



Paddling Guide

Great Adirondack Waterways



10 Great Reasons to Visit the Adirondack Region

1. It's easy to get to.

The center of the Adirondack Park is located 5 hours from New York City or Boston, 2 hours from Montreal – visitors can reach it by traveling on Interstate 87.

2. There is no entry fee.

Unlike many national parks, you don't pay an entry fee when you cross the park's boundary. You don't need a permit to hike, climb a mountain, canoe or explore the backcountry. There are over 40 entrance points into the park.

3. Canada is NOT "just north of Albany."

There are millions of acres to discover before reaching the Canadian border. It's a misconception that there is nothing worthwhile in northern New York. For outdoors enthusiasts, this is where the fun really begins.

4. This region has a chair named after it.

The internationally recognized Adirondack chair was originally developed in Westport on the shore of Lake Champlain. They are a fixture at hotels and attractions throughout the region.

5. Participate in some adventurous sports, dude.

From skiing and bobsledding at world-class venues; to hiking and snowshoeing the region's 3,000 miles of trails; and paddling 30,000 miles of lakes, rivers and streams; the region is one of the best places in the nation for outdoor activity in a superb natural setting.

6. It's cool enough for the Olympic Committee.

Lake Placid, home to the 1980 Winter Olympics, offers small town charm, restaurants, hotels and activities that make you forget that you're in the company of world-class athletes and various sporting events taking place at local venues. Since 1980 Lake Placid has been the site of over 15 world championships, 65 World Cup events and 200 national-level sporting events.

7. Open 24 hours in all four seasons.

Since the Adirondack Park does not have an entrance gate, visitors can arrive anytime, day or night. Activities, recreation and relaxation abound throughout all the seasons.

8. You'll discover 96 ways to use birch bark.

Adirondack style is unique, incorporating natural materials into furniture design and home construction.

9. Fido is welcome.

The Adirondack region is extremely dog friendly, with many hotels and businesses that will accommodate your companion. Outdoor activities that are fun for the family are also great for the family pet. Hiking, running, cross-country skiing, snowshoeing, camping and swimming are activities that your pet will enjoy.

10. Sublime beauty abounds.

The Adirondack Park wilderness has not changed much since 1892, when it became the largest publicly protected area in the continental United States. It is a unique mix of lakes, rivers, mountains, forests and wildlife. At over 6 million acres, it contains 85% of all wilderness east of the Mississippi.



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

Adirondack Map Series
Series of five topographic trail maps: Central Mountains, High Peaks Region, Lake George Region, Northwestern Lakes, West-Central Wilderness Area. Scale: 1:62,500. Find at area sporting goods stores. 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

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

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

Adirondack Region Information Centers



Adirondack Regional Tourism Council
Comprehensive travel information for a seven-county region.
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
www.lakeplacid.com
www.tupperlake.com
www.saranaclake.com

www.schroonlake.com
www.whitefaceregion.com
www.lakechamplainregion.com
www.visitmalone.com
www.adirondackexperience.com

Lewis County Tourism
800-724-0242
www.adirondackstughill.com
info@adirondackstughill.com

Adirondack Coast Visitors Bureau (Clinton County)
518-563-1000 or 877-228-7810
www.goadirondack.com
St. Lawrence County Chamber of Commerce
315-386-4000 or 877-228-7810
www.northcountryguide.com

Warren County Tourism
518-761-6366 or
800-365-1050, extension 908
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

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

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

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

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) that does it all. Check with full-service outfitters for more options.

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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.

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

FUN ON THE WATER STARTS WITH A SAFE BOATING COURSE & A LIFE JACKET!

Heading out to the beautiful waterways and lakes of Adirondacks in your boat is a perfect way to enjoy a sunny summer day. Whether your choice is a motorboat, personal watercraft, sailboat, kayak, canoe, or a stand-up paddleboard, safe boaters have more fun and everyone can be a safer boater by following the Big Three of Boating Safety : 1. Take a boating safety course 2. Wear your life jacket 3. Don't drink alcohol while boating.

New York State's Mandatory Motorboat Education Law requires that anyone BORN ON OR AFTER MAY 1, 1996 must complete an approved course in order to operate a motorboat. The operator of a personal watercraft (i.e. Jet Ski, Wave Runner, Seadoo) must be at least 14 years of age and hold a boating safety certificate. Approved courses are taught by New York State Parks, U.S. Coast Guard Auxiliary, and the U.S. Power Squadron. Students must be at least 10 years of age to take a course.

The owner of a recently purchased motorboat will have 120 days from the date of purchase to complete a course if born on or after May 1, 1996. New owners who were born before this date do not have to take a course.

Every boat must have one life jacket on board for each person. Life jackets must be U.S. Coast Guard approved, properly sized for the intended wearer, in good condition with no rips or tears and all the buckles and zippers must work, and be readily accessible in case of emergency. NY State Parks recommends that you wear your life jacket as accidents on the water can happen quickly. U.S. Coast Guard estimates that 71% of boating accident deaths were drownings and that 85% of those people were not wearing a life jacket.

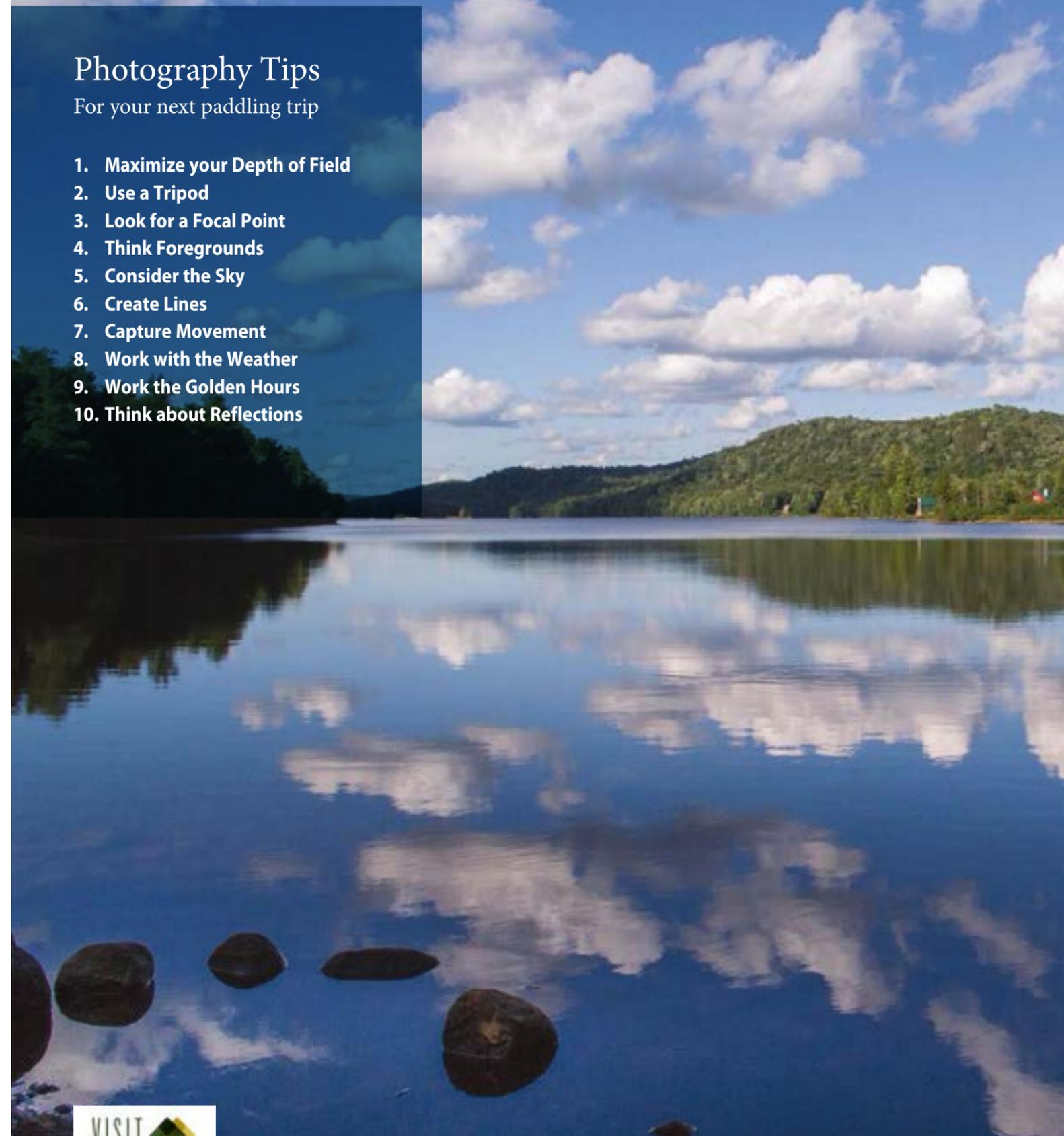
There are four situations in which a life jacket is legally required to be worn:

1. Children under the age of 12 unless in a fully enclosed cabin
2. Everyone riding on a personal watercraft
3. Anyone being towed behind a boat whether tubing, water skiing, etc.
4. Everyone on all boats less than 21 feet long from November 1 to May 1

You should also wear your life jacket if you are boating alone, you are not a good swimmer, you are boating with children, the water becomes rough in windy weather, the water is busy with boat traffic, you are boating at night, or any time you would feel safer wearing your life jacket. As captain of your boat, you can require your passengers to wear their life jackets. The best life jacket is the one that you wear.

Lastly, consider zero alcohol consumption while boating. According to U.S. Coast Guard statistics 31% of fatal accidents involved the use of alcohol. If you do choose to drink while boating, have a designated driver who does not drink. Boating while intoxicated is 0.08 BAC, the same as for driving a motor vehicle.

For more boating safety information or to find a New York Safe Boating Course go to www.WearItNewYork.com



SHARE YOUR EXPERIENCE #VISITADKS



PADDLING 101



PADDLING DOESN'T HAVE TO BE AN OAR-DEAL

Getting out on an Adirondack lake with your canoe, kayak, or SUP is a summer highlight. With more than 3,000 lakes and ponds, and 30,000 miles of rivers and streams, there is definitely no shortage of places to explore. With so many options to choose from, we wanted to provide you with important information in one spot so you can spend less time searching the web and more time paddling.

SAFETY FIRST

Even though paddling is a warmer month activity, the biggest safety concern is water temperature. In spring, even when the air temperature is warm, waters can remain cool, due to snowmelt and other factors. Capsizing in these cold waters can present hazardous, sometimes fatal, conditions and hypothermia becomes a serious risk. When paddling early or late in the season, a dry suit is a great option. For paddlers over the age of 12, a life vest or PFD has to be in the vessel at all times, but must be worn from November 1 to May 1. Children under the age of 12 must always wear a PFD when paddling.

Essentials:

- Appropriate clothing: non-cotton clothes, water shoes
- Sun & insect protection: sunglasses, hat, sunscreen, bug repellent
- PFD (must be worn from November 1 - May 1)
- Navigation: map, compass, GPS
- Dry-bag or waterproof container
- Towel & extra set of clothes
- First-aid supplies and an emergency kit



CLEAN, DRAIN, DRY

As you may be aware, non-native aquatic invasive species pose a risk to Adirondack waterways, especially if recreation vessels are transported from lake to lake. In order to prevent spread, paddlers and boaters should practice “clean, drain, dry.” This means that all canoes, kayak, motorboats, and SUPs should be free of any debris or mud; drained of any standing water; and dried. Paddlers can wash / decontaminate vessels at home, but there is also knowledgeable staff stationed throughout the Adirondacks, and beyond, trained to inspect watercraft and perform decontaminations or washes. Examples of non-native aquatic invasive species are: Eurasian watermilfoil, zebra mussels, hydrilla, and spiny waterflea. While these species pose no direct harmful threats to humans, they do pose significant ecological threats. Decontamination sounds scary, but even if your boat seems clean, it’s a preventative measure that helps ensure Adirondack waterways stay pristine for years to come.

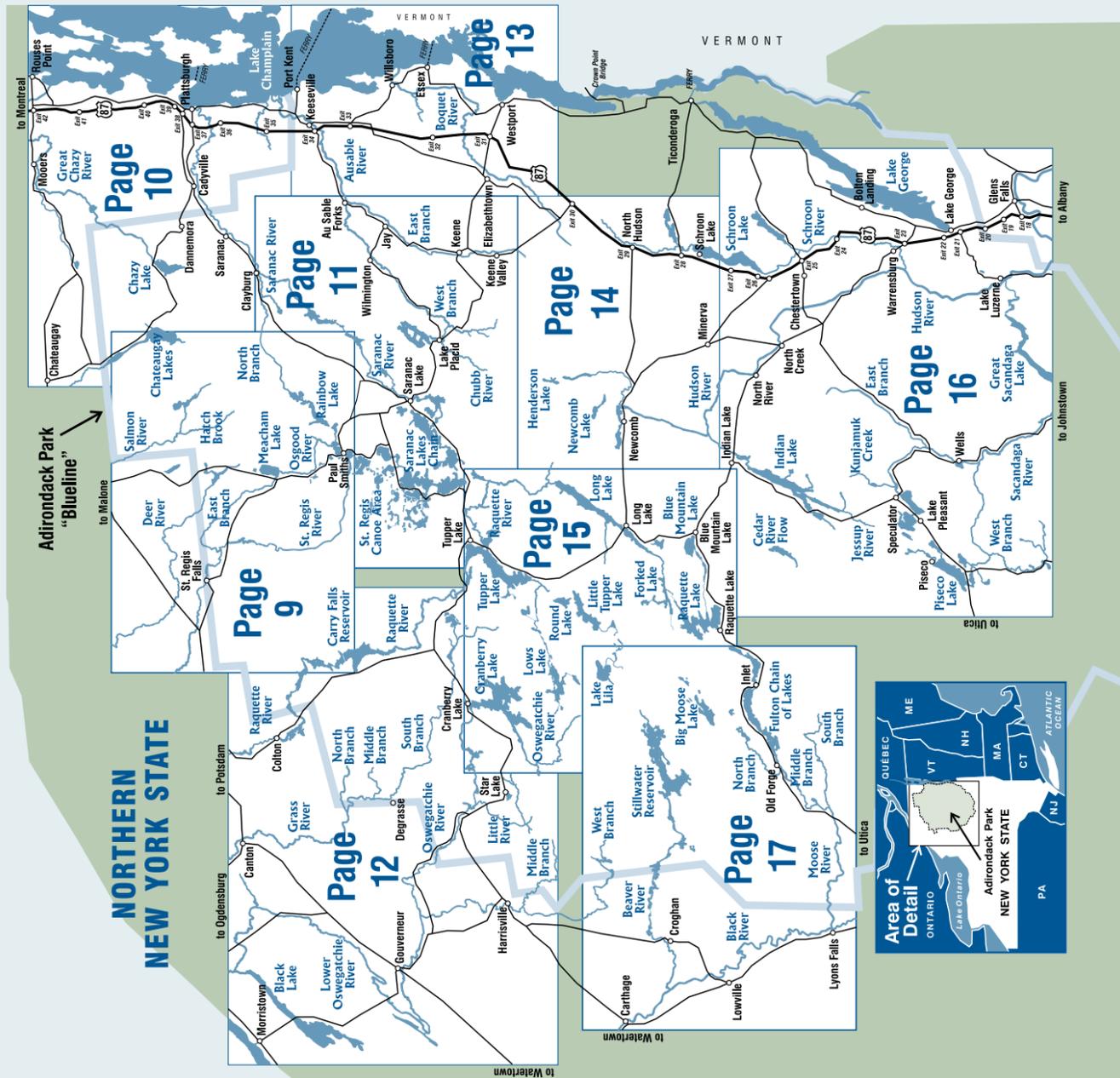
To find a decontamination station near you, visit the Paul Smith’s College Adirondack Watershed Institute website: www.adkwatershed.org/boat-wash-stations

WAYS TO PRACTICE LEAVE NO TRACE ETHICS ON THE WATER

- Plan ahead and prepare by checking weather reports and wind conditions
- Wash / decontaminate watercraft to prevent the spread of non-native aquatic invasive species
- Respect aquatic wildlife by keeping your distance
- Be considerate of other paddlers and boaters:
 - Keep close to shorelines and out of channels to allow safe passage of motorboats
 - Groups should paddle behind one another to prevent blocking passage of motorboats and other paddlers
 - Avoid blocking carries and put-in or take-out sites by loading or unloading your gear out of the way of the launch
 - When paddling into a take-out site, keep watch ahead so you don’t run into others who are also using that site
 - Speak quietly, sound carries across water



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.

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.

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.

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.

Deer River Flow

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

Deer River Flow

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

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.

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.

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.

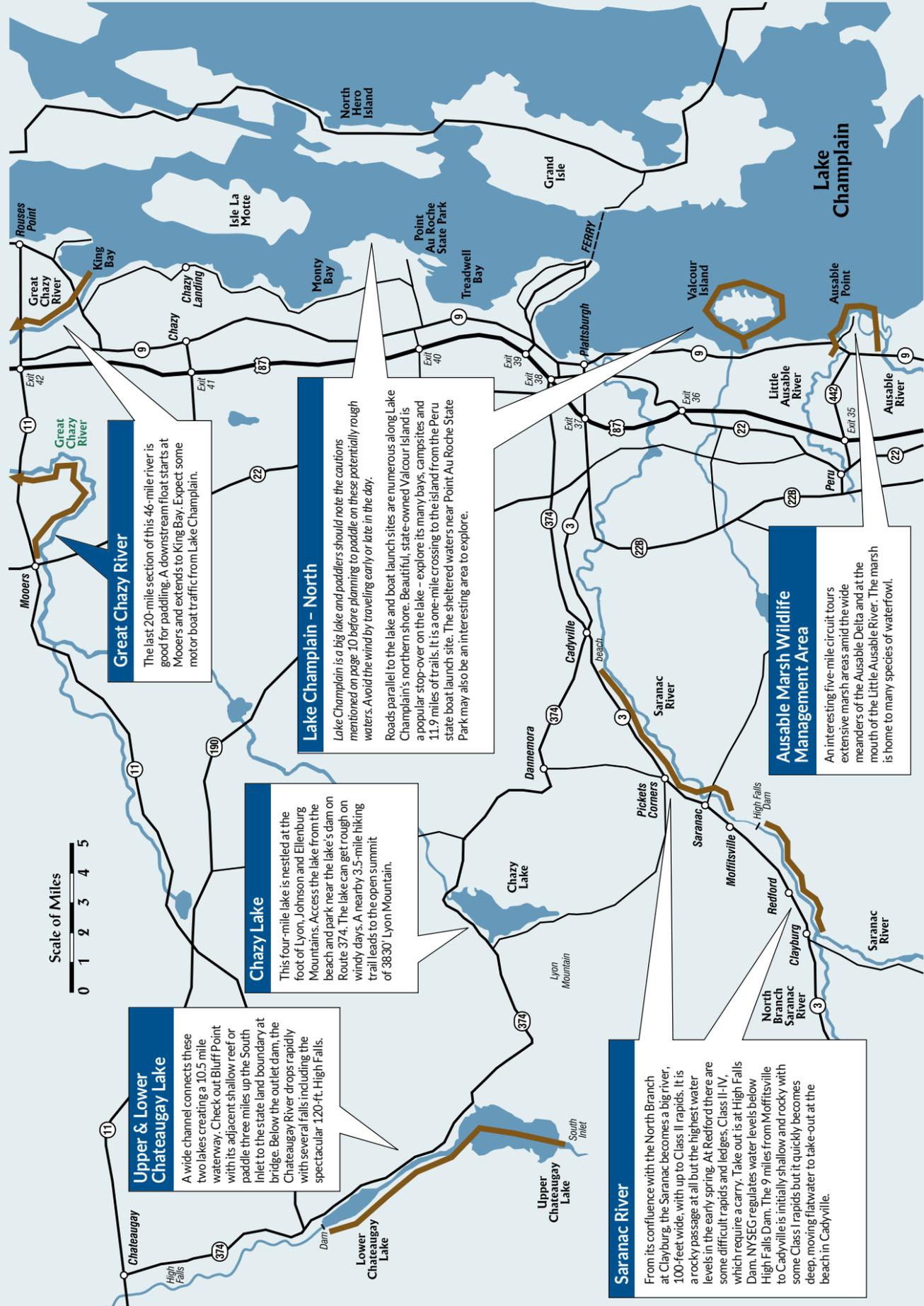
Scale of Miles

0 1 2 3 4 5

See page 12 for Waterways to the West.

See pages 11 and 12 for Waterways to the South.

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.

Great Chazy River
The last 20-mile section of this 46-mile river is good for paddling. A downstream float starts at Mooers and extends to King Bay. Expect some motor boat traffic from Lake Champlain.

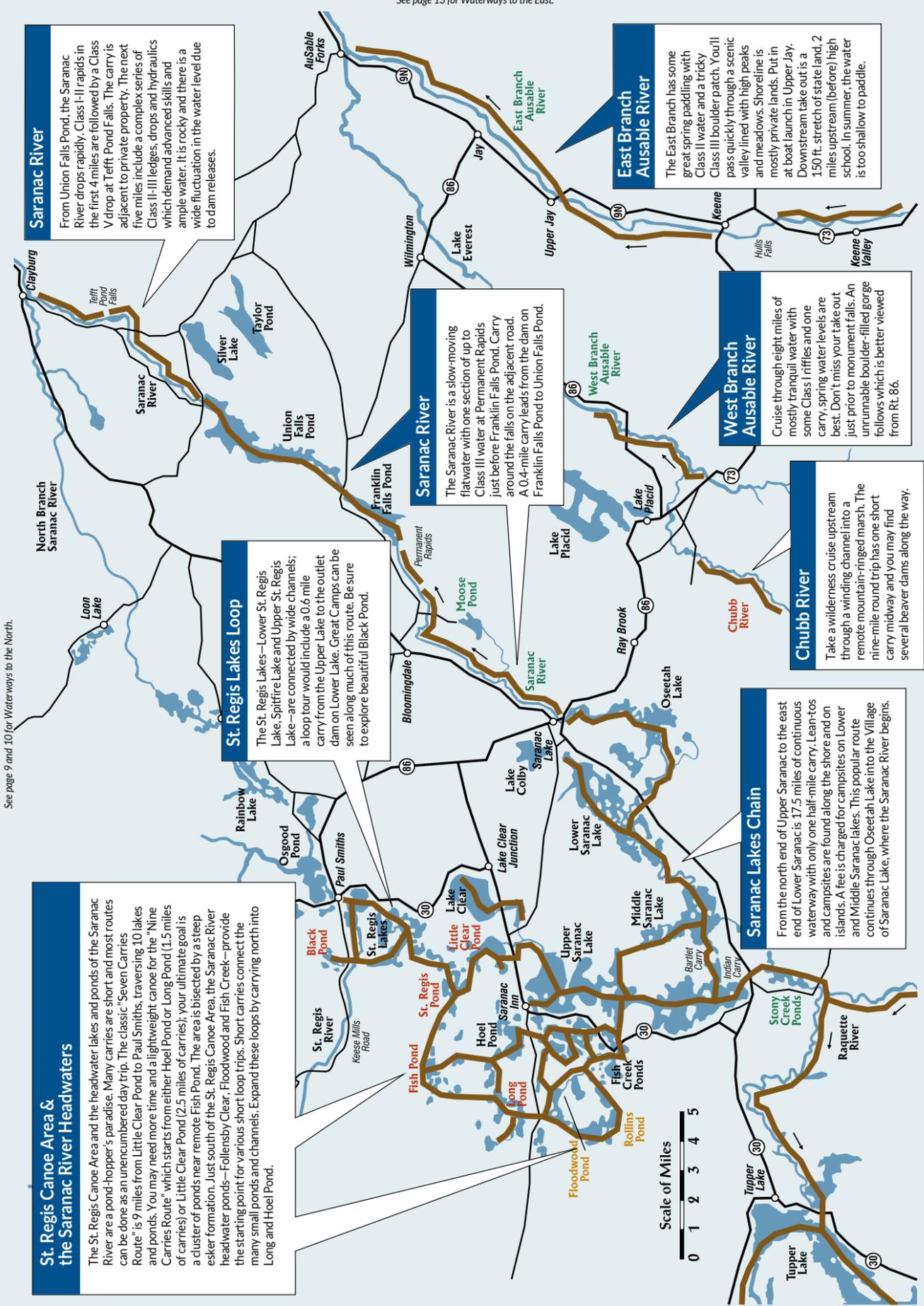
Ausable Marsh Wildlife Management Area
An interesting five-mile circuit tours extensive marsh areas amid the wide meanders of the Ausable Delta and at the mouth of the Little Ausable River. The marsh is home to many species of waterfowl.

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 pond-hopper'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.

See page 9 and 10 for Waterways to the North.

See pages 9 and 12 for Waterways to the West.

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 Tefft 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.

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.

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.

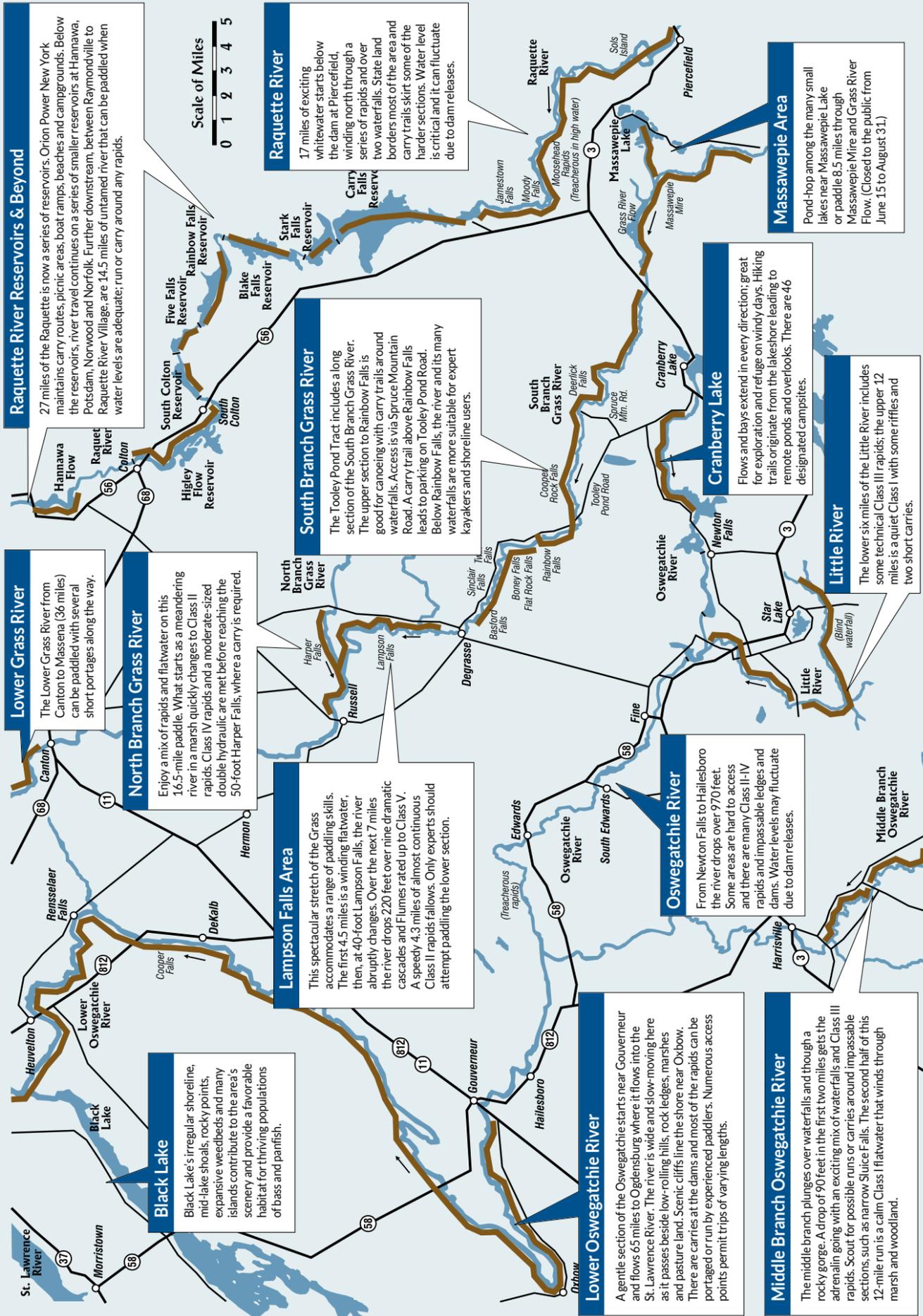
West Branch Ausable River
Cruise through eight miles of mostly tranquil water with some Class I riffles and one carry; spring water levels are best. Don't miss your take out just prior to monument falls. An unmanageable boulder-filled gorge follows which is better viewed from Rt. 86.

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.

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.

See page 14 and 15 for Waterways to the South.

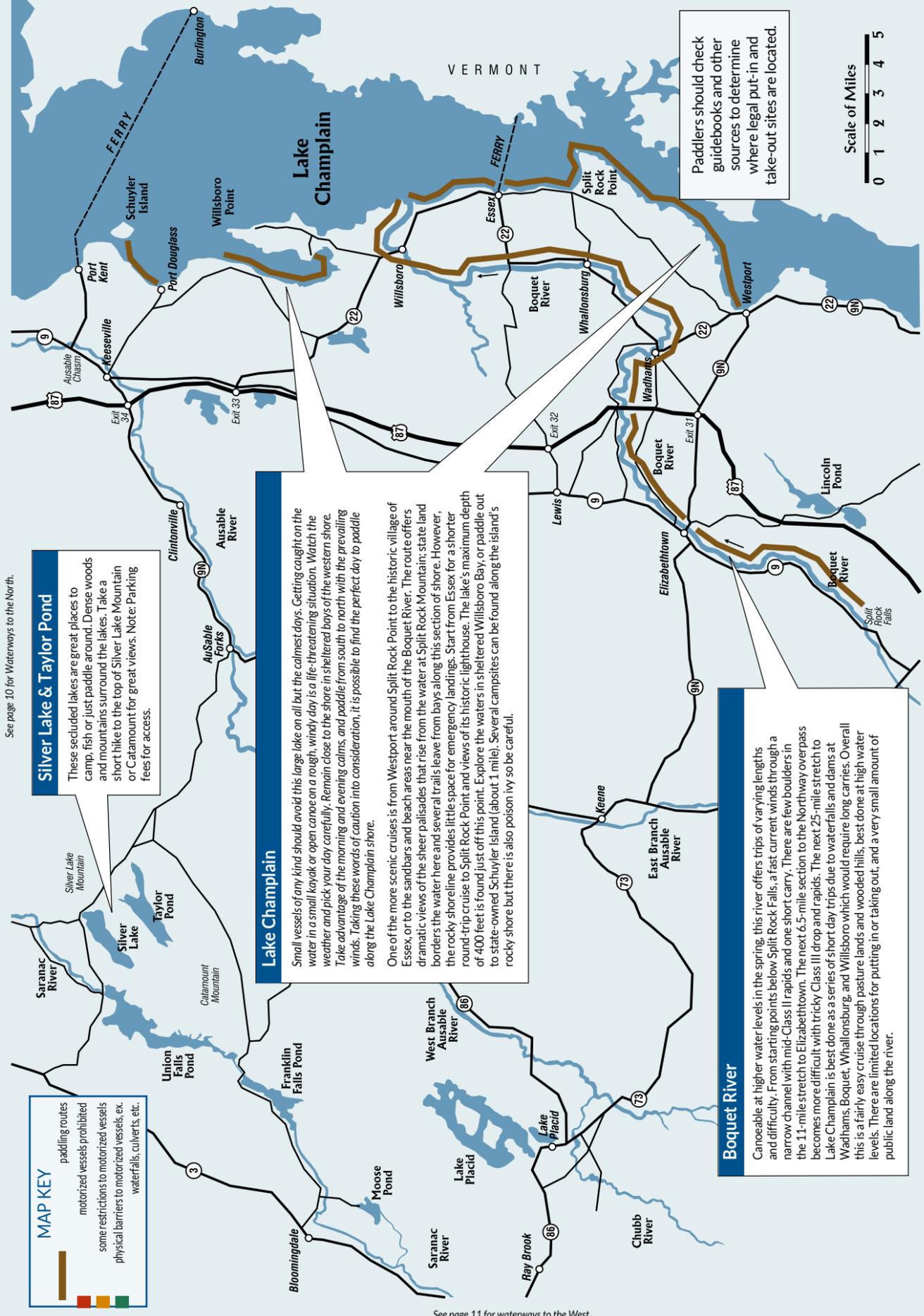
Black Lake, Cranberry Lake, Grass River, Little River, Massawepie Area, Oswegatchie River, Raquette River



See pages 9, 11 and 15 for Waterways to the East.

See page 15 and 17 for Waterways to the South.

Boquet River, Lake Champlain, Silver Lake, Taylor Pond



See page 10 for Waterways to the North.

See page 11 for waterways to the West.

See page 14 for Waterways to the Southwest.

Harris Lake, Henderson Lake, 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

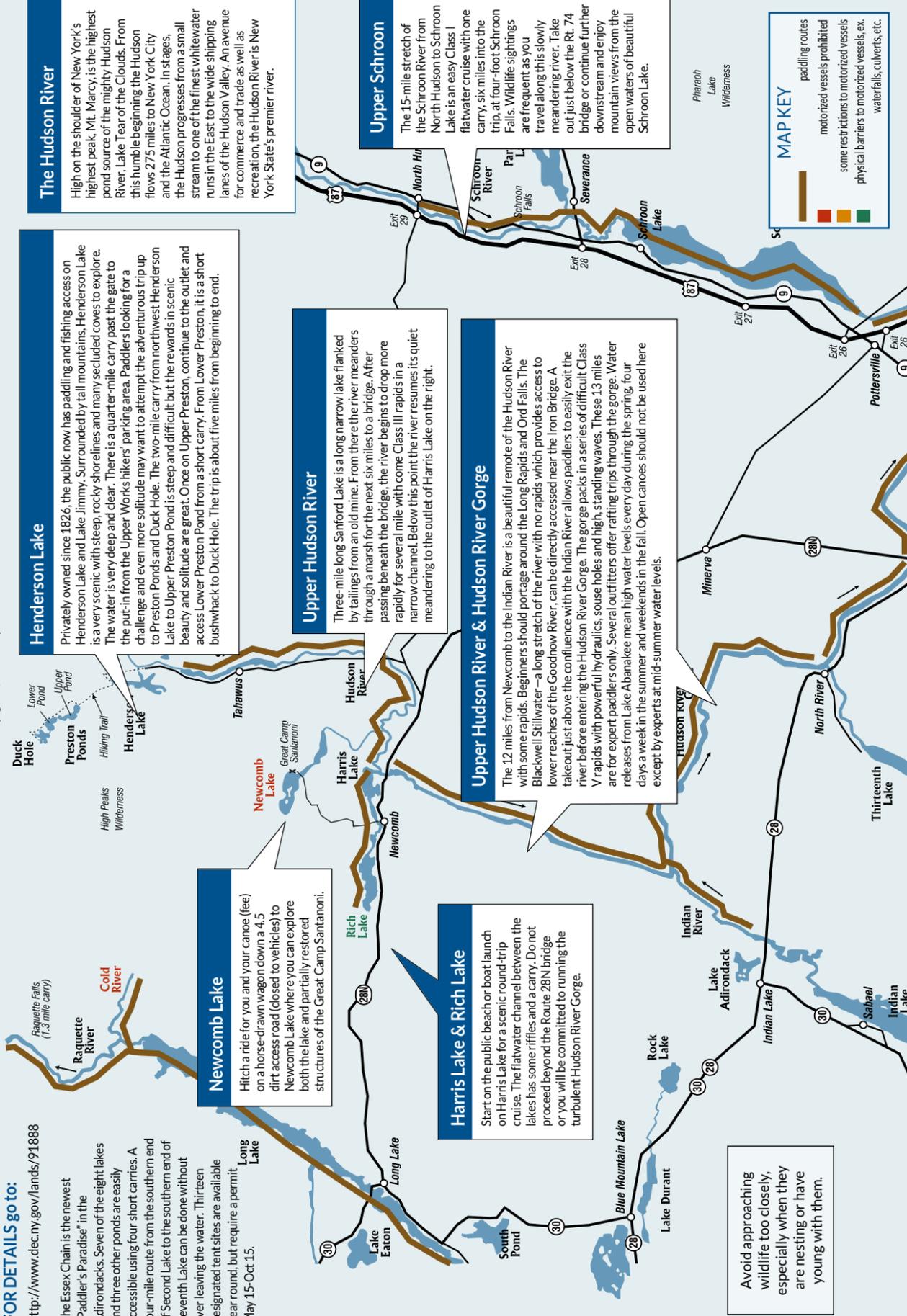
Hitch a ride for you and your canoe (fee) on a horse-drawn wagon down a 4.5 dirt access road (closed to vehicles) to Newcomb Lake where you can explore both the lake and partially restored structures of the Great Camp Santanoni.

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.

See page 11 for Waterways to the North.

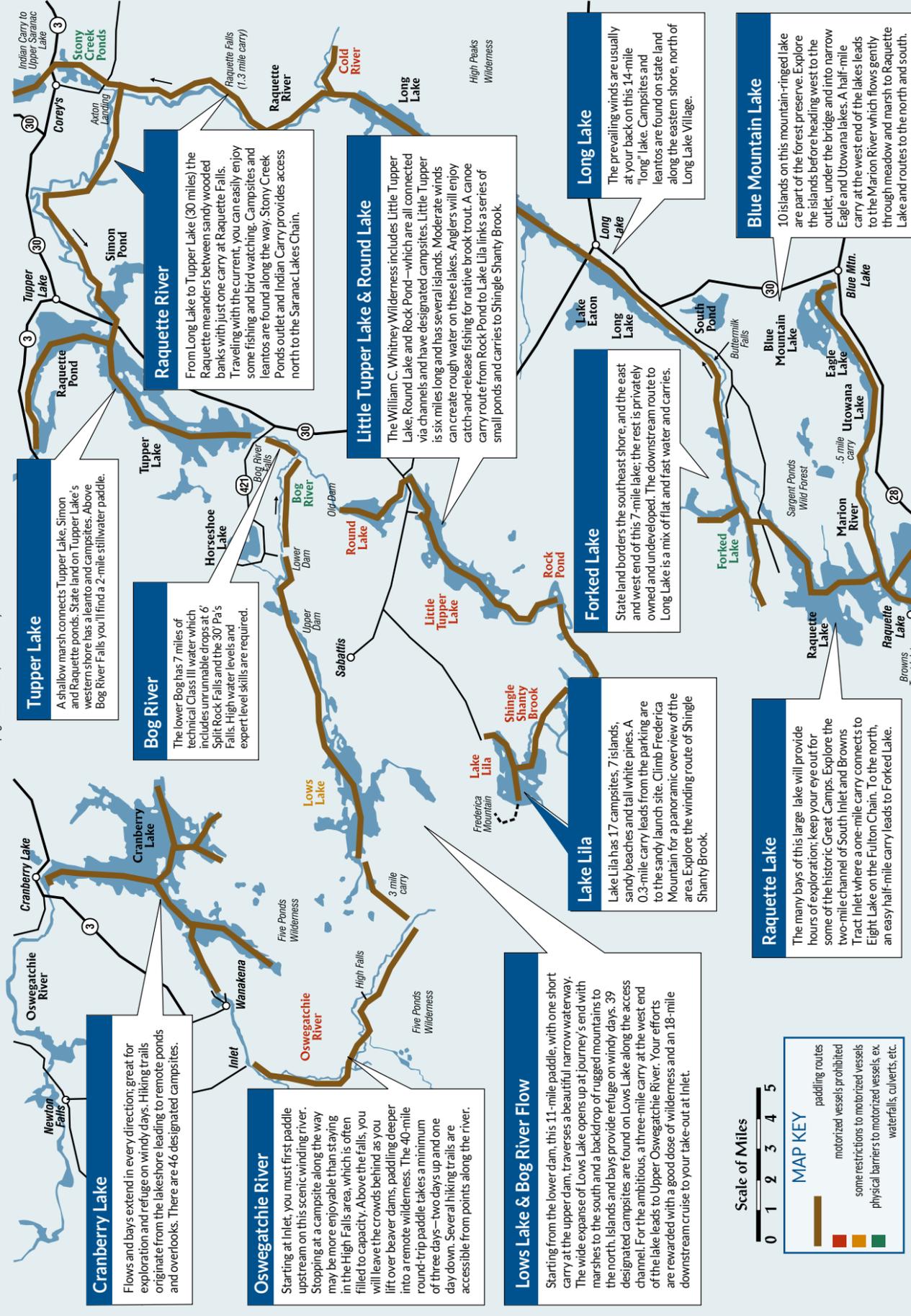


See page 13 for Waterways to the East.

See page 16 for Waterways to the South.

Bog River, Blue Mtn. Lake, Cranberry Lake, Forked Lake, Lake Lila, Long Lake, Lows Lake, Oswegatchie River, Raquette Lake & River, Tupper Lake, Whitney Wilderness

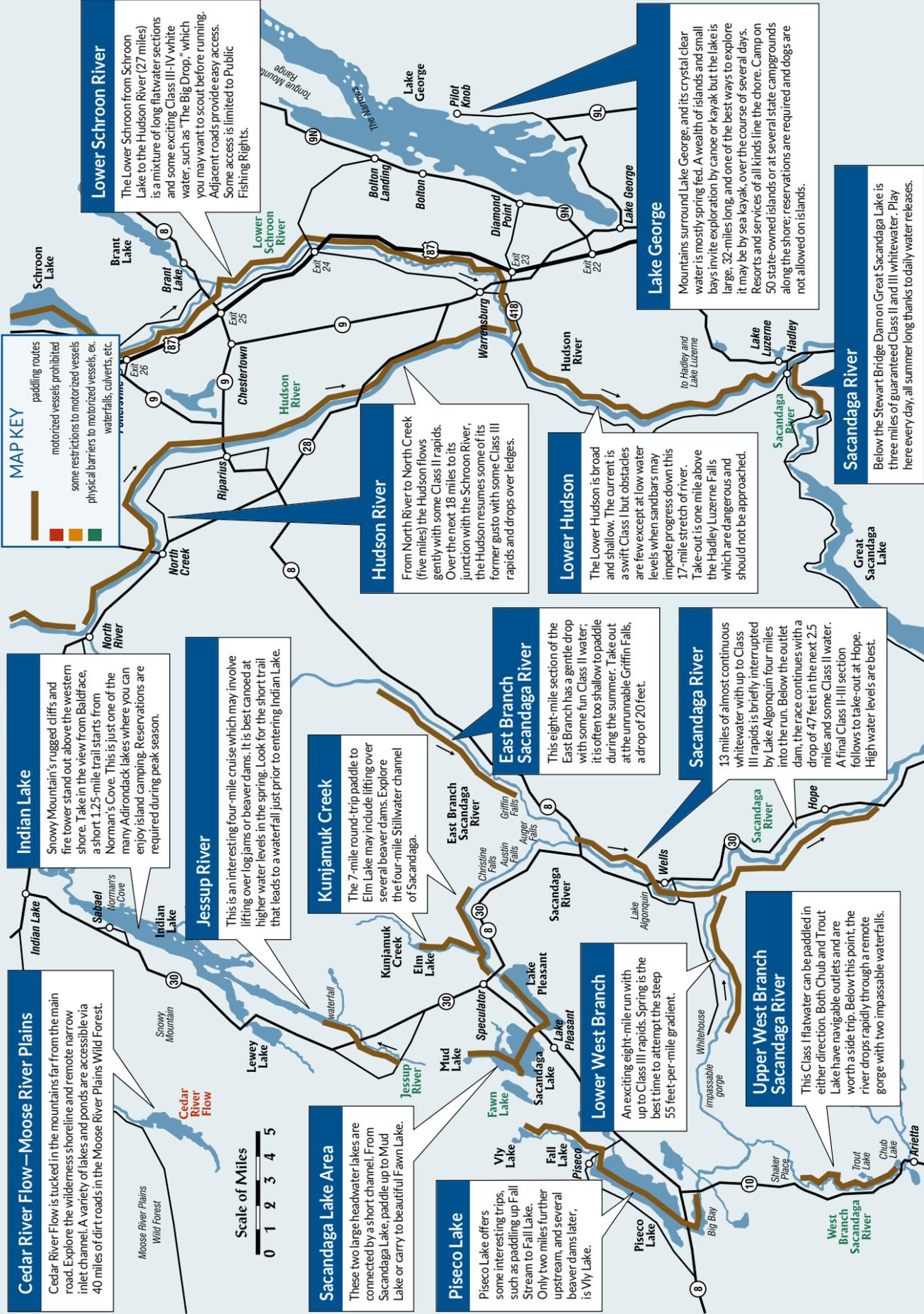
See pages 11 and 12 for Waterways to the North.



See pages 11 and 14 for Waterways to the East.

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

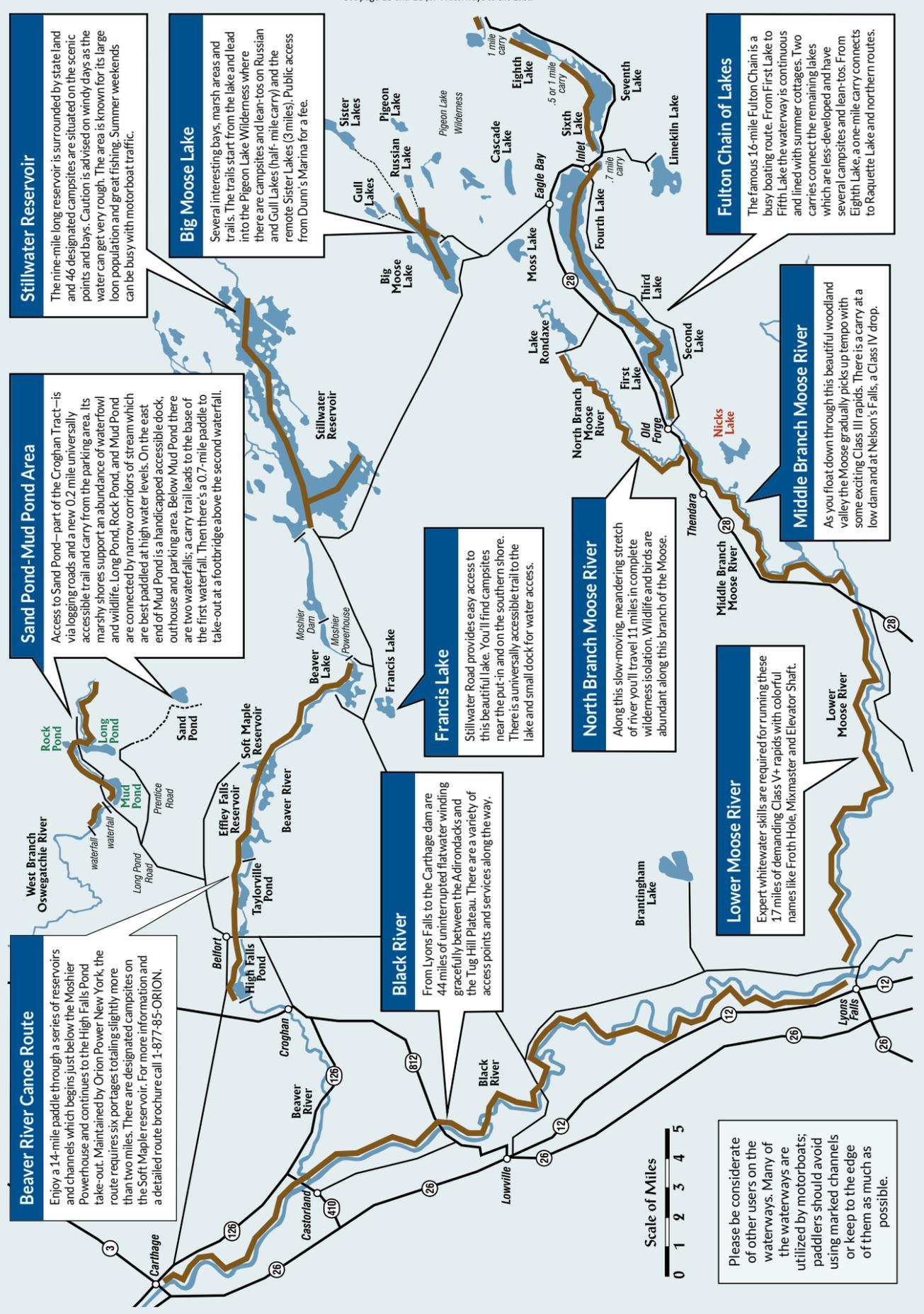
See pages 14 and 15 for Waterways to the North.



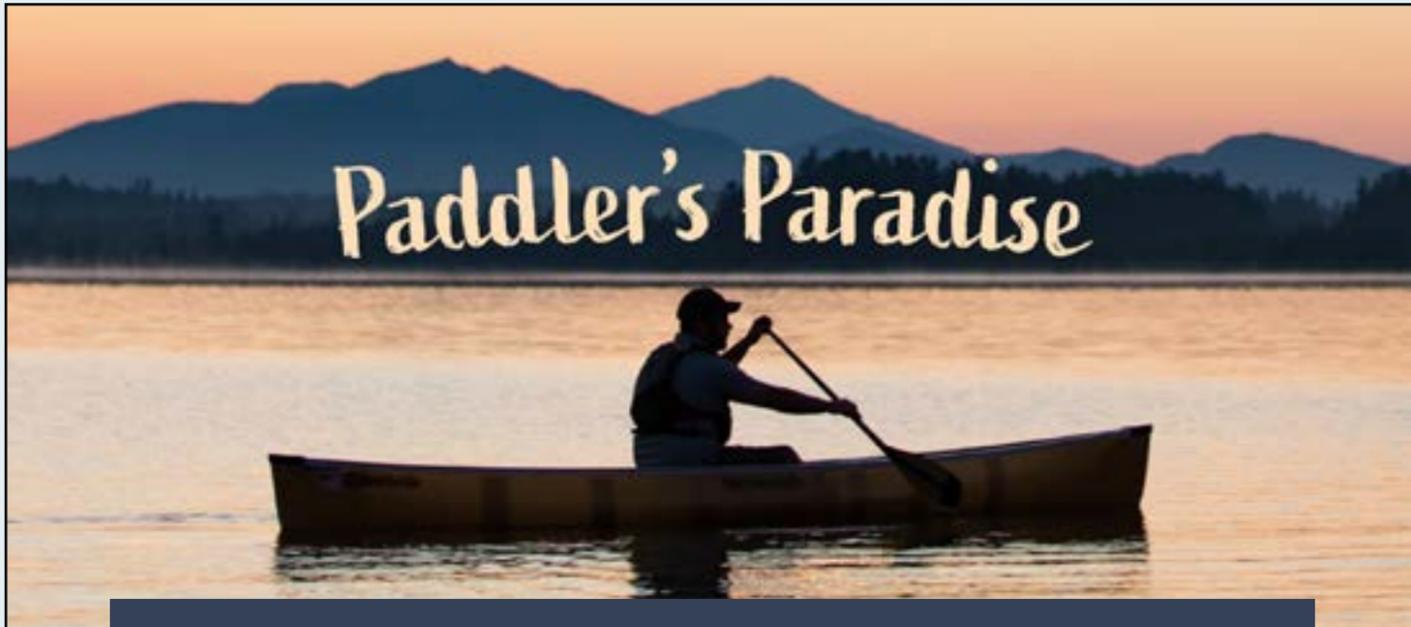
See page 17 for Waterways to the West.

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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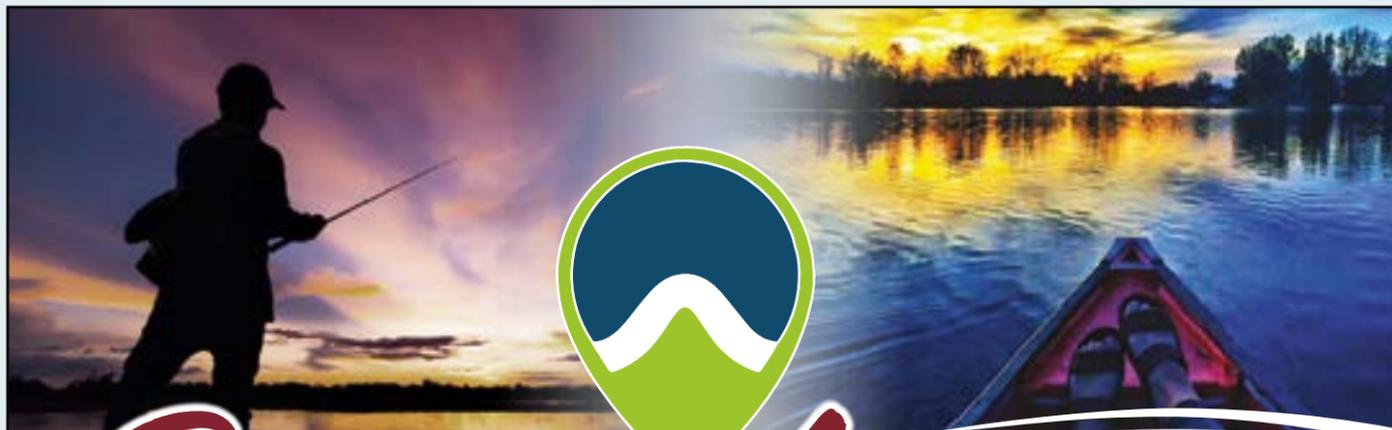
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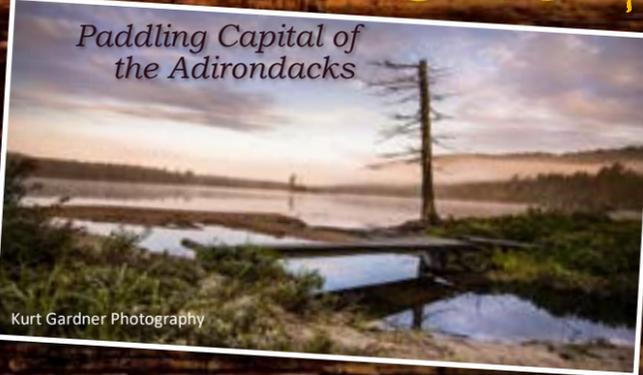
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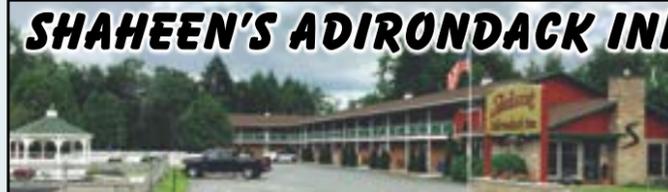
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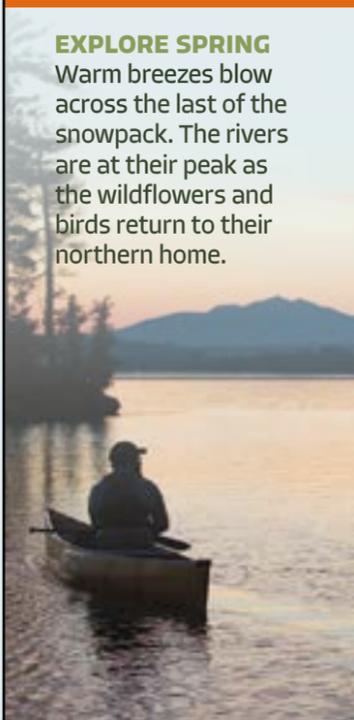
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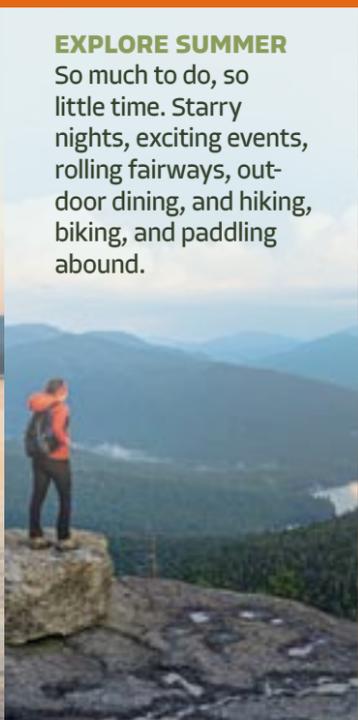
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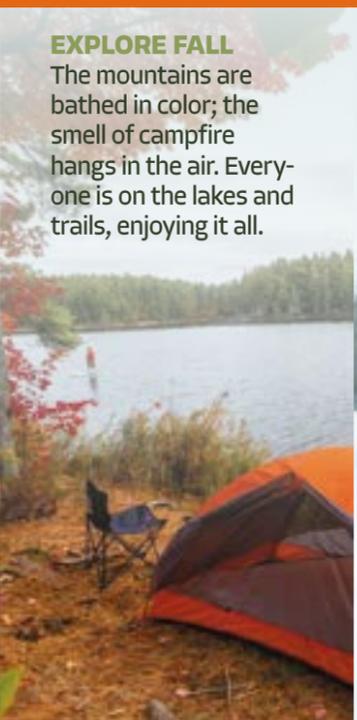
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