and is an excellent area to observe boreal bird species.

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails-Northern Region; ADK Guide to Adirondack Trails-High Peaks Region; Discover the Northern Adirondacks, McMartin; Discover the Adirondack High Peaks, McMartin. Maps: National Geographic Trails Illustrated Map #746 - Adirondack Park Saranac/Paul Smiths; Northwest Lakes Map. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

Lake Placid-Newcomb-Ray Brook-Saranac Lake-Wilmington

Views

Whiteface Mountain Memorial Highway (admission fee) Enjoy views from road all the way up this amazing highway, numerous pull outs and picnic tables are found along the road. From the summit parking lot, those who can hike to the top will enjoy an interesting climb along the rocky edge of a glacial cirque with outstanding views. The extensive summit views are also accessible by taking an elevator to the top from the summit parking area.

Mt. Jo (2.3 miles loop, moderate, parking fee) The short but steep climb to the summit is rewarded with one of the best views of the High Peaks to be attained for such little effort. Several large rocky ledges provide open vistas in three directions. Two trails lead to the summit which can be done as a loop or as an up and back on the same trail.

Mt. Van Hoevenberg from the north (3.2 miles RT, moderate, admission fee) The 2 mile RT climb to the top follows the twists and turns of the new state-of-the-art combined bobsled-luge-skeleton track. Near the upper start building, a 1.2 mile RT trail leads to summit ledges for a great view of the High Peaks. On the way back down, check out the lower portion of the original 1932/1980 Olympic Bobsled run.

Mt. Van Hoevenberg from the south (4.4 miles RT, moderate) A pleasant and mostly level walk is followed by a relatively easy climb up a wooded hillside to several open ledges that offer good views of the High Peaks to the south.

Haystack Mtn. (6.6 miles RT, moderate) A pleasant woods walk leads to a final steep climb to an open rock face and ledge with views of Whiteface, the High Peaks and the Saranac Lakes chain. Trail continues on to McKenzie Mountain.

Scarface Mtn. (7 miles RT, moderate) The first half of this trail follows old roads over relatively flat terrain and is good for mountain biking. Eventually the trail begins a steady climb, keep an eye out for the side trail that leads to an open ledge with views overlooking Oseetah Lake and the Saranac Lakes chain.

Wilmington Trail (10.4 miles RT, difficult) While climbing up the eastern slope of Whiteface Mountain, you will pass the remains of the old Marble Mountain ski area and, above timberline, along the edge of a glacial arête. Fragile alpine vegetation attempts survival on this well-trod mountaintop; walk only on the marked trail and rocks. During the summer you will be sharing the summit with many others who have driven to the top to enjoy the fantastic 360 degree views.

Waterfalls/Lakes

High Falls Gorge (admission fee) The Ausable River rushes through a deep gorge with over 600 feet of cascading waterfalls. The self-guided tour allows you to set your own pace along the paths, bridges and platforms. Open year round. 518-946-2278.

Rocky Falls (4.8 miles RT, moderate, parking fee) A pleasant woods walk to a series of scenic cascades and a swimming hole near a lean-to. Extend your outing by continuing up towards Indian Pass and Summit Rock. (see below)

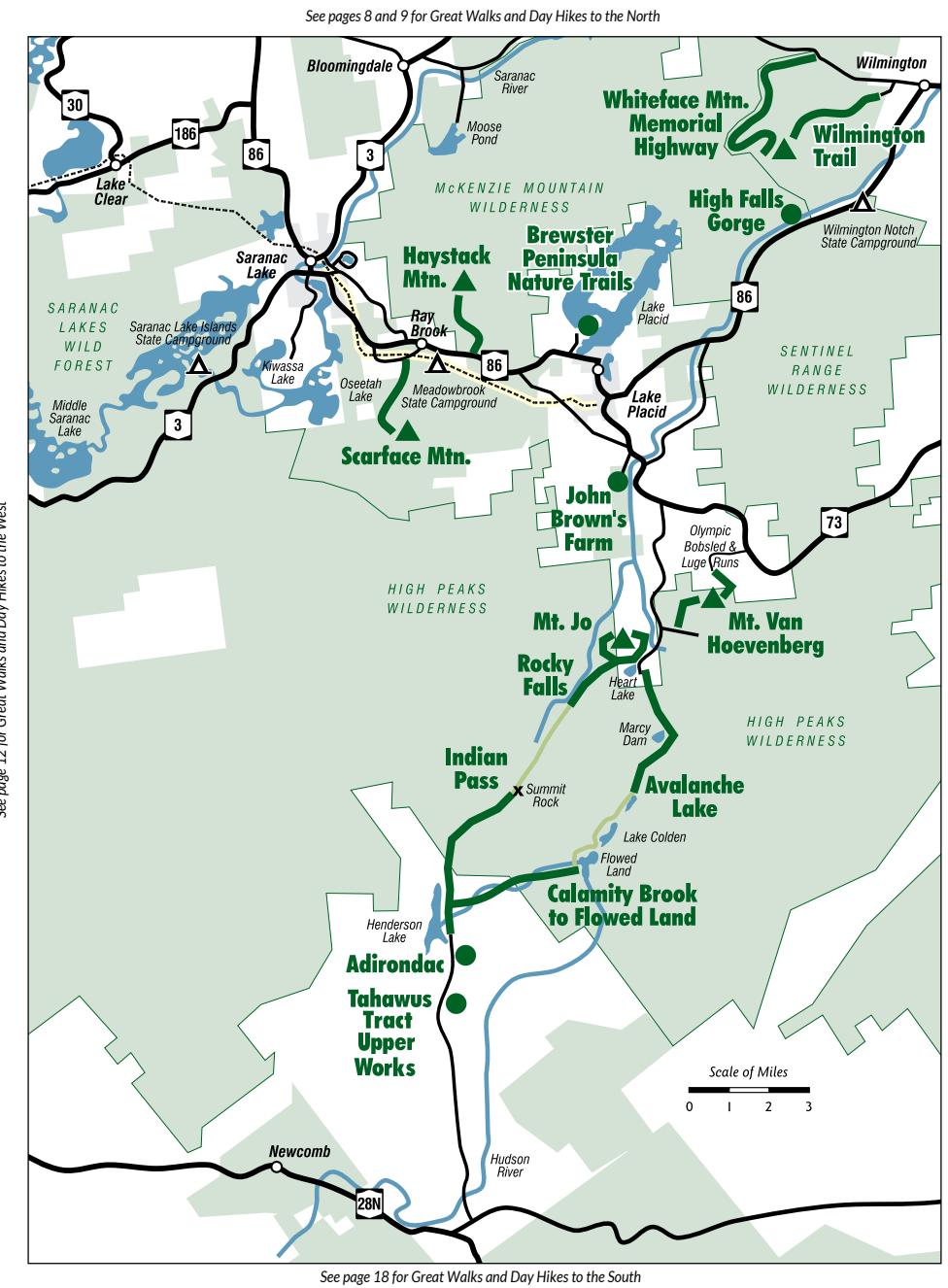
Calamity Brook to Flowed Land (9.4 miles RT, moderate) An interesting route with ponds, brooks and a unique monument. Extend your outing by exploring the area around Flowed Land.

Nature Trails

Brewster Peninsula Nature Trails (easy) A compact network of trails traverses gently rolling terrain and winds through a mixed forest and along the shore of Lake Placid. The Lakeside Trail has nice views overlooking the lake, several benches and a dock near the small outlet dam.

Mountain Passes

Indian Pass (8.8 miles RT, moderate) Hike over mostly level terrain through a woodland valley to a steep final climb that winds among boulders and up ladders to Summit Rock where you can enjoy a spectacular view of the 1000-foot cliff of Wallface Mtn. directly opposite you—it is one of the highest wilderness cliffs in the Northeast.



Avalanche Lake (8.8 miles RT, moderate, parking fee) Traverse over rolling terrain and pass the pond at Marcy Dam before climbing up to the remote and narrow Avalanche Pass. As you reach the high point of the pass, the trail passes through a jumble of trees and debris deposited by a slide. From the pass, you'll descend to the lakeshore where there are impressive views of the lake which is nestled within a narrow gorge flanked by sheer cliffs on both sides.

Historic Sites

Adirondac/Tahawus Tract/Upper Works The extensive remains of an iron ore and, later, titanium mine can be seen along the road leading to Henderson Lake. After passing the piles of mine tailings, mine pits and a 48-foot blast furnace, you'll arrive at the deserted village of Adirondac. The mine area is not accessible to the public. Upper Works is the southern access point for the High Peaks.

John Brown's Farm Interpretive displays are located at the homestead site and gravesite of abolitionist John Brown which includes the farmhouse, out-buildings and pond. A network of nature trails wind through the fields and forest of the homestead. 518-523-3900.

Elizabethtown-Essex-Keene-Keene Valley-North Hudson-Port Henry-Wadhams-Wallensburg-Witherbee-Westport

Views

Belfry Mtn. (0.6 miles RT, easy) An old road leads to the summit where you'll find views of Lake Champlain, abandoned iron mines and distant mountains.

Coon Mtn. (2 miles RT, easy, Adirondack Nature Conservancy) Coon Mountain is known for its rocky outcrops and hemlock forests. A nature trail guide, available at the trailhead, tells the story of this unique area as you climb to the rocky summit for great views of the Lake Champlain Valley.

Baxter Mtn. (2.2 miles RT, moderate) A popular hike with several short steep pitches alternating with flat areas. Short side trails lead to views from open ledges and lots of blueberry bushes as you proceed up to the final summit. The extensive views include the Keene Valley and the High Peaks to the south.

Blueberry Cobble & Bald Peak (3.8 miles RT to Blueberry Cobble, moderate) (7.8 miles RT to Bald Peak, difficult) The open ledges of Blueberry Cobble are easy to reach and have great views of the Boquet Valley and the Dix Range. The trail becomes more difficult as you climb through two small notches to reach the base of Bald Peak. A steep climb over bare rock is rewarded with exceptional views in all directions from the open summit.

Blueberry Mtn. (4.8 miles RT, difficult) Views of the Keene Valley are possible from several open ledges along the trail which is steep for approximately half its distance and has some interesting rocky sections. The summit is open and provides good views of the surrounding mountains.

Round Mtn. Loop (5 miles, moderate) Eclipsed by popular Noonmark, this mountain sees very little use but offers similar views. Enjoy your views in virtual solitude from overlooks along the way and from the large open summit.

Owl Head Lookout (5.2 miles RT, moderate) The rocky ledges provide great views of Giant Mountain, Rocky Peak Ridge and the Champlain valley.

Hurricane Mtn. (5.2 miles RT, difficult) A steep hike to a large open summit with an abandoned fire tower is rewarded with exceptional views in all directions which include the Lake Champlain valley and the High Peaks.

Split Rock Mtn. (9 mile trail system, moderate) The trail system, used by hikers and mountain bikers (on designated trails only), provides access to several clifftop views of Lake Champlain and bays along the shoreline of Lake Champlain.

Cheney Mountain Trail (1.5 miles RT, moderate) Trailhead on Lakeshore Dr. Short uphill hike to three scenic overlooks; trail goes by "perched" wetlands along summit.

Broughton Ledges Trail (6.6 miles RT, moderate) Switchback trail up mountain with occasional views, then hike on old mountain road with views of Broughton Ledges; loop back to switchbacks to trailhead.

Blueberry Hill Trails (many miles of trails, easy to difficult) Network of multi-use trails through forest with two summits and views.

Wildway Overlook Trail (1.5 miles RT, easy/mod) Fairly easy climb to a spectacular view of the Split Rock Wildway wildlife corridor connecting NYDEC Split Rock Wild Forest to the Adirondack Mountains.

Waterfalls/Lakes

Snow Mtn. (3.4 miles RT, moderate) The unique trail up follows a stream and passes through a beautiful narrow flume and by a waterfall. The

summit has some interesting views including a unique vantage point looking back through the narrow mountain pass between Giant and Noonmark mountains where Route 73 passes Chapel Pond.

Cathedral Rocks/Bear Run Loop (4 miles RT, moderate) The rugged and sometimes steep loop trail passes Pyramid Falls, pools at the base of a high cliff, views from ledges and a scramble through a narrow slot to a "don't miss" view.

Moose Mtn. Pond (6 miles RT, easy) The trail to this remote pond parallels a stream and marsh, and passes through a grove of large hemlocks and pines. View the pond and surrounding mountains from a ledge at the pond's edge. A side trail leads to Bass Lake (1.4 miles RT) which has rock ledges, cliffs and great fishing in its deep, cold water.

features modern varieties of old-fashioned perennials and herbs. 518-873-6466.

Crown Point State Historic Site (2.8 miles, easy, fee at museum) Walk among the ruins of two revolutionary war era forts and enjoy great views of Lake Champlain and mountains. A trail map and guide is available from the museum. 518-597-3666.

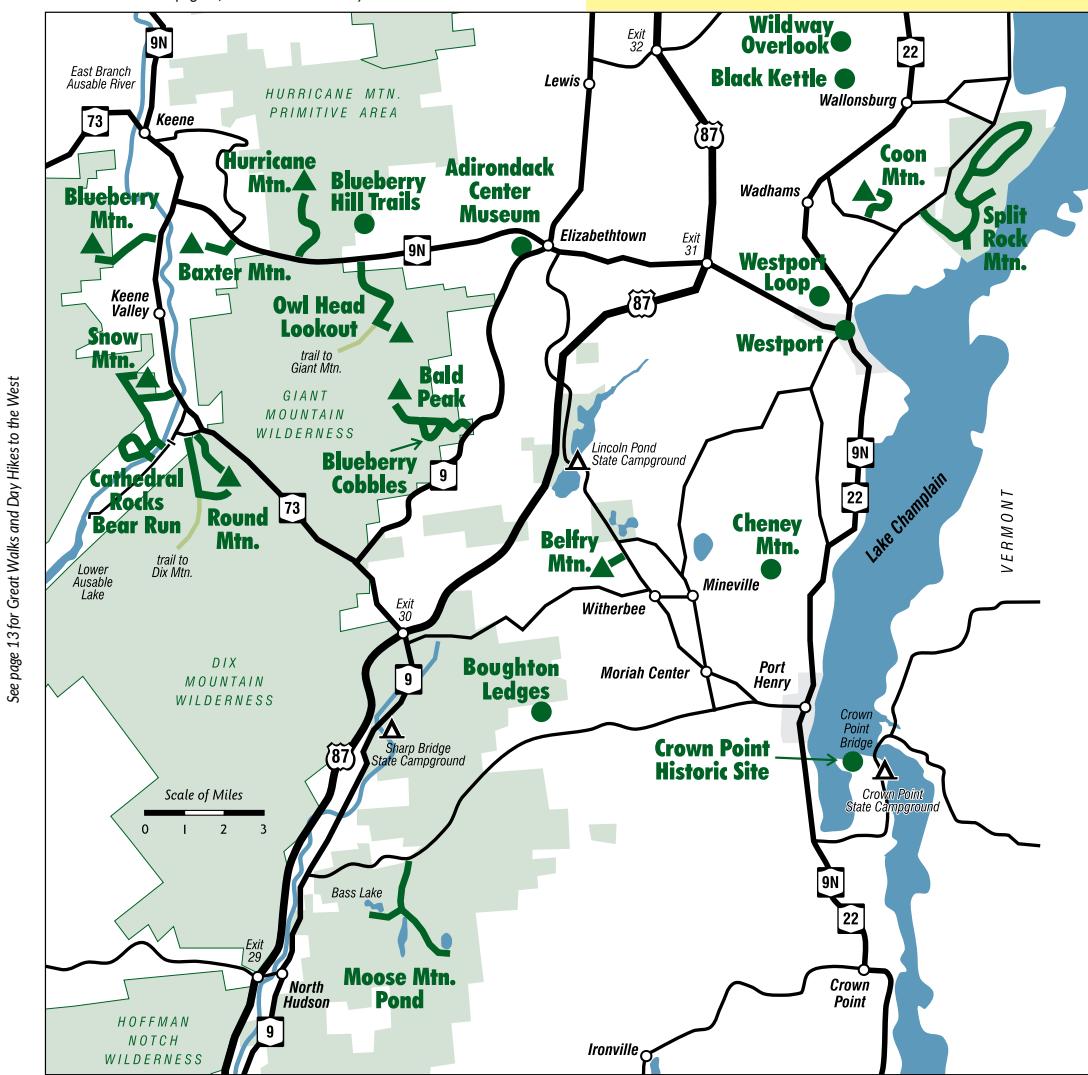
Essex The whole village of Essex is on the National Register of Historic Places. Founded in 1765, it is one of the area's earliest European settlements and it contains one of the most intact collections of pre-Civil War village architecture in America. The walking tour guide includes a history of the area and brief details on 28 structures in the village and 24 outside the village. 518-963-7088.

Westport Located on one of Lake Champlain's largest bays, Westport was shaped by transportation, tourism and commerce. Its growth as a summer resort began in the 1880s with the arrival of the D&H railroad. The walking guide includes a history of the area and details about 41 structures. 518-962-8383.

Champlain Area Trails (CATS) maintains additional trails in the Champlain Valley. www.champlainareatrails.org for information and free maps.

PARKING ALERT: Parking is prohibited on a four-mile stretch on the shoulders of both lanes of Route 73 between Chapel Pond and Rooster Comb Trailhead Parking Area. This restriction is for public safety reasons. Please park in designated lots only.

See page 9 for Great Walks and Day Hikes to the North



See page 13 for Great Walks and Day Hikes to the West

See pages 18 and 19 for Great Walks and Day Hikes to the South

Boonville-Brantingham-Lowville-Lyons Falls-Turin

Lakes

Francis Lake Two short trails lead to the north shore of the lake. The western trail leads to an open point of land with great views. The eastern trail is a universally accessible trail to the lake with a small dock for water access.

Panther Pond (2 miles RT, easy) A pleasant woods walk on an easy foot trail to a beautiful remote pond and lean-to.

Big Otter Lake (9.4 miles RT, moderate) A rough jeep road leads into the shore of this beautiful lake where there is good brook trout and perch fishing. A resort hotel was once located on the west shore; all that remains is a clearing with a view of the lake.

Waterfalls

Shingle Mill Falls (1 mile RT, easy) A short walk to a wide ten-foot waterfall on Otter Creek. Additional falls are found above and below this point, and there's a large pool at the base of the falls. The open rock slabs beside the river are a nice place to picnic.

Gleasmans Falls (6 miles RT, easy) A woods walk over flat terrain to a beautiful series of waterfalls with a total drop of 60 feet.

Various Destinations

Lowville Demonstration Area The 98-acre site, established by the NYS Department of Environmental Conservation, includes an arboretum with over 300 different species of trees and shrubs, a fishing pond, wildlife marsh and restored fire tower. You can climb to the top of the 30-foot tower which was removed from the Independence River Wild Forest where it was used for over 50 years to search for forest fires. A nature trail map and brochure is available at the parking/picnic area.

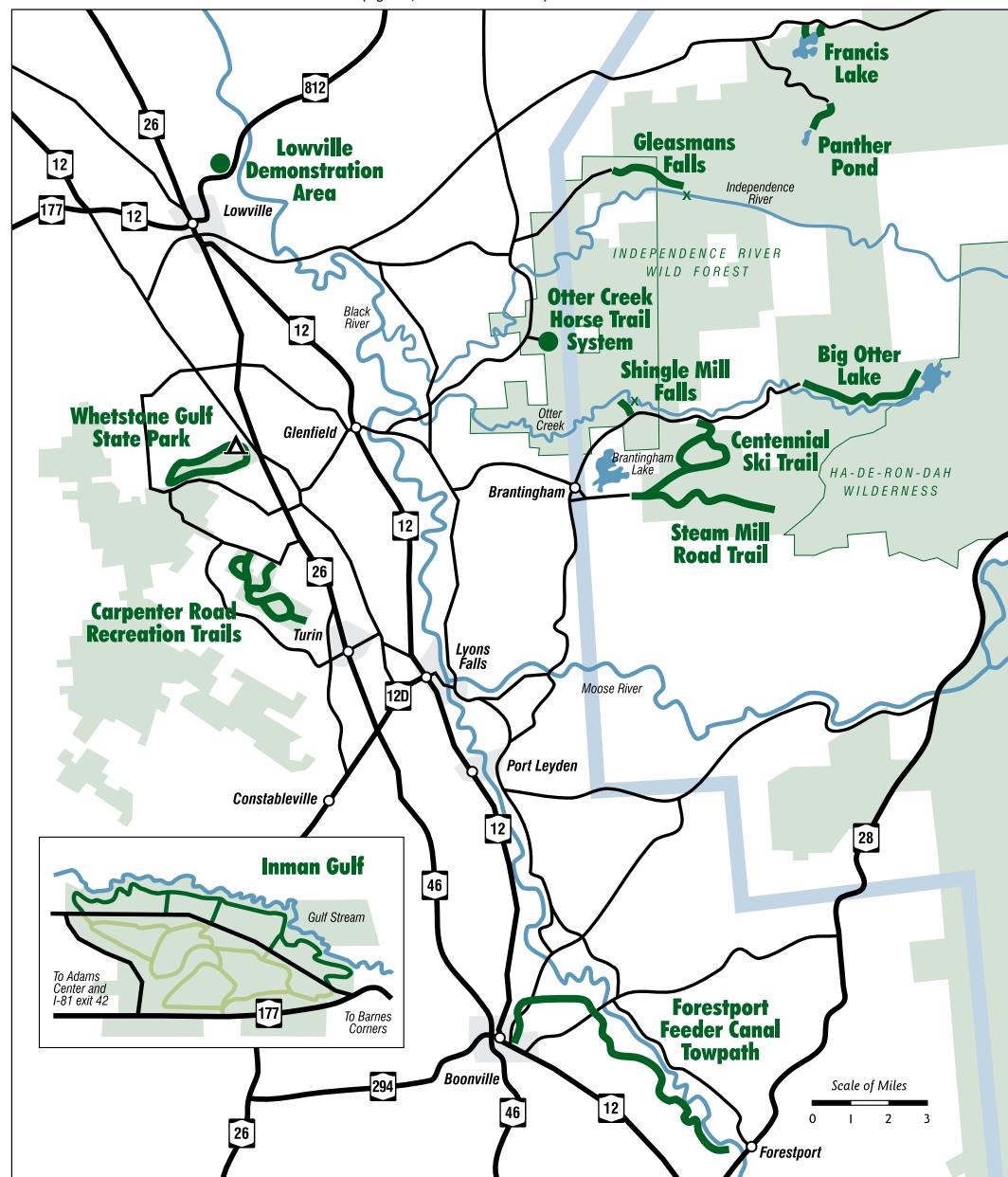
Whetstone Gulf State Park (4.5 mile loop, moderate, entrance fee to state park) Outstanding views can be attained from the occasionally steep trail that circles the rim of this spectacular 400-foot deep, three-mile long glacial gorge. An observation platform and a scenic picnic area are found along Whetstone Creek.

Inman Gulf (not located on main map, see inset map) (5.25 mile trail system, moderate) Near Barnes Corners, just west of Lowville, is Inman Gulf, a breathtaking 300-foot deep gorge. The trail follows the forested rim with spectacular views at overlooks. All trail segments are easy, but the 2.5 mile segment on the west has the best views, benches and interesting rock steps. To the south is an additional 12 miles of cross-country ski trails suitable for hiking.

Centennial Ski Trail and Steam Mill Road Trail (6.6 miles RT, easy) The ski trail passes through the middle of a twisted forest from a July 1995 microburst. The area is also a popular deer yard with good wildlife viewing opportunities. An educational exhibit is located at the southern parking area and a driving tour of the blowdown area is also possible via the Steam Mill Road Trail.

Carpenter Road Recreation Trails (8 mile trail system, moderate) Walk or bike the various loops that pass beside scenic ponds and streams, and through forests and a Japanese larch-white spruce plantation.

See page 10 for Great Walks and Day Hikes to the North



See page 16 for Great Walks and Day Hikes to the East

Forestport Feeder Canal Towpath (9 miles one-way, moderate) The towpath trail follows a narrow canal that linked Boonville and Forestport. Walk or ride your bike through the woods and fields along the old towpath. Expect to see great blue herons, kingfishers, waterfowl, songbirds and occasionally deer as you travel along. The trail runs from Erwin Park at Boonville to Alder Pond at Forestport. Several road crossings provide other possible access points. Portions of the trail may be accessible to people with disabilities.

Otter Creek Horse Trail System Over 65 miles of interconnecting trails offer easy walks of varying duration on a series of old sandy roads and forest paths. You'll wind through spirea flats and wooded areas, accessing several attractive lakes and following or crossing streams and rivers. This is a state-of-the-art equestrian facility so you're sure to see plenty of horseback riders; please yield the right-of-way to horses when walking. A detailed map of the trails is available at the horse stalls.

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails-West-Central Region; Discover the Southwestern Adirondacks, McMartin; Discover the West Central Adirondacks, McMartin; 50 Hikes in Central New York. Maps: West-Central Wilderness Area Map. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

Eagle Bay-Beaver River-Big Moose-Inlet-Old Forge-Raquette Lake-Thendara

Views

Rocky Mountain (1 mile RT, moderate) A short, steep climb on a popular trail to an open view of the Fulton Chain of Lakes.

Bald (Rondaxe) Mtn. (2 mile RT, moderate) A short, steep climb with outstanding views of the Fulton Chain of Lakes from the trail, the open rocky summit and the restored fire tower.

Vista Trail (4.4 miles one-way, difficult, two cars needed) A long ridgeline route with great views, many ups and downs, and several steep climbs.

Lakes/Rivers

Lost Ponds (2 miles RT, easy) The trail follows an old road through a stillwater area on Sumner Stream and continues on to these popular fishing ponds.

Mitchell Ponds (3.8 miles RT, easy) A pleasant walk or bike ride over mostly level terrain on an old woods road. The two ponds are partially separated by a peninsula and lined with picturesque cliffs along the north shore. A one-mile long spur trail along the north shore ends near the outlet.

Beaver Lake (4.6 miles RT, easy) A pleasant walk or bike ride on a dirt road to a clearing on the lakeshore that was once the site of a private estate built in 1904.

Nicks Lake Loop (6.4 miles, easy) As you walk around the shore of this pretty lake you'll cross a wetland on a boardwalk and pass large white pines, beaches and a campground.

Middle Settlement Lake (6.4 miles RT or 7.2 miles RT, moderate) You can access this lake from two trailheads and loop trips are possible. The trail coming in from the north passes some giant boulders just before reaching this beautiful wilderness lake and its lean-to. Old Brown's Tract Road—first used 150 years ago—is part of the trail system you'll be traveling on.

Norridgewock Trail (7.5 miles, difficult, two cars needed) Hike through wild forest and wilderness to the remote village of Beaver River on Stillwater Reservoir which is not accessible by road. You'll pass Oswego Pond, a beaver meadow and old growth forest on this little-traveled trail. Explore the village and then complete your hike with a water taxi ride to the state boat launch on the western end of Stillwater Reservoir to retrieve your second vehicle.

South Branch Trail (7.8 mile RT, easy) Walk or bike into Remsen Falls, a scenic location on the Moose River which has a handicapped accessible picnic table and privy, and can be driven to with a permit from the DEC for people with a disability. &

West, Safford & Goose Ponds (7.8 mile RT, easy) A relaxing woods walk to a series of ponds and a seasonal off-trail waterfall on the outlet of West Pond.

Pigeon Lake Wilderness Loop (8.2 miles, moderate) Many beautiful lakes and trails are found within the Pigeon Lake Wilderness Area. This loop features a scenic peninsula on Queer Lake, old-growth trees, several lakes, and a rugged section of trail that passes cliffs, caves and boulders.

See page 11 for Great Walks and Day Hikes to the North



Waterfalls/Nature

Cathedral Pines Wander through a stand of tall white pines located just off Route 28.

Old Dam Trail (1.2 miles, easy, entrance fee to state campground) Take a walk beside an old dam and a pond that was once used to help float logs downstream. An optional three-mile trail leads to a series of waterfalls on the outlet stream.

Cascade Lake (5.4 mile loop, easy) An old road leads into this scenic lake. As you walk around the lake, you'll pass a clearing on the north shore that was the site of a girls' summer camp in the 1940s and a beautiful narrow waterfall on the inlet stream at its eastern end. A logging operation was located near the outlet.

Historic Sites

Adirondack Scenic Railroad (admission fee) Scenic train rides along the Middle Branch of the Moose River starting from historic Thendara station. 315-369-6290. ⚡

Moss Lake (2.5 mile loop, easy) The trail around Moss Lake follows the route of an old bridle trail that was part of the girls camp operating here for more than 50 years. There is a brief history and photographic display at the trailhead parking lot on Big Moose Road. The area has numerous facilities that are accessible to persons with disabilities including trails, campsites, picnic tables and a fishing/observation platform. The one-mile side trip to view pretty Bubb and Sis lakes follows a portion of the route used by early settlers utilizing canoes and portage trails to travel from Fourth Lake to Big Moose Lake. ⚡

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails—West-Central Region; Discover the Southwestern Adirondacks, McMartin; Discover the West Central Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #744—Adirondack Park Northville/Raquette Lake; National Geographic Trails Illustrated Map #745—Adirondack Park Old Forge/Oswegatchie; West-Central Wilderness Area Map. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

Blue Mountain Lake-Indian Lake-Long Lake-Raquette Lake

Views

Castle Rock (4 mile RT, moderate) The final steep climb leads to a rocky promontory that juts 200 feet above the surrounding forest and provides magnificent views of Blue Mountain Lake and its many islands. Eight islands including two of the largest islands are part of the forest preserve; for a different perspective, paddle out and explore the islands.

Sawyer Mtn. (2.2 miles RT, easy) One of the easiest summit climbs in the Adirondacks. Partial views are available from ledges near the summit.

Baldface Mtn. (2 mile RT paddle across Indian Lake and 2.2 mile RT hike, easy) Norman's Cove, which has a great picnic area and a sheltered bay, is where you leave your boat and start your hike. An easy ascent leads to spectacular views from open ledges on the summit.

Pillsbury Mtn. (3.2 miles, moderately difficult) After some steep climbing, you will reach the restored fire tower and views from the summit to the east and south. The access road to the trailhead is rough and may only be passable by four-wheel drive vehicles.

Blue Mtn. (4 miles RT, difficult) After ascending some steep final grades, you'll be rewarded with partial views from the rocky summit and expansive views from the fire tower.

Owls Head Mtn. (6.2 miles RT, moderate) The first half of this hike is mostly level but then there is a steep scramble to the top where there are excellent views. The fire tower has been restored and is open to the public.

Wakely Mtn. (6.4 miles RT, moderately difficult) The final mile of steep climbing is rewarded with magnificent views from this remote summit and its restored fire tower.

Snowy Mtn. (7.8 miles RT, difficult) Snowy is the tallest mountain in the southern Adirondacks and the trail to its top, especially the final climb, is very steep and demanding. Enjoy views to the east from the rocky summit ledge and outstanding 360 degree views of Indian Lake, distant High Peaks and the surrounding Wilderness Areas from the summit fire tower which has been restored for safe public use.

Lakes/Waterfalls

Buttermilk Falls: A short, well-used trail leads to the large flat rocks at the edge of the waterfall and river.

Tirrell Pond (6.5 miles RT, easy) A pleasant woods trail traverses some blowdown enroute to the popular sand beach on the northern shore of this mountain-ringed pond.

Sargent Ponds Loop (6.5 miles, easy) The loop passes a stand of old growth pines, blowdown from the July 1995 storm and four ponds considered to be historic brook trout waters.

Cascade & Stevens Ponds (8.4 miles RT, easy) Cross Rock Pond outlet on a 200-foot boardwalk and follow the route of a historic road on your way to these two beautiful ponds.

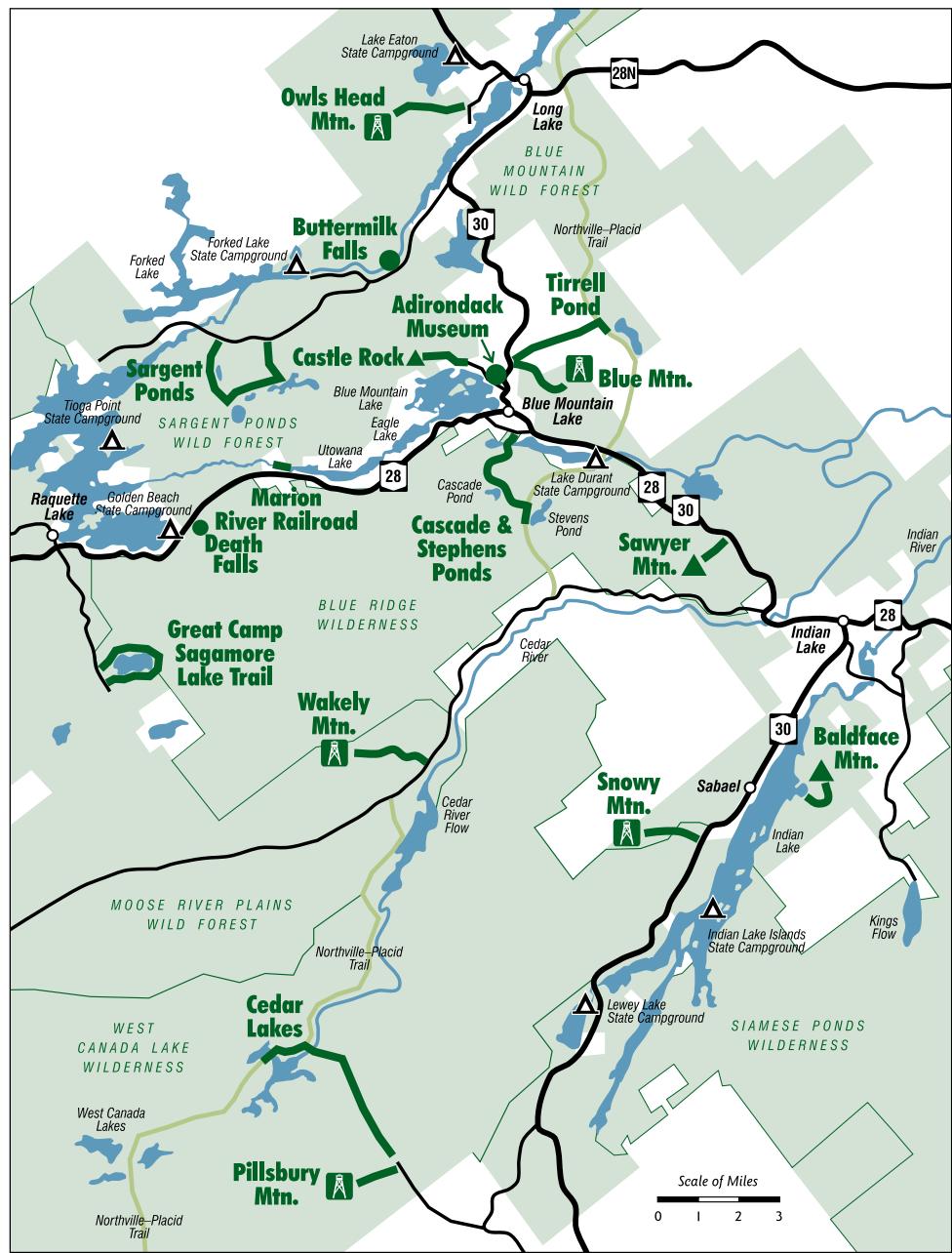
Cedar Lakes (8.4 miles RT, easy) Follow the route of an old road that parallels the Miami River on its way into the beautiful Cedar Lakes area. Be sure to visit the two lean-tos—both are beautifully situated and have great views. For long distance hikers, the Northville-Lake Placid heads north and south from here.

Death Falls (1 mile RT, easy) This short, easy hike ends at a scenic waterfall with a large shallow pool at its base. Park on roadside along NYS Route 28 across from DEC Golden Beach Campground.

Historic Sites

Adirondack Museum (admission fee) Stroll the grounds and take in the extraordinary exhibits of this world-renowned regional history museum. You'll find background information and photographs about many of the historic walks mentioned in this brochure and myriad other subjects as well. There is a beautiful view of island-studded Blue Mountain Lake from the cafe, and 22 indoor and outdoor exhibit areas. 518-352-7311.

See pages 11, 12 & 13 for Great Walks and Day Hikes to the North



Marion River Railroad (12 miles RT paddle from Blue Mtn. Lake, moderate, and a 1 mile RT walk, easy) After paddling across Blue Mtn. Lake, under W. W. Durant's classic bridge (circa 1891), and down narrow Eagle and Utowana lakes, you reach the remains of the steamboat landing at the eastern end of the Marion River Railroad. Walk the right-of-way (used today as a canoe portage trail) of what was the world's shortest railroad. The half-mile railroad ran between the two steamboat landings thus connecting Raquette and Blue Mtn. lakes. This ingenious route was used by thousands to reach resorts on Blue Mountain Lake in the 1880s. The Marion River Railroad locomotive and passenger coach are on display at the Adirondack Museum.

Great Camp Sagamore/Lake Trail (3.7 mile loop, easy) The lake trail is a pleasant woods walk on an old carriage road which circles the lake. Explore one of the other trails in the vicinity or take an interesting tour of the extraordinary Great Camp Sagamore complex, once the summer home of the Vanderbilts (admission fee). An extensive schedule of educational programs is available. 315-354-5311.

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails—Northern Region; ADK Guide to Adirondack Trails—West-Central Region; ADK Guide to Adirondack Trails—Central Region; Discover the Central Adirondacks, McMartin; Discover the West Central Adirondacks, McMartin; Discover the South Central Adirondacks, McMartin.

Maps: National Geographic Trails Illustrated Map #744—Adirondack Park Northville/Raquette Lake; Central Mountains Map; West-Central Wilderness Area Map. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

Chestertown-Indian Lake-Minerva-Newcomb-North Creek-North River-Pottersville

Views

Goodnow Mtn. (3.8 miles RT, moderate) Excellent views of the High Peaks from the restored fire tower and partially open summit—over 20 major peaks are visible. A nature trail brochure, available at the trailhead, provides information at numbered stops along the trail and benches provide a comfortable place to rest.

Vanderwhacker Mtn. (5.8 miles RT, difficult) The steep climb to the summit is rewarded with great views of the High Peaks to the north. The fire tower is open to the public.

Moxham Mtn. (5 miles RT, moderate) Trail ascends 900 feet to the foot summit which provides scenic views to the south including Gore Mountain, Crane Mountain, the Siamese Ponds Wilderness and the Hudson River.

Rivers/Lakes

Palmer Pond (2 miles RT, easy) A stream and relatively level trail makes this an interesting walk into a beautiful pond.

Boreas River-Hewitt Eddy (2.4 miles RT, easy) This is a level walk along the Boreas River to a wide, quiet eddy and picnic spot.

Puffer Pond (3.8 miles RT, moderate, \$2 parking fee) The trail to Puffer Pond skirts a chain of beaver dams, marshes, and open flows. Trails lead in both directions on the pond's northern shore where there are two lean-tos.

Blue Ledge (5 miles RT, easy) A rare riverside view of the turbulent Hudson River Gorge near a horseshoe bend where, on the opposite shore, an impressive 300-foot cliff drops precipitously to an unusually calm section of the river.

Hewitt Pond-Stony Pond (6 mile traverse, moderate) Trail traverses rough and interesting terrain as it winds through a deep col and beside several ponds.

Hoffman Notch Traverse (7.6 miles, difficult, 2 cars needed) An old wagon route leads through this remote and little-traveled mountain pass and dense forest. You'll pass huge trees, glacial erratic, 200 foot cliffs, fern meadows, cascading streams, several marshes and excellent views across the waters of Big Marsh.

Waterfalls

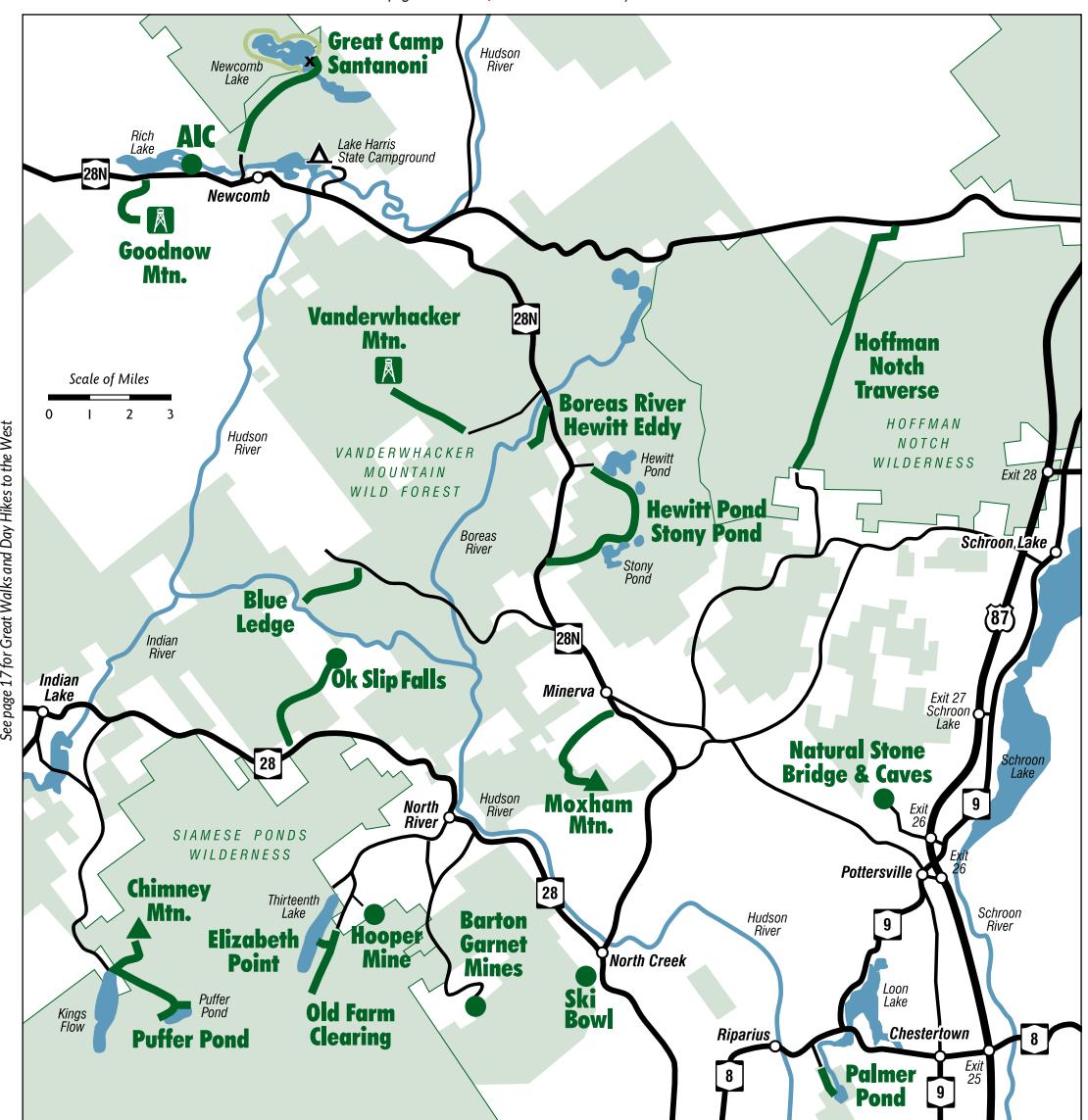
Ok Slip Falls (6 miles RT, easy) The trail gently drops and rises across most of its route and drops just a little more steeply as it approaches the overlook for a scenic view of the falls which is one of the highest in the Adirondacks. The parking area for the trailhead is located on the south side of Route 28, 0.2 miles east of the trailhead on the northside of the road.

Nature Trails

VIC - Adirondack Park Visitor Interpretive Center at Newcomb (3 miles of marked nature trails) Three trails traverse a variety of environments. A boardwalk crosses a marsh area and you'll see old growth hemlocks, glacial erratic, a large beaver dam, a log dam and lake views. One of the trails is designed especially for people with disabilities; it includes a bridge and access to several lake views. Interpretive exhibits, slide presentations, visitor information, restrooms, special events and workshops are found in the main building. 518-582-2000.

Ski Bowl Trails in North Creek are multi-use trails that include loops and starting points for backcountry adventures. Trail maps and descriptions are available online and at the information center in North Creek.

See pages 13 and 14 for Great Walks and Day Hikes to the North



Geologic Formations/Historic Sites

Barton Garnet Mines (admission fee) Barton Garnet Mines is a major world supplier of garnets for technical industrial abrasives; garnets are renowned for their hardness and a sharp cutting edge. Guided mine tours in the summer. 518-251-2296.

Hooper Mine (1 mile RT, easy) Explore an abandoned open pit garnet mine and buildings. From the rim of the pit there are views of Thirteenth Lake and a distant active mine site. Check in Garnet Hill Lodge first and let them know you wish to walk across their property to the mine site. 518-251-2444.

Natural Stone Bridge and Caves (admission fee) Marked paths and trail signs guide you through a secluded glen beside the cascades of Trout Brook as you explore caves, grottos, waterfalls and glacial potholes. 518-494-2283.

Old Farm Clearing-Elizabeth Point (2.4 miles RT, easy) Follow a distinct old road to the site of an 1877 farmstead which is now a tree plantation of Norway Spruce. Foundations are still visible amidst the trees. A short side trail leads to Elizabeth Point on Thirteenth Lake where there is a nice picnic spot and beach.

Chimney Mtn. (2.8 miles RT, easy, \$2 parking fee) This is a very interesting hike to an unusual geological chimney formation and views over the Siamese Ponds Wilderness Area.

Great Camp Santanoni (9 miles RT, moderate) You can walk, bike or pay a small fee to ride on a horse-drawn wagon into the partially restored Great Camp Santanoni. The dirt road starts near the stone gatehouse and passes a restored farmsite on the way. On the shore of Newcomb Lake are several buildings in addition to the main building with its extensive porches.

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails-High Peaks Region; ADK Guide to Adirondack Trails- Central Region; Discover the Adirondack High Peaks, McMartin; Discover the Central Adirondacks, McMartin; Discover the South Central Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #742-Adirondack Park Lake Placid/High Peaks; National Geographic Trails Illustrated Map #744-Adirondack Park Northville/Raquette Lake; Central Mountains Map; West-Central Wilderness Area Map. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

Bolton Landing-Brant Lake-Hague-Ironville-Schroon Lake-Ticonderoga

Views

Severance Hill (2 miles RT, moderate) Enjoy open views on the summit and overlooks on the way up. A tunnel leads under the Northway at the start of the hike.

Cook Mountain (2.6 miles RT, moderate, Lake George Basin Land Conservancy) One short steep ascent leads to an incredible view of the Champlain Valley, northern Lake George and the Adirondacks.

Deer Leap (3.7 miles RT, easy) An easily reached lookout over northern Lake George.*

Peaked Hill (1.2 miles RT canoe and 4.4 miles RT hike, difficult) Start with a short paddle on Paradox Lake to a marked trail that leads first to a remote pond and then up a steep ascent to a rocky outcrop with views in all directions.

Five Mile Mtn. (6.2 miles RT from either direction, difficult) A rugged route passes through forested terrain with clearings and overlooks along the way. An optional steeper approach starts from the southwest at Clay Meadow trailhead.*

French Point Mtn. (7.4 miles RT, difficult) A quick steep ascent leads up to the ridgeline trail. Enjoy almost constant views as you traverse the rugged trail to French Point Mountain where the views includes the island-studded Narrows of beautiful Lake George.*

Pharaoh Mtn. (8.6 miles RT, difficult) Enjoy spectacular views of the surrounding wilderness area from the tallest peak and the central point of the Pharaoh Lake Wilderness.

Treadway Mtn. (7.8 miles RT, moderate, state campground entrance fee) A rewarding hike with outstanding views along the way and from the three knobs that form the open rocky summit. Options for either a longer or shorter hike include: A return via Clear, Rock, North and Heart ponds which adds only 1.5 miles to the RT distance; or shorten your hike to 5 miles RT by paddling across Putnam Pond to a trailhead on the opposite shore. The canoe/hike option is an interesting trip and requires less effort and time—this may be a good choice for young hikers.

Anthony's Nose Trail (1.8 miles RT, moderate) Short climb through forest and along ledges to views of Lake George and Roger's Rock.

Swede Mountain Fire Tower (1.8 miles RT, easy.) Gradual climb to 47-ft fire tower with panoramic views.

***Rattlesnake Notice:** The Tongue Mountain Range is home to the endangered Eastern Timber rattlesnake. They are protected by Law, occasionally seen and typically not aggressive—but please use caution. Place hands carefully as you climb around on cliffs and ledges.

Lakes

Jabe Pond (2 miles RT, easy) The access road requires a vehicle with high clearance and four wheel drive. Explore along the shore or by canoe for the best views of the lake.

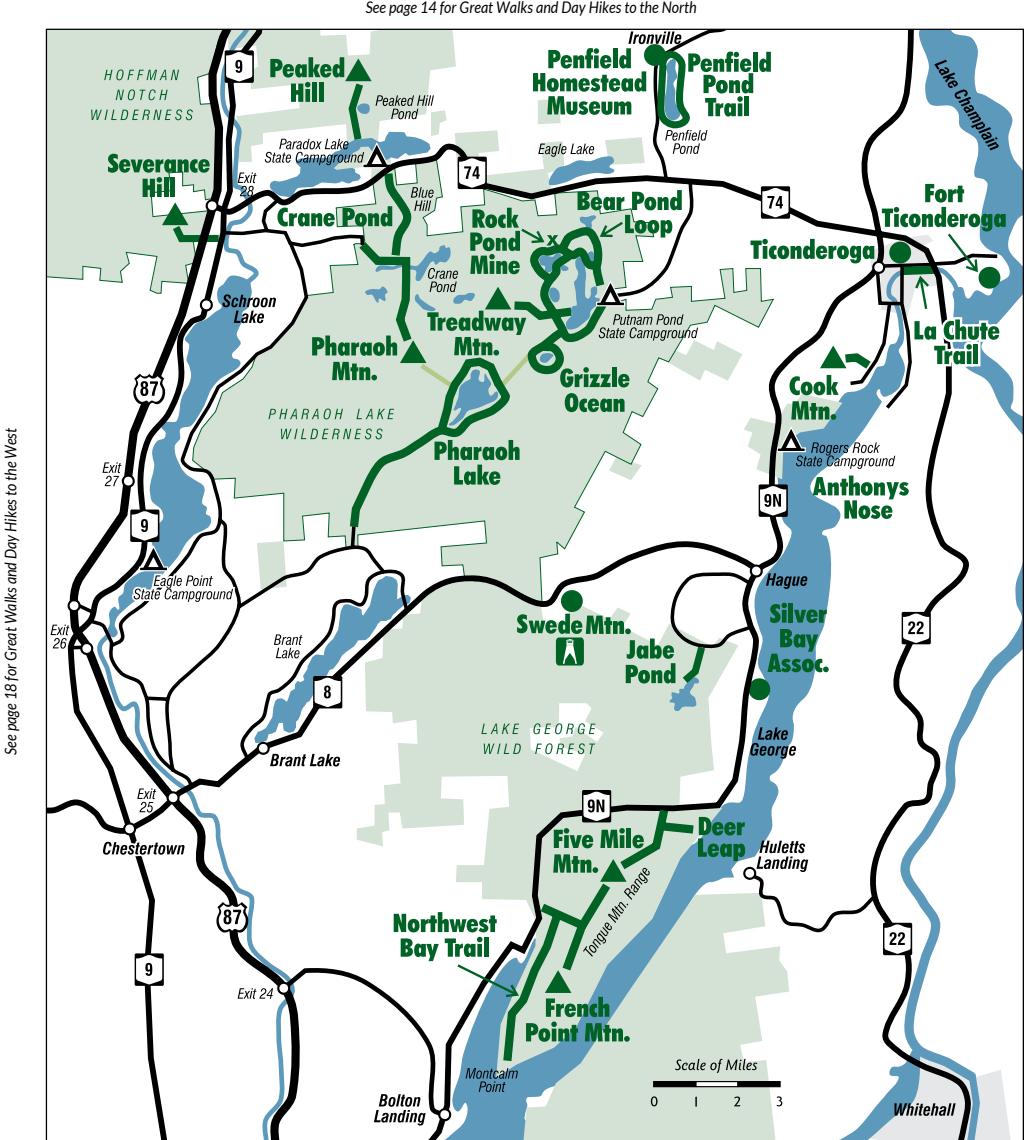
Bear Pond Loop (5 miles, easy, state campground entrance fee) Explore a series of wilderness ponds and the remains of a graphite mine operation.

Grizzle Ocean (5 miles RT, easy, state campground entrance fee) Walk to the lean-to on this picturesque pond and explore its shores on the trail that circles the pond.

Crane Pond via Blue Hill (6.2 miles RT, moderate) Walk through an old growth forest to a nice picnic spot and pond.

Pharaoh Lake (7.2 miles RT to outlet, moderate) Follow an old road to the outlet and then explore along either shore of this beautiful lake or make a complete circuit hike of the lake. From the west shore trail, a side trail leads to views from a peninsula. Several lean-tos are found along the southeast shore and there are almost constant views across the crystal-clear waters looking toward the rugged cliffs of Pharaoh and Treadway mountains.

Northwest Bay Trail (10 miles RT, moderate) Montcalm Point is the final destination of this beautiful and rugged lakeside trail with its cascading streams, mossy cliffs and shaded hemlock glens.*



Historic Sites

LaChute Trail (0.50 miles RT, easy) The LaChute River, which drops 230 feet as it flows from Lake George to Lake Champlain, has driven mills since 1755. An illustrated trail guide and map traces the natural and industrial history of this historic river. 518-585-6619.

Ticonderoga The walking tour of Ticonderoga features the architecture and history of 28 different buildings. Call for a brochure, 518-585-6366 or 518-585-6619.

Fort Ticonderoga (admission fee) Living history demonstrations, interpreters in period clothing, and a military museum help tell the story of this National Historic Landmark. Trails wind through 600 acres of former battlefield. 518-585-2821. &

Silver Bay Association Walk the beautifully landscaped grounds and view the extraordinary architecture of the many buildings along the lakeshore. Over 60 buildings are listed in the walking tour; pick up a brochure at the front desk of the Inn. 518-543-8833. &

Penfield Homestead Museum The village of Ironville is on the National Register of Historic Places. Visit the museum and learn how Penfield helped usher in the Electric Age. The walking tour includes ten numbered stops in the village and Old Iron Works. 518-597-3804.

Rock Pond Mine (5.4 miles RT, moderate, state campground entrance fee) The remains of the mine site include a huge metal steam boiler, drainage tunnel, tailings, open pit mine and stone foundations. If you choose to walk around Rock Pond, use caution on the section of trail along the north shore which is narrow, rocky and difficult to negotiate.

Penfield Pond Trail (1 mile RT or Loop, easy) Trail goes in forest along brook with rapids and small waterfalls and then along lakeshore with views across pond and of historic village.

Champlain Area Trails (CATS) maintains many additional trails in the Champlain Valley. www.champlainareatrails.org for information and free maps.

Arietta-Caroga Lake-Lake Pleasant-Northville-Piseco-Speculator-Wells

Views

Echo Cliff-Panther Mtn. (1.5 miles RT, easy) A popular destination with a well worn and occasionally steep trail. An open grassy area and ledges provide spectacular views across Piseco Lake to Spy Lake and the Silver Lake Wilderness.

Kane Mtn. (1.8 miles RT, moderate) Follow an old jeep road to the fire observer's cabin and climb the restored fire tower on the summit for great views.

Good Luck Lake-Good Luck Cliffs (5.8 miles RT, easy) A level walk to a secluded sandy beach on Good Luck Lake. On the way, look for an unmarked trail that leads up to an open ledge with views.

Lakes

Nine Corner Lake (1.8 miles RT, easy) Walk along an old road to this popular lake with blue-green water and a picturesque shoreline.

Clockmill Pond (3 miles RT, easy) An old woods road, marked as a snowmobile trail, leads to a clearing where you leave the marked trail and follow an unmarked path to the lake.

Fawn Lake (3 miles RT, easy) Several trails lead to the shore of this pristine lake.

Jockeybush Lake (4 miles RT, easy) Follow the scenic outlet stream to this natural deep-water lake. Large boulders line the shore.

Murphy, Middle & Bennett Lakes (8.3 miles, moderate, two cars needed) Walk through history on an old road and trail once used by early settlers who farmed and mined in this area. Pass a series of lakes, an old ferruginous oxide pigment mine—the red paint was processed in nearby Northville and used on many area buildings—and the stone walls, foundations and apple trees of former homesteads.

Streams/Waterfalls

Potholes A short walk upstream reveals an especially interesting section of East Canada Creek with a series of waterfalls, chutes and potholes.

Auger Falls (1 mile RT, easy) The unmarked trailhead is 1.7 miles north of Rt. 8 and Rt. 30 intersection. Trails lead to overlooks of a long series of cascades in a deep gorge lined with hemlocks. Please use caution, the banks are steep and slippery.

Nature

Old Growth Trees Here is a treat for those who don't have the time or the ability to walk great distances to observe an old growth forest. A portion of the remote Powley-Piseco road traverses a stand of old-growth red spruce, perhaps the most spectacular in the Adirondacks.

Sacandaga Pathway (850-yard boardwalk trail, easy) Gentle riverside terrain for all ages and a great place for bird watching. The pathway is a wetland walkway with a boardwalk that traverses a variety of habitats and three types of wetlands.



Historical exhibits on logging, geology, and other topics.

Willie Wildlife Marsh (1.5 mile loop, easy) Explore a wetland habitat without getting your feet wet—a viewing platform and three boardwalks traverse the marsh and open water.

Pine Orchard (4 miles RT, moderately easy) Walk to an isolated grove of enormous white pines that are 200 to 250 years old and have trunk diameters that exceed six feet.

Historic Sites

Old Cemetery A short trail leads to an old cemetery containing the grave of Colonel Peck, Hamilton County's only Revolutionary War officer.

Griffin View the waterfall and look for old foundations from the tanneries and logging operations that once thrived in the village of Griffin.

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails—Southern Region; ADK Guide to Adirondack Trails—Central Region; ADK Guide to Adirondack Trails—West-Central Region; Discover the Southern Adirondacks, McMartin; Discover the Southeastern Adirondacks, McMartin; Discover the South Central Adirondacks, McMartin; Discover the Southwestern Adirondacks, McMartin; Discover the West-Central Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #744—Adirondack Park Northville/Raquette Lake; Central Mountains Map. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

Bolton-Bolton Landing-Glens Falls-Hudson Falls-Lake George-Pilot Knob-Warrensburg-Whitehall

Views

Prospect Mtn. (3 miles RT, difficult) The steep trail is near the route of an old funicular railway—once the world's longest cable railway—which served the former summit hotel. A scenic toll highway also provides access to the extensive summit views, Memorial Day to Columbus Day. &

Lakeshore Trail (3.5 miles, easy) Old carriage trails—starting from points along Shelving Rock Road—lead to Shelving Rock Falls and the lakeshore. Use caution near the slippery waterfall area.

Hadley Mtn. (3.6 miles RT, moderate) An open summit and restored fire tower with one of the finest panoramas in the southern Adirondacks.

Crane Mtn. (3.8 miles RT, moderately difficult) Choose from several different trails to reach the summit and its spectacular views. The most adventurous route is via the shortest trail which uses ladders to ascend several cliff faces. Explore the long rocky summit ridge and the scenic pond near the summit.

Buck Mtn. (4.6 miles RT from north and 6.6 miles RT from south, difficult) Both trails to the top involve a steady climb to the top; however the southern approach offers more overlooks along the way. From the top you'll enjoy panoramic views of the southern Lake George basin.

Black Mtn. (5.6 mile loop, difficult) The loop trip includes a visit to Round and Lapland ponds and uncrowded views from the summit's south side. The summit has outstanding views in all directions as well as a ranger's cabin and several towers.

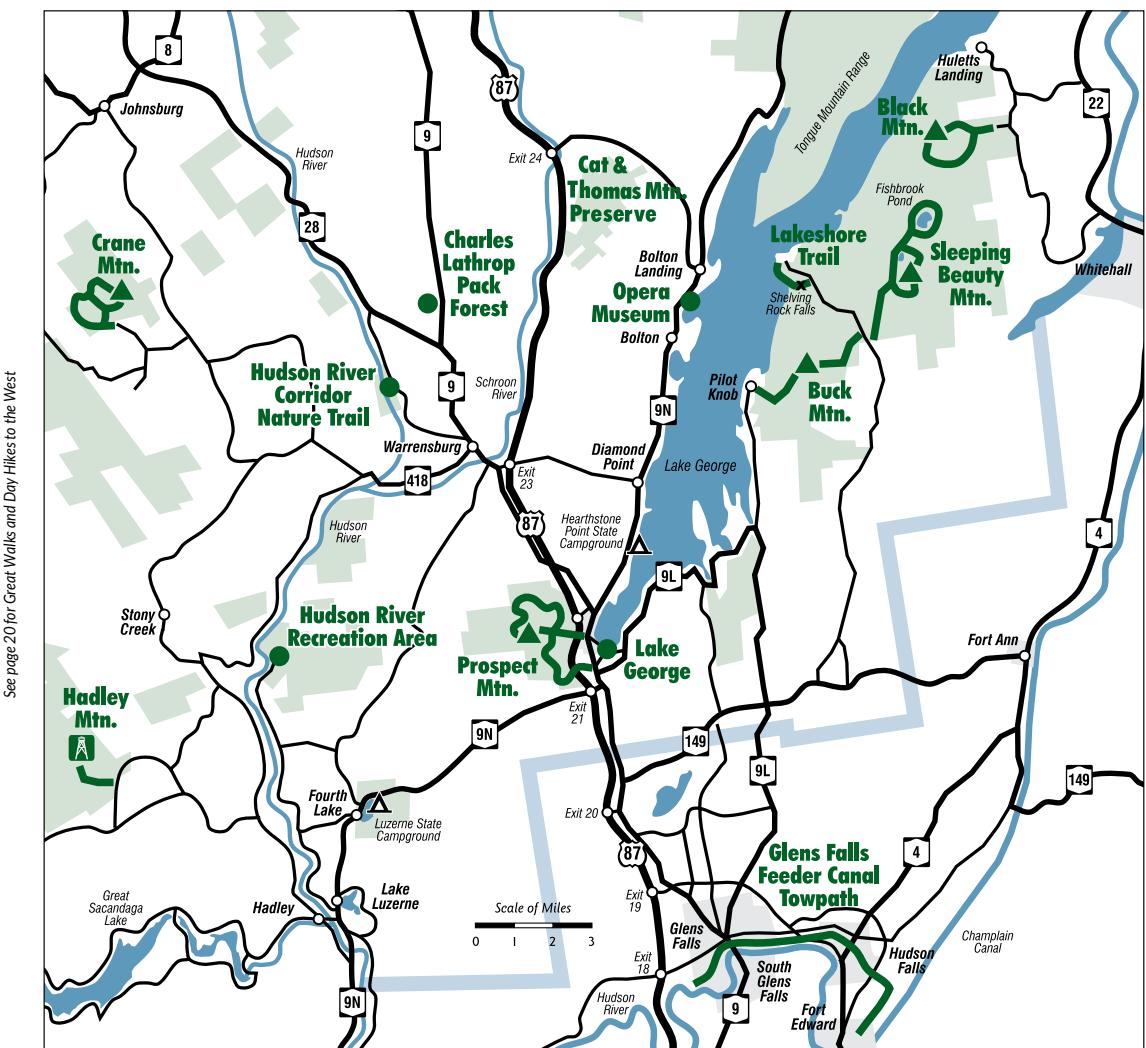
Sleeping Beauty Mtn. Loop (7.8 miles, moderate) Switchbacks ease the ascent up to the summit where you'll enjoy views from the open ledges. Swing by small Bumps Pond on the return and possibly take a detour to explore Fishbrook Pond.

Cat and Thomas Mountain Preserves:

To Thomas Mountain Summit (1.4 miles) Park at the Valley Woods Rd. parking lot and follow the blue trail, which is a dirt road, for 0.7 miles until you reach the intersection with the yellow trail. Turn right on the yellow trail (also a dirt road), for another 0.7 miles to end at an overlook with a 180-degree view of Lake George.

To Cat Mt from Thomas Mt (2 miles*) Continue on the yellow trail for 2.0 miles to the Cat Mt. summit. Footing is more difficult than the other trails and hikers should be prepared for the longer, more challenging trek. Or, for an easier route to Cat Mt. from the Valley Woods Rd. parking area, follow the blue trail all the way. About two-thirds of the trail follows a logging road, with the last third on a more rugged and rocky woods trail. The summit of Cat Mt. offers a stunning 270-degree view of Lake George and the Adirondacks.

See pages 18 and 19 for Great Walks and Day Hikes to the North



See page 20 for Great Walks and Day Hikes to the West

To Cat Mt. from Edgecomb Pond Trailhead (1.9 miles*) For a more direct hike to Cat Mt., park at the Edgecomb Pond Rd. parking lot and follow the red trail on a dirt road past the pond for 0.7 miles (making a sharp right just past a gate) to the intersection with the blue trail. Turn left (south) and follow the blue trail for a 0.7-mile climb until you reach a T intersection. Turn left (south) and follow the blue trail for 0.4 miles to Cat Mt.

Nature Trails

Charles Lathrop Pack Forest (1 mile, easy) The hard-surfaced trail and boardwalk, constructed to be accessible to people with disabilities, parallels a stream and wetland, and passes through a grove of old-growth hemlock trees. Trail guide is available at the trailhead. &

Hudson River Corridor Nature Trail (1.4 miles, easy) The marked nature trail parallels the Hudson River and features a canoe access point.

Hudson River Recreation Area (easy to moderate) Short nature trails lead to scenic waterfalls and streams, and through peaceful woodland forests. A longer walk follows the shore of the Hudson River. The area also has several canoe access sites.

Historic Sites

Opera Museum (admission fee to museum) Stroll around the well-maintained grounds of the Marcella Sembrich opera studio-museum. Enjoy spectacular views of the lake from its wooded promontory on Lake George. 518-644-9839. &

Colonial Wars of Lake George (3.3 miles RT, easy) This self-guided walking tour takes approximately two hours to complete and includes

20 points of interest and monuments in the Village of Lake George. A trail guide is available from the Lake George Chamber of Commerce, 518-668-5755.

Glens Falls Feeder Canal Towpath (7 miles, easy) Walk or bike on the towpath of a historic canal. Parts of the route are accessible to people with disabilities. A map and guide is available from the Glens Falls Feeder Canal Alliance, 518-792-5363. &

Lake George Area Historical Sites and Markers Visit over 30 French and Indian War-era sites and historical markers in the immediate village area, including Fort William Henry (518-668-5471). Free maps are available from the Lake George Chamber of Commerce, 518-668-5755.

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails—Eastern Region; ADK Guide to Adirondack Trails—Southern Region; Discover the Eastern Adirondacks, McMartin; Discover the Southeastern Adirondacks, McMartin; Discover the South Central Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #743—Adirondack Park Lake George/Great Sacandaga; Central Mountains Map; Lake George Region Map. See page 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

DEC Reminds Visitors to Leave No Trace on State Lands

The New York State Department of Environmental Conservation (DEC) reminds visitors to practice Leave No Trace™ while recreating on State lands. We all have a responsibility to protect State lands for future generations. Following the Seven Principles of Leave No Trace, set forth by the Leave No Trace Center for Outdoor Ethics, is one way users are encouraged to Love Our NY Lands.

The Leave No Trace™ Seven Principles provide helpful guidance to reduce your impact on the environment and keep yourself and those around you safe.

Plan ahead and prepare. Proper planning is vital to ensure a safe adventure. Visitors should know their limits, set realistic goals, and choose an appropriate experience. Outdoor adventurers are encouraged to research trails and routes before setting out and contact DEC or other knowledgeable parties with questions.

Adirondack weather can change rapidly. Prepare for every occasion by bringing the 10 Hike Smart NY essentials, including: food, water, navigation, warm layers, snowshoes and traction devices, a headlamp, first-aid kit, and matches or a lighter. Stay up to date with current weather reports and if the forecast calls for harsh conditions, consider rescheduling.

Make a timeline, including a turnaround time, and stick to it. Visitors should leave their trip plans with a trusted friend or relative that will call for help if they don't return on time. For more tips on preparing for a safe outdoor experience, visit DEC's website.

Travel and camp on durable surfaces. Travel on durable surfaces to help maintain the integrity of trails and limit damage to trailside vegetation. In the winter, snow is considered a durable surface once it is six inches deep. Snowshoes make walking in deep snow easier and help prevent postholing, the act of creating deep holes in the snow with bare boots. Use traction devices, such as crampons or microspikes, to travel safely across ice.

Properly dispose of waste. Visitors to State lands are asked to carry out what they carry in, including garbage, food scraps, broken gear, and pet waste. Dispose of trash in a designated can at the trailhead or at home. Go before you go and use toilets or outhouses whenever possible. Visitors should also be prepared to dig a cat hole or pack out poop where toilets aren't available.

Leave what you find. Leave trail signs and markers so others can find their way, and leave historic artifacts and natural features for others to enjoy. Please do not carve or graffiti rocks, trees, or backcountry structures.

Minimize campfire impacts. Visitors should use designated fireplaces whenever possible and only burn dead and downed wood. When finished with the fire, extinguish it completely. Never leave a fire unattended or build a fire inside a structure such as a lean to or tent.

Respect wildlife. Never follow, approach, or feed wildlife. Human food can harm wildlife and feeding wildlife can create bad habits that lead to unwanted human interaction and habituation.

Be considerate of other visitors. Help all visitors have a safe and enjoyable experience by following proper trail etiquette:

1. Step to one side for other users of a trail – especially when they are going uphill!
2. Keep noise levels down. Excessive noise can scare off wildlife and prevent others from enjoying the sounds of nature.
3. Groups leading or riding livestock have the right-of-way on trails and bikers should yield to both equestrians and hikers.
4. Avoid popular camping or picnic spots and try and find dedicated spaces off the beaten track.
5. Keep your pets under control and clean up after them.

LOVE YOUR ADIRONDACKS



Hiking Checklist

Hiking in the Adirondacks can be an amazing experience with a little planning and preparation. We have compiled a packing list for your next Adirondack adventure. Don't be scared! This is meant to be a rather comprehensive list for a full (12+ hour) day hike into the Adirondack backcountry. You can adjust your packing list according to your adventure. We've even left some blanks so you can start customizing your list!

- Hiking backpack
- Weather-appropriate, non-cotton clothing (think moisture-wicking and layers)
- Hiking boots or shoes
- Plenty of food
- Plenty of water
- Navigation tools such as a map and compass
- First-aid kit
- Headlamp / Flashlight
- Whistle



Hiking Gear

- Hiking backpack
- Trekking poles
- Map and compass, or GPS
- Headlamp and extra batteries
- Knife or multi-tool
- Small gear-repair kit (duct tape, zip ties, etc)
- Water purification
- _____

When hiking from November - April

- Snowshoes
- Microspikes / Yaktrax
- Crampons (for thick / steep ice)
- _____



Food & Water

- Water bottles and/or reservoir
- Water filter/purifier or chemical treatment
- Trail snacks
- Lunch
- _____



Emergency & First Aid

- First-aid kit or first-aid supplies
- Lighter/matches and firestarter
- Emergency shelter
- Whistle
- _____



Clothing & Footwear

- Moisture-wicking t-shirt
- Quick-drying pants/shorts
- Long-sleeve shirt (for sun, bugs)
- Lightweight fleece or jacket (something that blocks wind)
- Extra socks (synthetic or wool)
- Sun hat
- Sunglasses
- _____

For rainy and/or cold weather

- Rainwear (jacket and pants)
- Long underwear
- Warm, insulated jacket or vest
- Fleece pants
- Gloves or mittens
- Warm hat
- Gaiters (for rainy, snowy or muddy conditions)
- _____



Health & Hygiene

- Sunscreen
- SPF-rated lip balm
- Insect repellent
- Menstrual products
- Prescription medications
- Toilet paper, trowel, and hand sanitizer
- Waste bag (for used toiletries)
- _____



Before You Go

- Share your hiking plans with a friend or family member
- Have a plan B in case the trailhead parking lot is full
- Use the restroom (no restrooms at trailheads)
- Sign the register at the trailhead
- Check the weather forecast
- Research the rules / regulations of the area you are hiking
- Check trail conditions
- Get a quick run down of the Leave No Trace 7 principles
- _____

*Many things on this list can be purchased or even rented locally in the Adirondacks!

Take the Pledge

Visit LoveYourADK.org to learn more about Leave No Trace, preparedness tips, and take the pledge to keep YOUR Adirondacks beautiful!



WINTER HIKING SAFETY

Safety and preparedness are extremely important no matter your physical ability or destination. Properly preparing for winter conditions is essential for a more enjoyable and safer experience.

Plan Ahead: Learn about the area you'll be visiting ahead of time; know the opportunities and the regulations. Check maps, guidebooks and websites.

Arrange to go with a group or at least one other person • Know your skill level and physical capabilities-choose trails within your or your group's ability. Remember it takes more effort and energy to move through snow • Know what time the sun sets and plan your hike so you can return before dark • Let someone where you are going, your planned route, when you plan to return, and emergency numbers to call if you do not return at the scheduled time • **Program cell phones with the DEC Dispatch phone numbers, but do not rely on cell service in all areas. Statewide: (518) 408-5850 Adirondacks: (518) 891-0235** • Check the weather forecast, but keep in mind that temperatures will be lower, winds will be stronger, and snow will be deeper on mountain summits. Prepare accordingly and postpone your trip if the conditions are too harsh • Check trail conditions before hiking and make sure you know how to use a map and compass when planning to hike in remote locations.

What to Wear: Base layers of moisture-wicking fabric, insulating layers such as wool or fleece, and waterproof or water-resistant outer layers. Avoid cotton fabrics, which hold moisture. Thick socks, a winter hat, and gloves or mittens • Waterproof, insulated boots • Skis or snowshoes, if snow depths are deeper than 8 inches • Sunscreen (sunburns occur year-round) and sun glasses • A watch or other time-keeping device.

What to Pack: Day pack large enough to carry your gear • Water and high energy snacks • First aid kit • Trail map and compass or GPS unit • Extra clothing, including extra hat, socks and mittens • Plastic whistle (avoid metal, which can freeze) • Micro-spikes or crampons for icy conditions • Flashlight or headlamp and extra batteries • Pocket knife • Trekking poles • Bivy sack, space blanket and heavy-duty garbage bags for emergency shelter • Fire starter kit: matches in waterproof container and cotton balls soaked in petroleum jelly.

On the Trail: Keep an eye on the weather-if conditions worsen, head back immediately • Drink water regularly; eat and rest often • Add or remove layers of clothing to keep body temperature comfortable-overheating and sweating can result in significant cooling and hypothermia • Keep track of time and remember it will take you as long to return to your starting point as it did to hike out • Turn off cellphones or switch to "airplane mode" to conserve the battery. Do not use your cell phone as a light source, which will drain the batteries. Use the flashlight you packed instead • Stay on trails to avoid unseen obstacles covered by snow • Use snowshoes or skis in deep snow to reduce injuries and ease travel. Their use also prevents "post-holing"-leaving deep footprints in the snow - which makes trails more difficult and hazardous for others to use (**The use of snowshoes or skis is required in the High Peaks Wilderness when snow depths exceed 8 inches.**) • When hiking with dogs, keep them to the side of trails to avoid "paw post-holing" as well • Skiers and snowshoers using designated snowmobile trails should keep to the side and move off the trail to allow safe passage of snowmobiles. Snowmobilers should slow down when passing skiers and snowshoers. • Use caution when on ice over water bodies. Ice that holds snow may not hold the weight of a person • Check ice thickness before traveling across it • Avoid ice over running water, and near inlets, outlets, boathouses, and docks (especially those with "bubblers" or other ice prevention devices).

If you get Lost: Stop where you are, keep calm and assess your situation. • Try to determine your location-look for recognizable landmarks and listen for vehicles on nearby roads • If you are sure you can get yourself out of the woods using a map and compass, do so-otherwise stay put • If you have cell service, call the DEC Dispatch (see above). The dispatcher will help searchers locate you quickly • If you don't have cell service, move to a location close by where you are visible to searchers on the ground or in the air. If you have something brightly colored, wear it or place it in a conspicuous location • If it appears that you will need to spend the night: Clear an area of snow to build a campfire. A fire will help searchers locate you • Using snow or items from your pack, build a shelter to keep you warm and sheltered from the weather. You can also use dead branches, conifer boughs and leaf litter to insulate the shelter.

If someone is injured or stricken... If there is no cell service, at least one person should remain with the injured person while the others note their location and leave to contact DEC Dispatch • If there isn't anyone to stay behind, make sure the injured person has shelter and supplies before leaving to seek help.

Staying Safe in Winter: Problems common to winter may include avalanches, snow squalls, frostbite and thin ice. Most people are unlikely to become victims of avalanches. However, a snow squall can obliterate vision and create slippery surfaces. Squalls tend to be brief, so stay put if you're caught in one • Frostbite may affect the extremities after prolonged exposure to temperatures below freezing. Frostbite injury can range from superficial redness of the skin, slight numbness or blisters, to skin discoloration, obstruction of blood flow or blood clots. *Rubbing frostbitten skin, once a popular "remedy," can cause further damage; don't do it.*

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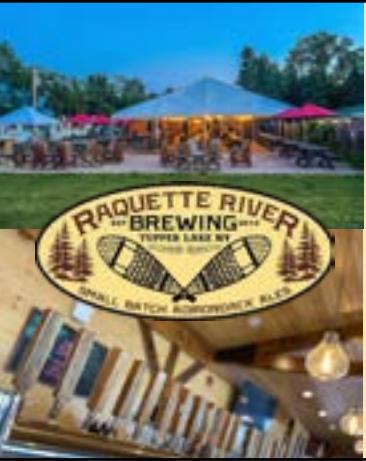
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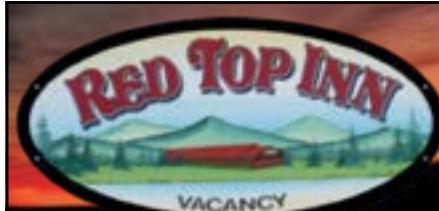
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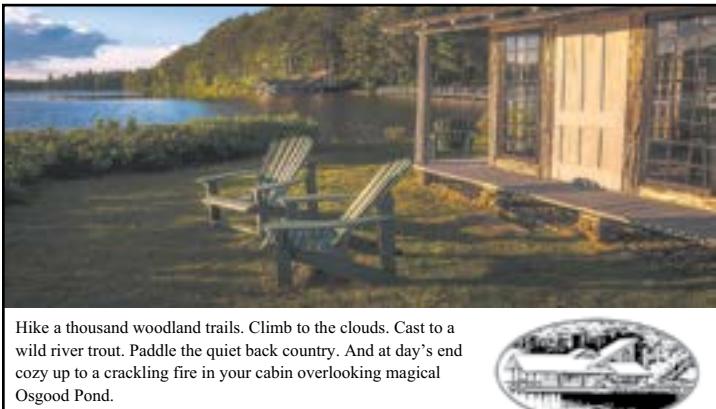


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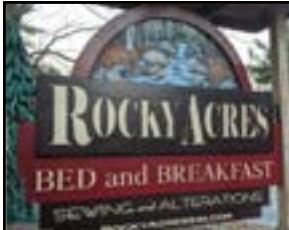
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Find out more at the Chamber of Commerce Visitor Information Center

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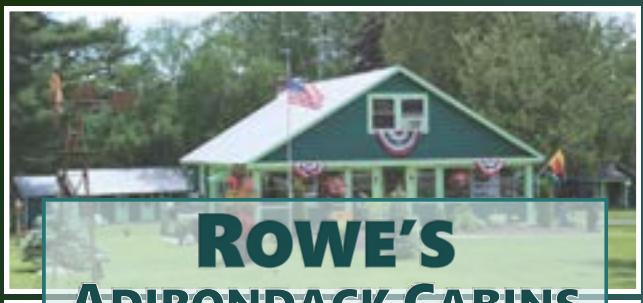


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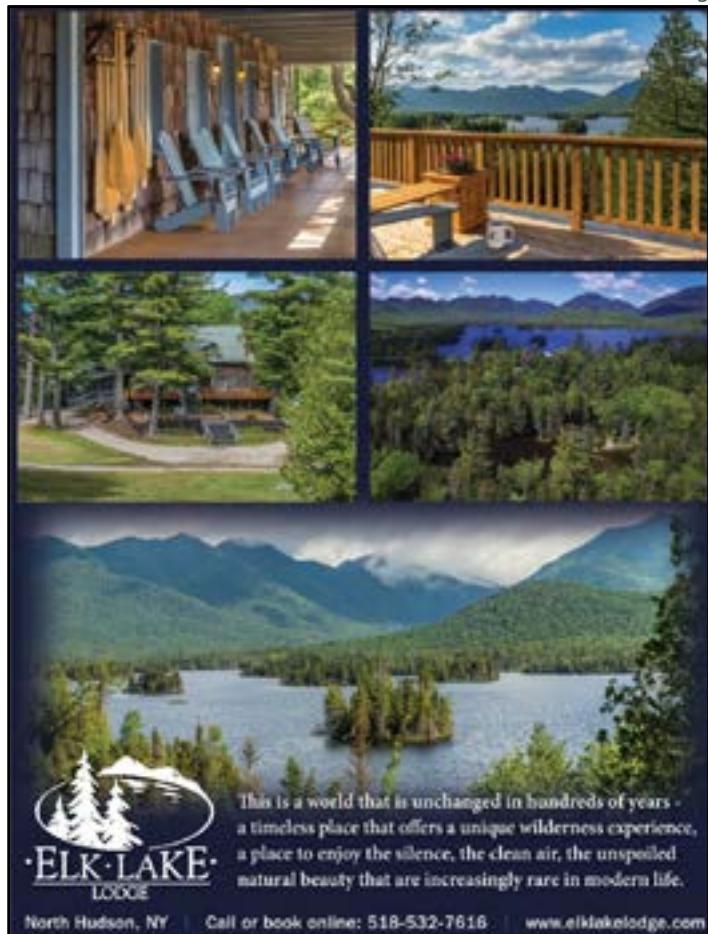


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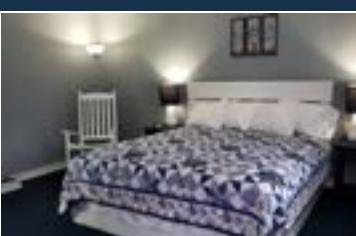


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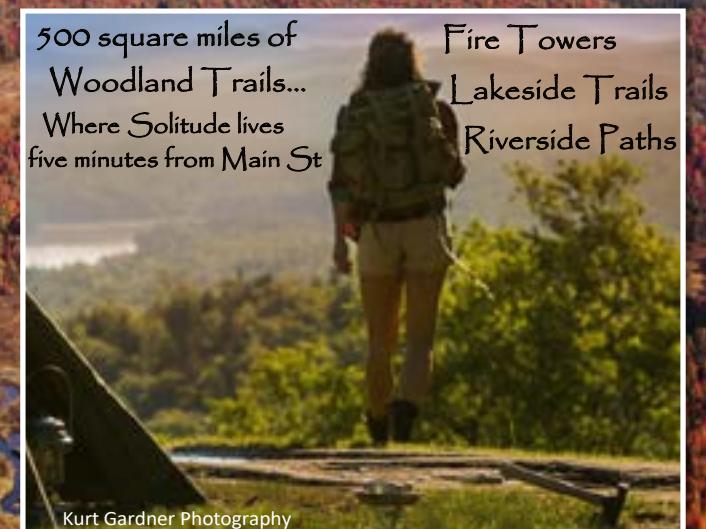
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