



Hiking Guide

Adirondack Great Walks & Day Hikes



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Hiking Checklist

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

Hiking Gear

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

When hiking from November - April

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

Food & Water

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

Emergency & First Aid

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

Clothing & Footwear

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

For rainy and/or cold weather

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

Health & Hygiene

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

Essential Items for Day Hike of Any Length

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

Before You Go

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

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

Take the Pledge

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



Essential Adirondack Hiking

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

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

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

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

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

Tips for Hiking with Dogs

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

• **Keep your dog on a leash at all times.** Even if you see another dog off a leash. If your pup is unfamiliar with the area, or gets a whiff of something heavenly emanating from the forest, instinct kicks in, off they may run, and just like that, day ruined. Don't spend your afternoon calling “Tilly, come here girl!” over and over again.

• **Bring water and a portable bowl, especially if it’s hot outside.** Bring more water than you think you'll need for a hike, and stop often for water breaks. Pay attention to your pup and make sure everyone is hydrated and having fun.

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

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

Code of Hiking Conduct

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

NYS Dept. of Environmental Conservation (DEC)

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

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

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

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

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

Region 6 Headquarters:	317 Washington St., Watertown	315-785-2239
DEC Region 6 Sub-Offices:	6739 Route 11, Potsdam	315-265-3090
	225 North Main St., Herkimer	315-866-6330
	7327 Route 812, Lowville	315-376-3521

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

Forest Preserve Campgrounds
Information: 518-457-2500 • www.dec.ny.gov/outdoor/camping.html
Reservations: 800-456-CAMP • www.reserveamerica.com

Great Walks & Day Hikes Index

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

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

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

www.VisitAdirondacks.com

Adirondack Region Information Centers

<p>Adirondack Regional Tourism Council Comprehensive travel information for a seven-county region. P. O. Box 911, Lake Placid, NY 12946 www.VisitAdirondacks.com info@VisitAdirondacks.com</p> <p>Regional Office of Sustainable Tourism/Lake Placid CVB 2608 Main St., Lake Placid, NY 12946 518-523-2445 or 800-447-5224 www.roostadk.com www.lakeplacid.com www.tupperlake.com</p>	<p>www.saranaclake.com www.schroonlake.com www.whitefaceregion.com www.lakechamplainregion.com www.visitmalone.com www.adirondackexperience.com</p> <p>Adirondack Coast Visitors Bureau (Clinton County) 7061 State Route 9, P.O. Box 310, Plattsburgh, NY 12901 518-563-1000 or 877-242-6752 www.goadirondack.com info@goadirondack.com</p>	<p>Hamilton County Tourism South Shore Road, P.O. Box 57, Lake Pleasant, NY 12108 518-548-3076 or 800-648-5239 www.adirondackexperience.com info@adirondackexperience.com</p> <p>Lewis County Tourism 7383C Utica Blvd., Lowville, NY 13367 800-724-0242 www.adirondackstughill.com info@adirondackstughill.com</p>	<p>St. Lawrence County Chamber of Commerce 101 Main Street, 1st Floor Canton, NY 13617 315-386-4000 or 877-228-7810 www.northcountryguide.com</p> <p>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</p>
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SYMBOL & MAP LEGEND

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

NORTHERN NEW YORK STATE

Adirondack Park "Blueline"

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Maps

National Geographic Trails Illustrated Map Series: Adirondack Park

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

Map 742: Lake Placid/High Peaks
Map 743: Lake George/Great Sacandaga
Map 744: Northville/Raquette Lake
Map 745: Old Forge/Oswegatchie
Map 746: Saranac/Paul Smiths

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

Area of Detail

ONTARIO

QUÉBEC

ME

VT

NH

MA

CT

PA

NJ

ATLANTIC OCEAN

Adirondack Park

NEW YORK STATE

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

Adirondack Great Walks & Day Hikes Map Index

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

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

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

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

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

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



Planning an Adirondack Day Trip

A casual hiker's adventure plan by Glenn Pareira

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

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

Planning

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

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

Packing

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

Here are my hiking essentials:

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



The Author - In the wild



High Peaks - Keene

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

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

Morning of

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

At the trailhead

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

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

Happy hiking, my friends.

Discover Where

the Adventure takes you!

Whether you are out to conquer a challenging peak, wander along flat paths, or just stroll along the Saranac River Trail, the Adirondack Coast offers a wide variety of hiking opportunities with stunning views!

Come and discover:

- Our trail systems at Point Au Roche State Park, Ausable Point State Park and Marsh, Macomb State Park and Taylor Pond
- The highest peak on the Adirondack Coast, Lyon Mountain, and a hike for all abilities, Silver Lake Mountain
- The renowned Lake Champlain Birding Trail, which features quiet marshes and wildlife management areas

The Adirondack Coast
La Côte Adirondack

To plan your next Adirondack Coast getaway
visit goadirondack.com/hiking

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

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

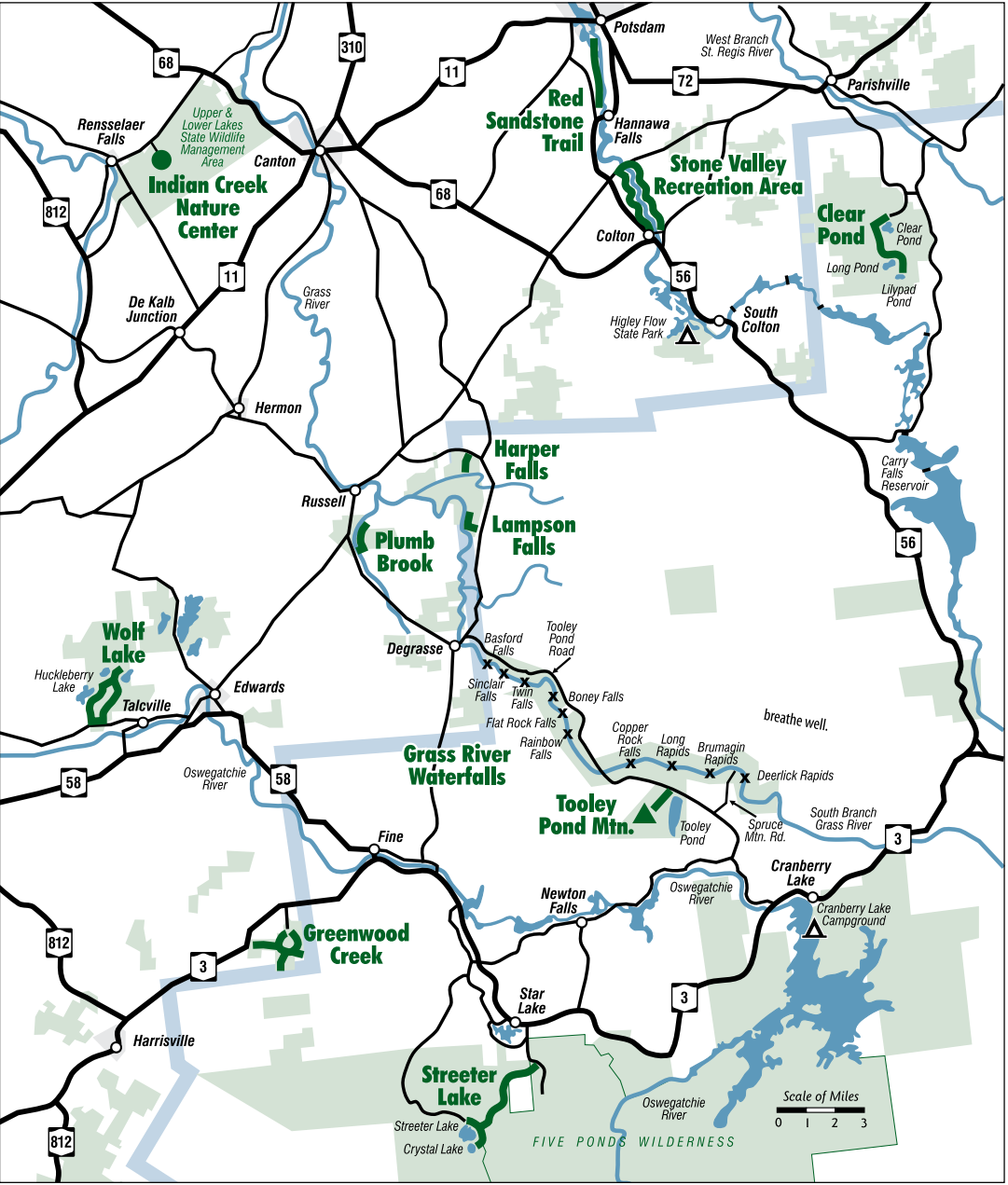
Greenwood Creek (1.8 mile loop, easy) A beautiful stream and cascades are located beside the picnic area where a short nature trail begins. The loop trail has signposts highlighting points of interest and a short .50 mile RT trail leads to an observation platform overlooking the adjacent wetland. Several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

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

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

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

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



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

Nature

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

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

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

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

Cranberry Lake-Tupper Lake-Wanakena

Views

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

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

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

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

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

Lakes

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

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

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

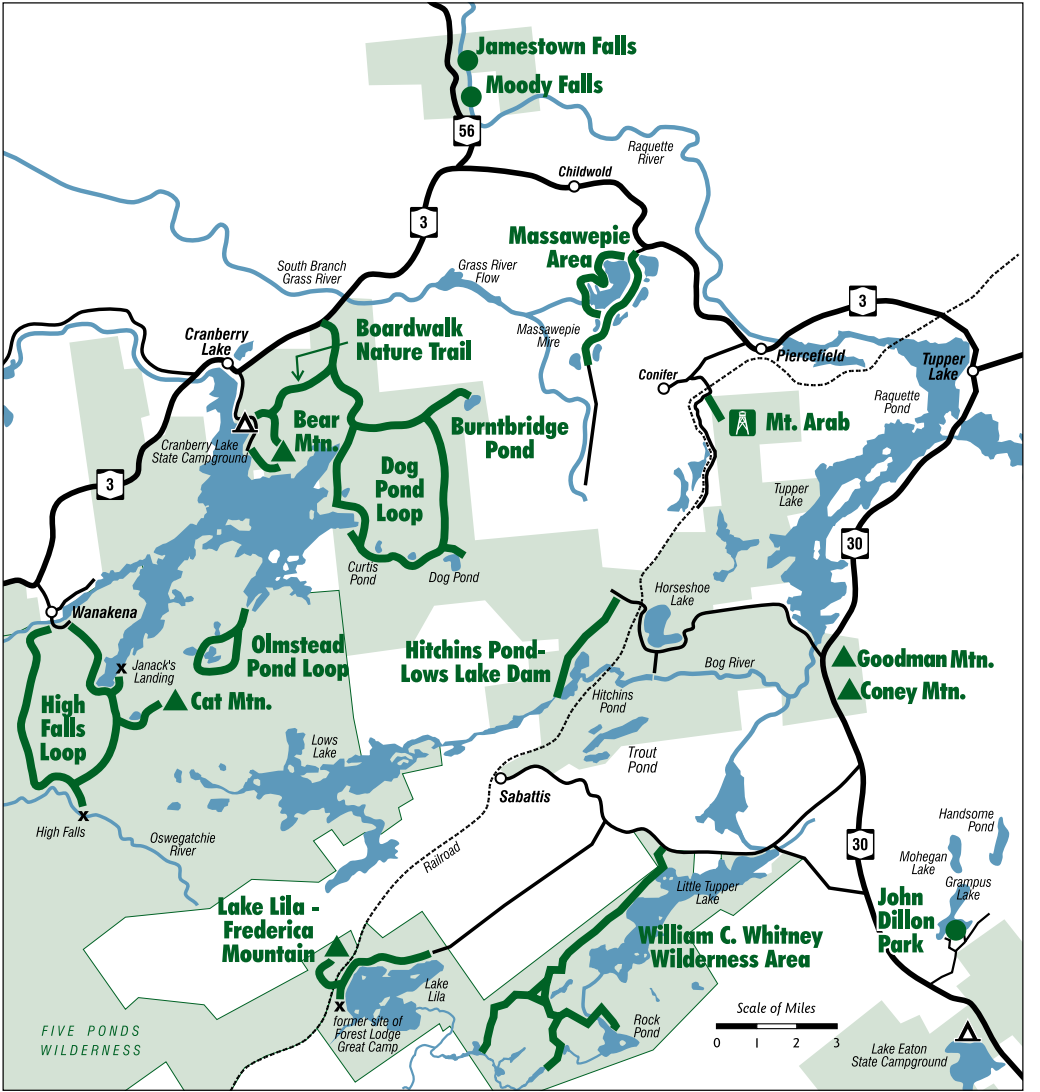
Dog Pond Loop (19.9 mile loop, moderately difficult) Plan on a two-day backpacking trip to explore this remote loop with vistas overlooking Brandy Brook Flow on Cranberry Lake, glacial ponds, a waterfall and historic natural rock shelter. The side trip to Dog Pond and the waterfall on its inlet is .5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

Waterfalls

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

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

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



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

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

Nature

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

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

Historic Sites

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

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

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

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

Views

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

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

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

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

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

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

Lakes/Waterfalls

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

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

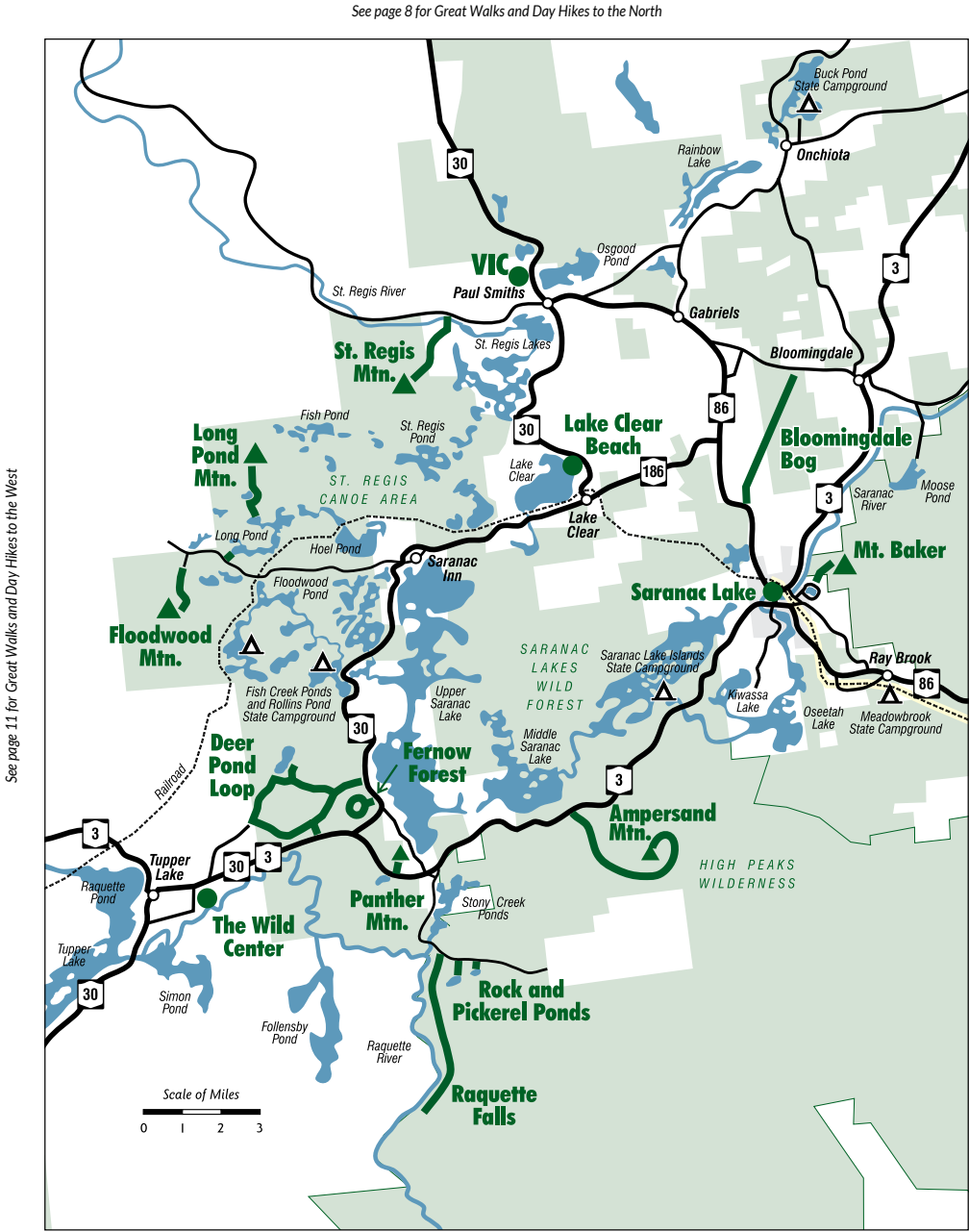
Deer Pond Loop (7.3 mile loop, moderate) The trail, marked as a cross-country ski trail, to a remote pond traverses a Norway spruce plantation and a sugar maple, birch and beech forest. Deer Pond offers good fishing and a number of nice picnic spots along its shore, accessible via a short side trail.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

Raquette Falls (9 miles RT, easy) Several spur trails access lean-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.



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

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

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

Historic Sites

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

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

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

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

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

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)

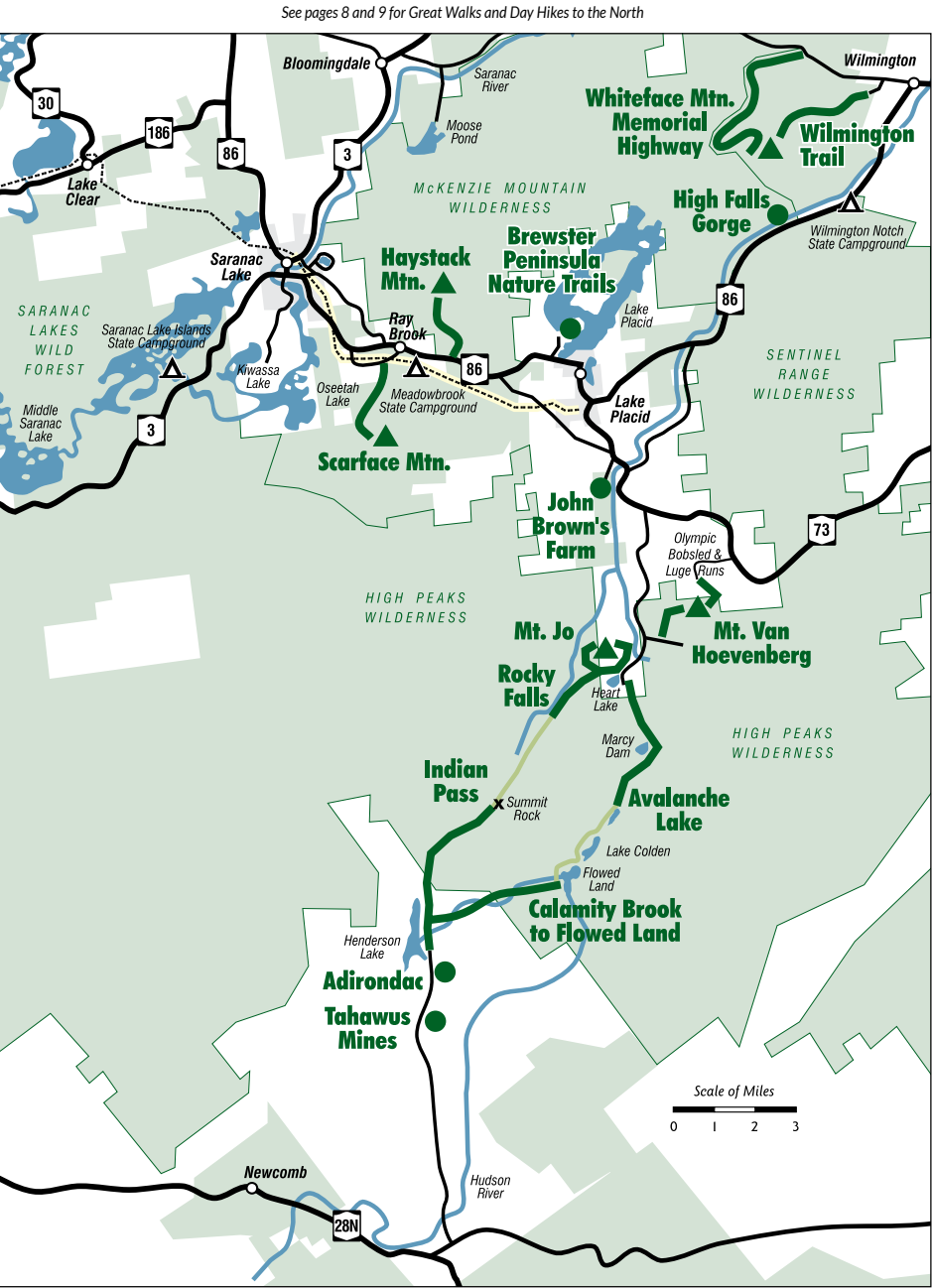
Calamity Brook to Flowed Land (9.4 miles RT, moderate) An interesting route with ponds, brooks and a unique monument. Extend your outing by exploring the area around Flowed Land.

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.



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

See pages 8 and 9 for Great Walks and Day Hikes to the North

See page 14 for Great Walks and Day Hikes to the East

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

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.

RESOURCE GUIDE Hiking Guides: ADK Guide to Adirondack Trails, High Peaks Region. Discover the Northern Adirondacks, McMartin; Discover the Adirondack High Peaks, McMartin. Maps: National Geographic Trail Map, Map 742-Adirondack Park Lake Placid / High Peaks; See page 7 for more maps. See page 6 for the Adirondack Information and Information Centers of the New York State Department of Environmental Conservation.



Elizabethtown-Essex-Keene-Keene Valley-North Hudson-Port Henry-Wadham's-Wallensburg-Witherbee-Westport

Views

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

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

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

Blueberry 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 clifftop views of Lake Champlain and bays along the shoreline of Lake Champlain.

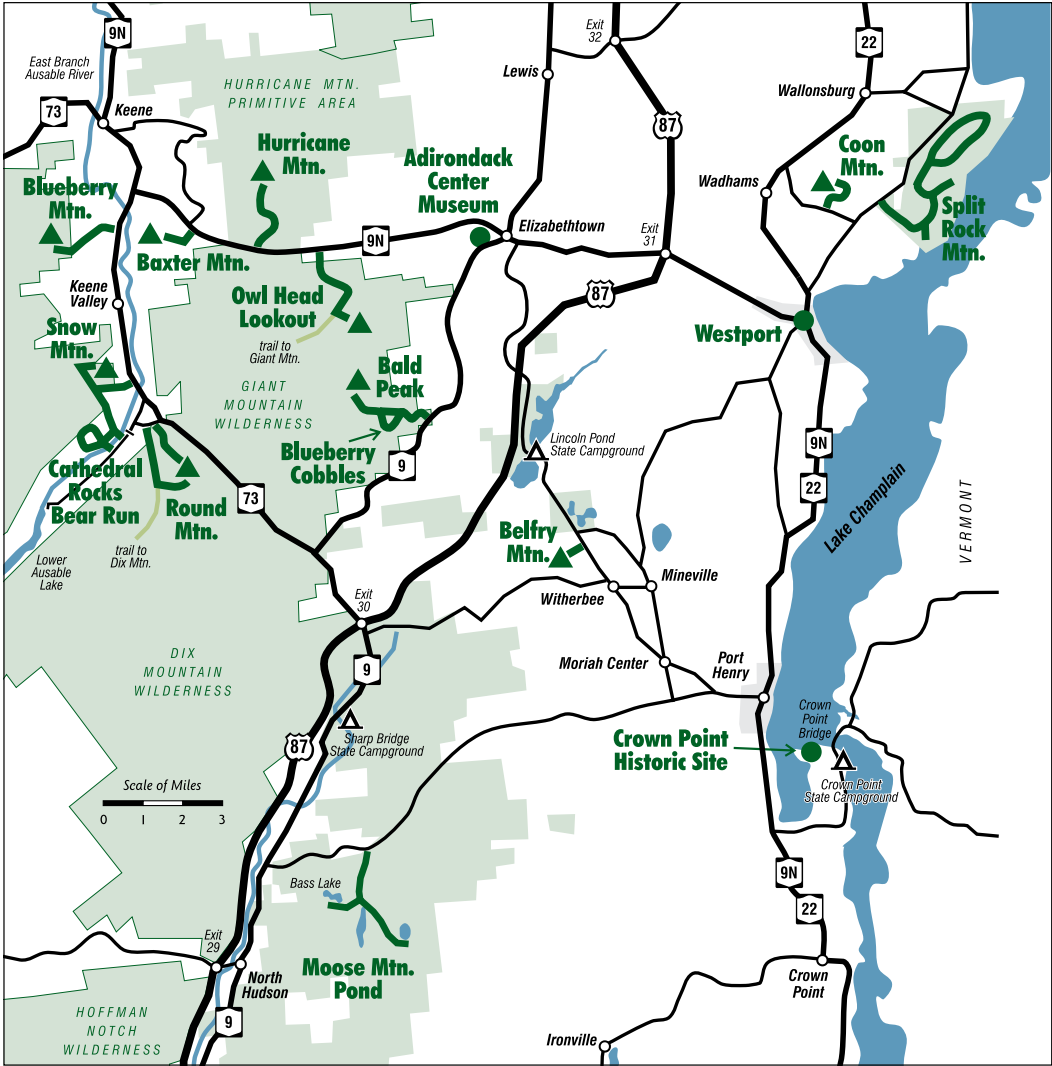
Waterfalls/Lakes

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.

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



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

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.

RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails–High Peaks Region; ADK Guide to Adirondack Trails–Eastern Region; Discover the Northeastern 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 7 for more maps. See page 6 for Adirondack Region Information Centers and NYS Department of Environmental Conservation information.

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

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

Boonville-Brantingham-Lowville-Lyons Falls-Turin

Lakes

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

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

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

Waterfalls

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

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

Various Destinations

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

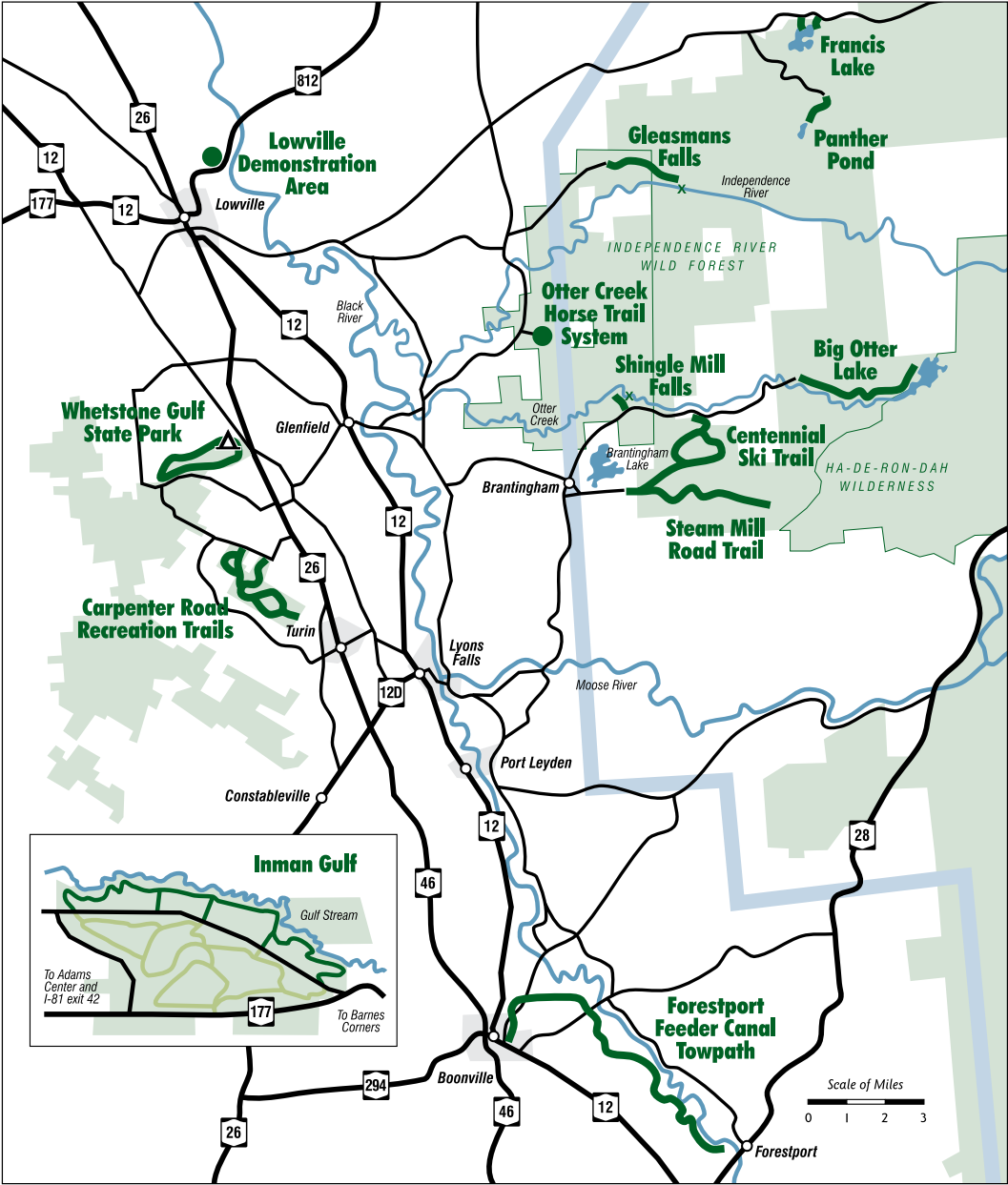
Whetstone Gulf State Park (4.5 mile loop, moderate, entrance fee to state park) Outstanding views can be attained from the occasionally steep trail that circles the rim of this spectacular 400-foot deep, three-mile long glacial gorge. An observation platform and a scenic picnic area are found along Whetstone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

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

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

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

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



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

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

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

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



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

Views

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

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

Vista Trail (4.4 miles one-way, difficult, two cars needed) A long 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 Sumner Stream and continues on to these popular fishing ponds.

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

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

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

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

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

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

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

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



Waterfalls/Nature

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

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

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

Historic Sites

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

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

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

Views

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

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

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

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

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

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

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

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

Lakes/Waterfalls

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

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

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

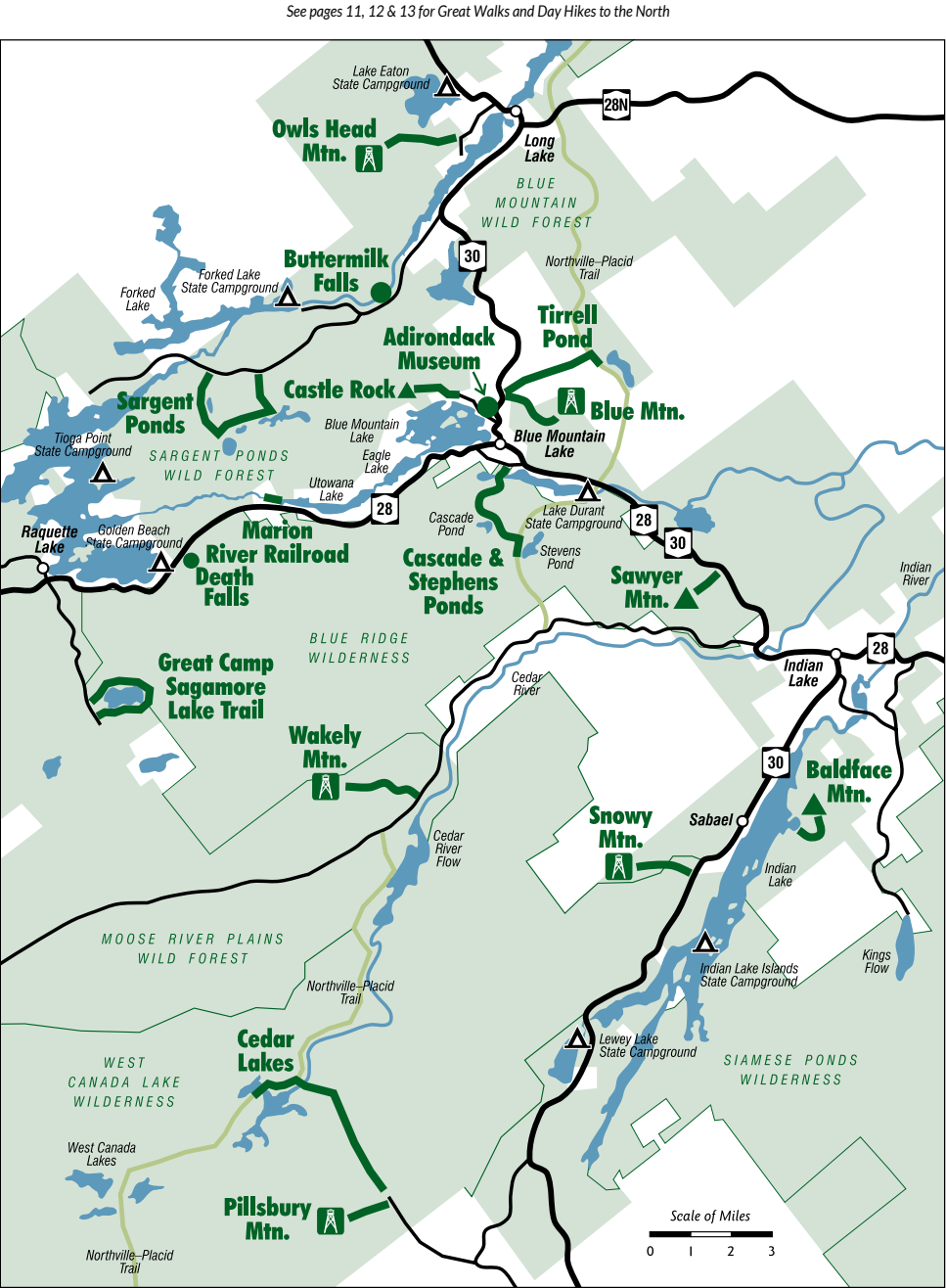
Cascade & Stevens Ponds (8.4 miles RT, easy) Cross Rock Pond outlet on a 200-foot boardwalk and follow the route of a historic road on your way to these two beautiful ponds.

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

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

Historic Sites

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



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

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

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

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

Views

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

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

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

Rivers/Lakes

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

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

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

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

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

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

Waterfalls

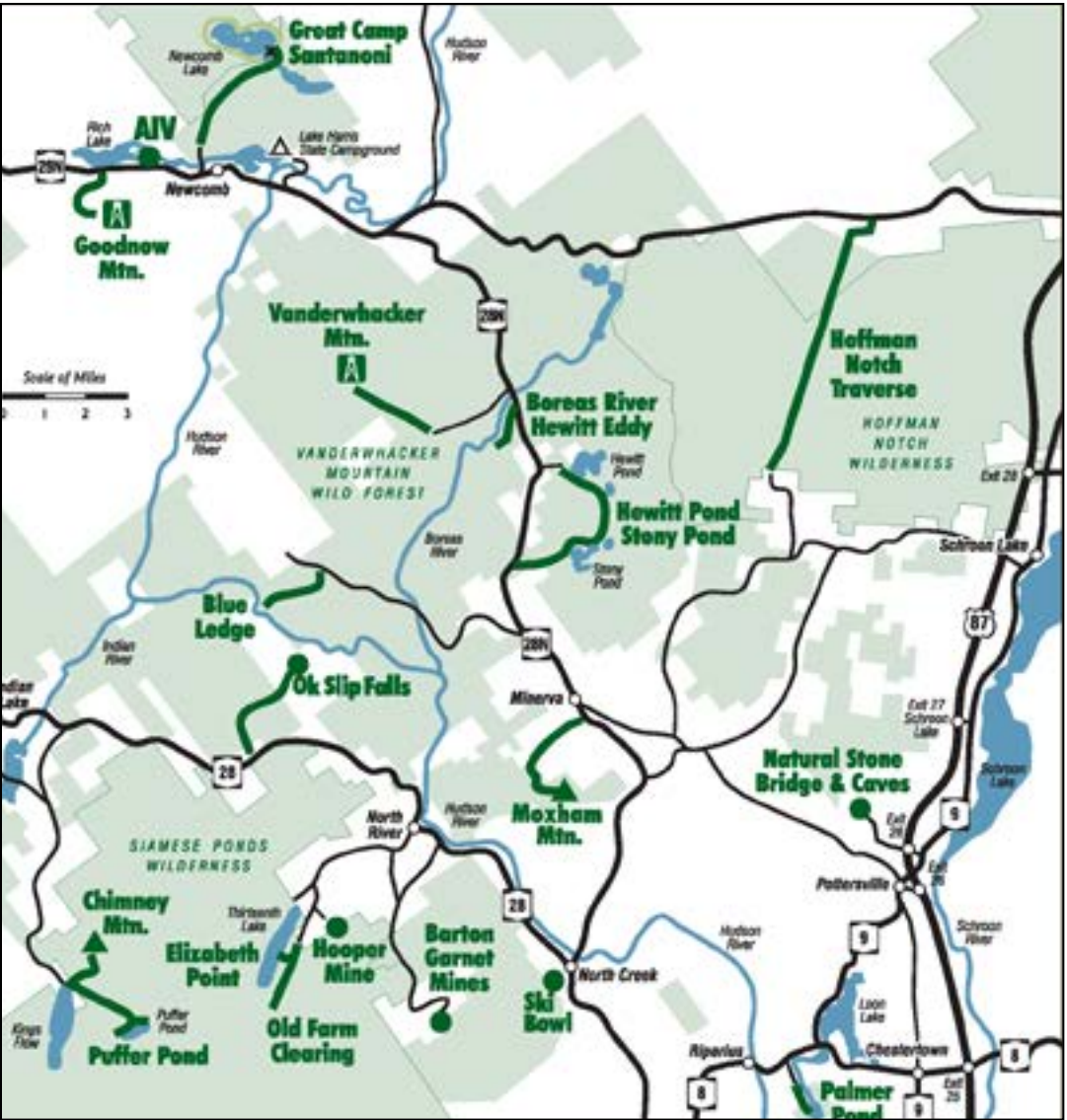
Ok Slip Falls (6 miles RT, easy) The trail gently drops and rises across most of its route and drops just a little more steeply as it approaches the overlook for a scenic view of the falls which is one of the highest in the Adirondacks The parking area for the trailhead is located on the south side of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

Nature Trails

VIC - Adirondack Park Visitor Interpretive Center at Newcomb (3 miles of marked nature trails) Three trails traverse a variety of environments. A boardwalk crosses a marsh area and you'll see old growth hemlocks, glacial 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.

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

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



See page 19 for Great Walks and Day Hikes to the East

Geologic Formations/Historic Sites

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

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

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

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

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

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

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

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

Views

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

Cook Mountain (2.6 miles RT, moderate, Lake George Basin Land Conservancy) 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.

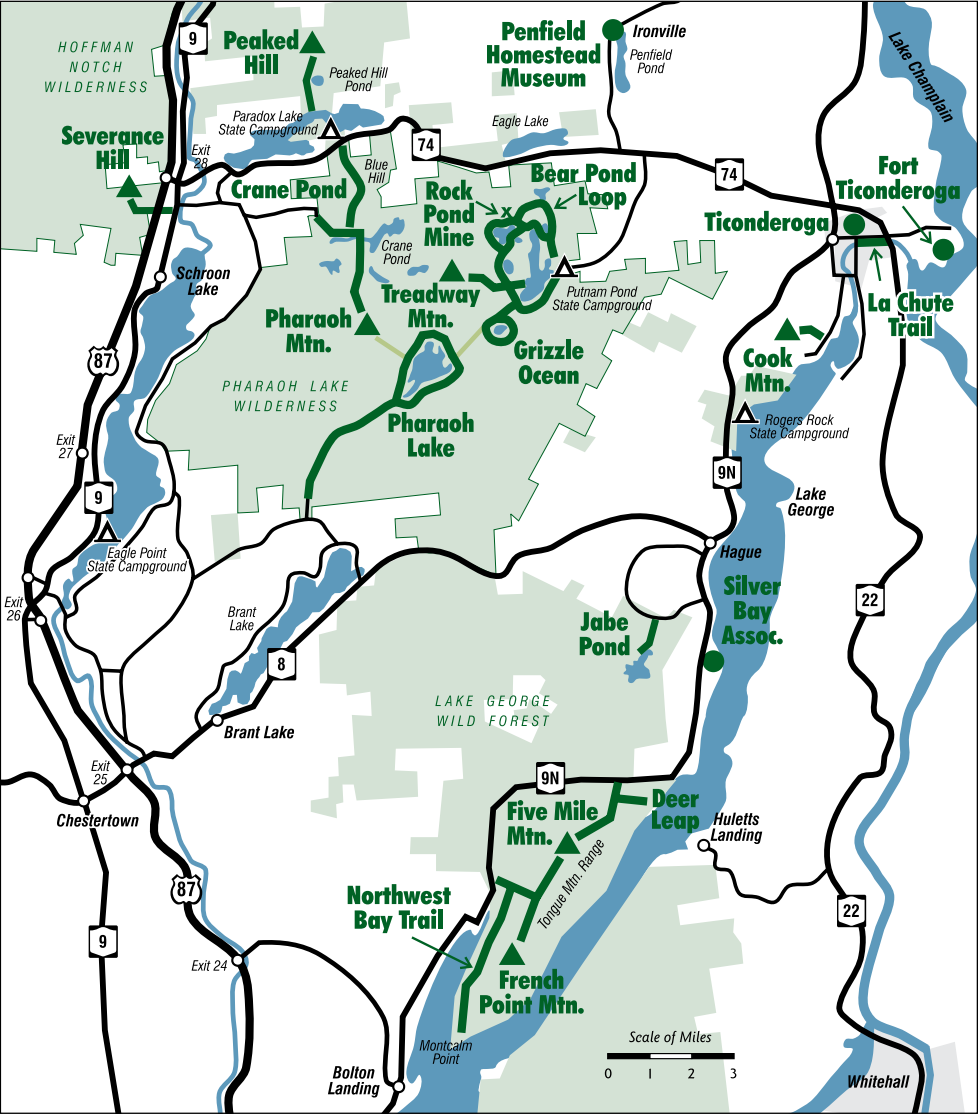
Grizzle Ocean (5 miles RT, easy, state campground entrance fee) Walk to the lean-to on this picturesque pond and explore its shores on the trail that circles the pond.

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 lean-tos are found along the southeast shore and there are almost constant views across the crystal-clear waters looking toward the rugged cliffs of Pharaoh and Treadway mountains.

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

See page 14 for Great Walks and Day Hikes to the North



See page 18 for Great Walks and Day Hikes to the West

See page 21 for Great Walks and Day Hikes to the South

Historic Sites

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

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

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

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

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

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

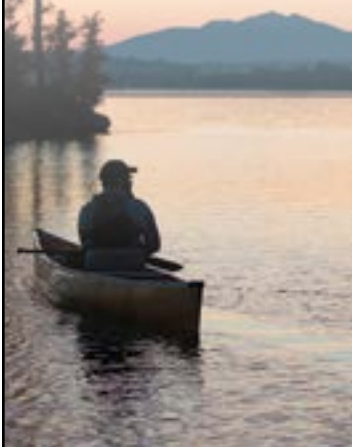
RESOURCE GUIDE Trail Guides: ADK Guide to Adirondack Trails—Eastern Region; ADK Guide to Adirondack Trails—Central Region; Discover the Eastern Adirondacks, McMartin; Discover the Central Adirondacks, McMartin. Maps: National Geographic Trails Illustrated Map #743—Adirondack Park Lake George/Great Sacandaga;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

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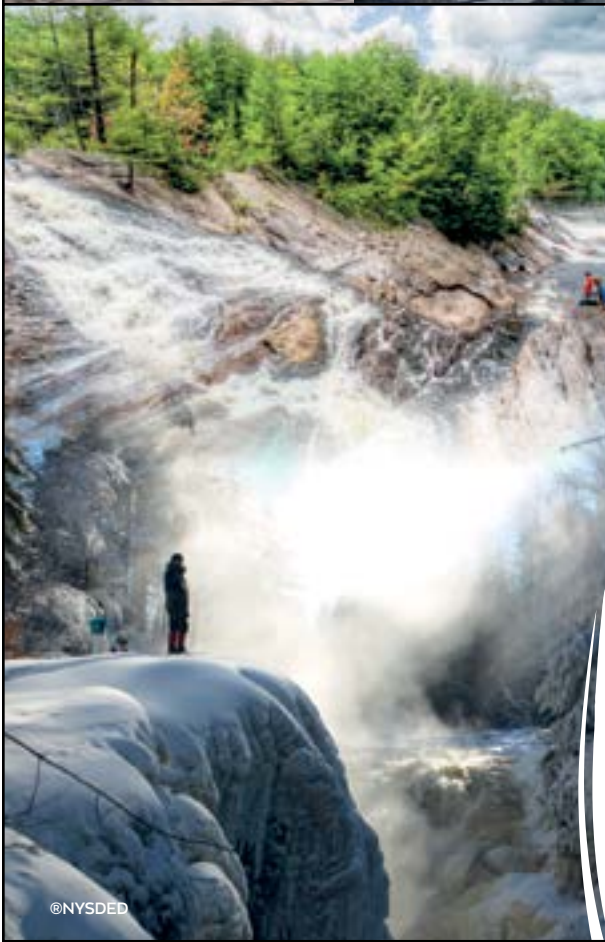
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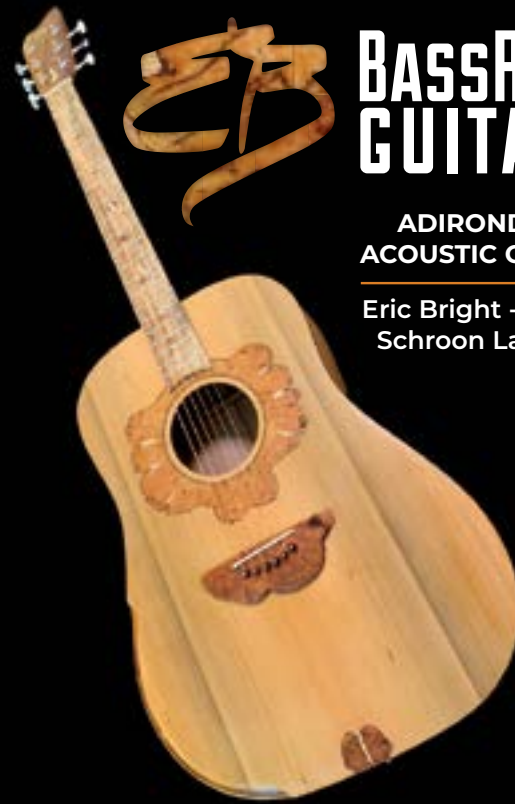

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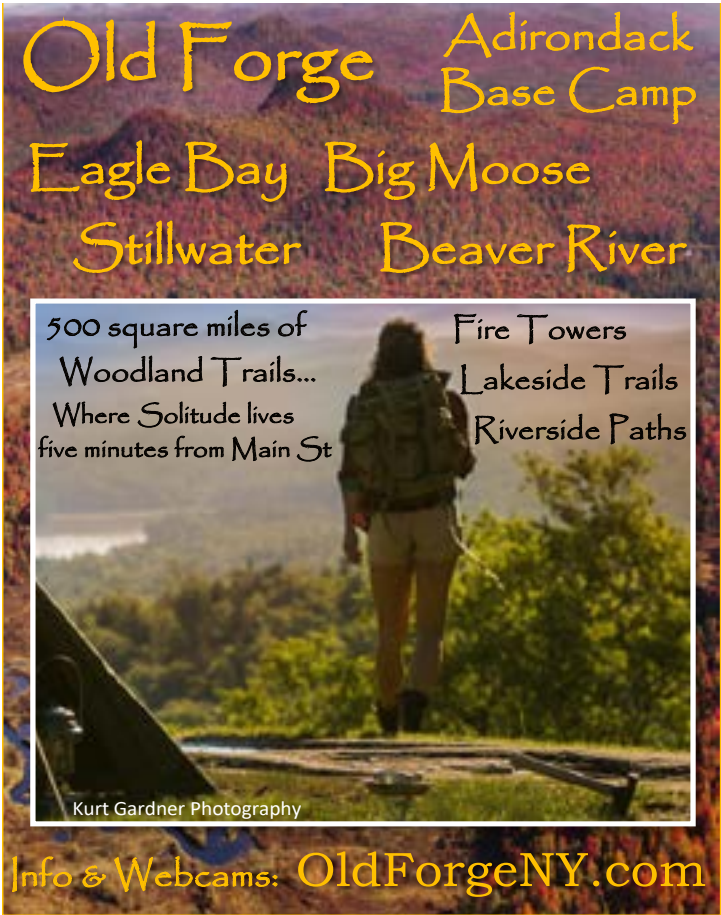
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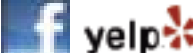
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