

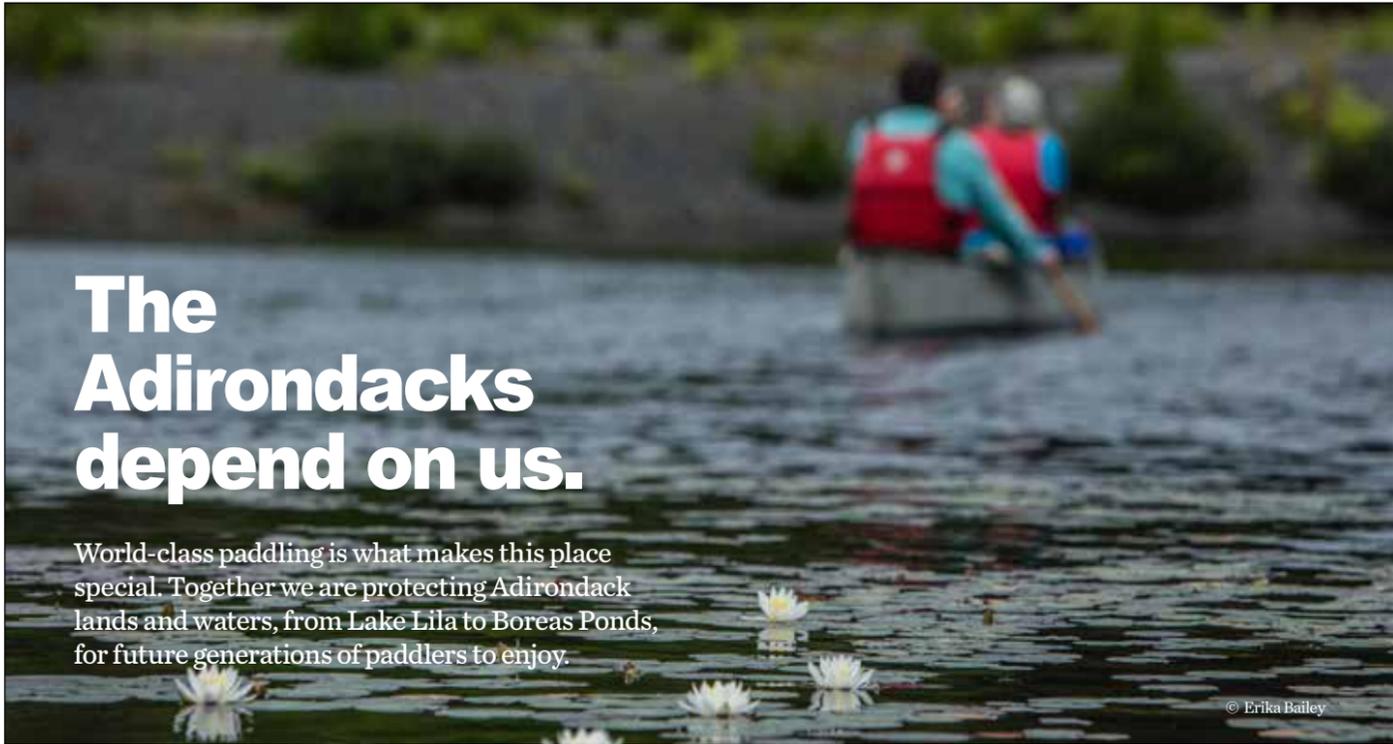
VISIT  
*Adirondacks*  
NEW YORK • USA

# Paddling Guide



Great Adirondack Waterways





# The Adirondacks depend on us.

World-class paddling is what makes this place special. Together we are protecting Adirondack lands and waters, from Lake Lila to Boreas Ponds, for future generations of paddlers to enjoy.

© Erika Bailey

Join us at [nature.org/newyork](http://nature.org/newyork)

Adirondack Chapter | [adirondacks@tnc.org](mailto:adirondacks@tnc.org) | (518) 576-2082 | Keene Valley, NY



Avoid spreading invasive species to your favorite Adirondack paddling spots.

## TAKE THESE SIMPLE STEPS

- ✔ Clean your vessel and gear after every outing.
- ✔ Drain any standing water from inside.
- ✔ Dry your canoe or kayak after each use for at least 48 hours.

Learn more  
[adkinvasives.com](http://adkinvasives.com)



# The 21<sup>st</sup> Annual Paddlesfest & Outdoor Expo 2019

Saratoga Springs: April 27 & 28 • Old Forge: May 17, 18 & 19

## America's Largest On-Water Canoe, Kayak, Outdoor Gear & Clothing Sale!



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# A Loon's-eye View

J E R E M Y A C K E R M A N



Photos by: Jeremy Ackerman

Whether it's kayaking, hiking, or photography, my love for the Adirondacks grows with every trip I take. I dream of one day getting paid to explore and take pictures. I feel like this journey for me is just in its infancy and cannot wait to see what the future brings.

I explore various coves and small waterway that drain into the lake. Eventually, the sun begins to set, and I paddle as hard as I can for about two miles across the lake. The sky is a dazzling shade of pink and the reflection on the water is breathtaking. I snap a few more pictures, and then enjoy the rest of the sunset until I can barely see the shore, where I know my car is parked even if I can't see it. Time to pack up and head home.

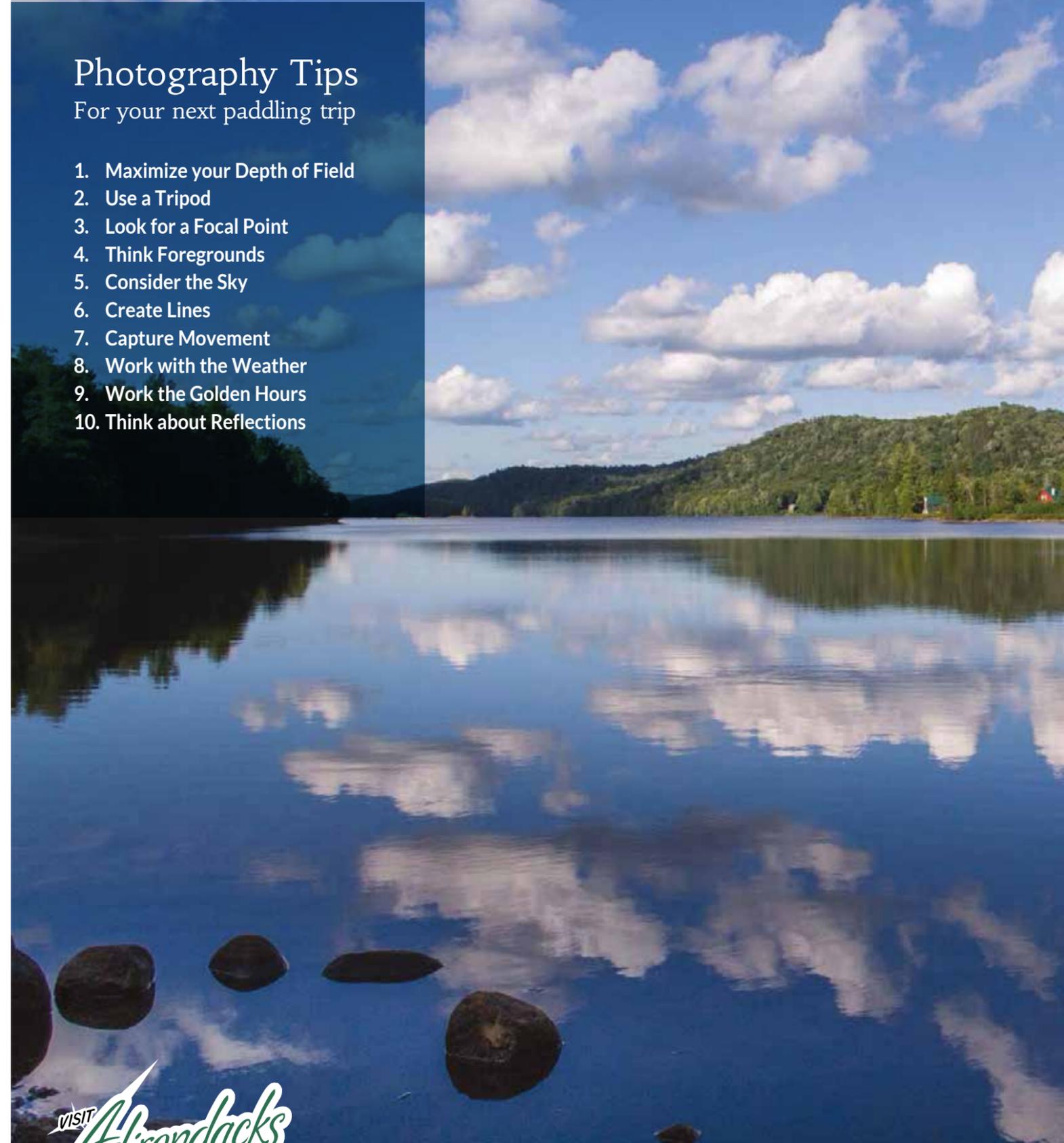
The night is gorgeous and clear - and I think to myself that the conditions are perfect for taking pictures of the stars. But someone has to work in the morning, so I head home instead.

Driving back down the dirt road I see a doe and her fawn standing not far from my car, just looking at me. They're so innocent. 'Enjoy the woods' I whisper, I'll be back again soon.



## Photography Tips For your next paddling trip

1. Maximize your Depth of Field
2. Use a Tripod
3. Look for a Focal Point
4. Think Foregrounds
5. Consider the Sky
6. Create Lines
7. Capture Movement
8. Work with the Weather
9. Work the Golden Hours
10. Think about Reflections



Read more about Jeremy & others at [VisitAdirondacks.com/area-adk](https://VisitAdirondacks.com/area-adk)

SHARE YOUR EXPERIENCE #VISITADKKS



## Paddle the Waters of a Wilderness Like No Other

There are more than 3,000 lakes and ponds and 6,000 miles of rivers and streams in the Adirondacks. Paddling ranges from roiling whitewater chutes to glassy ponds where deer stop to drink; from a short circuit around a scenic lake to a multi-day river and lake trip.

This is a general guide to locations for paddling opportunities. Once you decide on a location, get yourself a good topographic map and/or guidebook. Special usage regulations may apply along some routes, so refer to the appropriate Department of Environmental Conservation publications or call them for specific information (see below). Much of the lands that border the routes identified in this guide are privately owned. State navigation law allows for paddlers to travel on private lands for short distances to bypass obstacles in the waterway. However, entering private lands for any other reason, including putting in and taking out, is trespassing, unless permission has been granted from the landowner. If you lack experience or gear, knowledgeable guides and outfitters will be happy to make your outing memorable.

## Adirondack Guidebooks and Maps

### Guides

**Adirondack Canoe Waters: North Flow**  
Paul Jamieson and Donald Morris

**Adirondack Paddler's Guide**  
3rd edition

**Adirondack Paddling:  
60 Great Flatwater Adventures**  
Phil Brown

**Adirondack Passage: The Cruise of the  
Canoe Sairy Gamp**  
Christine Jerome

**Adirondack Waterfall Guide**  
Russell Dunn

**Adirondack Canoe Routes**  
William Howard

**Bob Marshall in the Adirondacks**  
Writings of a Pioneering Wilderness Preservationist.  
Edited by Phil Brown

**Canoe and Kayak Guide:  
East-Central New York State**  
Edited by Kathie Armstrong and Chet Harvey

**Canoe Guide to Western and Central  
New York State**  
Edited by Mark Freeman

**Canoeing the Adirondacks with Nessmuk:  
The Adirondack Letters of George Washington  
Sears**

George Washington Sears; Dan Brennan, editor

**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

**Fun on Flatwater**  
An Introduction to Adirondack Canoeing  
Barbara McMartin

**Longstreet Highway Guide  
to the New York Adirondacks**  
Phil Brown

**Quiet Water Canoe, New York**  
John Hayes et Alex Wilson

**Reflections from Canoe Country: Paddling the  
Waters of the Adirondacks and Canada**  
Christopher Angus

### Maps

**Adirondack Canoe Map**  
Old Forge to Upper Saranac Lake and the Saranac Lakes/  
Saint Regis Canoe Area. Available at local sporting goods  
stores. [www.adirondackmaps.com](http://www.adirondackmaps.com)

**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. Find at area sporting goods stores.  
[www.adirondackmaps.com](http://www.adirondackmaps.com)

**Adirondack Paddler's Map  
for Canoe & Kayak Travel**  
Large waterproof topographic map. Includes the  
Saranac Lakes Chain and headwater ponds, St. Regis  
Lakes and St. Regis Canoe Area, Osgood River and  
Rainbow Lake area, Santa Clara Tract (St. Regis River  
and Madawaska Area), Five Ponds Wilderness and  
Oswegatchie River, William C. Whitney Wilderness  
(Little Tupper Lake, Round Lake and Lake Lila),  
Cranberry Lake Wild Forest, Raquette River (Long  
Lake to below Tupper Lake), Bog River Flow and  
Lows Lake. Designated wilderness/wild forest areas,  
access and boat launch sites, parking, portage trails,  
campsites, lean-tos and hiking trails. Scale: 1:50,000.  
[www.canoeoutfitters.com](http://www.canoeoutfitters.com)

**National Geographic Trails Illustrated Map**  
Series: Adirondack Park

Series of five topographic maps. Trails are  
marked with point to point mileage. Designated  
wilderness and wild forest areas, access and boat  
launch sites, parking, lean-tos and portage trails.  
Waterproof. 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

**NY State Atlas and Gazetteer**  
DeLorme Mapping [www.delorme.com](http://www.delorme.com)

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

**Northern Forest Canoe Trail Map**  
Adirondack North Country (west): Fulton Chain  
of Lakes to Long Lake, Adirondack North Country  
(central): Long Lake to Saranac River, Adirondack  
North Country (east): Saranac River to Lake  
Champlain.

**NFCT Safety Brochures:**  
The Paddler's Safety Checklist, Wear It! Life Jackets  
Matter, Cold Water Survival

## Paddling the Adirondacks' Iconic Waterways

### Essential vocab:

**Portage/Carry** – When you want to pond hop to another body of water, but need to carry your canoe over a stretch of land to access it. See St. Regis Wilderness Canoe Area for example.

**PFD** – Personal Flotation Device, aka a life jacket. This is necessary whenever you're on the water. If you get stopped by a Forest Ranger and are caught without one for each member of your group, they may issue you a ticket and escort you back to shore.

**Boat Launch/Put-In** – Designated places to put your canoe or kayak in the water, operated by the New York State Department of Environmental Conservation.

The Adirondacks are unique among mountain regions in North America for the simple fact that for every mountain peak, there are hundreds of miles of waterways. From the mighty Hudson River, to the magnificent Lake Champlain, the Adirondacks are a paddler's paradise boasting more than 3,000 lakes and ponds, and 30,000 miles of rivers and streams.

Whether you've never been paddling before, or you're one of the few who make it their life's passion to get out on the water as much as possible, you'll find paddling experiences in the Adirondacks that you won't find anywhere else on Earth.

### Canoeing: Family-Friendly Adventure

The Adirondacks are home to New York State's only designated canoe wilderness area, the St. Regis Canoe Area, which spans 18,400 acres in the aptly named Adirondack Lakes Region. Ideal for overnight canoe camping trips, St. Regis offers a

network of lakes and ponds with opportunities for portaging and continued exploration, as well as 75 primitive tent sites, and three lean-tos.

### The 90-Miler Adirondack Canoe Classic

The Adirondack Canoe Classic is a paddling race from Old Forge to Saranac Lake, spanning three grueling days of open-water paddling. Held annually in early September, the 90-Miler attracts paddlers from across the county. As the ultimate in distance paddling challenges, the race is open to all abilities, ages and classes of canoes, kayaks and stand-up paddleboards, and crosses some of the most unique waterways in the Adirondacks, including the Saranac River Locks.

Whether you're training for the 90-Miler, or just going for a morning paddle, remember: safety first. Carry life jackets and other personal flotation devices to ensure you and your group's safety.

### Tandem and Solo Kayaking Exploration

For extreme whitewater kayakers, the Adirondacks offer routes that few have conquered, including Hanging Spear Falls. Recently the focus of pro Red Bull athlete and documentary film maker Steve Fisher, Hanging Spear Falls is located on the Opalescent River, and is the steepest mile of whitewater in New York State. The route should only be attempted by whitewater kayaking pros.

Fortunately, the Adirondacks offer thousands of miles of flatwater paddling for novices. Explore

gentle ponds and shorelines home to water fowl, or try a sea kayaking adventure on Lake Champlain, paddling out to Valcour Island, or rise at dawn to watch the sun rise over the water.

### Necessary Equipment

You'll enjoy your Adirondack paddling experience so much more if you have the proper gear, whether you're going out for a few hours or a couple of days. Necessities include:

- **Personal Flotation Device (PFD)** – Don't leave shore without one for each member of your group. If a Forest Ranger stops you and you don't have a PFD, you will be fined. Think of it as the safety belt of the sea—buckle up!

- **Drybag**—Sometimes, your dry goods can end up tipping over the side and floating away on the current. To avoid soggy snacks, pack your food and other supplies in a drybag. Even if it does go overboard, your camera and your food will survive.

- **Map**—A good map and basic orienteering skills are recommended, especially when doing overnight trips. Additionally, paddling route maps identify boat launch sites, nearby hiking trails and the nearest towns and villages.

Throughout the region, professional outfitters, including St. Regis Canoe Outfitters in Saranac Lake and Adirondack Coast Paddle Board Co. in Plattsburgh, can provide maps, equipment and advice on where to go based on your group's ability.

## Adirondack Region Information Centers



### Adirondack Regional Tourism Council

Comprehensive travel information for a seven-county region.  
[www.VisitAdirondacks.com](http://www.VisitAdirondacks.com)

**Regional Office of Sustainable  
Tourism/CVB of Lake Placid**  
2608 Main St., Lake Placid, NY 12946

518-523-2445 or 800-447-5224  
[www.roostadk.com](http://www.roostadk.com)  
[www.lakeplacid.com](http://www.lakeplacid.com)  
[www.tupperlake.com](http://www.tupperlake.com)  
[www.saranalake.com](http://www.saranalake.com)

[www.schroonlake.com](http://www.schroonlake.com)  
[www.whitefaceregion.com](http://www.whitefaceregion.com)  
[www.lakechamplainregion.com](http://www.lakechamplainregion.com)  
[www.visitmalone.com](http://www.visitmalone.com)  
[www.adirondackexperience.com](http://www.adirondackexperience.com)

**Lewis County Tourism**  
800-724-0242  
[www.adirondackstughill.com](http://www.adirondackstughill.com)  
[info@adirondackstughill.com](mailto:info@adirondackstughill.com)

**Adirondack Coast  
Visitors Bureau (Clinton County)**  
518-563-1000 or 877-242-6752  
[www.goadirondack.com](http://www.goadirondack.com)

**St. Lawrence County  
Chamber of Commerce**  
315-386-4000 or 877-228-7810  
[www.northcountryguide.com](http://www.northcountryguide.com)

**Warren County Tourism**  
518-761-6366 or  
800-365-1050, extension 908  
[www.visitlakegeorge.com](http://www.visitlakegeorge.com)

## NYS Dept of Environmental Conservation (DEC)

For trail conditions, backcountry information and permits, fishing and hunting regulations and licenses, contact the DEC offices listed below. Normal office hours are Monday-Friday, 8:30am to 4:45pm.

### DEC Headquarters

625 Broadway, Albany, NY  
518-402-8013  
[www.dec.state.ny.us](http://www.dec.state.ny.us)

### DEC Region 5

Clinton, Franklin, Essex, Hamilton, Warren,  
Fulton, Saratoga & Washington counties

### DEC Region 5 Headquarters:

Ray Brook, 518-897-1200

### DEC Region 5 Sub-Offices:

Northville, 518-863-4545  
Warrensburg, 518-623-1200

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

### DEC Region 6

St. Lawrence, Lewis, Herkimer, Jefferson  
& Oneida counties

### DEC Region 6 Headquarters:

Watertown, 315-785-2239

### DEC Region 6 Sub-Offices:

Potsdam, 315-265-3090  
Herkimer, 315-866-6330  
Lowville, 315-376-3521

### Forest Preserve Campgrounds

Reservations 800-456-CAMP  
[www.reserveamerica.com](http://www.reserveamerica.com)

## Universally Accessible Waterways in the Adirondacks

Recreational opportunities for people with mobility impairments can be found throughout the Adirondacks. Look for universally accessible facilities such as docks, outhouses and viewing platforms at places such as Ausable Marsh (pg. 6), Lampson Falls (pg. 8), Sand Pond-Mud Pond Area on the West Branch Oswegatchie River (pg. 13), Francis Lake (pg. 13) and Moss Lake (pg. 13). Scenic boat tours can be enjoyed on many Adirondack lakes. John Dillon Park, just north of Long Lake, is a state-of-the-art facility ([www.dillonpark.org](http://www.dillonpark.org)) that does it all. Check with full-service outfitters for more options.

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. © All rights reserved. Printed in the USA.

Cover photo by

**Your Life, Your Life Jacket.  
WEAR IT!**

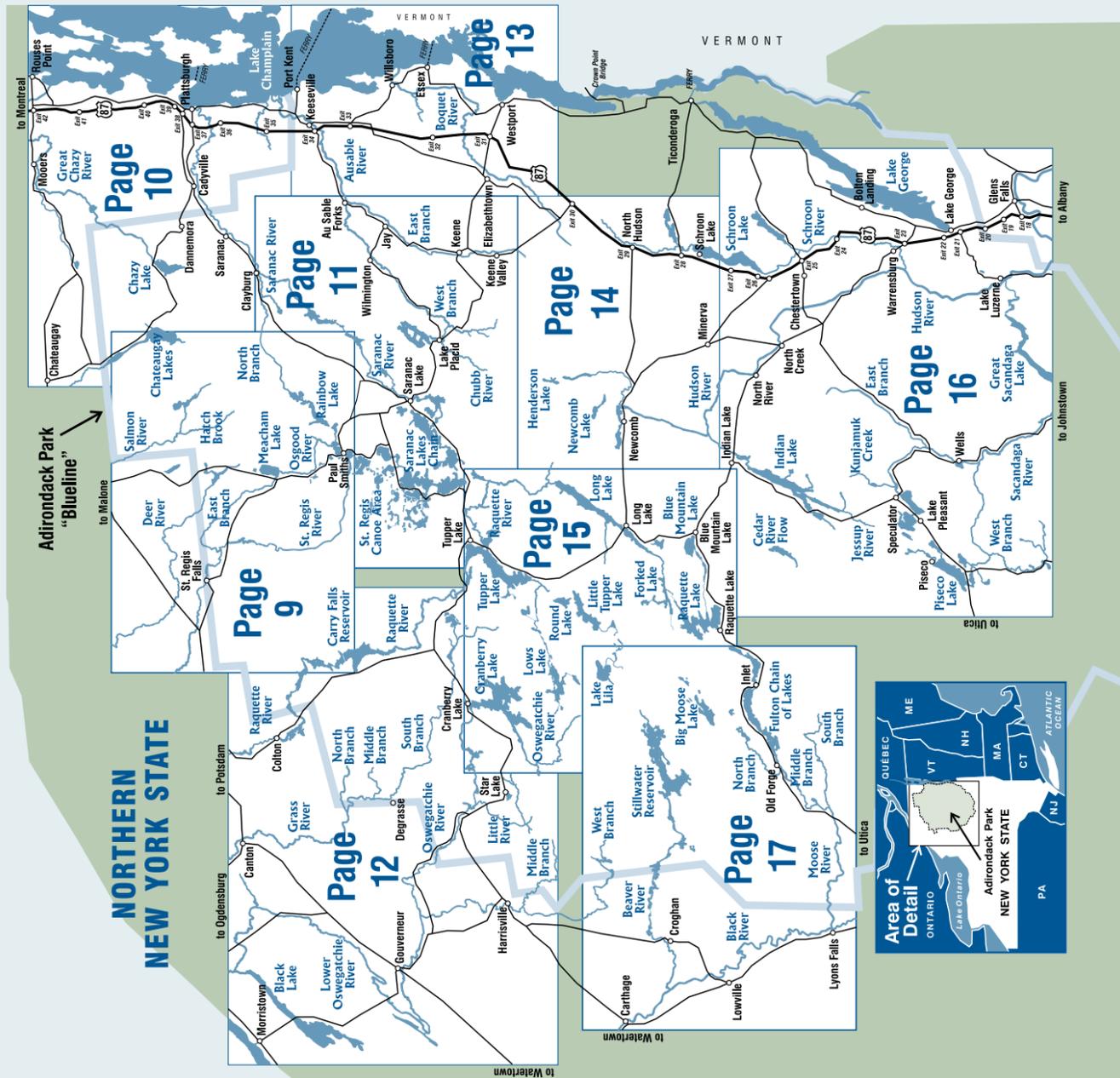
[WearItNewYork.com](http://WearItNewYork.com)

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[parks.ny.gov](http://parks.ny.gov)

Adirondack Waterways Map Index



How to use the Descriptions & Maps

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 the waterways found in the Adirondacks requires that you obtain a good map and guidebook before setting out. 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. A list of guidebooks and maps is found on page 6. Area and regional information centers and the NYS Department of Environmental Conservation (DEC) are also good sources of more information (see page 6).

Whitewater

Whitewater trips require special skills and equipment. See International Scale of River Difficulty below. It is essential to obtain good maps and guidebooks before venturing out to do any whitewater trips. If you don't have the necessary skills or equipment, consider taking a guided trip with outfitters who provide these services.

Water Levels

Adequate water levels are essential to running most of the river and whitewater routes in this brochure. Extreme water levels will change the difficulty classification of rivers (see below). Minimum and ideal levels are suggested in guidebooks. Most river routes are best done in the Spring (April to May). Fall or after periods of heavy rain.

**Personal Floatation Devices: New York State Law requires all boats and canoes must carry a U.S. Coast Guard approved wearable Personal Floatation Device (PFD) for each person in the boat. State law also requires that children must be wearing a PFD, and highly recommend that all occupants wear a PFD.**

International Scale of River Difficulty

- Class I.** Moving water with a few riffles and small waves. Few or no obstructions.
  - Class II.** Easy rapids with waves up to three feet and wide, clear channels that are obvious without scouting. Some maneuvering is required.
  - Class III.** Rapids with high, irregular waves often capable of swamping an open canoe. Narrow passages that often require complex maneuvering. May require scouting from shore.
  - Class IV.** Long, difficult rapids with constricted passages that often require precise maneuvering in very turbulent waters. Scouting from shore is often necessary, and conditions make rescue difficult. Generally not possible for open canoes. Boaters in covered canoes and kayaks should be able to Eskimo roll.
  - Class V.** Extremely difficult, long, and very violent rapids with highly congested routes that nearly always must be scouted from shore. Rescue conditions are difficult and there is a significant hazard to life in event of a mishap. Ability to Eskimo roll is essential for kayakers and canoes.
  - Class VI.** Difficulties of Class V carried to the extreme of navigability. Nearly impossible and very dangerous. For teams of experts only, after close study and with all precautions taken.
- Cold water temperatures below 50 degrees and extended trips in remote areas increase normal difficulty by one class level.**

Deer River, Hatch Brook, Lake Kushaqua, Osgood Pond & Quebec Brook, Rainbow Lake, St. Regis River

**MAP KEY**

- padding routes
- motorized vessels prohibited
- some restrictions to motorized vessels
- physical barriers to motorized vessels, ex. waterfalls, culverts, etc.

**Scale of Miles**

0 1 2 3 4 5

**Deer River**

Above High Falls is the 10-mile flatwater, Deer River Meadows. Below High Falls, the river drops rapidly with a mix of moving flatwater and rapids. Note that paddlers need to carry around the falls. Access is via dirt roads in Deer River State Forest. Beware of rapids.

**Silver Staircase**

Seven miles of nearly continuous whitewater. Requires advanced skills to maneuver through long and complex rapids rated up to Class IV. Scouting is not always possible.

**Everton Falls Preserve - East Branch St. Regis**

Above Everton Falls, nine miles of winding flatwater traverses a broad march. Paddle upstream as far as you wish or start from the upstream end via a dirt road accessed from Route 458. A portage trail leads to the river.

**St. Regis Flow/East Branch**

A flatwater extends upstream for 6 miles above the dam in St. Regis Falls. Below Everton Falls, a 3-mile section of the East Branch picks up speed with a series of rapids and falls that may require portaging, alternating with moving flatwater channels. Medium-high water levels are best.

**St. Regis River & Santa Clara Flow**

Launching near an oxbow, you'll enter a section of moving flatwater which can be paddled upstream for several miles. Two miles downstream from the launch is a half-mile portage which marks the beginning of the Santa Clara Flow - a winding, marsh-lined flatwater. Take-out is at the state boat launch near the bridge on Route 458.

**Madawaska Flow & Quebec Brook**

Explore the extensive marshes, bogs, and waterways of the Madawaska Flow - a classic example of a northern Boreal forest. Quebec Brook flows into and out of Madawaska Pond and provides an alternate and more challenging access route that starts from Blue Mountain Road and follows Quebec Brook upstream; several portages are required. The area is part of the Santa Clara Tract and is easily accessed via a five-mile dirt road starting from Route 458, one mile west of Route 30.

**St. Regis River**

Paddle up through a scenic 12-mile winding stillwater on the St. Regis River - part of the Santa Clara Tract. Access is via a 0.7-mile carry along an old road starting from Blue Mountain Road. An optional downstream take-out near the bridge is preceded by 1.5 miles of fast water rapids; look for carry trails on the right bank. No take-out downstream due to private property.

**Hatch Brook**

A swift current propels you through a marsh and varied scenery on a nine-mile flatwater cruise with good water levels all summer; take-out is above the Chasm Falls dam. En route you can explore upstream on the Salmon River for a half mile. Scenic area side trips include Indian Lake and Mountain View Lake. High Falls is a short hike from the road along the north bank of the Salmon River.

**Deer River Flow**

Enjoy mountain views and bird watching on this 2.7-mile marsh-lined waterway.

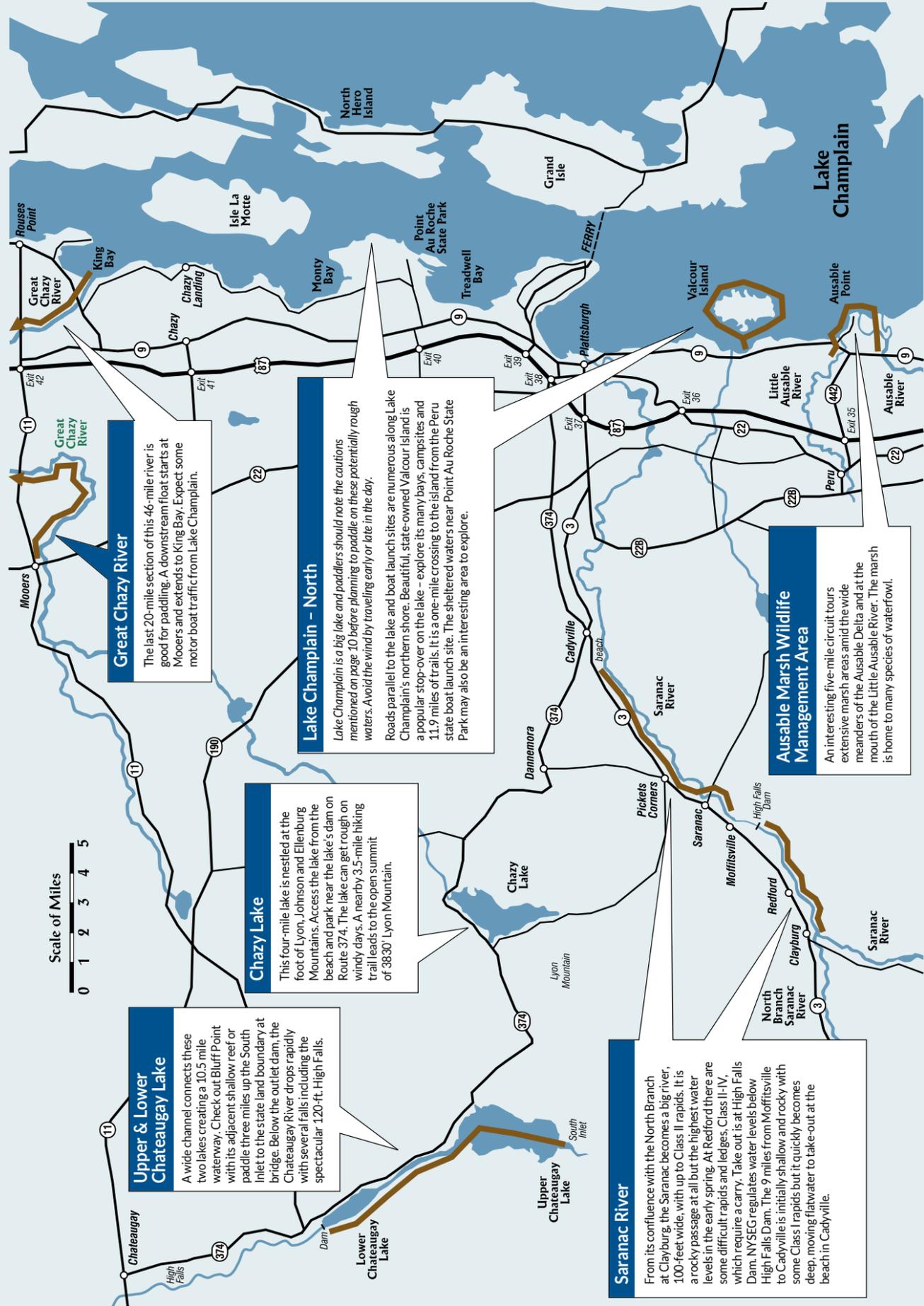
**Lower Osgood River**

Starting from Meacham Lake's outlet and its sandy southern shore, paddle upstream and then downstream on the Osgood which meanders through a wide marsh and beside a forested esker. Look for the huge eagle's nest on your left as you enter the river.

**Lake Kushaqua to Osgood Pond**

The 12-mile trip from Lake Kushaqua to Osgood Pond traverses an interesting group of lakes and channels. There's a 0.75-mile carry between Rainbow Lake and Jones Pond. You may need to wade sections of the channel between Jones and Osgood when water levels are low. Take time to explore the three-mile Stillwater outlet of Osgood Pond. An old canal connects Osgood to Church Pond. Extend the trip by carrying to Lower St. Regis Lake where myriad lakes and routed await the adventurous paddler.

Ausable River, Chateaugay Lakes, Chazy Lakes, Great Chazy River, Lake Champlain North, Saranac River



**Upper & Lower Chateaugay Lake**  
A wide channel connects these two lakes creating a 10.5 mile waterway. Check out Bluff Point with its adjacent shallow reef or paddle three miles up the South Inlet to the state land boundary at bridge. Below the outlet dam, the Chateaugay River drops rapidly with several falls including the spectacular 120-ft. High Falls.

**Chazy Lake**  
This four-mile lake is nestled at the foot of Lyon, Johnson and Ellenburg Mountains. Access the lake from the beach and park near the lake's dam on Route 374. The lake can get rough on windy days. A nearby 3.5-mile hiking trail leads to the open summit of 3830' Lyon Mountain.

**Lake Champlain - North**  
Lake Champlain is a big lake and paddlers should note the cautions mentioned on page 10 before planning to paddle on these potentially rough waters. Avoid the wind by traveling early or late in the day. Roads parallel to the lake and boat launch sites are numerous along Lake Champlain's northern shore. Beautiful, state-owned Valcour Island is a popular stop-over on the lake - explore its many bays, campsites and 11.9 miles of trails. It is a one-mile crossing to the island from the Peru state boat launch site. The sheltered waters near Point Au Roche State Park may also be an interesting area to explore.

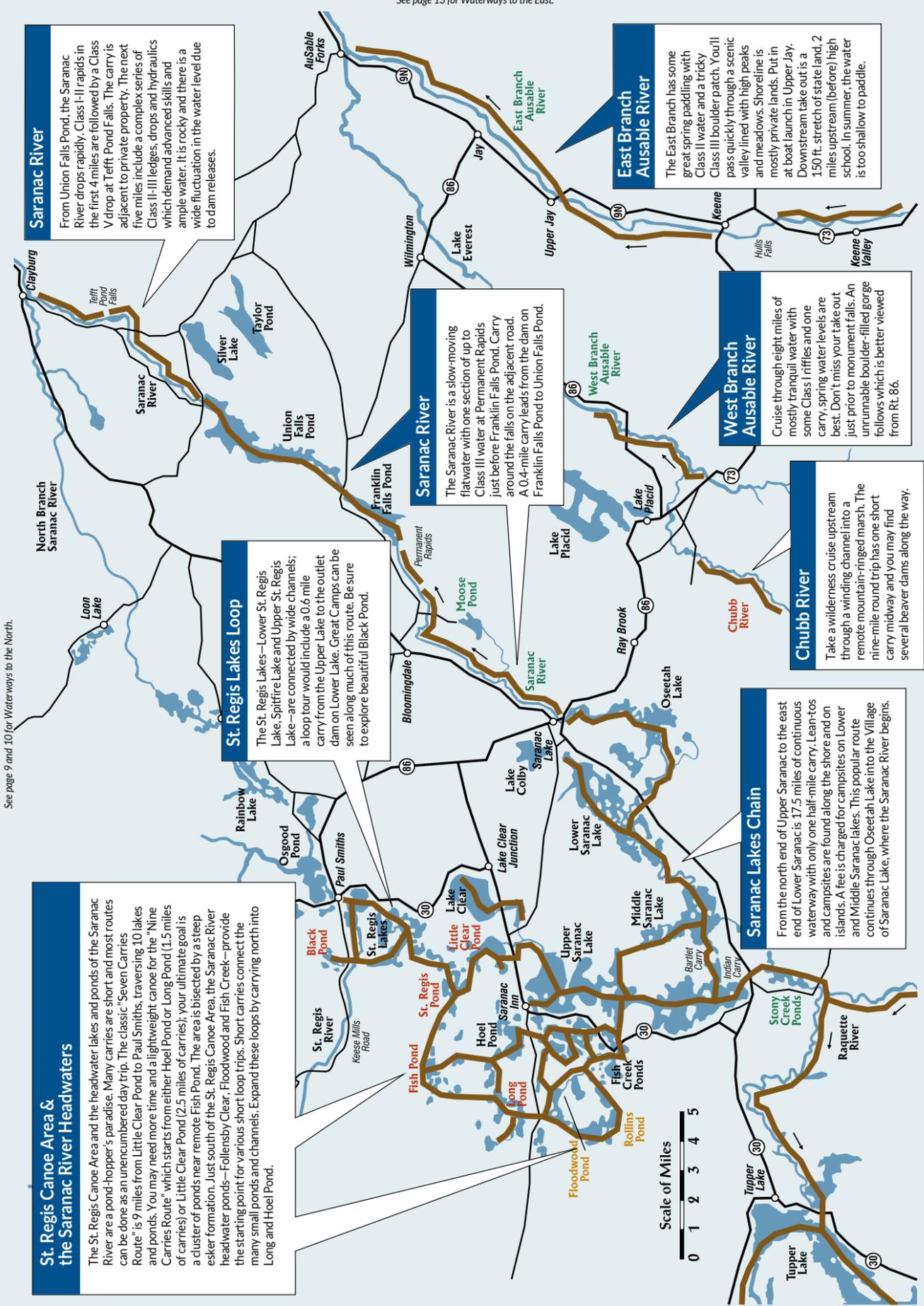
**Ausable Marsh Wildlife Management Area**  
An interesting five-mile circuit tours extensive marsh areas amid the wide meanders of the Ausable Delta and at the mouth of the Little Ausable River. The marsh is home to many species of waterfowl.

**Saranac River**  
From its confluence with the North Branch at Clayburg, the Saranac becomes a big river, 100-foot wide, with up to Class II rapids. It is a rocky passage at all but the highest water levels in the early spring. At Redford there are some difficult rapids and ledges, Class II-IV, which require a carry. Take out is at High Falls Dam. NYSEG regulates water levels below High Falls Dam. The 9 miles from Moffittsville to Cadyville is initially shallow and rocky with some Class I rapids but it quickly becomes deep, moving flatwater to take-out at the beach in Cadyville.

See Page 11 and 13 for Waterways to the South.

See page 9 and 11 for Waterways to the West.

Ausable River, Chubb River, Saranac Lakes Chain, Saranac River Headwaters, St. Regis Canoe Area, St. Regis Lakes



**St. Regis Canoe Area & the Saranac River Headwaters**  
The St. Regis Canoe Area and the headwater lakes and ponds of the Saranac River are a paddler's paradise. Many carries are short and most routes can be done as an unencumbered day trip. The classic "Seven Carries Route" is 9 miles from Little Clear Pond to Paul Smiths, traversing 10 lakes and ponds. You may need more time and a lightweight canoe for the "Nine Carries Route" which starts from either Hoel Pond or Long Pond (1.5 miles of carries) or Little Clear Pond (2.5 miles of carries); your ultimate goal is a cluster of ponds near remote Fish Pond. The area is bisected by a steep esker formation. Just south of the St. Regis Canoe Area, the Saranac River headwater ponds - Follensby Clear, Floodwood and Fish Creek - provide the starting point for various short loop trips. Short carries connect the many small ponds and channels. Expand these loops by carrying north into Long and Hoel Pond.

**St. Regis Lakes Loop**  
The St. Regis Lakes - Lower St. Regis Lake, Spiffire Lake and Upper St. Regis Lake - are connected by wide channels; a loop tour would include a 0.6 mile carry from the Upper Lake to the outlet dam on Lower Lake. Great Camps can be seen along much of this route. Be sure to explore beautiful Black Pond.

**Saranac River**  
The Saranac River is a slow-moving flatwater with one section of up to Class III water at Permanent Rapids just before Franklin Falls Pond. Carry around the falls on the adjacent road. A 0.4-mile carry leads from the dam on Franklin Falls Pond to Union Falls Pond.

**Saranac Lakes Chain**  
From the north end of Upper Saranac to the east end of Lower Saranac is 17.5 miles of continuous waterway with only one half-mile carry. Lean-tos and campsites are found along the shore and on islands. A fee is charged for campsites on Lower and Middle Saranac lakes. This popular route continues through Oseetah Lake into the Village of Saranac Lake, where the Saranac River begins.

**Saranac River**  
From Union Falls Pond, the Saranac River drops rapidly. Class II rapids in the first 4 miles are followed by a Class V drop at Teft Pond Falls. The carry is adjacent to private property. The next five miles include a complex series of Class II-III ledges, drops and hydraulics which demand advanced skills and ample water. It is rocky and there is a wide fluctuation in the water level due to dam releases.

**East Branch Ausable River**  
The East Branch has some great spring paddling with Class II water and a tricky Class III boulder patch. You'll pass quickly through a scenic valley lined with high peaks and meadows. Shoreline is mostly private lands. Put in at boat launch in Upper Jay. Downstream take out is a 150 ft. stretch of state land, 2 miles upstream (before) high school. In summer, the water is too shallow to paddle.

**West Branch Ausable River**  
Cruise through eight miles of mostly tranquil water with some Class I riffles and one carry; spring water levels are best. Don't miss your take out just prior to monument falls. An unmanageable boulder-filled gorge follows which is better viewed from Rt. 86.

**Chubb River**  
Take a wilderness cruise upstream through a winding channel into a remote mountain-ringed marsh. The nine-mile round trip has one short carry midway and you may find several beaver dams along the way.

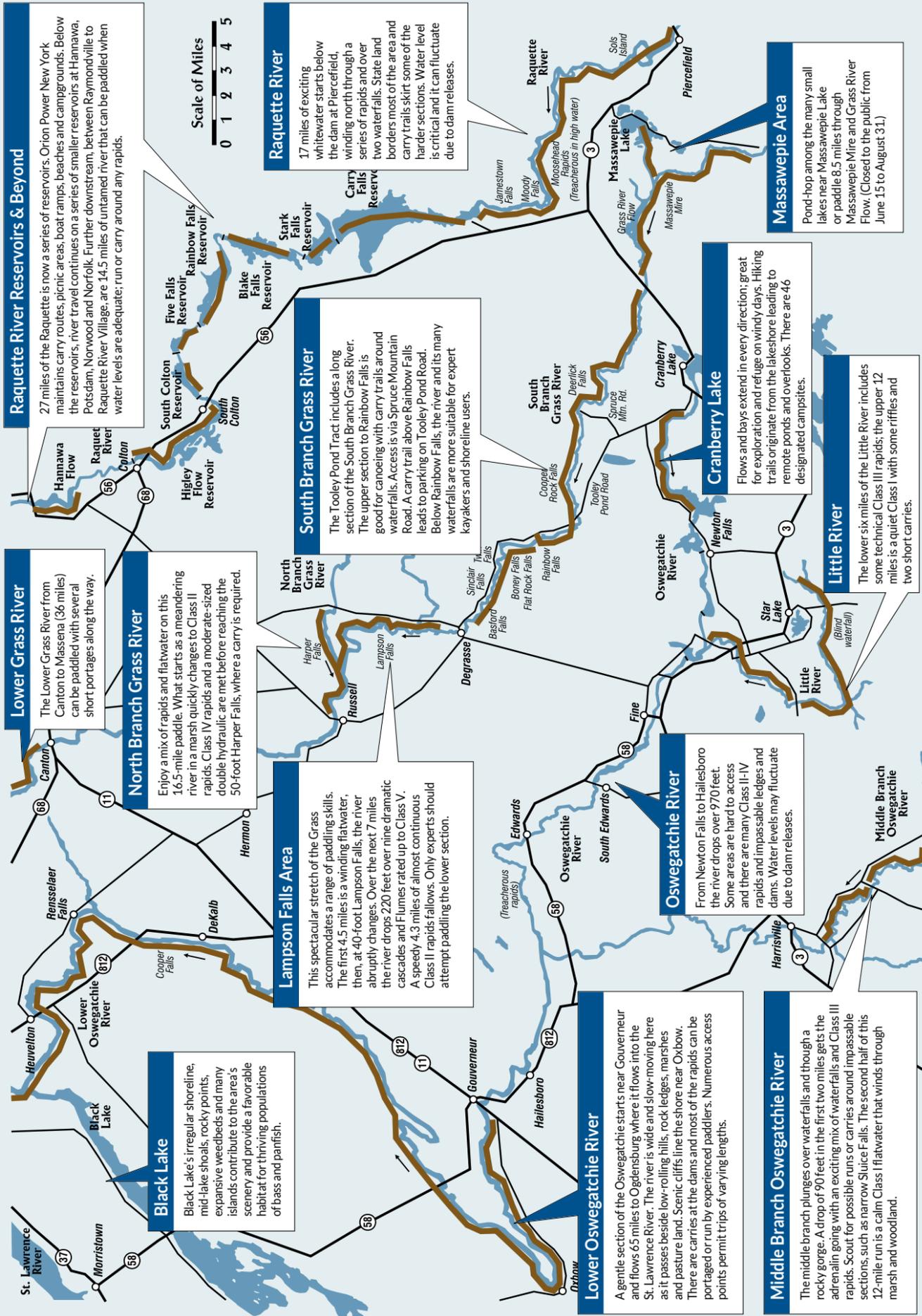
See page 9 and 10 for Waterways to the North.

See page 13 for Waterways to the East.

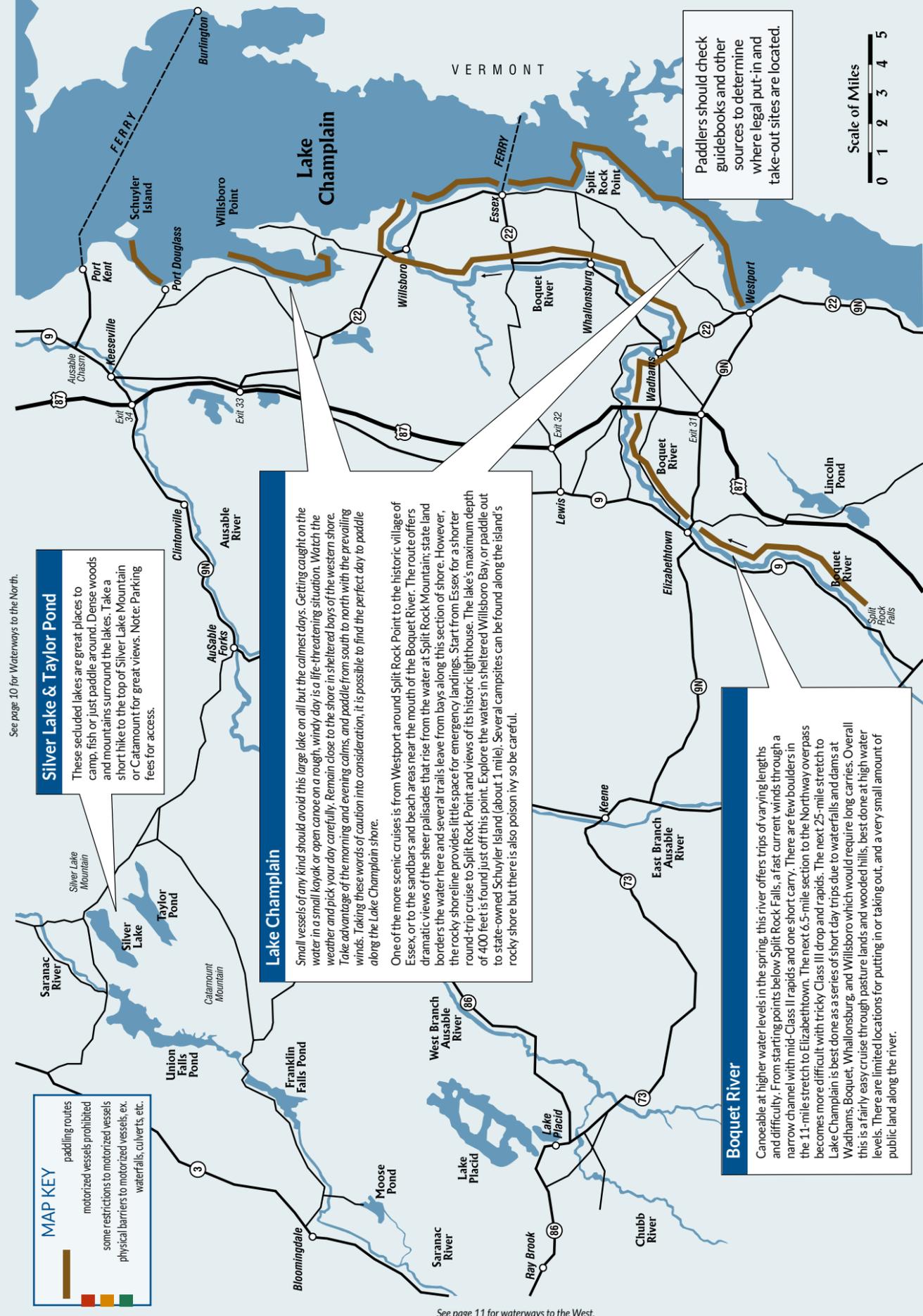
See pages 9 and 12 for Waterways to the West.

See page 14 and 15 for Waterways to the South.

**Black Lake, Cranberry Lake, Grass River, Little River, Massawepie Area, Oswegatchie River, Raquette River**



**Boquet River, Lake Champlain, Silver Lake, Taylor Pond**



**Harris Lake, Henderson Lake, Hudson River, Newcomb Lake, Rich Lake, Schroon River & Lake**

**Essex Chain Lakes FOR DETAILS go to:**

<http://www.dec.ny.gov/lands/91888>

The Essex Chain is the newest "paddler's Paradise" in the Adirondacks. Seven of the eight lakes and three other ponds are easily accessible using four short carries. A four-mile route from the southern end of Second Lake to the southern end of Seventh Lake can be done without ever leaving the water. Thirteen designated tent sites are available year-round, but require a permit May 15-Oct 15.

**Newcomb Lake**

Hitch a ride for you and your canoe (fee) on a horse-drawn wagon down a 4.5 dirt access road (closed to vehicles) to Newcomb Lake where you can explore both the lake and partially restored structures of the Great Camp Santanoni.

**Harris Lake & Rich Lake**

Start on the public beach or boat launch on Harris Lake for a scenic round-trip cruise. The flatwater channel between the lakes has some riffles and a carry. Do not proceed beyond the Route 28N bridge or you will be committed to running the turbulent Hudson River Gorge.

Avoid approaching wildlife too closely, especially when they are nesting or have young with them.

**Henderson Lake**

Privately owned since 1826, the public now has paddling and fishing access on Henderson Lake and Lake Jimmy. Surrounded by tall mountains, Henderson Lake is a very scenic with steep, rocky shorelines and many secluded coves to explore. The water is very deep and clear. There is a quarter-mile carry past the gate to the put-in from the Upper Works hikers' parking area. Paddlers looking for a challenge and even more solitude may want to attempt the adventurous trip up to Preston Ponds and Duck Hole. The two-mile carry from northwest Henderson Lake to Upper Preston Pond is steep and difficult but the rewards in scenic beauty and solitude are great. Once on Upper Preston, continue to the outlet and access Lower Preston Pond from a short carry. From Lower Preston, it is a short bushwhack to Duck Hole. The trip is about five miles from beginning to end.

**Upper Hudson River**

Three-mile long Sanford Lake is a long narrow lake flanked by tailings from an old mine. From there the river meanders through a marsh for the next six miles to a bridge. After passing beneath the bridge, the river begins to drop more rapidly for several miles with some Class III rapids in a narrow channel. Below this point the river resumes its quiet meandering to the outlet of Harris Lake on the right.

**Upper Hudson River & Hudson River Gorge**

The 12 miles from Newcomb to the Indian River is a beautiful remote of the Hudson River with some rapids. Beginners should portage around the Long Rapids and Ord Falls. The Blackwell Stillwater—a long stretch of the river with no rapids which provides access to lower reaches of the Goodnow River, can be directly accessed near the Iron Bridge. A takeout just above the confluence with the Indian River allows paddlers to easily exit the river before entering the Hudson River Gorge. The gorge packs in a series of difficult Class V rapids with powerful hydraulics, sose holes and high, standing waves. These 13 miles are for expert paddlers only. Several outfitters offer rafting trips through the gorge. Water releases from Lake Abanakee mean high water levels every day during the spring, four days a week in the summer and weekends in the fall. Open canoes should not be used here except by experts at mid-summer water levels.

**The Hudson River**

High on the shoulder of New York's highest peak, Mt. Marcy, is the highest pond source of the mighty Hudson River, Lake Tear of the Clouds. From this humble beginning the Hudson flows 275 miles to New York City and the Atlantic Ocean. In stages, the Hudson progresses from a small stream to one of the finest whitewater runs in the East to the wide shipping lanes of the Hudson Valley. An avenue for commerce and trade as well as recreation, the Hudson River is New York State's premier river.

**Upper Schroon**

The 15-mile stretch of the Schroon River from North Hudson to Schroon Lake is an easy Class I flatwater cruise with one carry, six miles into the trip, at four-foot Schroon Falls. Wildlife sightings are frequent as you travel along this slowly meandering river. Take out just below the Rt. 74 bridge or continue further downstream and enjoy mountain views from the open waters of beautiful Schroon Lake.

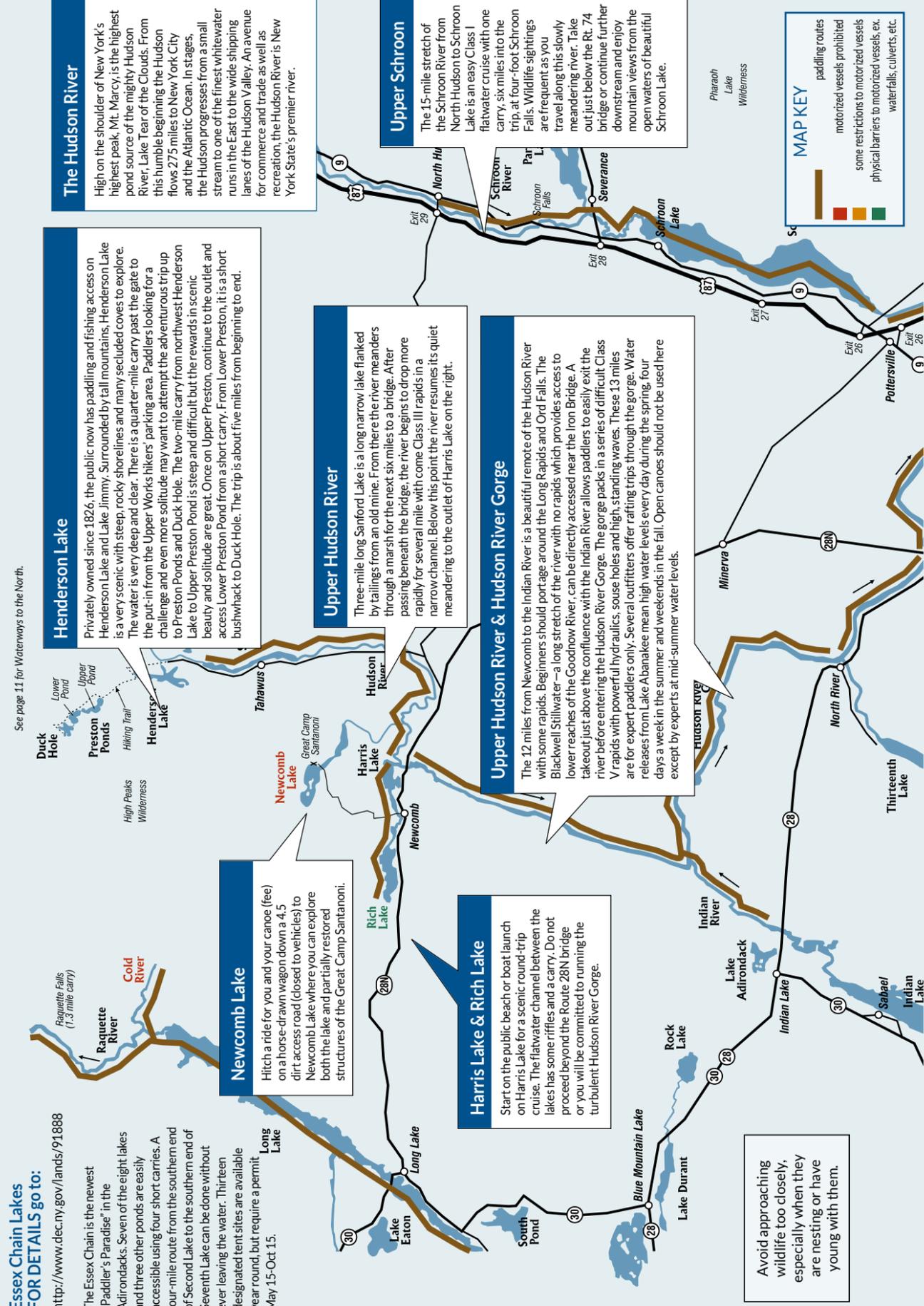
**MAP KEY**

- paddling routes
- motorized vessels prohibited
- some restrictions to motorized vessels
- physical barriers to motorized vessels, ex. waterfalls, culverts, etc.

See page 13 for Waterways to the East.

See page 16 for Waterways to the South.

See page 15 for Waterways to the West.



**Bog River, Blue Mtn. Lake, Cranberry Lake, Forked Lake, Lows Lake, Osweगतchie River, Raquette Lake & River, Tupper Lake, Whitney Wilderness**

**Cranberry Lake**

Flows and bays extend in every direction, great for exploration and refuge on windy days. Hiking trails originate from the lakeshore leading to remote ponds and overlooks. There are 46 designated campsites.

**Osweगतchie River**

Starting at Inlet, you must first paddle upstream on this scenic winding river. Stopping at a campsite along the way may be more enjoyable than staying in the High Falls area, which is often filled to capacity. Above the falls, you will leave the crowds behind as you lift over beaver dams, paddling deeper into a remote wilderness. The 40-mile round-trip paddle takes a minimum of three days—two days up and one day down. Several hiking trails are accessible from points along the river.

**Lows Lake & Bog River Flow**

Starting from the lower dam, this 11-mile paddle, with one short carry at the upper dam, traverses a beautiful narrow waterway. The wide expanse of Lows Lake opens up at journey's end with marshes to the south and a backdrop of rugged mountains to the north. Islands and bays provide refuge on windy days. 39 designated campsites are found on Lows Lake along the access channel. For the ambitious, a three-mile carry at the west end of the lake leads to Upper Osweगतchie River. Your efforts are rewarded with a good dose of wilderness and an 18-mile downstream cruise to your take-out at Inlet.

**Tupper Lake**

A shallow marsh connects Tupper Lake, Simon and Raquette ponds. State land on Tupper Lake's western shore has a leanto and campsites. Above Bog River Falls you'll find a 2-mile stillwater paddle.

**Bog River**

The lower Bog has 7 miles of technical Class III water which includes unrunnable drops at 6 Split Rock Falls and the 30 Pa's Falls. High water levels and expert level skills are required.

**Raquette River**

From Long Lake to Tupper Lake (30 miles) the Raquette meanders between sandy wooded banks with just one carry at Raquette Falls. Traveling with the current, you can easily enjoy some fishing and bird watching. Campsites and lean-tos are found along the way. Stony Creek Ponds outlet and Indian Carry provides access north to the Saranac Lakes Chain.

**Little Tupper Lake & Round Lake**

The William C. Whitney Wilderness includes Little Tupper Lake, Round Lake and Rock Pond—which are all connected via channels and have designated campsites. Little Tupper is six miles long and has several islands. Moderate winds can create rough water on these lakes. Anglers will enjoy catch-and-release fishing for native brook trout. A canoe carry route from Rock Pond to Lake Lila links a series of small ponds and carries to Shingle Shanty Brook.

**Forked Lake**

State land borders the southeast shore, and the east and west end of this 7-mile lake; the rest is privately owned and undeveloped. The downstream route to Long Lake is a mix of flat and fast water and carries.

**Lake Lila**

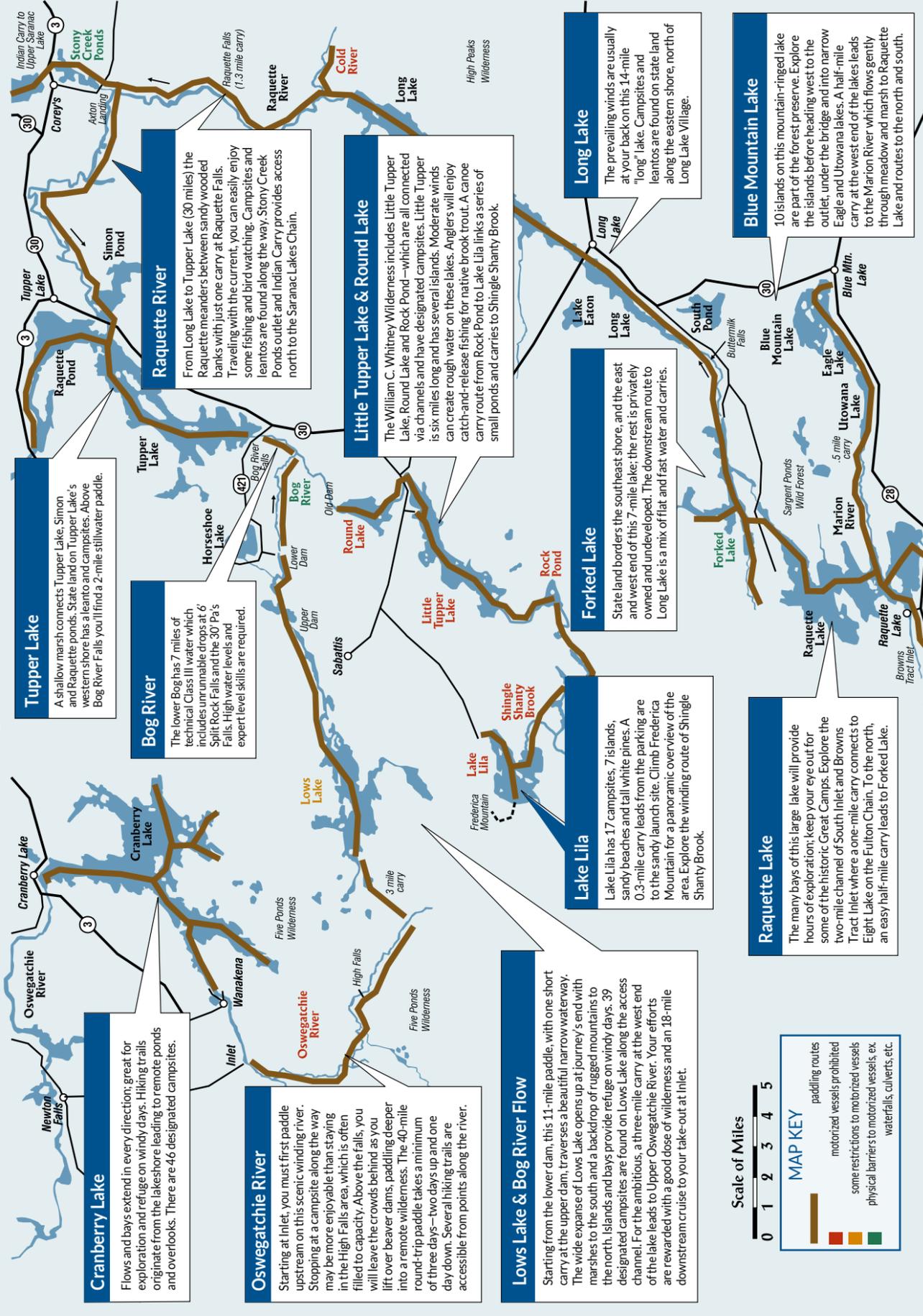
Lake Lila has 17 campsites, 7 islands, sandy beaches and tall white pines. A 0.3-mile carry leads from the parking area to the sandy launch site. Climb Fredericka Mountain for a panoramic overview of the area. Explore the winding route of Shingle Shanty Brook.

**Raquette Lake**

The many bays of this large lake will provide hours of exploration; keep your eye out for some of the historic Great Camps. Explore the two-mile channel of South Inlet and Browns Tract Inlet where a one-mile carry connects to Eight Lake on the Fulton Chain. To the north, an easy half-mile carry leads to Forked Lake.

See pages 11 and 12 for Waterways to the North.

See pages 11 and 14 for Waterways to the East.



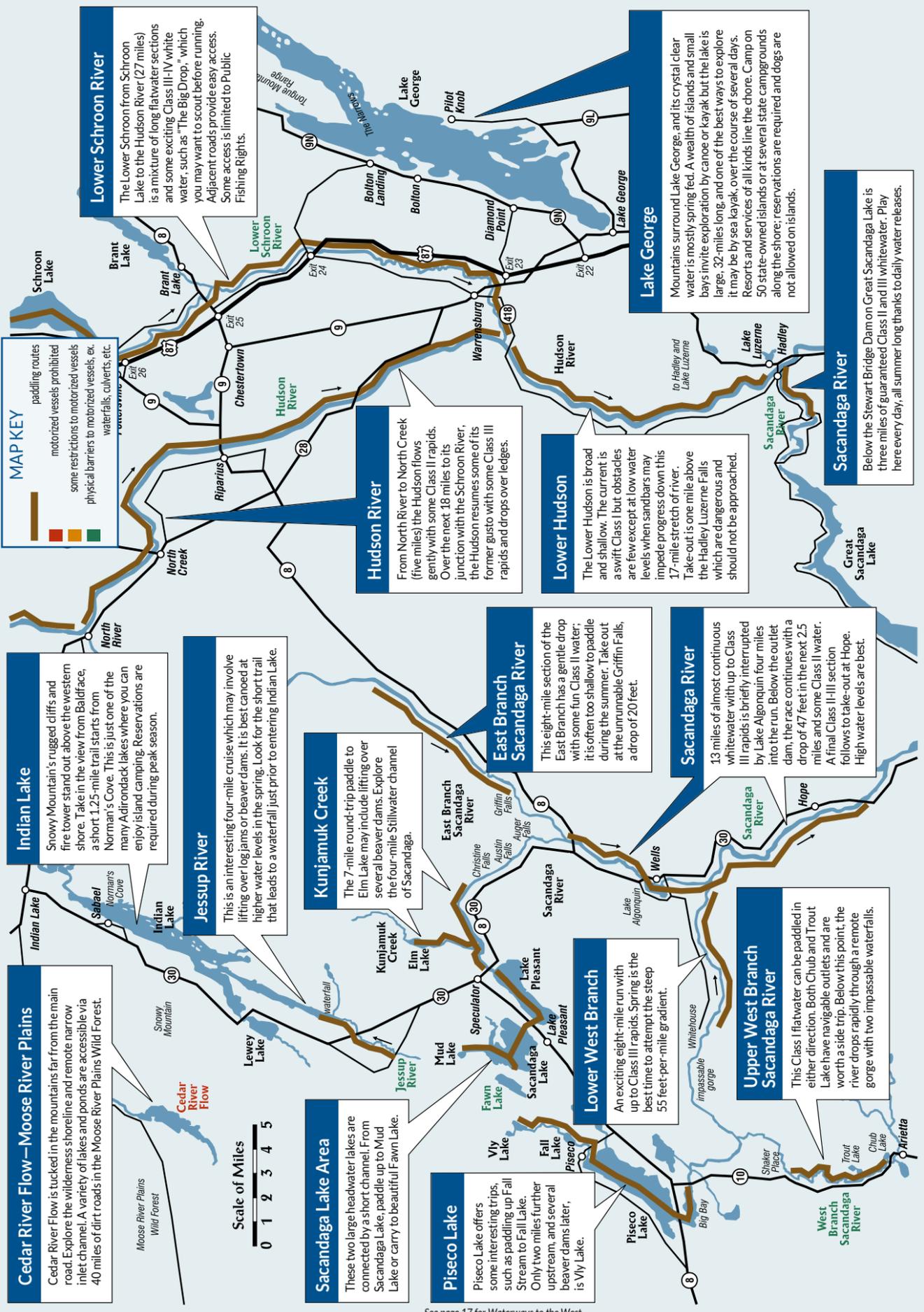
**Scale of Miles**

- paddling routes
- motorized vessels prohibited
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- physical barriers to motorized vessels, ex. waterfalls, culverts, etc.

See pages 16 and 17 for Waterways to the South.

Cedar River, Hudson River, Indian Lake, Jessup River, Kunjamuk Creek, Lake George, Piseco Lake, Sacandaga River, Schroon River

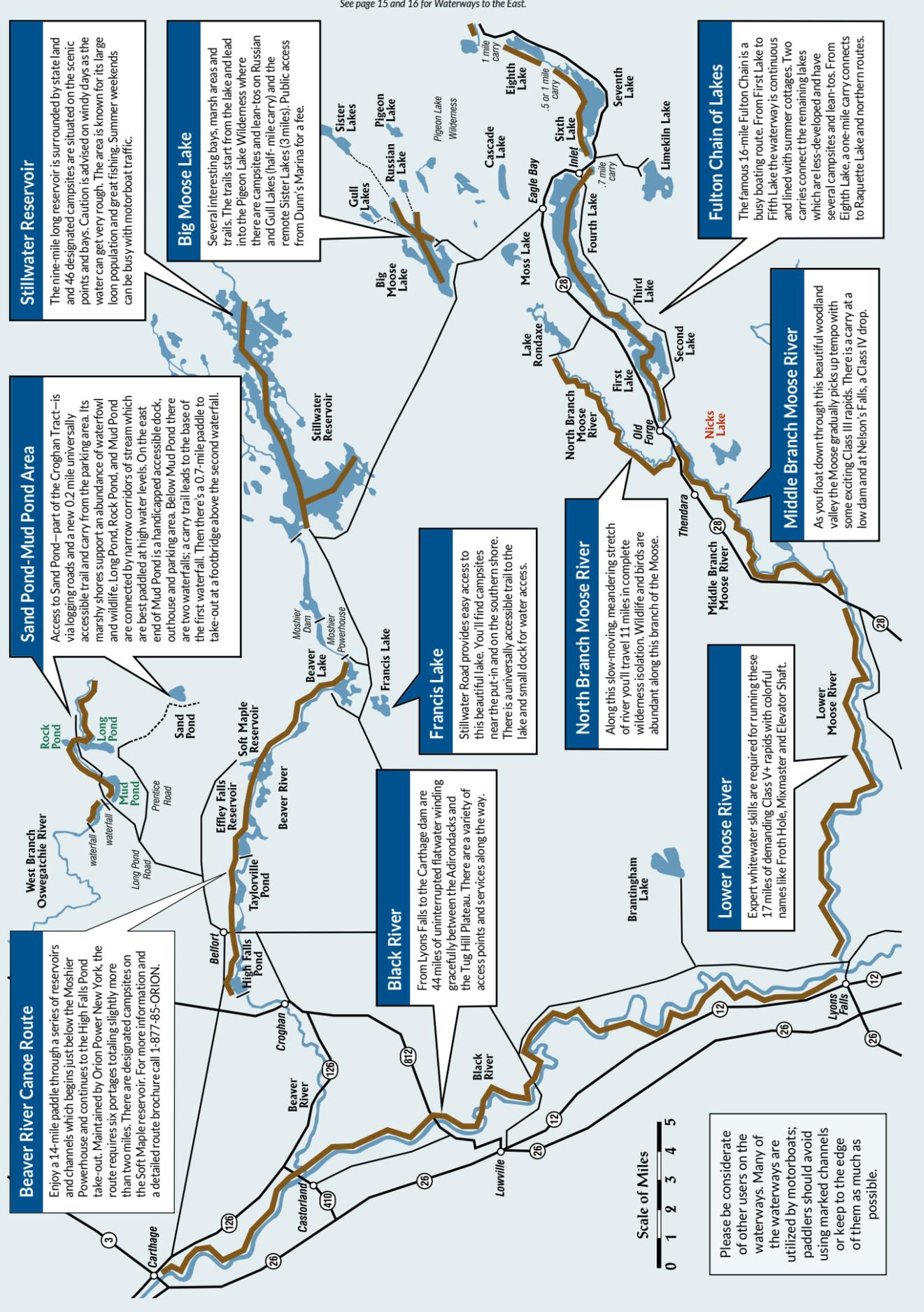
See pages 14 and 15 for Waterways to the North.



See page 17 for Waterways to the West.

Beaver River, Big Moose Lake, Black River, Fulton Chain of Lakes, Francis Lake, Moose River, Moss Lake, Sand Pond-Mud Pond, Stillwater Reservoir

See pages 12 and 15 for Waterways to the North.



See page 15 and 16 for Waterways to the East.



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### Mirror Lake

There's nothing like launching a boat onto Mirror Lake from downtown and sitting back to enjoy views of the High Peaks while the bustle of Main Street carries on just past the shoreline. It's also the best seat in the house for Lake Placid's free, weekly outdoor summer concert series in Mid's Park.

### Lake Flower to Lower Saranac Lake

Starting in downtown Saranac Lake at the Lake Flower boat launch, follow the Saranac River as it meanders through a series of mountain-lined waterbodies before finally entering the island-spotted Lower Saranac Lake. There are a couple of free campsites along the way — stop for lunch or pitch a tent under the stars.



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The 120-mile-long Lake Champlain has elbow room for water enthusiasts of every kind. Launch from one of the many put-ins and enjoy views of historic sites, rugged shorelines, and the Adirondack and Green mountains.

## Lows Lake

Visit Tupper Lake and sleep with the loons. Remote and serene, Lows Lake is accessed by paddling along the beautiful Bog River, then crossing Hitchins Pond. Once there, this large lake delivers plenty of camping options and wildlife viewing opportunities.

## Schroon Lake

Paddling Schroon Lake will keep you near town and close to wildlife, and the views of the surrounding mountains can't be beat. For a longer adventure, point your bow toward the Schroon River and explore its many sweeping bends.

## Blue Mountain Lake

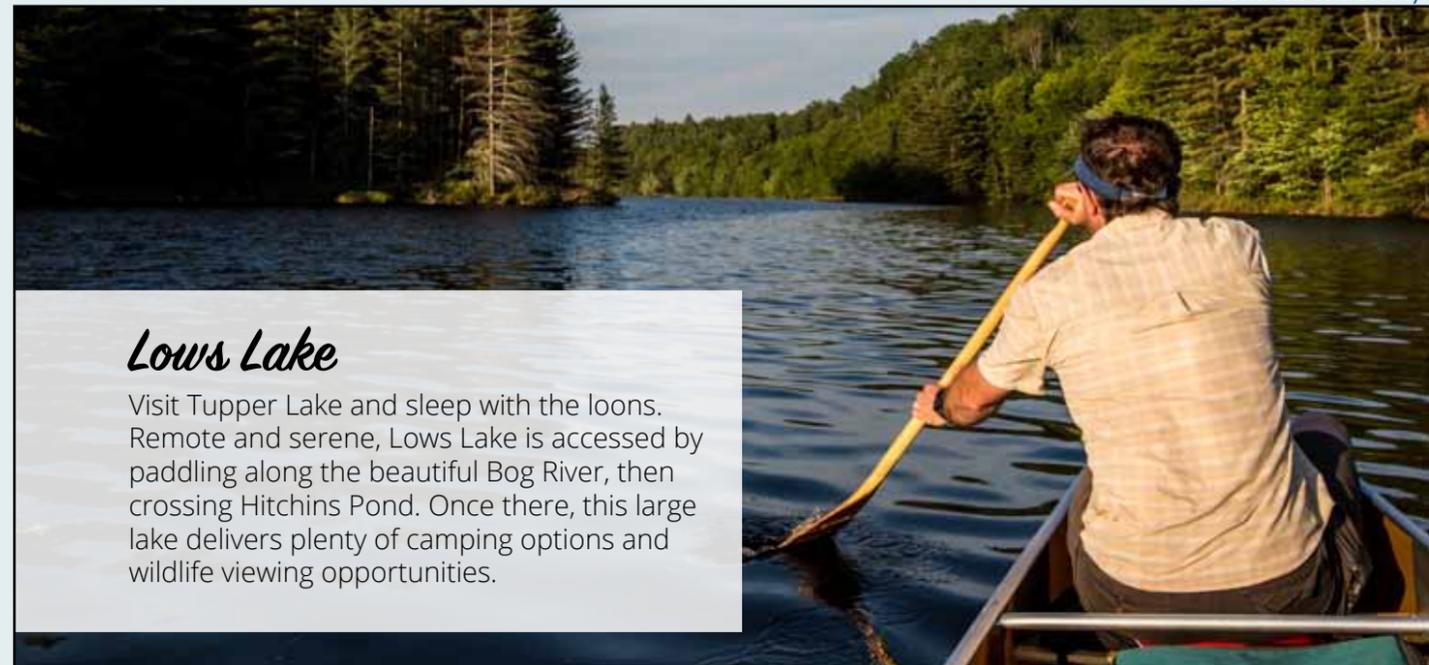
With beautiful Blue Mountain standing guard, Blue Mountain Lake is a go-to spot for paddling. Canoes and kayaks can be rented on site and then you can paddle your way among the 10 islands on the lake. Campsites and day sites are available for picnicking. To the west, an outlet allows you to paddle to quiet Eagle Lake and on through to Utowana Lake.

## Indian Lake

Start at the public boat launch and take in the views of beautiful Snowy Mountain and the "Little Great Range" to your west as you paddle north. A route to the east takes you into the narrow Jessup River, a quiet wilderness trip. There are dozens of excellent, water-access-only campsites along this 14-mile-long lake.

## Raquette Lake

The unique shape of this lake gives it 99 miles of shoreline, 80% of which is New York state land. Beautiful views will surround and astound you as you paddle along. A number of campsites can be accessed via kayak and canoe.



Blue Mountain Lake



Hudson River

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West Branch of the Ausable

*Hudson River Gorge & Indian River*

White-capped waves, fast currents, and bone drenching plunges are a common occurrence among the rapids on the Indian River and the Hudson River Gorge, located in the heart of the Adirondacks. Intermediate to advanced kayakers and canoeists from all over flock to the region for its dependable whitewater. Adventure seekers can also experience the excitement of Class IV in the spring or family fun Class III in the summer with a guided rafting trip!

*West Branch of the Ausable River*

The fast, raging water of the West Branch of the Ausable courses along the base of Whiteface Mountain as it flows toward Wilmington. The river is an adrenaline-pumping route with rapids, waterfalls, and gorges that serves up rugged scenery and 11 miles of Class III-V whitewater action.



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YOUR ADVENTURE**



Lewis County, NY is home to four seasons of activities, including a large variety of trails and breathtaking scenery.

In a short drive you will find over 500 miles of snowmobile trails, the only permitted ATV trail system in the state, and ample places to ski, horseback ride, bike, canoe, kayak, fish, and hunt.

We invite you to stray a little from the beaten path and see what adventures await you in our backyard.

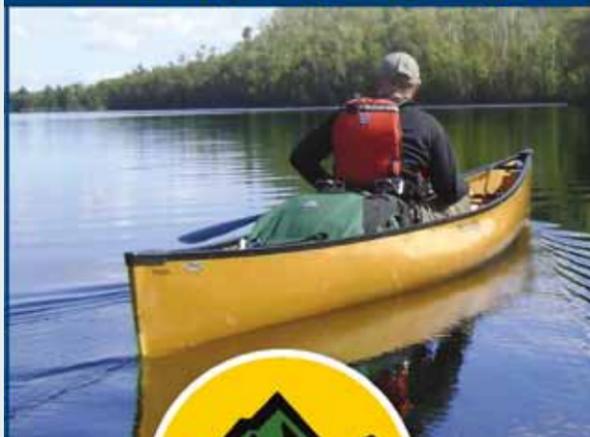
Learn more at [adirondackstughill.com](http://adirondackstughill.com)

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# The 21<sup>st</sup> Annual Paddlefest & Outdoor Expo 2019

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# The trip of a lifetime. Everytime.

You'll need a lifetime to explore all the paddling opportunities awaiting you on the Adirondack Coast.

## Set-up base camp and discover:

- » Flatwater paddling on beautiful Lake Champlain - 120-miles of historic sites, lighthouses and beaches
- » Flatwater and whitewater paddling on the famed Ausable and Saranac Rivers
- » Lake-to-lake trail systems and kayak camping routes high in the Adirondacks
- » Different legs of the Northern Forest Canoe Trail including a 63-mile challenge for experienced paddlers
- » The renowned Lake Champlain Birding Trail, quiet marshes and wildlife management areas
- » Island trails accessible by water
- » Stunning views of mountains, wilderness and wildlife
- » Guided outings, overnight trips and shuttle service tours
- » Equipment rentals and instruction for all skill levels



The  
**Adirondack**  
La Côte  
Adirondack **Coast**

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