



ADIRONDACK GREAT WALKS and DAY HIKES



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Changing the Focus of Hiking in the Adirondacks



The glory of hiking in the Adirondacks is that in the course of a day, you may reach a destination that offers wilderness solitude or views of unbroken forest, lakes and mountains. By evening, you can be dining in a fine restaurant, later to be tucked into a comfortable bed.



The Adirondack Park is a patchwork of private and public lands, unlike any other park in the United States. So while the backcountry inventory is immense—the nation’s largest trail system at more than 2,000 miles—so too, are the nearby comforts.

The day hikes offered in the guide offer diverse experiences and are rated for various levels of ability. There are short and/or easy hikes to ponds and views suitable for families with children, long circuits, steeper hikes to mountain summits and destination walks to waterfalls.

All the day hikes in this booklet share a single theme: they are paths less taken. In consultation with the NYS Department of Environmental Conservation, we have chosen hiking experiences throughout the Adirondacks that expose visitors to a broad range of terrain and forest types on stable trails, often undiscovered by hordes of other hikers. Because overuse is a problem in some areas of the Adirondack Forest Preserve, we direct you to other equally significant destinations.

The maps and trail descriptions in this guide are a **STARTING POINT** for further research. Once you have settled on the trail or trails in which you are interested, purchase the appropriate map and guide book. Guidebooks and maps are listed on page 22.

Have fun, hike prepared, and consider the services of a licensed guide if you want to get the most out of your backcountry experience.

Universally Accessible Trails and Facilities in the Adirondacks

Improved recreational opportunities for people with mobility impairments can be found throughout the Adirondacks. Look for universally accessible trails and facilities at places like: Ausable Marsh (pg. 8), Lamson Falls (pg. 9), Francis Lake (pg. 14), Moss Lake and South Branch Trail (pg. 15). John Dillon Park (pg. 10) goes one step further providing a true wilderness camping experience. The Adirondack Park Visitors Interpretive Centers at Paul Smiths (pg. 7) and Newcomb (pg.17) feature a variety of interpretive trails, boardwalks and viewing platforms as does The Wild Center in Tupper Lake (pg. 11), Silver Lake Bog (pg. 8) and Indian Creek Nature Center (pg. 9). Mountaintop views can be enjoyed from the top of Whiteface Mountain (pg. 12) and Prospect Mountain (pg. 20) via seasonal toll highways.

Cover photo:
John Farrell, JMF Publishing, Inc.

Published and distributed by the Adirondack Regional Tourism Council,
PO Box 911, Lake Placid, NY 12946 • www.VisitAdirondacks.com

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How to use the Descriptions & Maps

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" (see below), trails to firetowers, potential mountain biking trails and those 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. A list of guidebooks and maps is also found on page 20. Area and regional information centers (page 23) and the NYS Department of Environmental Conservation (page 26) are also good sources for more information; visit www.dec.ny.gov/outdoor/7865.html. The Nature Conservancy Preserve trails and some marked nature trails may have brochures available at the trailhead.

TIME AND DISTANCE

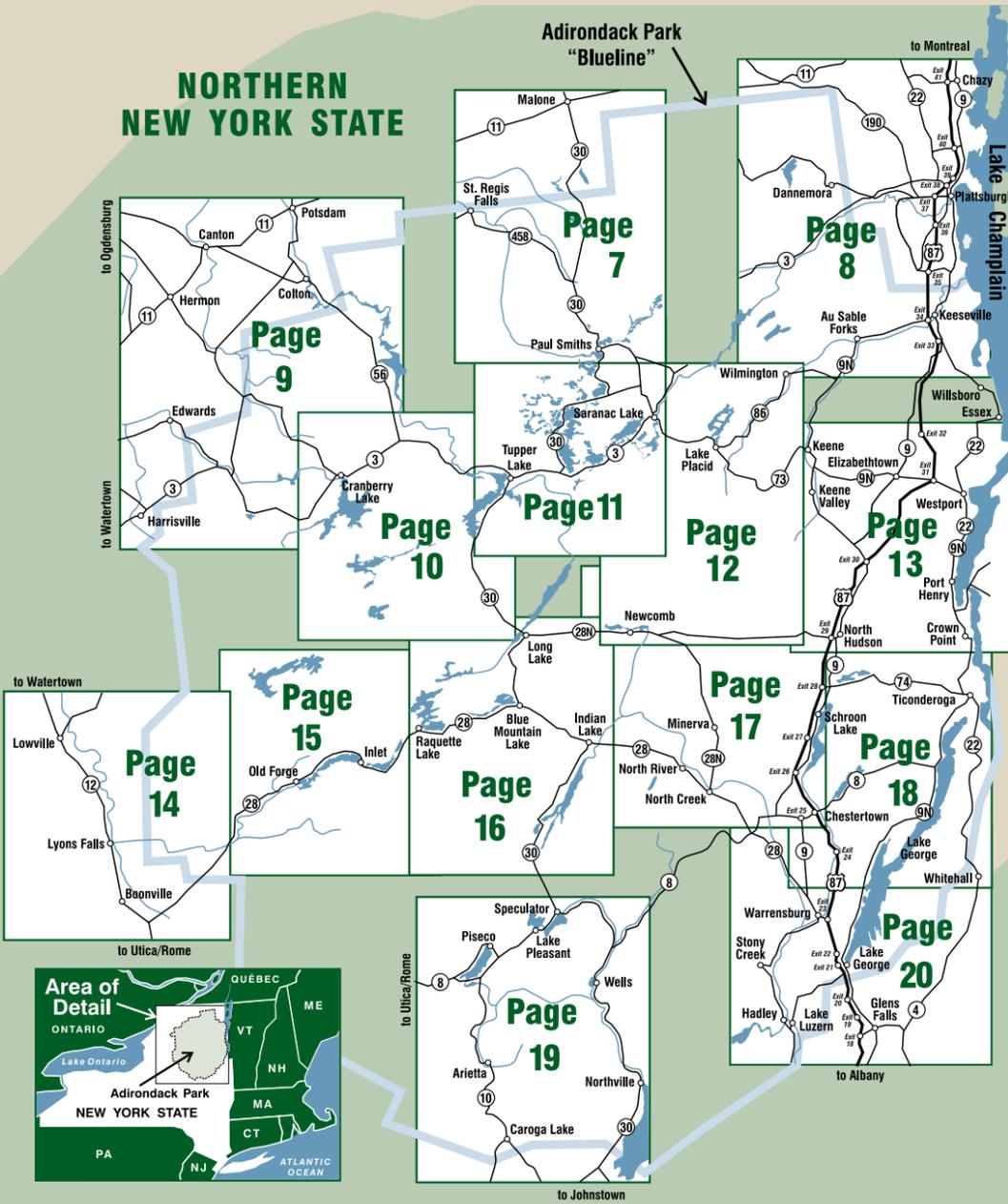
Most of the trips suggested can be completed in a day or even a half-day. The more difficult trips will require more time to complete than easier ones even if they are the same distance. Most of the trip distances are shown as round-trip (RT) or loop trips. Some distances may be one-way and require two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

SYMBOL & MAP LEGEND

- Featured Trails
- Other Trails
- Highway, Road
- 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
- Scenic Railroad Route
- Railroad
- Stream, River
- Adirondack Park "Blueline" Boundary



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.
- Pinnacle Mtn.** (1.5 miles RT, moderate) Climb through a hardwood forest to an open ledge with views of the Santa Clara flow.
- 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.

Lakes

- Debar Pond** (.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. ♿

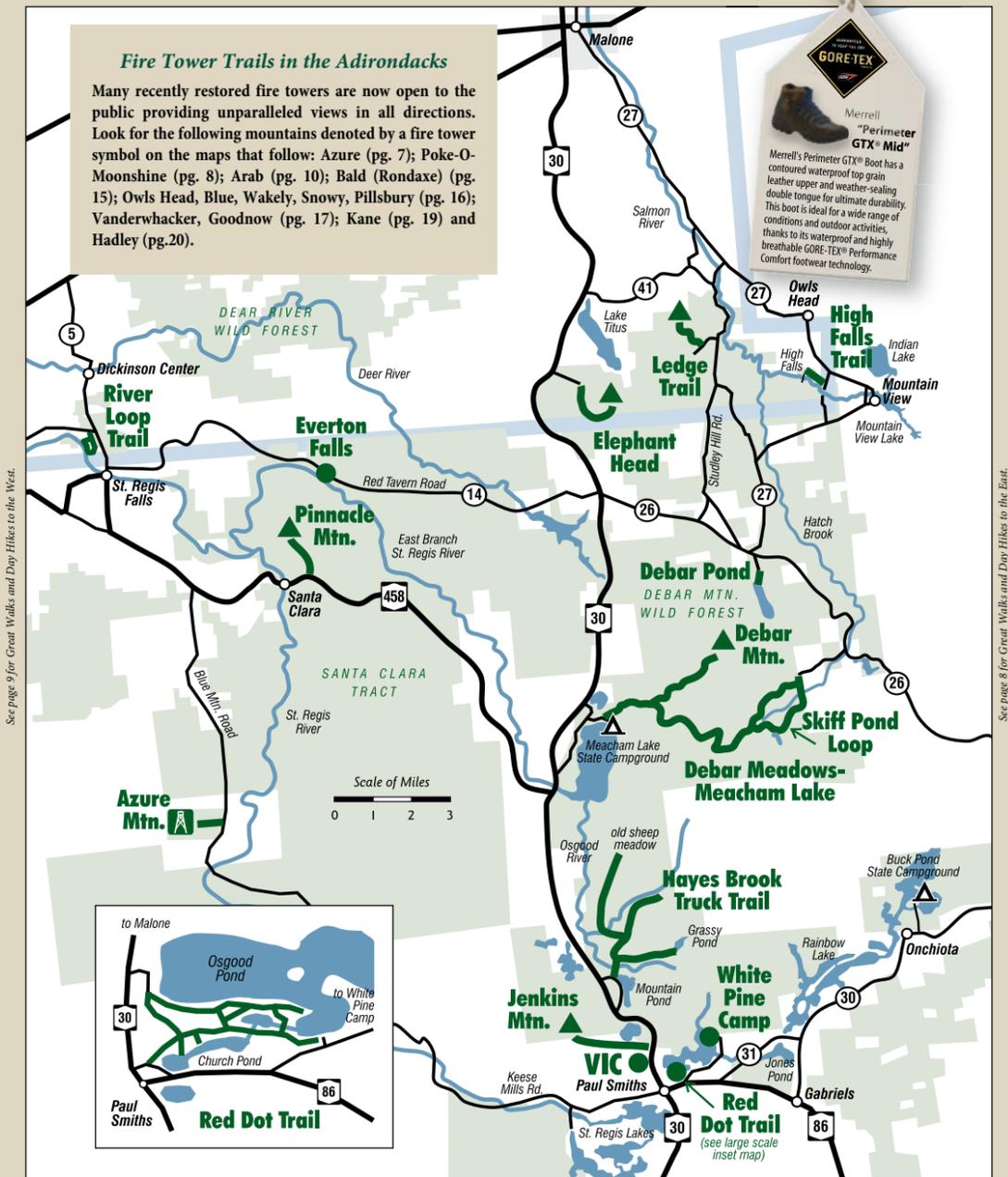
Historic Sites/Woods/Waterfalls

- 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 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.

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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

Fire Tower Trails in the Adirondacks

Many recently restored fire towers are now open to the public providing unparalleled views in all directions. Look for the following mountains denoted by a fire tower symbol on the maps that follow: Azure (pg. 7); Poke-O-Moonshine (pg. 8); Arab (pg. 10); Bald (Rondaxe) (pg. 15); Owls Head, Blue, Wakely, Snowy, Pillsbury (pg. 16); Vanderhacker, Goodnow (pg. 17); Kane (pg. 19) and Hadley (pg.20).



See page 9 for Great Walks and Day Hikes to the West.

See page 8 for Great Walks and Day Hikes to the East.

Au Sable Forks-Chazy-Clayburg-Dannemora-Keeseville-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, Catamont 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

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. ♿

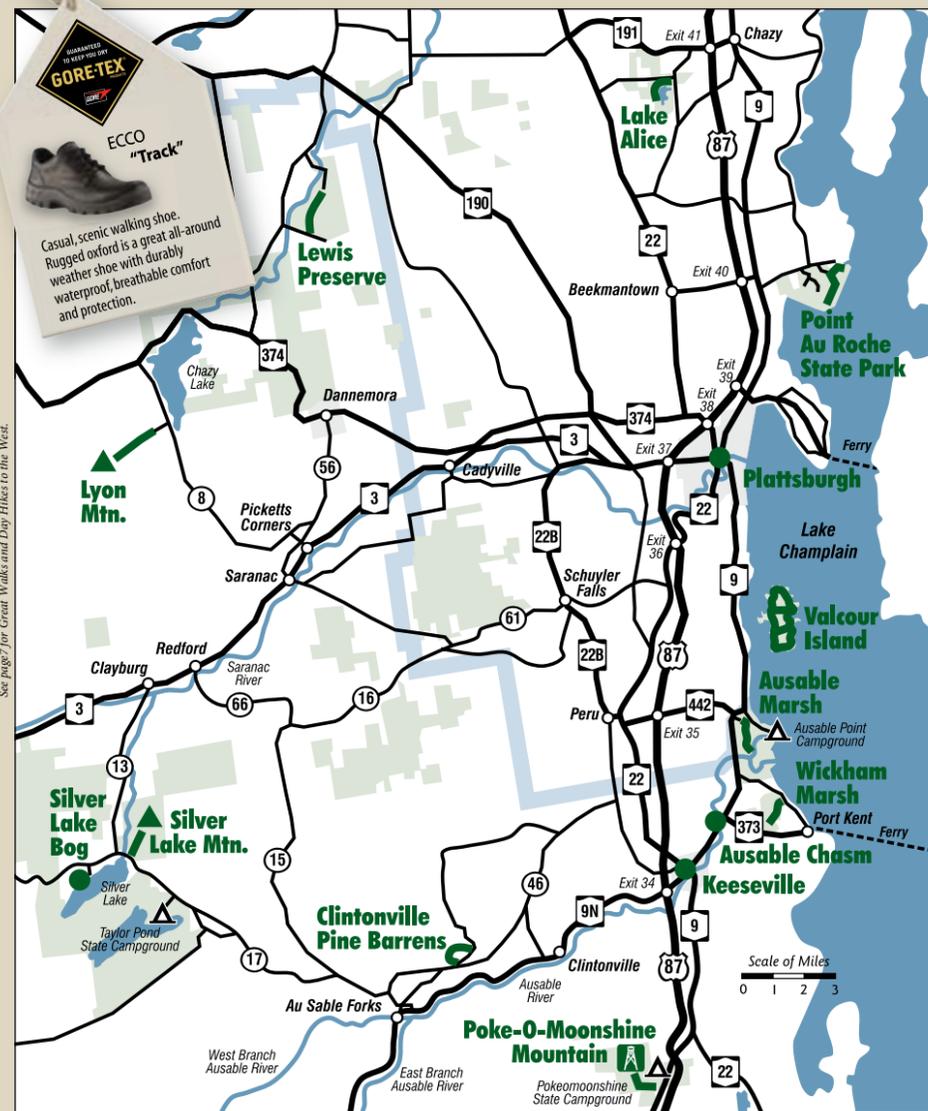
Lake Alice (3 miles RT, easy) View wildlife and waterfowl, such as osprey and herons, as you walk beside the lake and through the woods of the wildlife management area.

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.



See page 7 for Great Walks and Day Hikes to the West.

See pages 12 and 13 for Great Walks and Day Hikes to the South

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails—Northern Region; ADK Guide to Adirondack Trails—High Peaks Region; Discover the Northeastern Adirondacks, McMartin; Discover the Northern Adirondacks, McMartin Maps: National Geographic Trails Illustrated Map #746—Adirondack Park Saranac/Paul Smiths; National Geographic Trails Illustrated Map #742—Adirondack Park Lake Placid/High Peaks. See page 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

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 Lilypad 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 (.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.

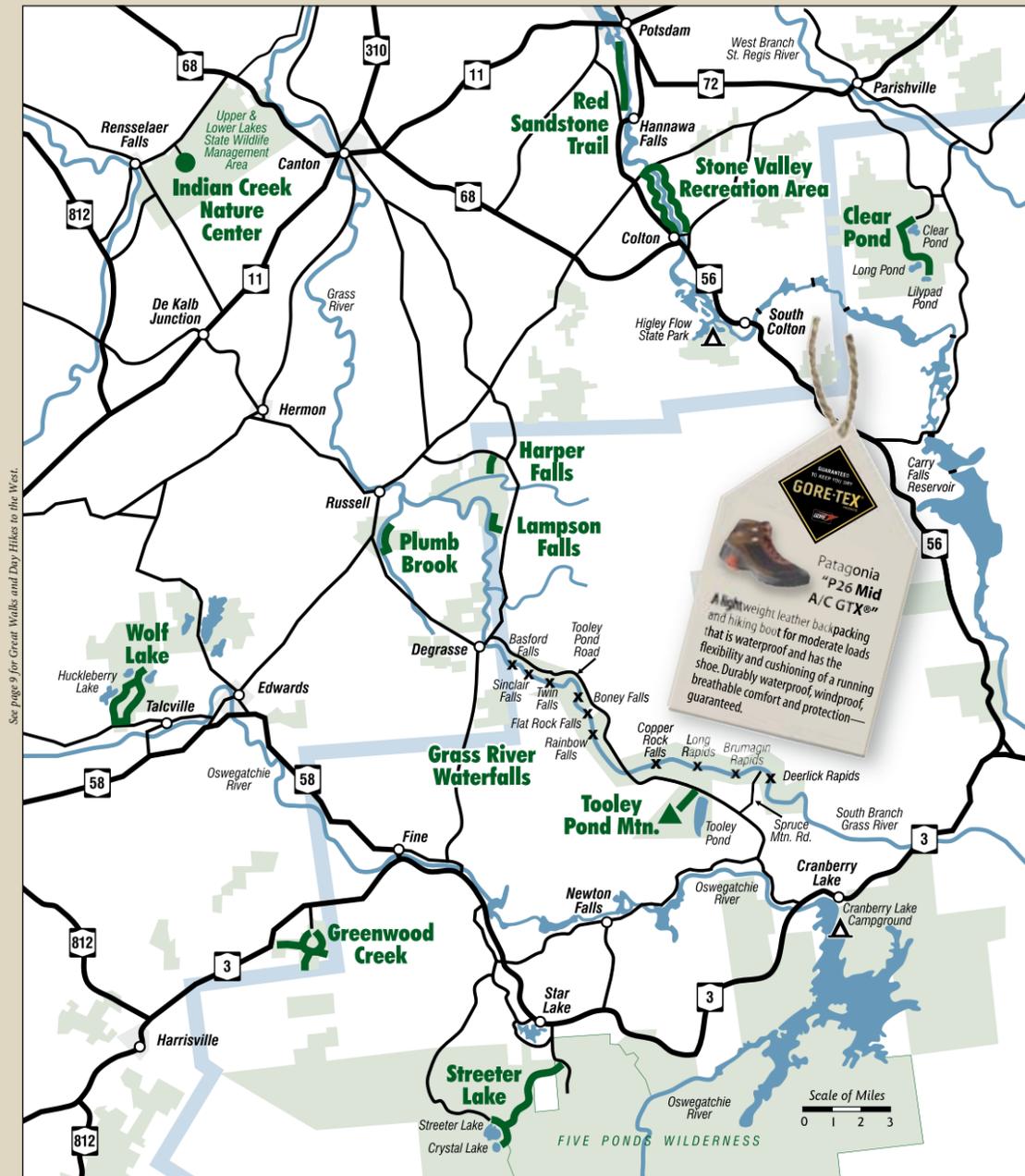
Red Sandstone Trail (7 miles RT, easy) Twelve interpretive posts and several historic sites can be seen as you walk along the west bank of the Raquette River from Hannawa Falls to Sugar Island. Natural highlights include the Class Four rapids of Hannawa Gorge, the quiet Sugar Island Flow, majestic pines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

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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.



See page 9 for Great Walks and Day Hikes to the West.

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

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. The trail and tower are closed during big-game rifle season in the fall.
- 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.

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 and 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 an 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, formerly used for logging, 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 taking a two-day backpacking trip to explore this remote loop trip that passes vistas overlooking Brandy Brook Flow on Cranberry Lake, several 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

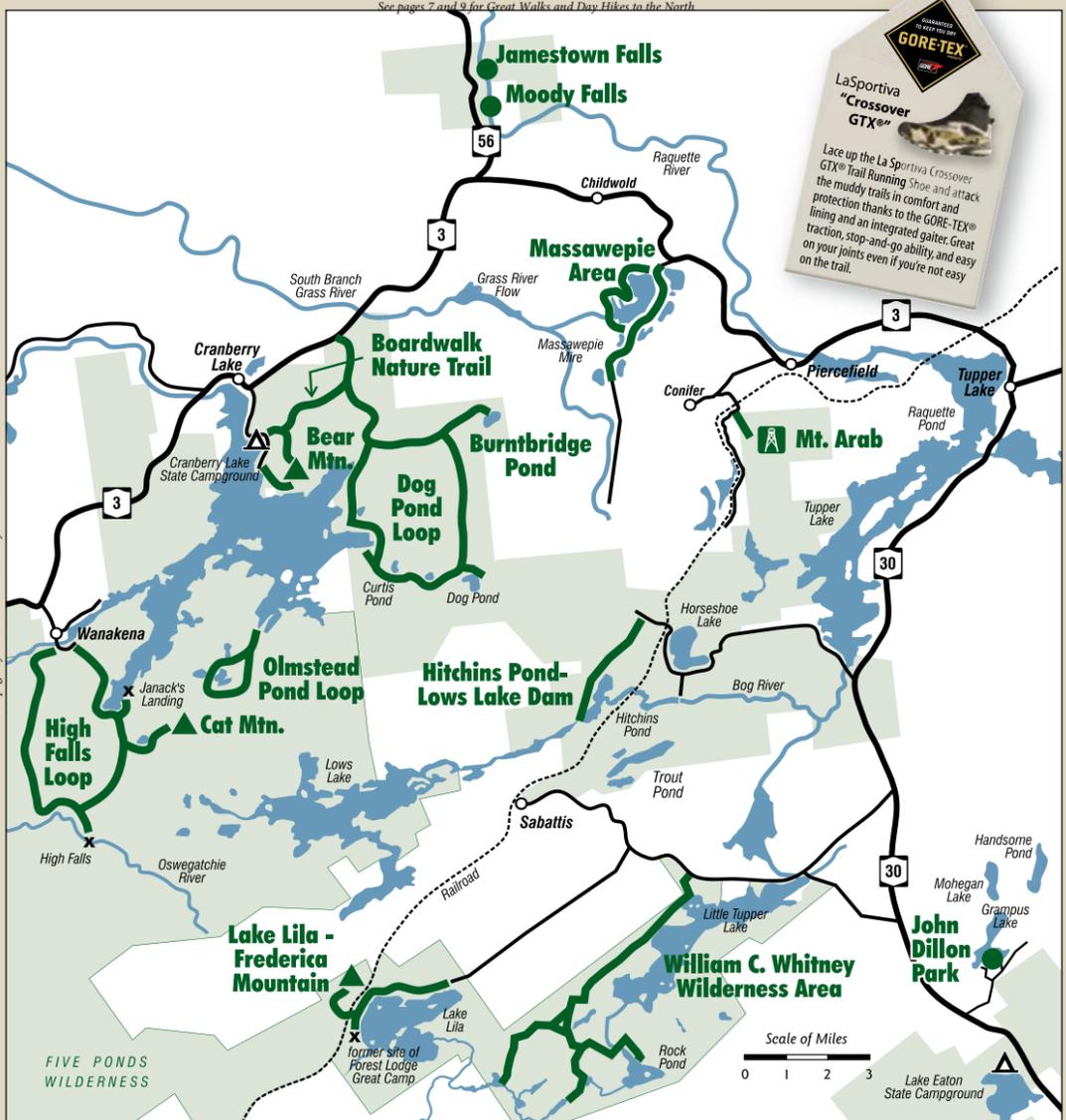
- Jamestown Falls and Moody Falls (easy)** Short, unmarked routes lead to views of these falls on the Raquette River. About 1.5 miles north of the intersection of Routes 3 and 56, an unmarked trail leads to the base of Moody Falls where the river twists through a chasm and drops 22 feet. Another mile 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.
- 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 and relaxing 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.



RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails-Northern Region; Discover the Northwestern Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #745-Adirondack Park Old Forge/Oswegatchie; Northwest Lakes Map. See page 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

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-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.
- Amperand 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 verticle 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 (.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-tos 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

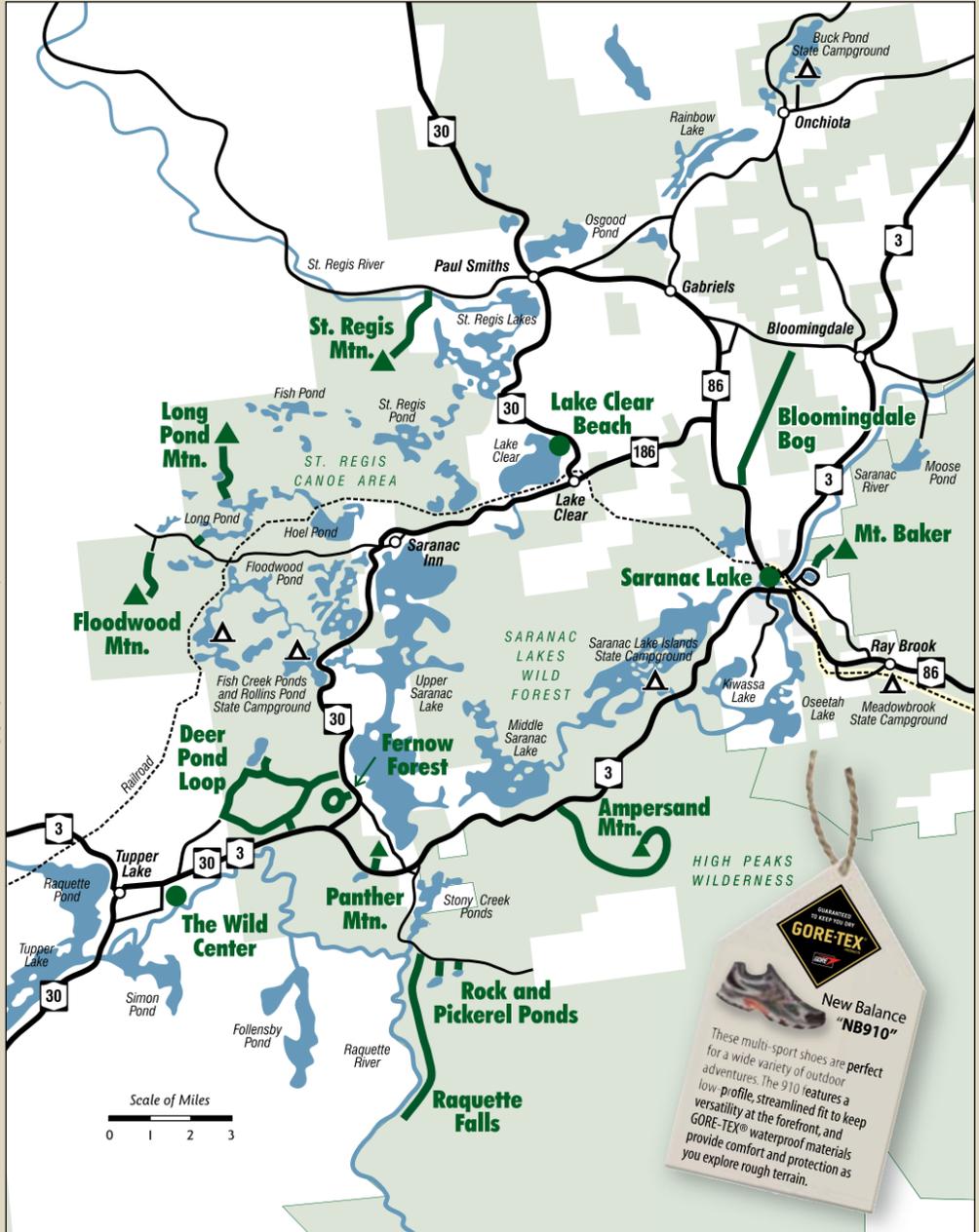
- Fernow Forest-Wawbeek Plantations (1.1 mile loop, easy)** Learn about forest ecology and history as you walk through this mature, 100-year-old white pine and Norway spruce plantation started by Bernard Fernow—an early pioneer in American forestry. There are 15 interpretive stops described in the trail 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)** 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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

See page 7 for Great Walks and Day Hikes to the North



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

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

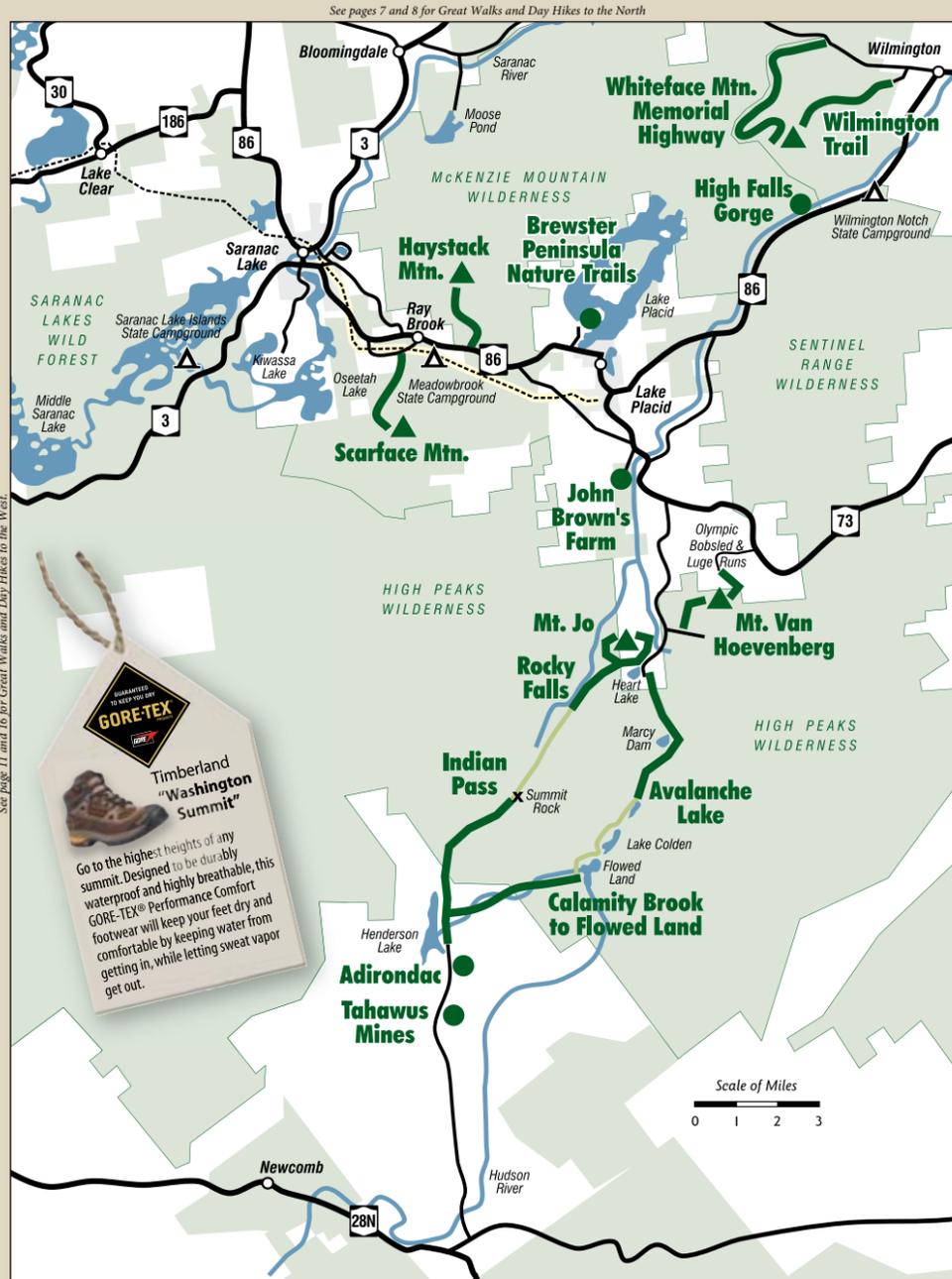
- Brewster Peninsula Nature Trails** (easy) A compact network of trails traverses gently rolling terrain and winds through a mixed forest and along the shore of Lake Placid. The Lakeside Trail has nice views overlooking the lake, several benches and a dock near the small outlet dam.

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

- Adirondack/Tahawus Mines** 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 Adirondack. The mine area is not accessible to the public.
- 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.



See page 11 and 16 for Great Walks and Day Hikes to the West.

See page 13 for Great Walks and Day Hikes to the East.

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

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

Views

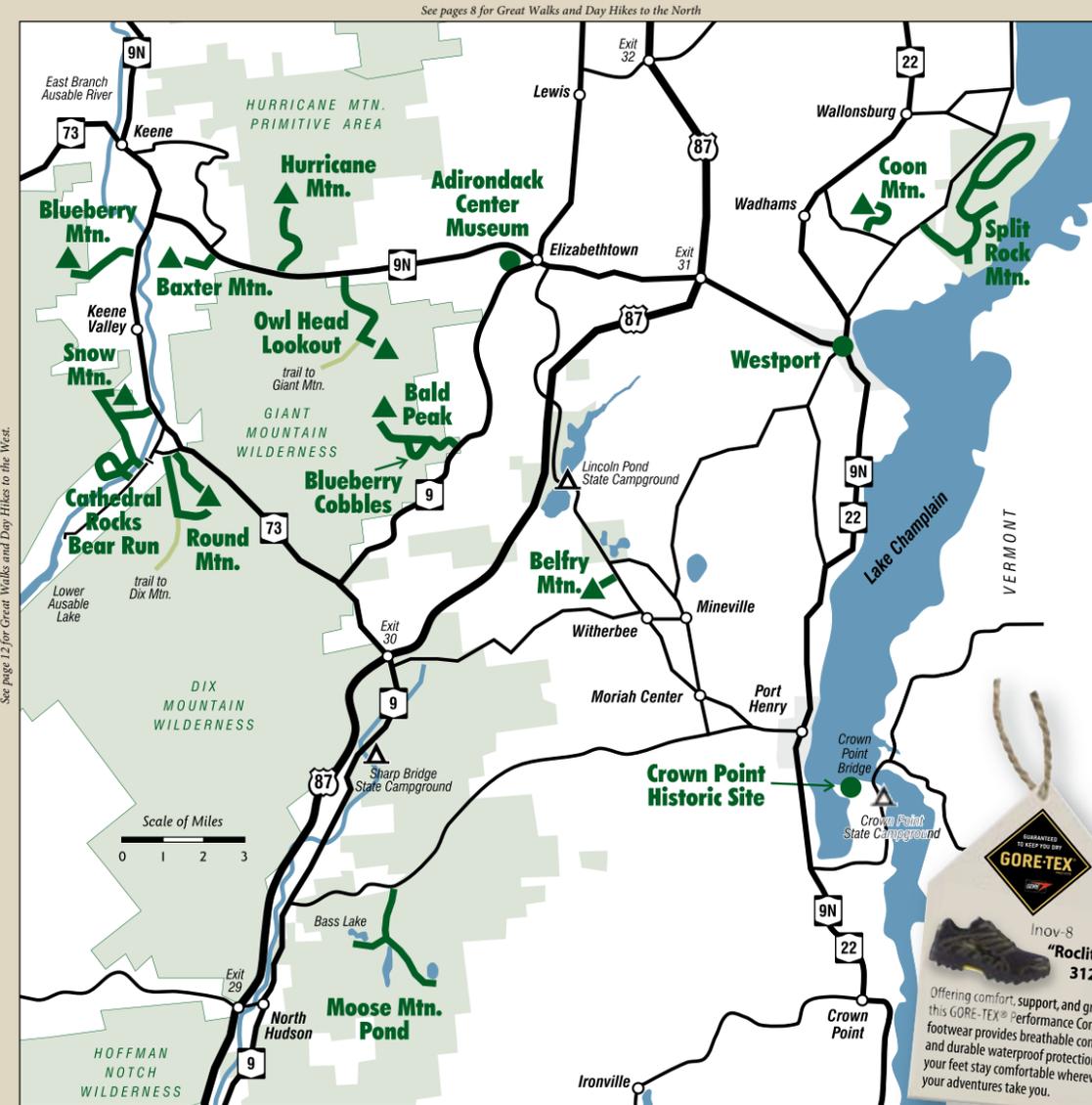
- Belfry Mtn.** (.6 miles RT, easy) An old road leads to the summit where you'll find views of Lake Champlain, abandoned iron mines and distant mountains.
- Coon Mtn.** (2 miles RT, easy, Adirondack Nature Conservancy) Coon Mountain is known for its rocky outcrops and hemlock forests. A nature trail 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 Cobbles & Bald Peak** (3.8 miles RT to Blueberry Cobbles, moderate) (7.8 miles RT to Bald Peak, difficult) The open ledges of Blueberry Cobbles 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 cliff-top views of Lake Champlain and bays along the shoreline of Lake Champlain.

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.

Historic Sites

- Adirondack Center Museum** (admission fee) This small museum in Elizabethtown has ten exhibit areas, a sound and light show, a stagecoach, an Adirondack lean-to, an iron bobsled used in the 1930s, a restored fire tower and a half-mile nature trail. The Colonial Garden 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.



See page 12 for Great Walks and Day Hikes to the West.

See page 18 for Great Walks and Day Hikes to the South.

RESOURCE GUIDE Trail Guides: 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 #742-Adirondack Park Lake Placid/High Peaks; High Peaks Region Map. See page 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

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.

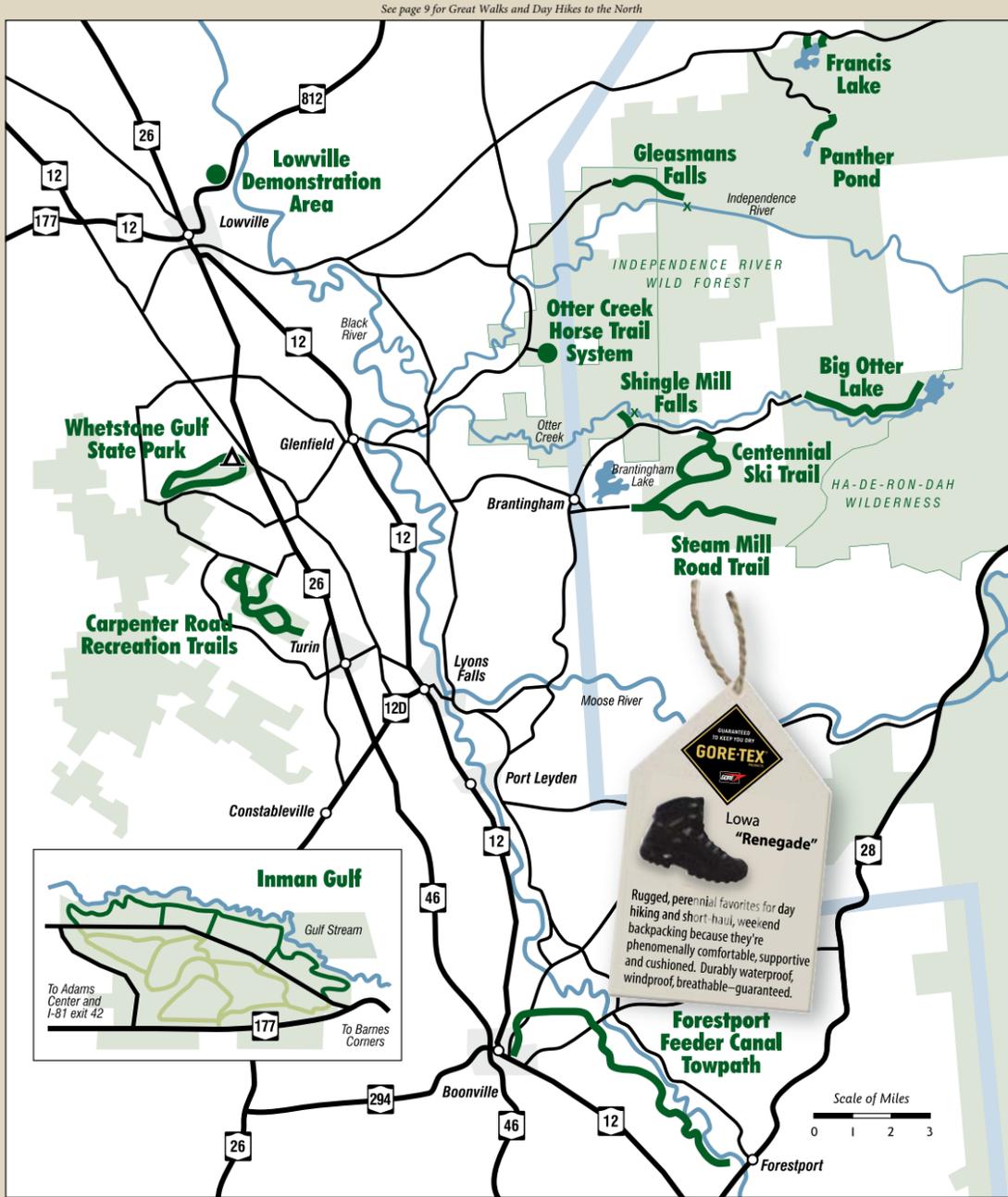
Waterfalls

- 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.
- 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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.



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

Views

- Rocky Mtn.** (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 ridgetop 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 Summer 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 Rensen 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.

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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for 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.

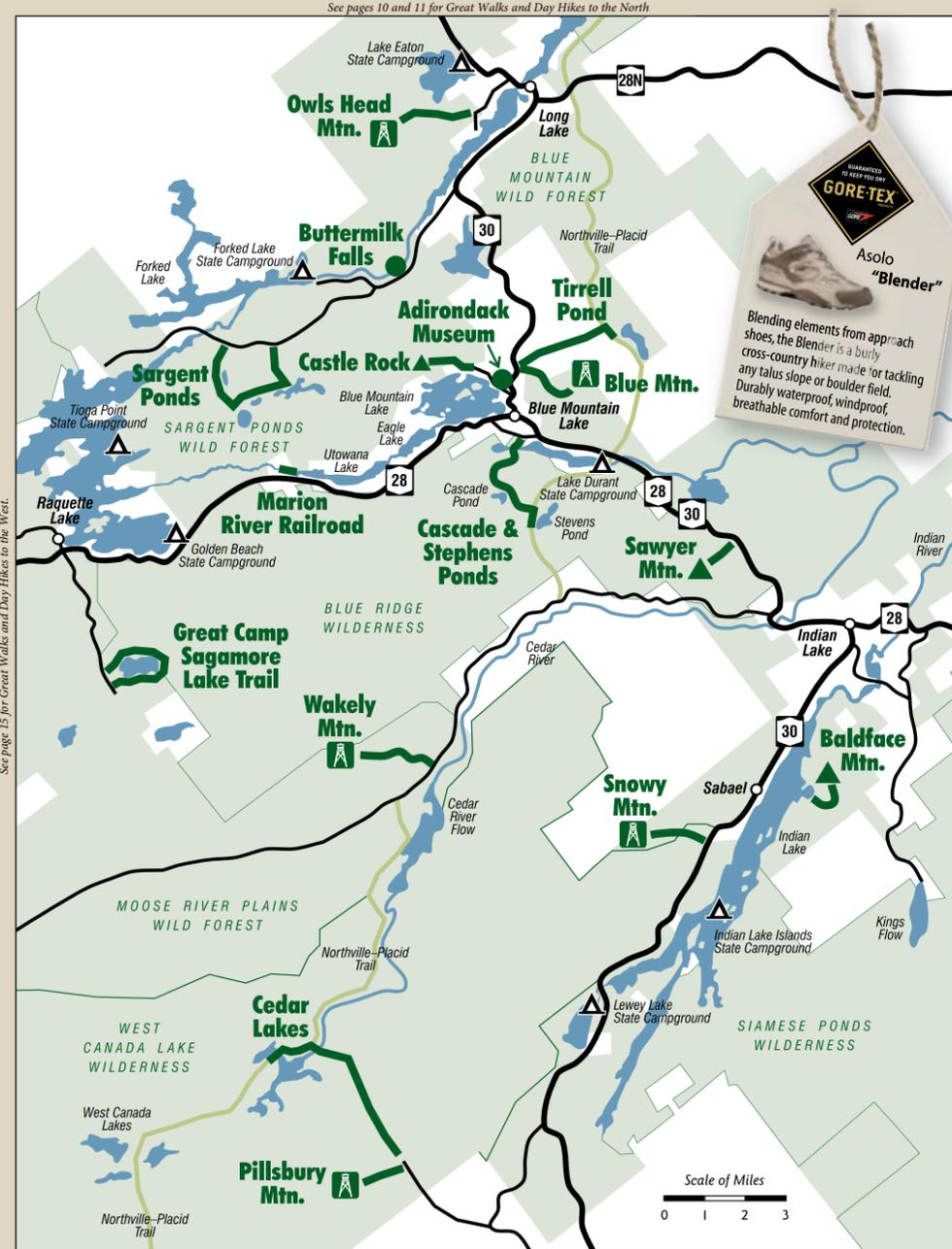
Lakes/Waterfalls

- 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 leantos—both are beautifully situated and have great views. For long distance hikers, the Northville-Lake Placid heads north and south from here.

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. ☎
- 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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.



See page 15 for Great Walks and Day Hikes to the West.

See page 17 for Great Walks and Day Hikes to the East.

See page 19 for Great Walks and Day Hikes to the South.

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

Views

- Goodnow Mtn. (3.8 miles RT, moderate)** Enjoy 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 public.

Rivers/Lakes

- Palmer Pond (2 miles RT, easy)** The stream running beside the 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 turbulent Boreas River to a wide, quiet eddy and picnic spot.
- Puffer Pond (3.8 mile RT, moderate, \$2 parking fee)** The trail to beautiful Puffer Pond skirts a chain of beaver dams, marshes, and open flows along Carroll Brook. Trails lead in both directions on the pond's northern shore where there are two lean-tos.
- Blue Ledge (5 miles RT, easy)** Enjoy 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. The trail into the river is lined with wildflowers in the spring.
- Hewitt Pond-Stony Pond (6 mile traverse, moderate)** This 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 erratics, 200 foot cliffs, fern meadows, cascading streams, several marshes and excellent views across the waters of Big Marsh.

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 erratics, 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. ☎

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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

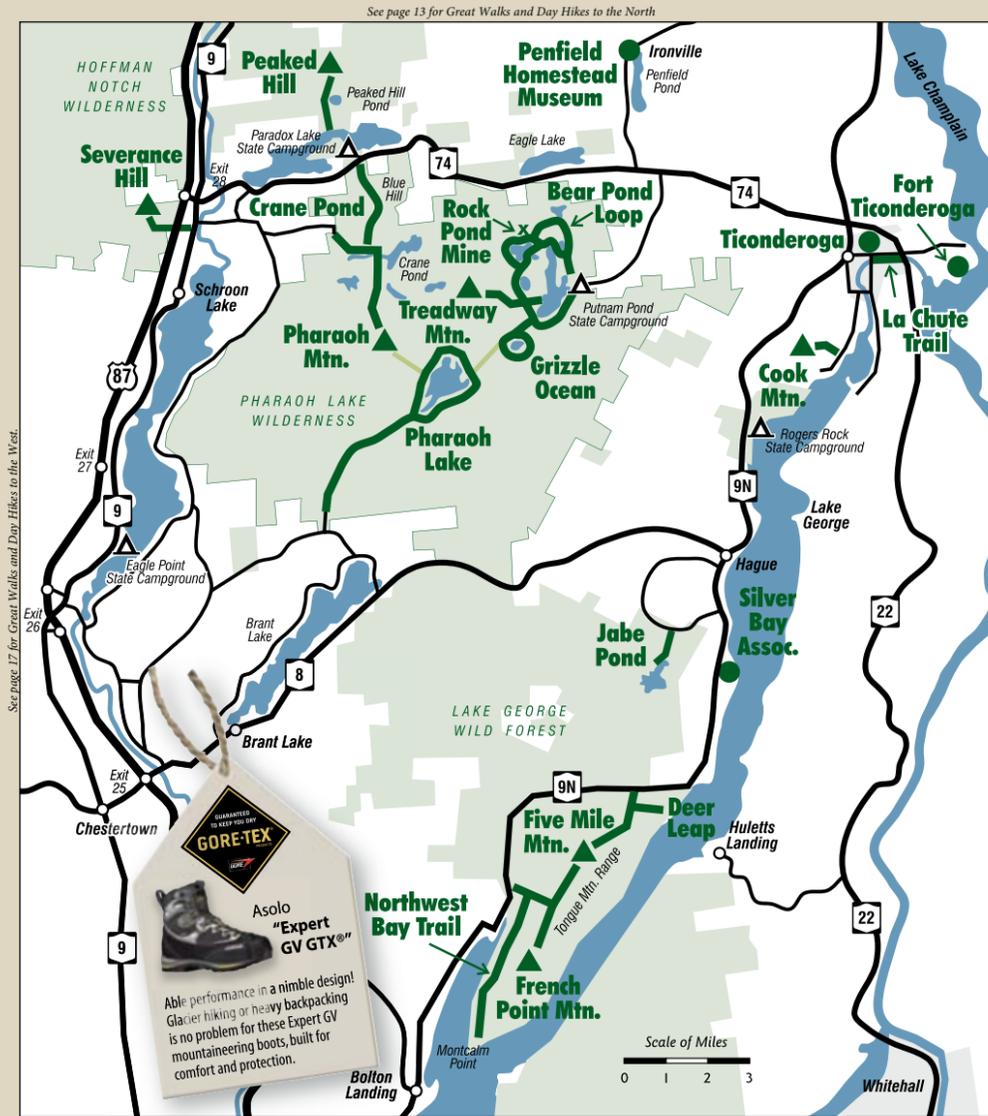


See page 16 for Great Walks and Day Hikes to the West.

See page 18 for Great Walks and Day Hikes to the East.

See page 20 for Great Walks and Day Hikes to the South.

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



RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails—Eastern Region; ADK Guide to Adirondack Trails—Central Region; Discover the Eastern Adirondacks, McMartin; Discover the Central Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #743—Adirondack Park Lake George/Great Sacandaga; Lake George Region Map. See page 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

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) Just one short steep ascent stands between you and this 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) Starting from the north, 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 ridgetop trail. Enjoy almost constant views as you traverse the rugged trail to French Point Mountain where the view 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.

*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 into Jabe Pond 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 leantos 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 lake-side trail with its cascading streams, mossy cliffs and shaded hemlock glens.*

Historic Sites

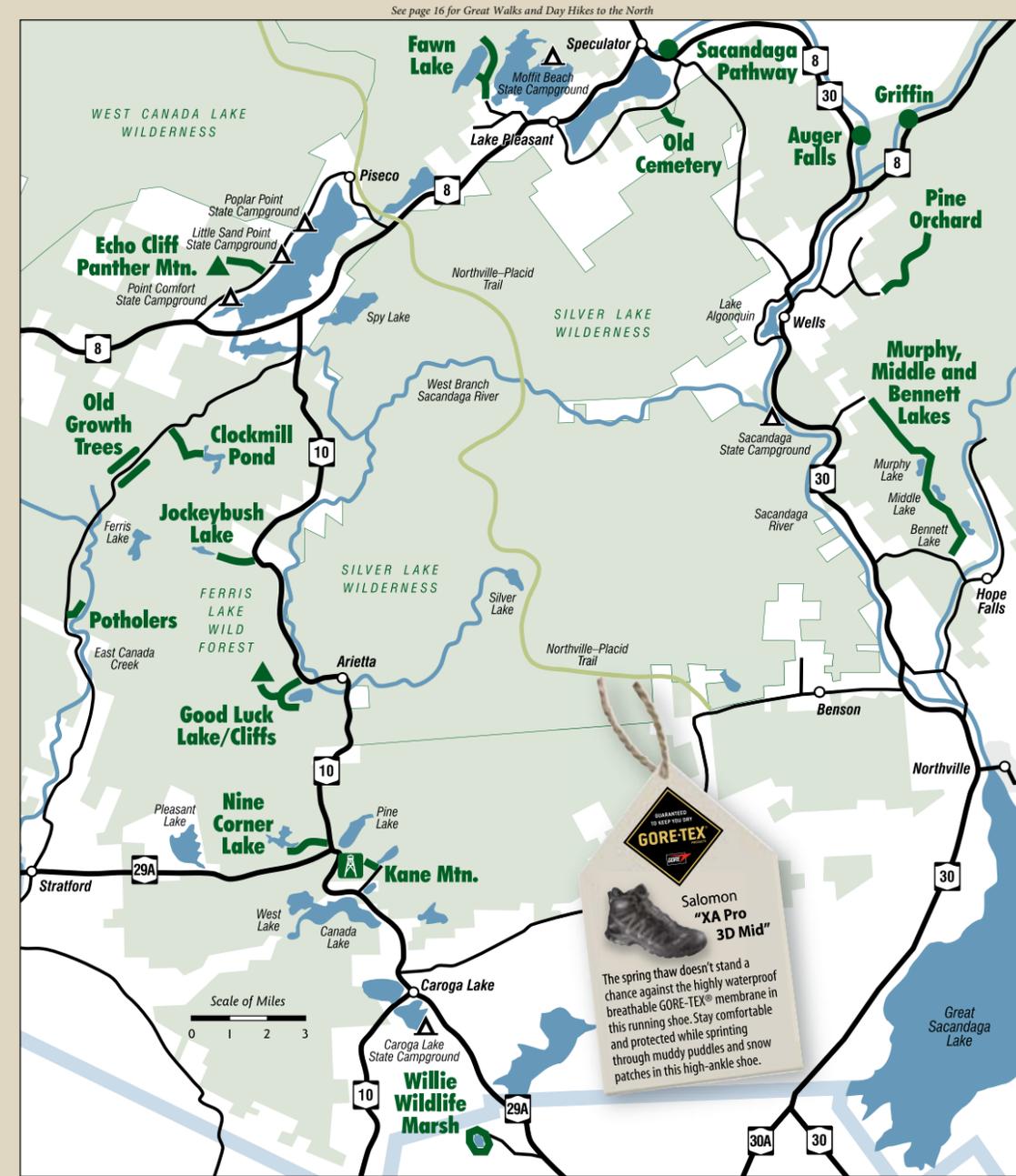
- La Chute Trail (.50 miles RT, easy) The LaChute River, which drops 230 feet as it flows from Lake George to Lake Champlain, has driven mills since 1755. An illustrated trail guide and map traces the natural and industrial history of this historic river. 518-585-6619.
- Ticonderoga The walking tour 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.

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

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

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

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



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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

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 ferrous 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

- Potholers 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.

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

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

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.

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. A 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.

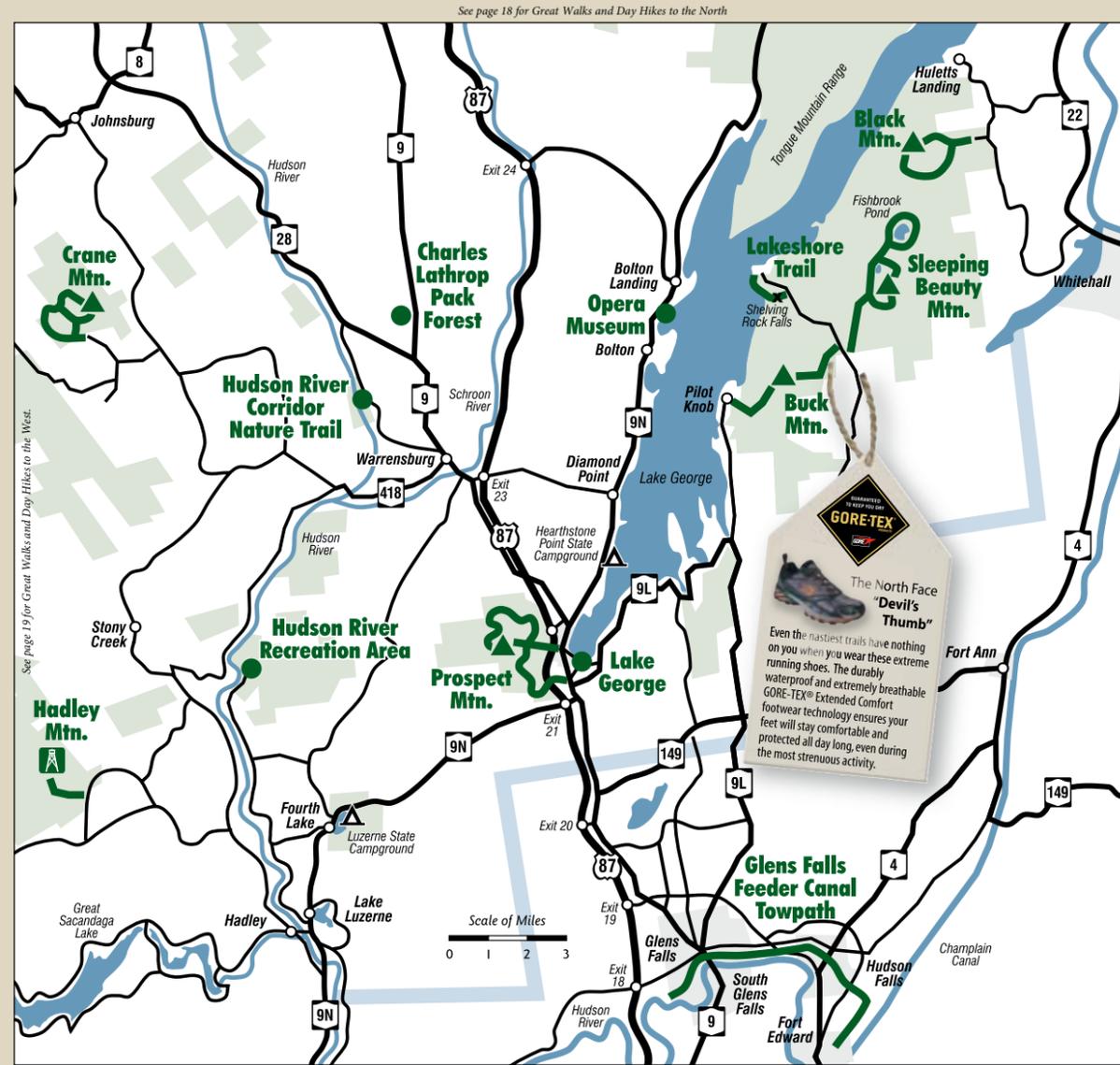
Trails on the eastern shore of Lake George

Over 60 miles of trails provide for walks of various durations and levels of difficulty. Many routes, such as the trail to Sleeping Beauty Mountain and the Lakeshore Trail described above, are part of an old carriage road network which was once part of the Knapp Estate. Today these well-graded trails serve as hiking, mountain biking, winter recreation and horse trails. A good map is essential for finding your way through the complex trail system.

- 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 22 for more books and maps. See page 21 for Adirondack Region Information Centers and page 25 for NYS Department of Environmental Conservation information.

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Adirondack Region Information Centers

- Adirondack Regional Tourism Council**
Comprehensive travel information for a seven-county region.
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www.VisitAdirondacks.com
info@VisitAdirondacks.com
- Franklin County Tourism**
10 Elm Street, Suite 2,
Malone, NY 12953
518-483-9470 or 800-709-4895
www.adirondacklakes.com
info@adirondacklakes.com
- Hamilton County Tourism**
South Shore Road, P.O. Box 57,
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518-548-3076 or 800-648-5239
www.adirondackexperience.com
info@adirondackexperience.com
- Adirondack Coast Visitors & Convention Bureau (Clinton County)**
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www.goadirondack.com
info@goadirondack.com
- St. Lawrence County Chamber of Commerce**
101 Main Street, 1st Floor,
Canton, NY 13617
315-386-4000 or 877-228-7810
www.northcountryguide.com
- Warren County Tourism**
Municipal Center, 1340 Route 9,
Lake George, NY 12845
518-761-6366 or 800-365-1050 ext. 908
www.visitlakegeorge.com
wctour@co.warren.ny.us

Regional Office of Sustainable Tourism/Lake Placid CVB,
2608 Main St., Lake Placid, NY 12946
518-523-2445 or 800-447-5224
www.lakeplacid.com info@lakeplacid.com

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





Adirondack Guidebooks and Maps

GUIDEBOOKS

ADK Adirondack Trails Series
High Peaks Region, Northern Region, Central Region, Eastern Region, Southern Region, West-Central Region, Northville-Placid Trail. Adirondack Mountain Club. www.adk.org

Discover the Adirondacks Series
Northern Adirondacks, South Central Adirondacks, West Central Adirondacks, Adirondack High Peaks, Southern Adirondacks, Southeastern Adirondacks, Southwestern Adirondacks, Eastern Adirondacks, Central Adirondacks, Northwestern Adirondacks, Northeastern Adirondacks. Barbara McMartin

50 Hikes in the Adirondacks
Barbara McMartin

50 Hikes in Central New York
William P. Ehling

25 Mountain Bike Tours in the Adirondacks
Peter Kick

Adirondack Sampler: Day Hikes
Bruce Wadsworth

Adirondack Waterfall Guide
Russell Dunn

Adventures in Hiking
A Young Peoples' Guide to the Adirondacks. Barbara McMartin

Bob Marshal in the Adirondacks
Writings of a Pioneering Peak-Bagger, Pond-Hopper and Wilderness Preservationist. Edited by Phil Brown

Kids on the Trail: Hiking with Children in the Adirondacks
Rose Rivezzi and David Trithart

Longstreet Highroad Guide to the New York Adirondacks
Phil Brown

Paths Less Traveled
Dennis Aprill

Short Treks in the Adirondacks
Dennis Aprill

Views from on High
Fire Tower Trails in the Adirondacks and Catskills. John P. Freeman

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

Adirondack Map Series
Series of five topographic trail maps: Central Mountains, High Peaks Region, Lake George Region, Northwest Lakes, West-Central Wilderness Area. Scale: 1:62,500 (approx. 1 inch = 1 mile). Available at area sporting goods stores. www.adirondackmaps.com

NY State Atlas and Gazetteer
DeLorme Mapping www.delorme.com

U.S.G.S. Topographic Maps
Available at area sporting goods stores.

Practice the "Leave No Trace" Principles

Plan Ahead and Prepare

- Know your physical abilities and the terrain you will be hiking—plan accordingly.
- Know the weather forecast—plan and prepare accordingly.
- Carry and use a map and compass
- Carry plenty of water (2 liters per person), high energy foods and necessary medications
- Carry a flashlight or headlamp with extra batteries.
- Wear proper footwear—hiking shoes or boots.
- Pack extra non-cotton clothes, including a hat—take off and put on layers of clothing to regulate body temperature.
- Remember, it will be cooler in higher elevations.
- Let someone know where you will be going and when you expect to return.
- Contact DEC Forest Rangers at 518-891-0235 to report lost or injured hikers.

Hike on Durable Surfaces

- Durable surfaces include established trails, rock, gravel, dry grasses or snow.
- Concentrate use on existing trails.
- Walk single file in the middle of the trail, even when wet or muddy.

Dispose of Waste Properly

- Pack it in! Pack it out!—pack out all trash, leftover food, and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.

Leave What You Find

- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals purposely or accidentally—especially bears. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Control pets at all times, or leave them at home.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises

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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
DEC Region 5 Headquarters:
Route 86, Box 296, Ray Brook 518-897-1200
DEC 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
DEC Region 6 Headquarters:
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DEC Region 6 Sub-Offices:
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225 North Main St., Herkimer 315-866-6330
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DEC Publications Online
www.dec.state.ny.us/website/locator/rec.html

Forest Preserve Campgrounds
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Reservations: 800-456-CAMP
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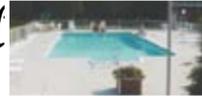
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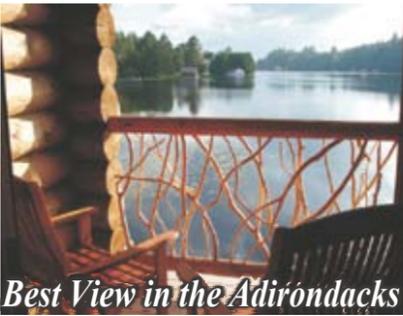



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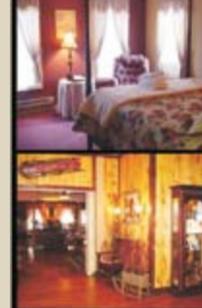
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Saranac Lake Area Chamber of Commerce

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 info@saranaclake.com www.saranaclake.com

The Saranac Lake area is at the heart of the Adirondack Park. The region is an outdoor enthusiast's paradise featuring warm summers along the shores of its lakes and rivers, a winter wonderland surrounded by pristine snow covered mountains, the fiery colors of autumn and the awakening of nature during spring!

Activities include camping, hiking, biking and hunting in our bountiful forests; boating, canoeing, fishing, and kayaking on our beautiful and remote lakes and rivers; alpine and cross country skiing, snowshoeing, skating, snowmobiling and dog-sledding during the winter; leaf watching in the fall and so much more!

World-class shopping awaits in our locally-owned boutiques in Saranac Lake's historic downtown. Antiquing is also a passion with many shops hiding the perfect find. Those in search of relaxation can find spa services with an approach to the entire being, including physical and spiritual, going back to the tradition of caring made renown by Dr. Trudeau and his pioneering work in finding a cure for tuberculosis back in the late 1800s.

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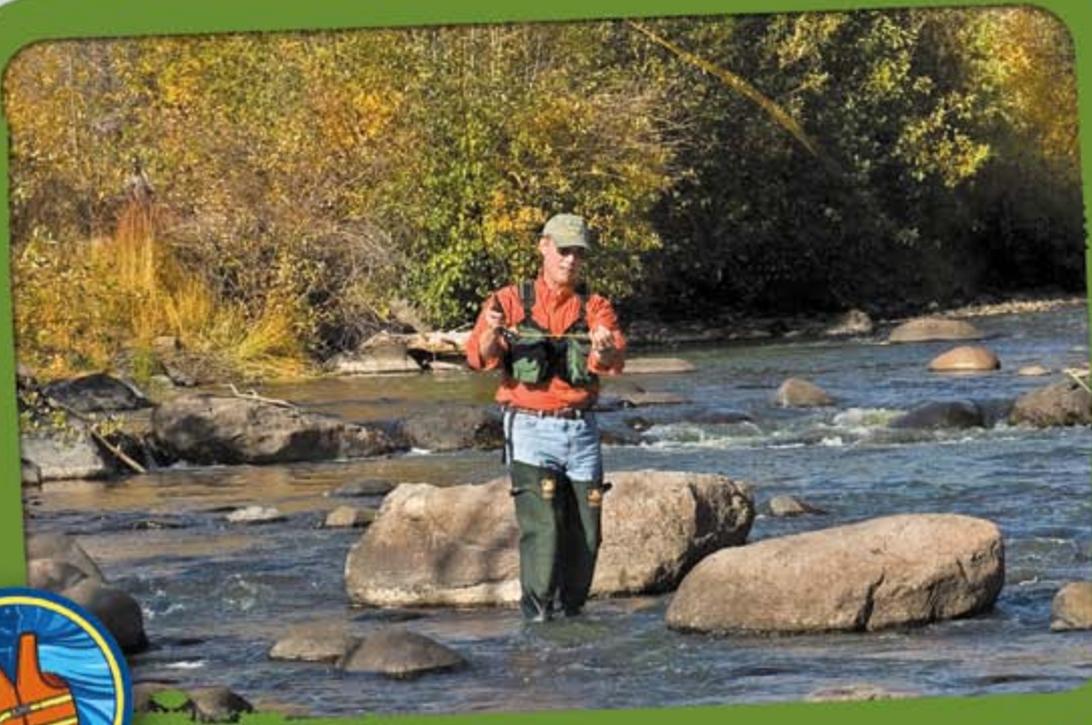
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Always check water conditions before you recreate. One source is Waterline: <http://www.h2oline.com> or call 1-800-452-1742 (fishing edition) or 1-800-452-1737 (boaters edition).

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