

VISIT 
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HIKING GUIDE

Adirondack Great Walks & Day Hikes

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iloveny.com



VisitAdirondacks.com

Adirondack Region Information

ADIRONDACK REGIONAL TOURISM COUNCIL

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

REGIONAL OFFICE OF SUSTAINABLE TOURISM/LAKE PLACID CVB

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

ADIRONDACK COAST VISITORS BUREAU (Clinton County)

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

FRANKLIN COUNTY TOURISM

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

HAMILTON COUNTY TOURISM

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

DISCOVER TUG HILL (Lewis County)

7551 South State Street
Lowville, NY 13367
315-376-3014
www.discovertughill.com

ST. LAWRENCE COUNTY CHAMBER OF COMMERCE

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

WARREN COUNTY TOURISM

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

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

WELCOME TO

Find the right hiking destination for you,
and get ready to hit the trails.

VISITADIRONACKS.COM



While the park is famous for its 46 high peaks, it is also home to some of the Northeast's most scenic day hikes with shorter climbs, equivalent views, and fewer crowds.

Whether you're planning a short trek around a woodland pond or charting the way toward a longer hike, this guide will help you identify and prepare for an Adirondack adventure that piques your curiosity, meets your ambitions or simply happens to be the trailhead nearest your location.

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

THE ADIRONDACKS

A woman with her back to the camera, wearing a black tank top, dark pants, and a blue and white striped cap, stands on a large, light-colored rock. She is looking out over a vast, scenic view of a forested mountain range under a clear blue sky. The foreground shows some evergreen trees and the rock she is standing on. The background is a hazy, expansive landscape of rolling hills and valleys covered in dense forest.

ESSENTIAL ADIRONDACK HIKING

ADIRONDACK GREAT WALKS & DAY HIKES MAPS AND LISTINGS

Many different kinds of walks/hikes are outlined on the pages to follow. They are first grouped by area on 14 different maps. On each map page, the walks/hikes are grouped by difficulty rating. Symbols next to the listings call attention to special features such as “Great Walks”, firetowers, and trails accessible to people with disabilities.

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 **RT (Round-Trip)** or **loop** trips. Some distances are one-way and require two cars.

DIFFICULTY RATINGS:

- **Easy** — Short trips or mostly level terrain or both.
- **Moderate** — Longer trips, rougher terrain, and some climbing.
- ◆ **Difficult** — Prolonged steep climbing or are longer and more remote. Previous experience will be helpful.
- ▲ **Attractions** — Includes historic sites, museums, nature centers, and visitor centers, many with special natural features.

Please take into consideration your own physical preparedness and the ability of the least experienced member of your party.

SPECIAL FEATURES:

 **Great Walks:** 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.

 **Fire Tower Trails in the Adirondacks:** Many recently restored fire towers are now open to the public and provide unparalleled views in all directions. Look for the fire tower icon next to the following listings: Hurricane, Swede, Blue Mountain, Poke-O-Moonshine, and many more.

 **Universally Accessible Trails and Facilities** are located throughout the Adirondacks. 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. Look for the universally accessible icon next to the trail descriptions, and enjoy the incredible views of the Adirondacks that are accessible to all.

Look over the information and select the destinations that match your interest and ability.

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

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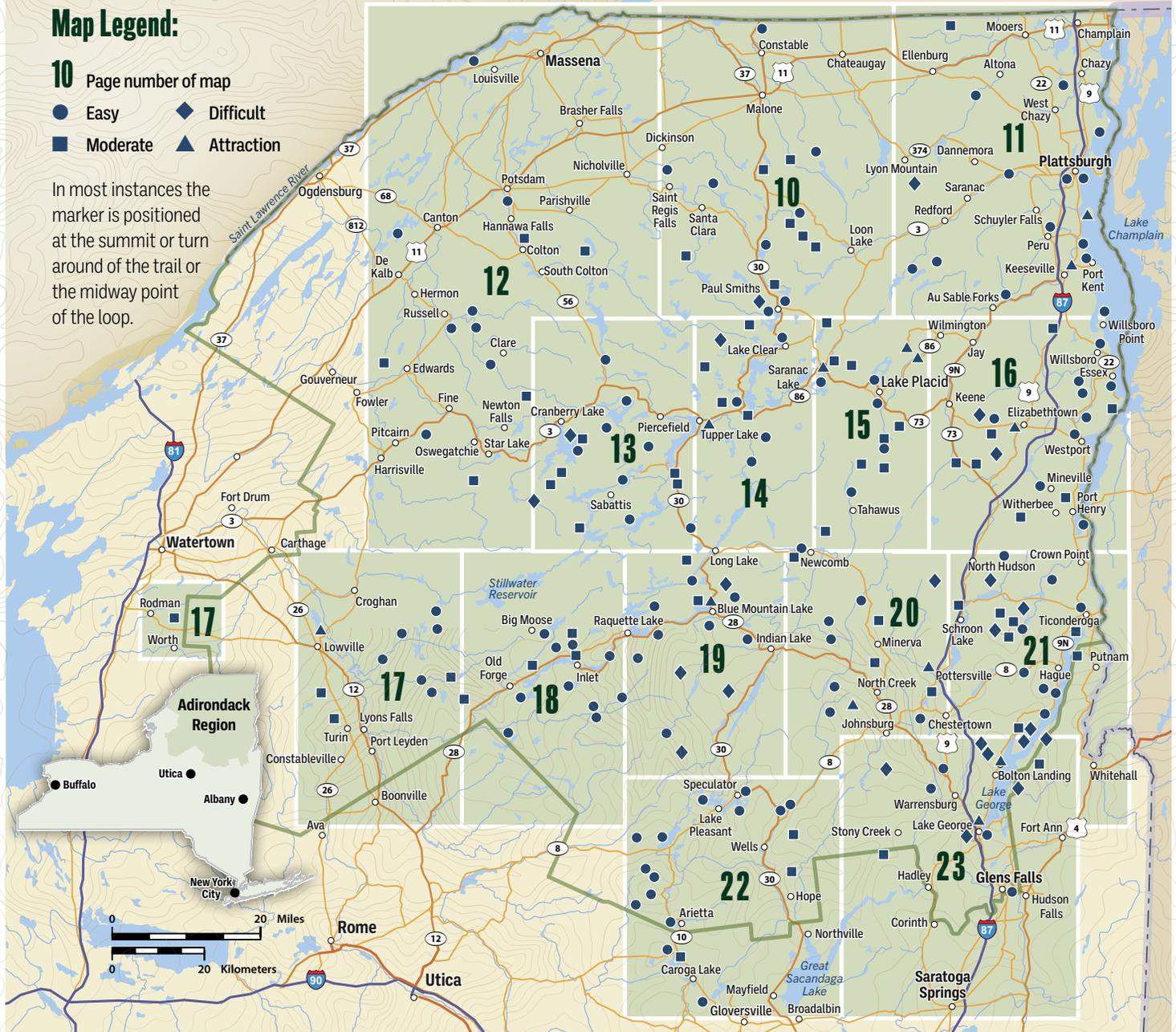
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Map Legend:

10 Page number of map

- Easy ◆ Difficult
- Moderate ▲ Attraction

In most instances the marker is positioned at the summit or turn around of the trail or the midway point of the loop.



Guidebooks and Maps

If you're headed for the mountains, especially for a longer or more challenging hike, you should get a good map or guidebook. The

descriptions in this book are brief, and the scale of the maps do not have enough detail for it to be used as a working field guide. Because of the complex nature of some of the trail networks in the Adirondacks, trail intersections may be encountered that are not shown on these maps, and you could become lost or confused. In some cases, trailheads may not be marked or trailhead signage may be missing or difficult to find. A guidebook will provide mileage and directions to most trailheads. Guidebooks and maps will not only help make your outing safer, they will also enhance your experience by providing interest-

ing background information on the areas you will be visiting.

At the bottom of the map pages you'll find a list of Resources—guidebooks and maps that provide information on routes suggested on that page. Guidebooks and maps can be found online and at bookstores and outdoor outfitters.

There are also several online resources where you can print maps and trail apps that can be helpful while hiking, but just keep in mind that cellular service in the mountains can be spotty, and batteries lose their charge. Download any trail map you plan on using for offline use, and if possible, bring a charger!

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.

PLANNING AN ADIRONDACK DAY TRIP

This book will get you started, but there are a few questions you should ask yourself when scoping out a new hike:

- **How's the view?** Let's be honest—it's usually the first question we all ask.
- **How long/hard is it?** This might compete for first question status, especially if you aren't an avid hiker.
- **What's the weather going to be like, and what are the chances it'll change between where I start and where I end?** Winter, spring, fall, and summer—sometimes it can seem like you encounter one season at the trailhead and a different one at the summit.
- **How crowded might it be, and how much earlier might I need to arrive to find a parking spot?** We all wish we could pull up and just go hike, but let's face it, when there are lots of hikers already on the trail, parking can be a problem.
- **Do I need a reservation to hike?** The majority of trailheads do not require a reservation to park. Only trails originating from the **Adirondack Mountain Reserve** require a reservation. Visit hikeamr.org.



Essential Items for Day Hike:

After you've figured out the length and the weather, here's a list of essential items to pack for a day hike:

- ☐ **Hiking backpack** to carry everything below
- ☐ **Navigation: Map, compass, GPS**
You may not want to invest in a GPS, but you should ALWAYS take a printed map and know how to read it. There are also a number of websites where you can print trail maps and apps with trail maps that enable you to use your phone as a GPS. Just remember to download your digital maps and bring a charger! Cell signal can be nonexistent in the mountains, and you don't want to lose power.
- ☐ **Weather-appropriate, non-cotton clothing** (moisture-wicking and layers)
- ☐ **Hiking boots or shoes** (Leave the sandals in the car!)
- ☐ **Plenty of water** (at least 64 ounces for a long day hike and 16 ounces for a short hike)
- ☐ **Plenty of food** (Nuts, jerkey, and energy bars are great, but a sandwich and cold beverage from a local deli couldn't hurt either)
- ☐ **Light source** (headlamp, flashlight and extra batteries)
- ☐ **First-aid kit**
- ☐ **General emergency kit with whistle, duct tape, multi-tool**
- ☐ **Toilet paper, trowel, and hand sanitizer**
- ☐ **Sun and insect protection**
- ☐ **Trekking poles** (They take stress off your joints and help with balance, plus they give your arms something to do while your legs are hard at work!)

Before You Head Out...

Fuel up with a good breakfast (a bowl of oatmeal or some eggs, anyone?). Check the weather forecast and trail conditions/rules/regulations where you are hiking, and share your plans with a family member or friend.

Make one last visit to the restroom. There are no bathrooms in the woods and disposing of waste properly on the trail is not fun and best to try to avoid. So do yourself a favor and go before you go.

Sign in at the trailhead. While the chances are great that you'll arrive back safely, if you don't, it will help rescuers to search for you.

Get going, follow the **Leave No Trace™ Principles** (opposite page), and enjoy. No matter the season or the weather, the woods and the views never get old. Happy hiking!

Tips for Hiking with Dogs

Most Adirondack trails welcome dogs—but there are some important things to remember:

- **Keep your dog on a leash at all times.** If your pup is unfamiliar with the area, or gets a whiff of something in the forest, off they may run, and just like that, day ruined.
- **Bring water and a portable bowl, especially if it's hot outside.** Bring more water than you think you'll need and stop often for water breaks. Make sure everyone, including your pup, is hydrated and having fun.
- **Swim safely.** The Adirondacks abundance of waterfalls, ponds, lakes, rivers and streams, offer your dog plenty of places for a good swim, just be sure to bring a towel for the ride home. Keep everyone safe by checking the water for fallen logs or shallow bottoms, and don't swim in swift currents.

LEAVE NO TRACE SEVEN PRINCIPLES

The New York State Department of Environmental Conservation (DEC) reminds visitors to practice The **Leave No Trace™ Seven Principles** while recreating on State lands to reduce your impact on the environment and keep yourself and those around you safe. We all have a responsibility to protect State lands for future generations.

1. Plan and prepare.

Proper planning is vital to ensure a safe adventure. Know your limits, set realistic goals, and choose an experience appropriate to your skill and fitness level. Research trails and routes before setting out and contact DEC or other knowledgeable parties with questions.

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

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

2. Travel and camp on durable surfaces.

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

3. Dispose of waste properly.

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

4. Leave what you find.

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

5. Minimize campfire impacts.

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

6. Respect wildlife.

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

7. Be considerate of other visitors.

- Keep noise levels down. Excessive noise can scare off wildlife and prevent others from enjoying the sounds of nature.
- Share the trails. Hike in single file when approaching other groups and let faster hikers pass. Stay to the right and pass on the left when safe and appropriate.
- When approaching hikers from behind, politely make them aware of your presence and desire to pass.
- Hikers going downhill should yield to hikers going uphill. Everyone should yield to horseback riders, and bikers should yield to all other users.
- Hikers on foot bridges and bog bridging have the right of way—allow them to complete their crossing before stepping onto the structure.
- Keep your pets under control and clean up after them.
- Park in designated parking areas—do not block gates, entrances, exits, or other vehicles.

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/things-to-do/hiking/adirondack-backcountry

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 Street, Northville
518-863-4545

232 Golf Course Road, Warrensburg
518-623-1200

DEC REGION 6:

St. Lawrence, Lewis, Herkimer, Jefferson and Oneida Counties

Region 6 Headquarters:

317 Washington Street, Watertown
315-785-2239

DEC Region 6 Sub-Offices:

109 Outer Main Street, Potsdam
315-265-3090

225 North Main Street, Herkimer
315-866-6330

7327 Route 812, Lowville
315-376-3521

FOREST PRESERVE CAMPGROUNDS:

Information: 518-457-2500

www.dec.ny.gov/things-to-do/camping

Reservations: 800-456-CAMP

newyorkstateparks.reserveamerica.com

WINTER HIKING SAFETY

Safety and preparedness are essential for a safer and more enjoyable experience no matter your physical ability or destination.



Plan ahead:

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

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

What to pack: Get a day pack large enough to carry...

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

On the Trail:

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

If you get lost: Stop where you are, stay calm and assess your situation. Try to determine your location by looking for recognizable landmarks and listen for vehicles on nearby roads. If you are sure you can get yourself out of the woods using a map and compass, do so—otherwise stay put. If you have cell service, call the DEC Dispatch (see left). The dispatcher will help searchers locate you quickly. If you don't have cell service, move to a location close by where you are visible to searchers on the ground or in the air. If you have something brightly colored, wear it or place it in a conspicuous location.

If it appears you will need to spend the night: Clear an area of snow to build a campfire. A fire will help searchers locate you. Using snow or items from your pack, build a shelter to keep you warm and sheltered from the weather. You can use dead branches, conifer boughs and leaf litter to insulate the shelter.

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

Staying Safe in Winter:

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

THE ADIRONDACK HIGH PEAKS

The High Peaks region is home to a large network of trails connecting peaks, ponds, historical places, and so much more. Within this region, 46 mountains over 4,000 feet* stand above New York State's largest wilderness area. These challenging summits offer experienced hikers a combination of strenuous vertical gain, tough trail conditions, long mileage, and ever-changing weather.

While it may not sound like everyone's definition of a fun time in the woods, with the proper preparation and gear, a hike up any of the 46 High Peaks can be a rewarding endeavor. A successful High Peak hike involves being physically fit and having hiking experience, researching your route through various resources, and carrying the 10 essentials**. The many hikes found within this guide can be a good starting point for building up to one of these more challenging peaks.

The High Peaks region tells a story of how hikers can give back to the places they love. A remarkable feature of many High Peaks is that they are home to New York State's rarest ecosystem: the alpine zone. Hikers continuing above treeline on peaks like Mount Marcy and Algonquin will encounter a unique mix of alpine plant species, deposited by glaciers some 10,000 years ago. These incredible plants once faced tough times when hiking exploded in popularity in the Adirondacks decades ago. However, through the Adirondack High Peaks Summit Steward Program, a partnership between the Adirondack Mountain Club, The Nature Conservancy, and the NYSDEC, this special place has held strong, and even recovered on many summits.

Part of planning a hike up a High Peak involves learning the natural history of where you'll be spending time. Visiting places like Cascade Welcome Center and the High Peaks Information Center are a good start to creating a meaningful connection with the rare ecosystems that exist on the 46 High Peaks. You can do your part by staying on the rock, and off areas of vegetation and bare soil, when you are up above treeline in the High Peaks.

**Four of the 46 peaks fall below the original 4,000 measurement, but tradition has kept them included in the formal hiking list!*

**10 HIKING ESSENTIALS

- Navigation: map, compass, GPS system
- Insulating layers: waterproof jacket/pants
- Light source: headlamp with extra batteries
- First-aid kit
- General emergency kit with whistle, duct tape, multi-tool
- Fire starter: matches, lighter
- Food
- Water and filtration system
- Sun and insect protection
- Emergency shelter: tent, blanket, tarp

FOR MORE INFORMATION

High Peaks Information Center

1002 Adirondack Loj Rd
Lake Placid, NY 12946
Phone: 518-523-3441

Cascade Welcome Center

4833 Cascade Rd
Lake Placid, NY 12946
Phone: 518-837-5047

ARE YOU UP FOR A CHALLENGE?

While becoming an "Adirondack 46er" by climbing all 46 High Peaks is one of the most well-known hiking challenges, there are many other less daunting badge-earning accolades:

Chester Challenge — Complete six hikes around the Town of Chester and "enjoy a birds eye view of surrounding peaks, waterways and nature."

Tupper Triad — Complete three hikes or three paddles around Tupper Lake to complete this challenge.

Lake George 12ster — Traverse 12 peaks surrounding Lake George, nearly 40 miles of trails, and up to 9,000 feet of elevation gain.

Lake Placid 9'er — Offering breathtaking views of the Adirondacks from mountains that can be hiked in a morning or afternoon

Adk-9 — Dog-friendly hikes!

LC33 — Hike 33 miles of trails in Lewis County.

Fire Tower Challenge — Experience spectacular views from fire towers in the Adirondacks.

Moriah Challenge — Four hikes in the Champlain area.

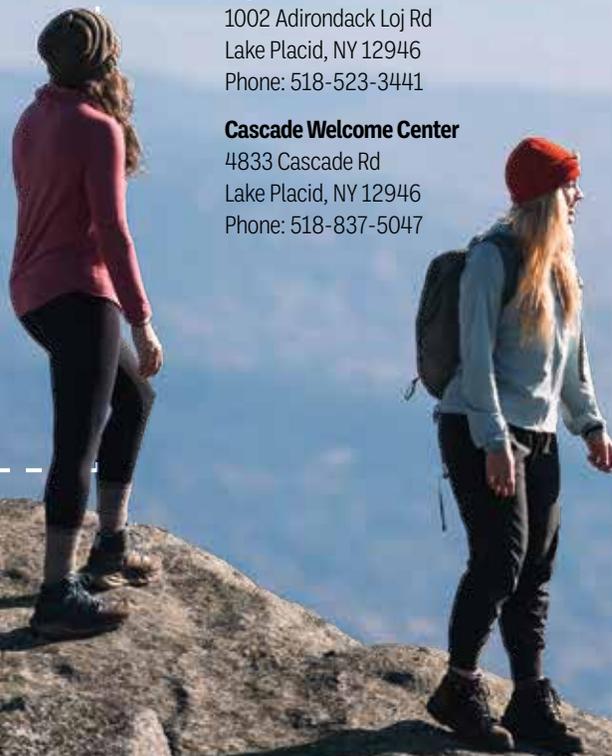
Hamilton County Fire Tower Challenge — Hike seven historic fire towers in Hamilton County.

Hamilton County Waterfall Challenge — Choose from 19 waterfall hikes to accumulate 12 points to earn this patch.

Great 8 Challenge — Choose from riverside hikes, nature trails or waterfalls to experience St Lawrence County.

Northern Pathways Challenge (CATS) — Choose three hikes in the Champlain area to earn this patch.

WOW (Wonders of Wilmington) Hiking Challenge — Hike seven different trails to earn this patch.



**MALONE
MOUNTAIN VIEW
PAUL SMITHS
SANTA CLARA
ST. REGIS FALLS**

EASY ●

Adirondack Park Visitor Interpretive Center at Paul Smiths (marked nature trails) Six hiking trails traverse a variety of environments—marsh, lake, river and forest—and include elevated viewing platforms, boardwalks, benches, a lean-to, and a 250-foot floating bridge. Trail designed for people with disabilities has an extended streamside boardwalk and a viewing platform overlooking the marsh. Interpretive exhibits, slide presentations, visitor information, restrooms. 518-327-3000.

Debar Pond (0.6 mi. RT) Short boardwalk trail crosses a wetland and leads to the shore of a secluded glacial pond.

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

Everton Falls (Nature Conservancy preserve) Waterfall can be easily seen from the road. Guides available at the trailhead for walks through the formerly logged hardwood forest with a canoe access site.

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

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

River Loop Trail (1.5 mi. loop) Abandoned railroad grade provides access to a scenic section of riverside trail.

Trout River State Forest in Constable offers a rustic outdoor experience with limited developed amenities and two hiking trails for a combined total of 1.78 mi.

MODERATE ■

Azure Mountain (2 mi. RT) Extensive views from summit ledges; 360 degree view from refurbished fire tower.



Debar Mountain (7.4 mi. RT; *entrance fee to campground) Easy hike with a steep final ascent leads to a partially open summit with overlooks.

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

Hayes Brook Truck Trail (7.2 mi. RT) A series of multi-use trails follow wide dirt roads through a pine forest. Main trail leads to an old sheep meadow; alternate spur trail dead-ends near Hayes Brook. Grass Pond spur trail is 1.4 mi.; leads to a lean-to on the pond's shore.

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

Loon Lake Mountain (5.6 mi. RT) Trail rises more than 1,600 ft. from the trailhead to the 3,355 ft. summit and a 35 ft. fire tower. Open bedrock summit provides views of Lyon Mountain, Whiteface Mountain, High Peaks Wilderness Area, Debar Mountain and other summits. Firetower not open.

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

DIFFICULT ◆

Jenkins Mountain (8.4 miles RT) An old road over mostly gentle terrain leads to a steep final section which climbs to a partially open summit, views overlooking the St. Regis Canoe Area. Trail begins at the Paul Smiths VIC, maps available.

RESOURCES:

Trail Guides: ADK Guide to Adirondack Trails—Northern Region; Discover the Northern Adirondacks, McMartin.

Maps: National Geographic Trails Illustrated Map #746—Adirondack Park Saranac/Paul Smiths. See page 5 for more maps.

**AU SABLE FORKS
CHAZY
CLAYBURG
DANNEMORA
KEESEVILLE
PLATTSBURGH**

EASY ●

♿ Ausable Marsh (3 mi. RT) Embrace exceptional birdwatching along this habitat. Encounter a variety of avian species along the Lake Champlain flyway, with an accessible viewing platform offering an unparalleled experience. Part of Ausable Point State Park.

Cadyville Recreation Park (0.4 - 1.9 mi. RT) Embark on two level trails through serene forests, features a story book trail and disc golf course.

Clintonville Pine Barrens (Nature Conservancy preserve) Traverse a trail within this 900-acre pitch pine-heath barrens, a haven for rare plants and moths. A trail guide is available at the trailhead.

Lake Alice (3 mi. RT) Stroll beside the tranquil lake and through the woods of the wildlife management area. See osprey and herons in their natural habitat.

Lewis Preserve (5.6 mi. RT) Explore farm fields and second-growth forests, with a side trail leading to Civil War-era charcoal kilns. Uncover remnants of a bygone era, including old apple trees and stone fences.

♿ Little Ausable River Trail (3.6 mi. RT, accessible) Follow a flat gravel and paved trail along the Little Ausable River, unveiling the area's history through interpretive signs.

Plattsburgh Heritage Trail & Riverwalk: Embark on a self-guided historic walking tour tracing the waterfront and city of Plattsburgh, connecting parks, historic sites, and museums.

♿ Point Au Roche State Park (8 mi. trail network) Venture into a network of trails starting near the nature center, showcasing stunning vistas of Lake Champlain. Accessible paths accommodate all, while the adjacent day-use area offers a picnic oasis, restrooms, beach, and boat launch.

♿ Silver Lake Bog (2.5 mi RT, Nature Conservancy preserve) Wander through various ecosystems. Traverse the universally accessible boardwalk for a half-mile Bog Walk and ascend the Pine Bluff Trail for panoramic views.

♿ Silver Lake Mountain (1.8 mi. RT) Ascend to a summit adorned with open rock ledges boasting panoramic views of Silver Lake, Union Falls Pond, Taylor Pond, Catamount, and Whiteface Mountain's northern slopes. Along the trail, savor numerous open vistas and rocky stretches.



Wickham Marsh (2 mi. RT) Delight in the diverse habitats of Wickham Marsh Wildlife Management Area, where a rare cedar plantation and an ancient homestead site await your discovery. Part of Ausable Point State Park.

MODERATE ■

⚠ Poke-O-Moonshine Mountain (2 mi. RT) A favorite among hikers, this trail winds steeply alongside cliffs to a restored fire tower and expansive summit. Watch rock climbers tackle the 1000-foot-high cliffs on the mountain's eastern face.

The Gulf Unique Area (5.8 mi. RT, moderate) A pleasant walk through forested uplands leads to a steep, rocky gorge and a waterfall near the Canadian border.

DIFFICULT ◆

⚠ Lyon Mountain (5 mi. RT) Conquer the challenge of reaching Lyon Mountain's open summit and its fire tower. Be rewarded with an "international" view of Montreal's skyline, the Adirondack High Peaks, Lake Champlain, and the Green Mountains.

ATTRACTION ▲

♿ Valcour Island (1 mi. water crossing from Peru boat launch, 11.9 mi of trails) Traverse to a historic island, once the site of a Revolutionary War naval battle. Explore the island's shoreline trail, explore the Bluff Point lighthouse (open seasonally), and tranquil bays. The island's allure as a camping haven for summer boaters is undeniable. There is no shuttle to this island.

♿ Ausable Chasm (*admission fee) Marvel at 150-foot vertical cliffs from the pine bark Rim Promenade and Inner Sanctum Excursion routes. Embark on a gentle two-mile "nature float" via river raft, inner tube, or kayak. Nature's grandeur will leave you spellbound.

CANTON
COLTON
CRANBERRY LAKE
EDWARDS
FINE
PARISHVILLE
POTSDAM
RENSSELAER FALLS

EASY ●

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

Greenwood Creek (1.8 mi. loop) Beautiful stream and cascades are located beside the picnic area where a short nature trail begins. Signposts highlight points of interest and a short .50 mi. RT trail leads to an observation platform overlooking the adjacent wetland.

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

 **Indian Creek Nature Center** (4.5 mi. network) Excellent bird watching site located in the Upper and Lower Lakes State Wildlife Management Area. Nature trail system includes an observation tower and birdblind overlooking the refuge, and accessible boardwalk for those with disabilities. Picnic pavilion, learning center, restrooms.

 **Lampson Falls** (0.8 mi. RT) The Grasse River is known for its waterfalls and this 60-foot waterfall is one of its largest. Recently improved trail provides a universally accessible route to a view of the falls.

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

 **Red Sandstone Trail** (7 mi. RT) See twelve interpretive posts and several historic sites 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, quiet Sugar Island Flow, majestic pines and hemlocks, and wildlife. Canoe landings, whitewater put-ins, grills, picnic tables.

Wilson Hill Wildlife Management Area (1 mi. RT) An extensive wetland habitat located on the St. Lawrence River west of Massena. The short nature trail leads to an observation tower that overlooks the refuge and offers excellent waterfowl viewing.



MODERATE ■

Clear Pond (6.6 mi. RT) Route from Clear Pond to Lilypad Pond traverses extensive beech forest and passes several picturesque glacial ponds. Long Pond, lined with hemlocks and white pine, is a nice 5.2 mi. RT hike.

Streeter Lake (8 mi. RT or 1 mi. RT) 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.

Stone Valley Recreation Area (7.5 mi. loop or 3.2 mi. one-way) View rapids, waterfalls, gorges, 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 along the trail; some tannery ruins along the west side.

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

 **Wolf Lake** (5 mi. loop) 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 40-foot bluff overlooking Huckleberry Lake.

RESOURCES:

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 5 for more maps.

CRANBERRY LAKE TUPPER LAKE WANAKENA

EASY ●

Boardwalk Nature Trail (4.2 mi. RT, *entrance fee to campground) Fun walk across Bear Mountain swamp on two 250-foot-long boardwalks. Trail guide at Cranberry Lake State Campground.

Buck Mountain (4.4 mi. RT) Panoramic views from the top of a restored firetower at the summit, reached via a sustainably built trail which features rock steps and wooden ladders.

Burntbridge Pond (13.2 mi. RT) Historic route along former spur line of Grasse River Railroad through hardwood forest to lean-to on pond.

Hitchins Pond-Lows Lake Dam (4.4 mi. RT) Easy walk on dirt road through bog and wetland. New trail near Lows Lake Dam climbs a small mountain which overlooks Lows Lake and Hitchins Pond; 1 mi. RT.

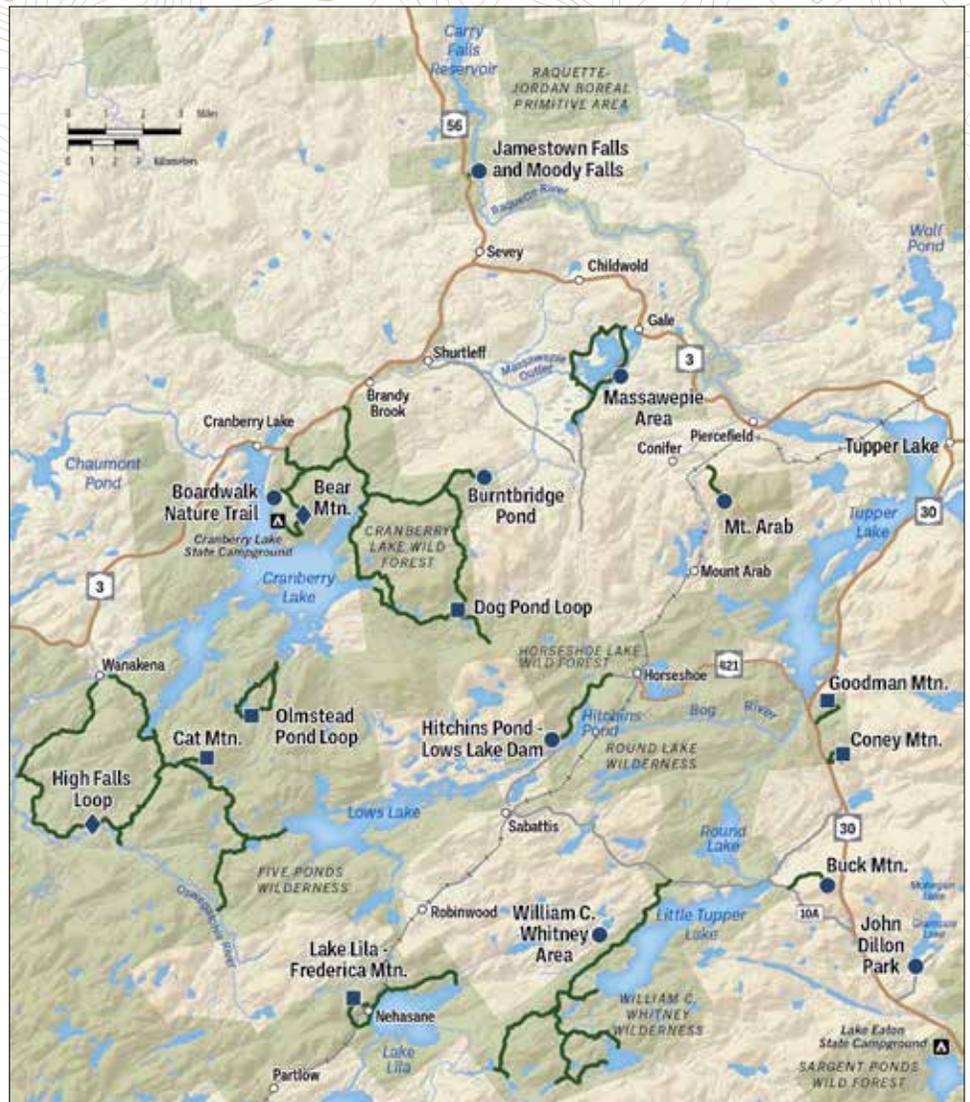
Jamestown Falls and Moody Falls Short, unmarked routes lead to views of falls on Raquette River. About 1.5 mi. north of the intersection of Routes 3 and 56, an unmarked trail leads to the base of Moody Falls, river twists through a chasm and drops 22 ft. Another mile up the road, a 0.3 mile woods road leads to views of Jamestown Falls. Please stay on state land.

John Dillon Park (Open May to September) Staffed backcountry campground designed for people with disabilities, their families and friends. 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 electric pontoon boat for tours of the lake. 1.5 mi. trail to Handsome Pond, further into the wilderness. Reservations required. 518-807-9774.

Massawepie Area 20+ mi. of trails wind beside 10 lakes and through forests. Area known for its extensive bog. No public use from June 15 to August 31.

Mount Arab (2 mi. RT) Hike to restored 1918 steel fire tower and observer's cabin housing a small museum.

William C. Whitney Area (13.5 mi. system) Burn Road is the main access trail to viewpoints and campsites along the north shore of Little Tupper Lake.



MODERATE ■

Cat Mountain (9 mi. RT) Enjoy summit views. Shorter 5.4 mi. RT route starts from Janack's Landing, boat access from Cranberry Lake.

Coney Mountain (2.2 mi. RT) Trail ascends 523 ft. along a gradual looping route to open rock summit with 360-degree view.

Dog Pond Loop (19.9 mi. loop) Plan a two-day backpacking trip to explore remote loop with vistas overlooking Brandy Brook Flow on Cranberry Lake, glacial ponds, a waterfall and historic natural rock shelter.

Goodman Mountain (3.5 mi. RT) Trail begins at Lumberjack Springs and ascends 525 ft. First quarter mile is flat, then wheelchair accessible, ideal for families and people with limited mobility. Trail steepens before turning sharply and ascending to the summit.

Lake Lila-Frederica Mountain (8.8 mi. RT) Level dirt road which leads to a large grassy clearing on the lakeshore where Forest Lodge Great Camp once stood. Moderate climb leads to a ledge overlooking Lake Lila.

Olmstead Pond Loop (4.6 mi. RT, water access only) Remote route passes three wilderness ponds and a waterfall. One of the ponds has a unique greenish-blue coloring due to minerals in the water.

DIFFICULT ◆

Bear Mountain (3.4 mi. RT, *entrance fee to campground) Steep trail offers vistas and views overlooking Cranberry Lake.

High Falls Loop (15.1 mi loop) An old road narrows to a trail as it traverses terrain including beaver dams, scenic waterfall and camping area on the upper Oswegatchie River.

**BLOOMINGDALE
LAKE CLEAR
PAUL SMITHS
RAY BROOK
SARANAC LAKE
TUPPER LAKE**

EASY ●

Adirondack Rail Trail (Trail network) Paved within the town of Saranac Lake, and extending 34+ total miles, the multi-use Rail Trail can be used for short walks with a stroller to long runs. It connects with other area trails, like The Pines in Saranac Lake.

Fernow Forest (1.1 mi. loop) 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. There are 15 interpretive stops described in the guide available at the trailhead.

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

Paul Smith's College VIC (Trail network) Over 25 mi. of trails with year-round access lead to ponds, wetlands, and summits along sections of wooden boardwalks and forested trail.

Rock & Pickerel Ponds (0.8 mi. RT and 0.6 mi. RT respectively) A dirt road leads to the trailheads for these two remote ponds. A canoe would allow for more exploration of their shores.

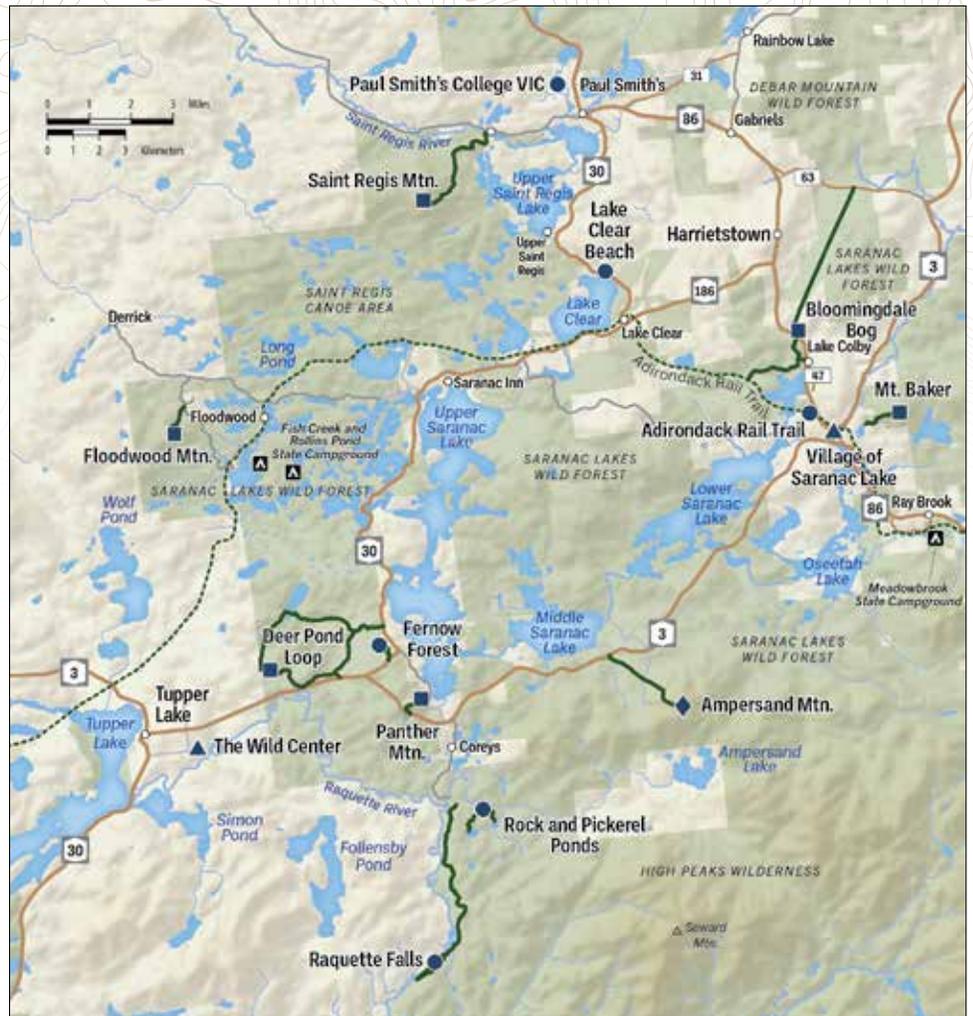
MODERATE ■

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

Deer Pond Loop (7.3 mi. loop) The gentle trail to a remote pond traverses a Norway spruce plantation and a stunning mixed forest. Deer Pond offers a number of picnic spots accessible via a short side trail.

Floodwood Mountain (3.4 mi. RT) Starting from a remote Scout Camp, the trail traverses gently rolling terrain through a hardwood forest to a final half-mile of steep terrain. The views overlook the vast array of ponds and lakes below.

Mt. Baker (1.8 mi. RT) 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 Chain of Lakes.



Panther Mountain (1.2 mi. RT) 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.

Raquette Falls (9 mi. RT) Several spur trails access lean-tos on the river as you walk down this old woods road. The trail terminates at a grassy clearing near the final cascade of Raquette Falls. A canoe carry trail leads to the upper end of the rapids.

St. Regis Mountain (7 mi. RT) Hike through a mixed hardwood forest to a south-facing rocky summit with an open fire tower. The view includes the many lakes of the St. Regis Canoe Area.

DIFFICULT ◆

Ampersand Mountain (5.4 mi. RT) The first 1.7 mi. is relatively flat and passes through a mixed hardwood forest. The last mi. steeply ascends 1300 vertical feet with amazing summit views of the High Peaks Wilderness.

ATTRACTION ▲

The Wild Center Three trails wind through the 31-acre campus, leading to boardwalks over Blue Pond, and 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. (www.wildcenter.org)

Saranac Lake Self Guided History Tour The village has 170 buildings listed on the National Historic Register and is best known for its tuberculosis "Cure Cottages". The walking tour features 24 buildings, and The Guide to Short Walks describes three loops that tour the village. 518-891-1990.

RESOURCES:

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 5 for more maps.

LAKE PLACID
NEWCOMB
RAY BROOK
SARANAC LAKE
WILMINGTON

EASY ●

Adirondack/Tahawus Tract/Upper Works: The remains of an iron ore and titanium mine can be seen along the road leading to Henderson Lake. After passing the old blast furnace, you'll arrive at the remnants of the village of Adirondack. Informational panels and trails connect the points of interest. Upper Works is the southern access point for the High Peaks.

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

Heart Lake Nature Trail (1.5 mi. RT) A gentle trail leads around Heart Lake, with views of the High Peaks, interpretive signage on Adirondack natural history, and a quiet beach with a dock.

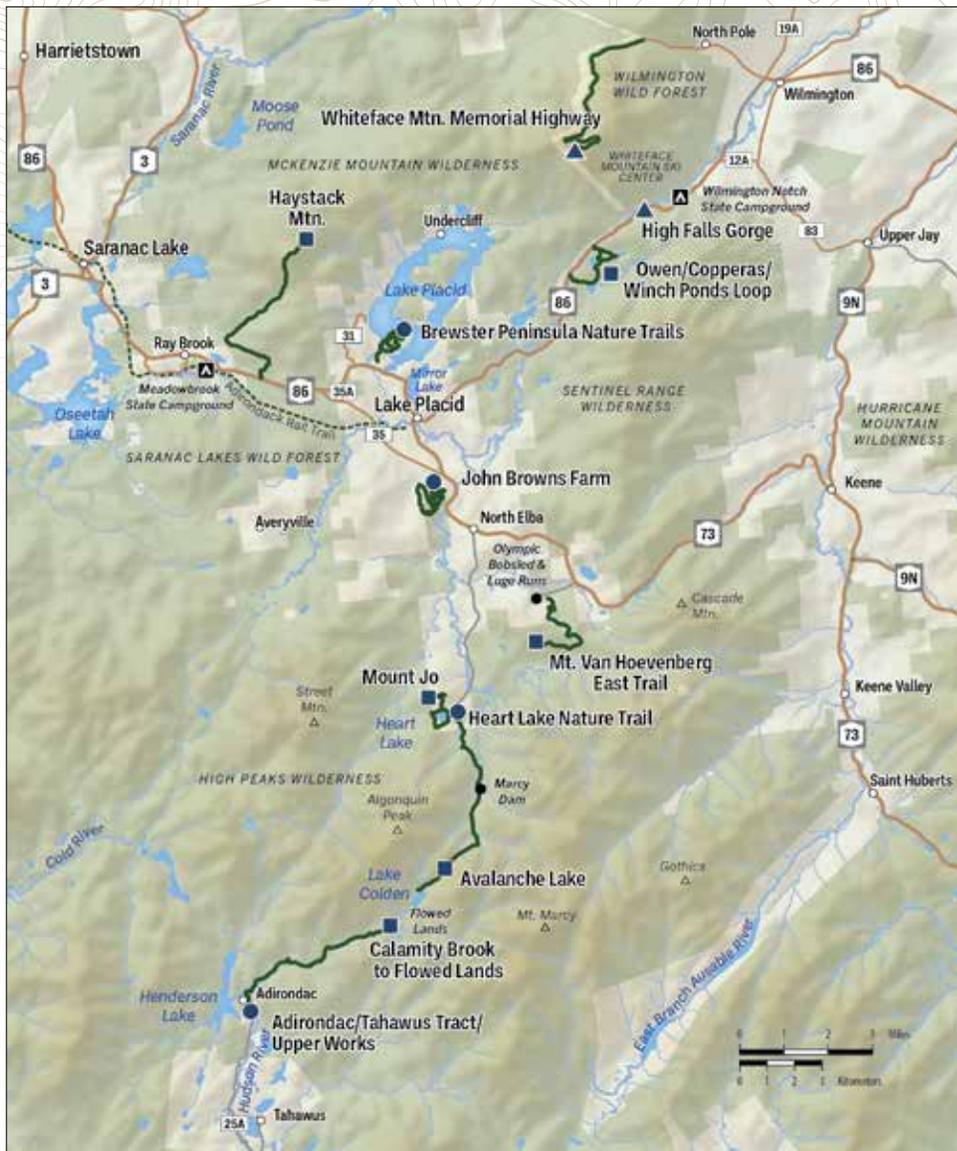
John Brown's Farm: The homestead site and gravesite of abolitionist John Brown is a State Historic Site that includes the farmhouse, out-buildings, and pond. A network of nature trails wind through the fields and forest of the homestead. 518-523-3900.

MODERATE ■

Avalanche Lake (8.8 mi. RT; *parking fee) Traverse rolling terrain and pass Marcy Dam before climbing up to Avalanche Pass. From the pass, you'll descend to the lakeshore where there are impressive views of the lake which is nestled within a narrow gorge with sheer cliffs on both sides.

Haystack Mountain (6.6 mi. RT) A pleasant woods walk ending in a final steep climb, leading to an open rock face and ledge with views of Whiteface, the High Peaks, and the Saranac Lake Chain of Lakes.

Mt. Jo (2.3 mi. loop, *parking fee) A short but steep climb to the summit is rewarded with one of the best views of the High Peaks. Two trails lead to the summit, which can be done as a loop or as an up and back.



Mt. Van Hoevenberg East Trail (4.7 mi RT) Park in Lot 3 at the Mt. Van Hoevenberg Mountain Pass Lodge. The trail starts past the outrun of the 1980 bobsled track. Designed and constructed with sustainability in mind, this route is hardened with minimal obstacles, and has gentle switchbacks leading to views of the High Peaks from its summit. An alternate trail ascends from the back side—be sure to return by the same trail you ascended.

Owen/Copperas/Winch Ponds Loop (3.5 mi. RT) A trio of ponds in the Sentinel Range Wilderness with mountain views and a lean-to. A moderate hike leads to the shore of Owen Pond from the southern trailhead, followed by another short climb and rolling terrain to Copperas and Winch Ponds.

ATTRACTION ▲

High Falls Gorge (*admission fee) The West Branch Ausable River rushes through a deep gorge with four cascading waterfalls. The self-guided tour allows you to set your own pace along the paths, bridges, and platforms. Open in summer and winter. 518-946-2278.

Whiteface Mountain Memorial Highway (*admission fee) Enjoy roadside views from scenic overlooks and picnic areas as you ascend this amazing highway. From the upper parking lot, hike to the summit along the 0.2 mi rocky ridgeline with outstanding views, or take the elevator to the top from the upper parking lot.

ELIZABETHTOWN
 ESSEX
 KEENE
 KEENE VALLEY
 NORTH HUDSON
 PORT HENRY
 WADHAMS
 WALLENSBURG
 WITHERBEE
 WESTPORT

EASY ●

Belfry Mountain (0.6 mi. RT) An old road leads to the summit where you'll find views of Lake Champlain, abandoned mines, and mountains.

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

Black Kettle Farm Nature Trail (1.5 - 2.5 mi.) The Black Kettle trail snakes through woods, rocky slopes, and along brooks and wetlands; connects to Spirit Sanctuary Trail along a brook in the woods.

 **Boquet River Nature Preserve Trail** (1.5 - 2.5 mi. RT) An accessible trail network through an upland forest, with overlooks of the river valley leading through a riparian ecosystem.

 **Coon Mountain** (2 mi. RT) Coon Mountain is known for its rocky outcrops and hemlock forests. A hike to the summit is rewarded with great views of the Lake Champlain Valley.

Crown Point State Historic Site (2.8 mi., *fee at the museum) Walk the ruins of two Revolutionary War era forts, and enjoy great views of Lake Champlain. 518-597-3666.

Essex Quarry (0.4 - 1.5 mi. RT) Trails with interpretive signs through a rare limestone woodland and around a quarry that provided stones for the Brooklyn Bridge.

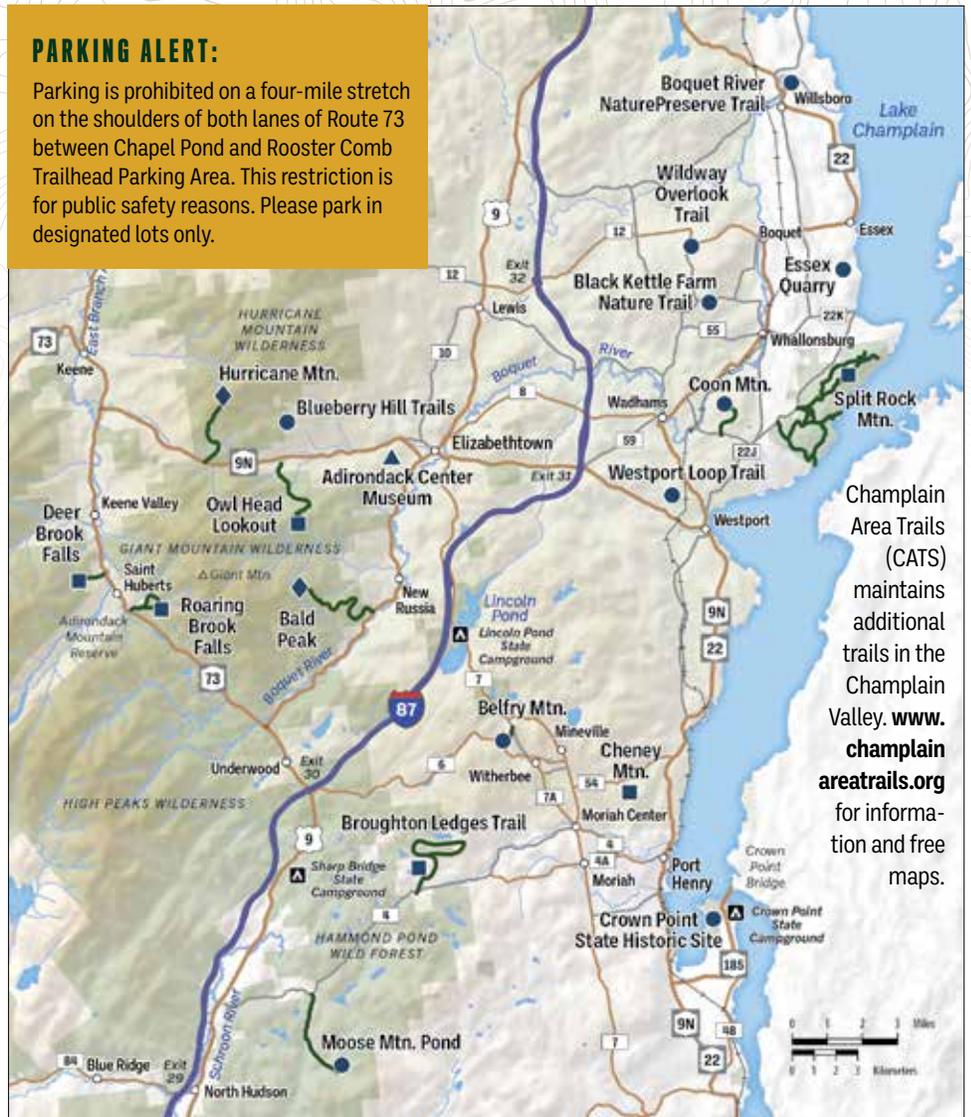
Moose Mountain Pond (6 mi. RT) The trail to this remote pond parallels a stream and marsh, and passes through a grove of hemlocks and pines. View the pond and surrounding mountains from a ledge near the shore.

Westport Loop Trail (6 mi.) A loop trail through forests, fields, and rock ledges that can begin and end in Westport. It goes on Viall's Crossing Trail, Woods & Swale Trail, and town roads.

Wildway Overlook Trail (1.5 mi. RT) Fairly easy hike with interpretive signage to a spectacular view of the Split Rock Wildway wildlife corridor.

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.



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

MODERATE ■

Broughton Ledges Trail (6.6 mi. RT) Switchback trail up mountain with occasional views, then hike on old mountain road with views of Broughton Ledges.

Cheney Mountain (1.5 mi. RT) Short uphill hike to three scenic overlooks, with unique wetland areas along the summit ridge.

Deer Brook Falls (2.6 mi. RT) Trail follows a stream and passes through a beautiful narrow flume. Take the spur trail left near a bridge spanning the brook, and walk its length to the fan-like falls.

Owl Head Lookout (5.2 mi. RT) The rocky ledges provide great views of the Giant Mountain Wilderness and the Champlain Valley.

Roaring Brook Falls (1.6 mi. RT) An easy walk to the lower falls, and a steep ascent to the top of the falls with views of the High Peaks. Can do both, or choose one for a shorter hike.

Split Rock Mountain (9 mi. trail system) The multi-use trail system provides access to several cliffside views of Lake Champlain.

DIFFICULT ◆

Bald Peak (7.8 mi. RT) You'll pass the open ledges of Blueberry Cobbles en route to Bald Peak. The trail becomes more difficult after the Cobbles as you climb to the base of Bald Peak. A steep climb over bare rock is rewarded with exceptional views.

  **Hurricane Mountain** (6.8 mi. RT) A steep initial ascent, followed by a flat stretch, and a final switchbacking section that leads to an open summit. The firetower is open, with extensive views of the High Peaks. Alternate routes start at Crow's Clearing and the end of Hurricane Mountain Lane.

ATTRACTION ▲

Adirondack Center Museum (*admission fee) This museum in Elizabethtown has an on-site Adirondack lean-to, a restored fire tower, and a half-mile nature trail. 518-873-6466.

**BOONVILLE
BRANTINGHAM
LOWVILLE
LYONS FALLS
TURIN**

EASY ●

Centennial Ski Trail and Steam Mill Road Trail

(6.6 mi. RT) The ski trail passes through the middle of a twisted forest from a July 1995 microburst. 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.

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 an accessible trail to the lake with a small dock for water access.)

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

Otter Creek Horse Trail System This state of the art equestrian facility is over 65 miles of interconnecting trails offering 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. Please yield the right-of-way to horses when walking. A detailed map of the trails is available at the horse stalls.

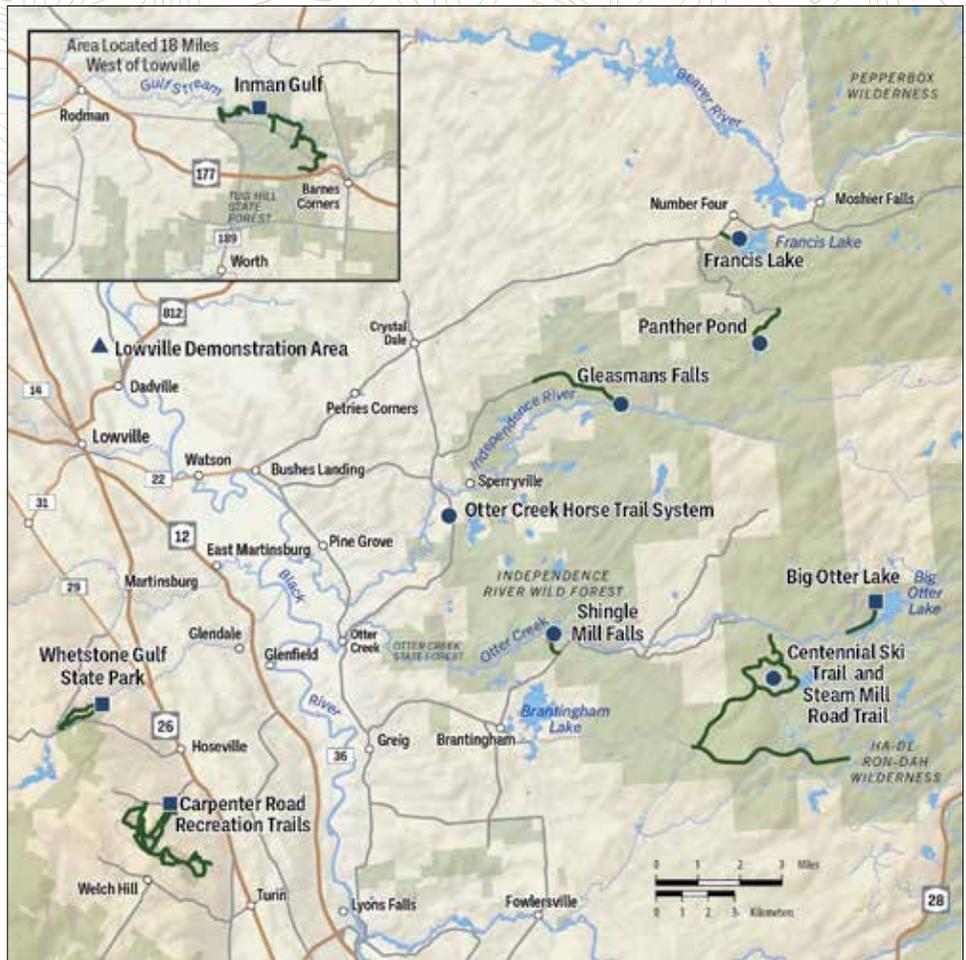
Panther Pond (2 mi. RT) A pleasant woods walk on an easy foot trail to a beautiful remote pond and lean-to.

Shingle Mill Falls (1 mi. RT) A short walk to a wide ten-foot waterfall with a pool at the base on Otter Creek. Additional falls are found above and below this point. Enjoy a picnic on open rock slabs.

MODERATE ■

Big Otter Lake (9.4 mi. RT) A rough jeep road leads into the shore of this beautiful lake where there is good brook trout and perch fishing.

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



Inman Gulf (not located on main map, located on inset map) (5.25 mi. trail system) Near Barnes Corners 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 mi. segment on the west has the best views, benches and interesting rock steps. An additional 12 mi. of cross-country ski trails suitable for hiking nearby.

Whetstone Gulf State Park (4.5 mi. loop, *entrance fee to state park) Outstanding views can be obtained from the steep trail that circles the rim of this spectacular 400-foot deep, three-mile long glacial gorge.

ATTRACTION ▲

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. A nature trail map is available at the parking/picnic area.

RESOURCES:

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 5 for more maps.

See page 2 for Adirondack Region Information Centers and page 7 for NYS Department of Environmental Conservation information

EAGLE BAY
BEAVER RIVER
BIG MOOSE
INLET
OLD FORGE
RAQUETTE LAKE
THENDARA

EASY ●

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

Cascade Lake (5.4 mi. loop) 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.

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

Lost Ponds (2 mi. RT) Trail follows an old road through a stillwater area on Sumner Stream and continues to these popular fishing ponds.

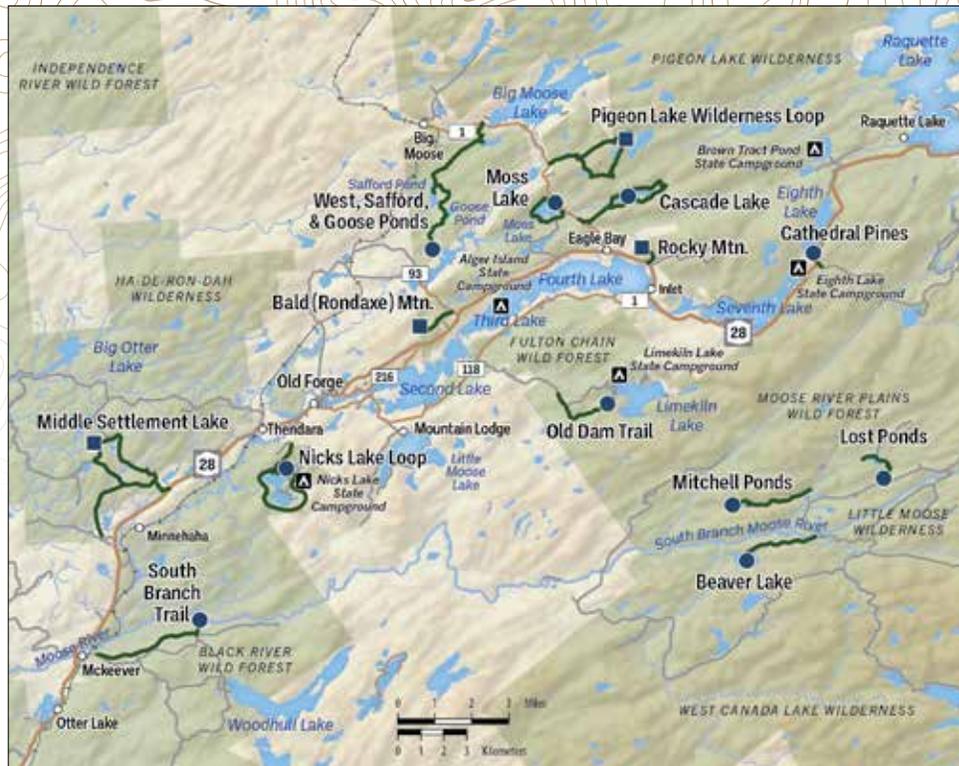
Mitchell Ponds (3.8 mi. RT) A pleasant walk over mostly level terrain on an old woods road. The two ponds are partially separated by a peninsula and lined with picturesque cliffs along the north shore. A 1 mi. long spur trail along north shore ends near the outlet.

Moss Lake (2.5 mi. loop) 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 display at the trailhead on Big Moose Road, and the area has facilities that are accessible to persons with disabilities, including trails, campsites, picnic tables, and an observation platform.

Nicks Lake Loop (6.4 mi.) 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.

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

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



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

MODERATE ■

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

Middle Settlement Lake (6.4 mi. RT or 7.2 mi. RT) You can access this lake from two trailheads, loop trips are possible. The trail coming in from the north passes giant boulders before reaching this beautiful wilderness lake and lean-to.

Pigeon Lake Wilderness Loop (8.2 mi.) This loop features a scenic peninsula on Queer Lake, old-growth trees, several lakes, a rugged section of trail that passes cliffs, caves, and boulders.

Rocky Mountain (1 mi. RT) Short, steep climb on popular trail to open view of Fulton Chain of Lakes.

RESOURCES:

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 5 for more maps.

See page 2 for Adirondack Region Information Centers and page 7 for NYS Department of Environmental Conservation information

**BLUE MOUNTAIN LAKE
INDIAN LAKE
LONG LAKE
RAQUETTE LAKE**

EASY ●

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

Cascade & Stevens Ponds (8.4 mi. RT) 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 mi. RT) 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 have great views.

Death Falls (1 mi. RT) This short, easy hike ends at a scenic waterfall with a large shallow pool at its base. Park roadside across from the NYSDEC Golden Beach Campground.

Great Camp Sagamore/Lake Trail (3.7 mi. loop) 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 a tour of Great Camp Sagamore, once the summer home of the Vanderbilts (*admission fee). 315-354-5311.

Sargent Ponds Loop (6.5 mi.) The loop passes a stand of old growth pines and four ponds that are considered to be historic brook trout waters.

Sawyer Mountain (2.2 mi. RT) Partial views are available from ledges near the summit after a short climb from the trailhead.

Tirrell Pond (6.5 mi. RT) A pleasant woods trail to the popular sand beach on the northern shore of this mountain-ringed pond.

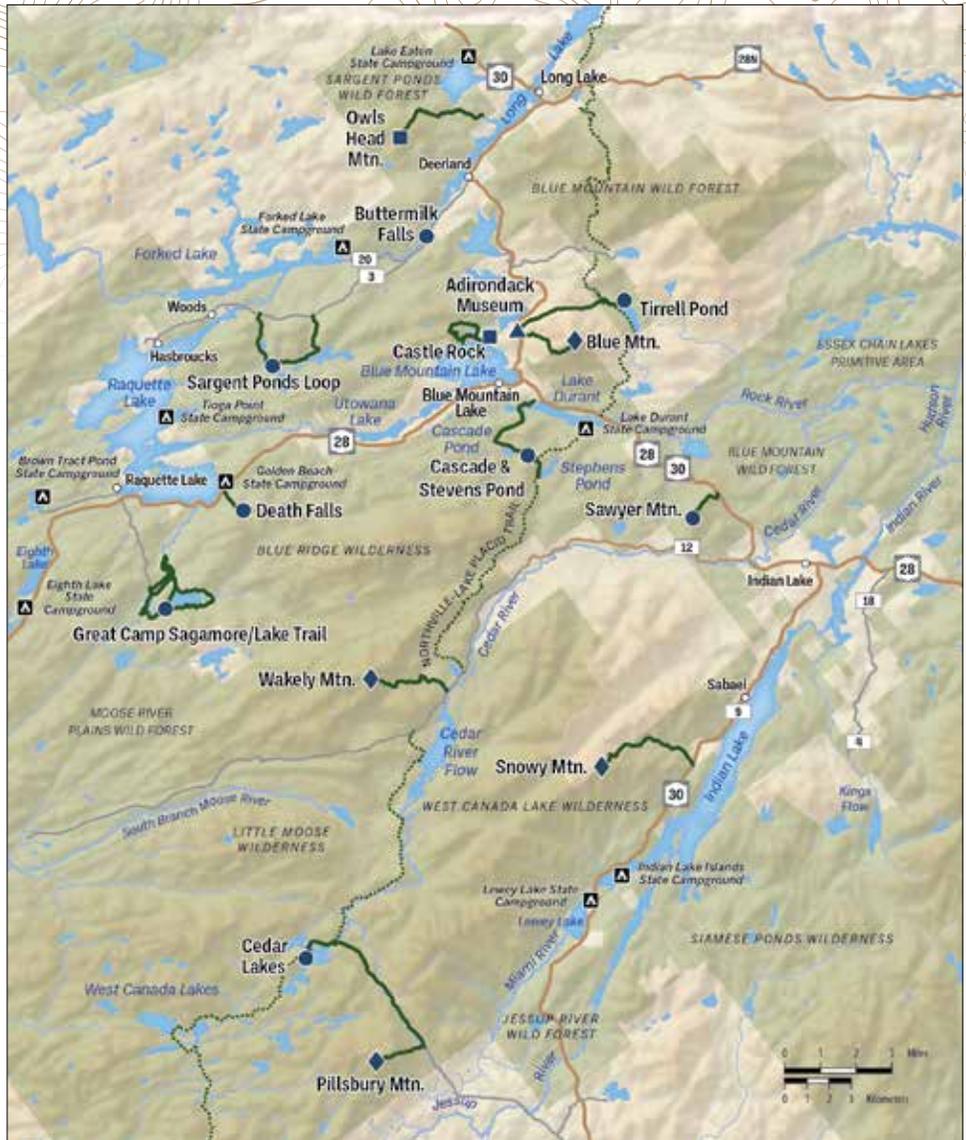
MODERATE ■

Castle Rock (4 mi. RT) 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.

Owls Head Mountain (6.2 mi. RT) 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.

DIFFICULT ◆

Blue Mountain (4 mi. RT) After ascending some steep final grades, you'll be rewarded with



partial views from the rocky summit and expansive views from the fire tower.

Pillsbury Mountain (3.2 mi. RT) After some steep climbing, the restored fire tower offers extensive views in all directions. The access road is in rough shape, and parking about a mile from the trailhead at Sled Harbor is recommended.

Snowy Mountain (7.8 mi. RT) Snowy is the tallest mountain in the southern Adirondacks and the trail, especially the final climb, is steep and demanding. Enjoy outstanding 360 degree views of Indian Lake and the distant High Peaks from the open and restored fire tower.

Wakely Mountain (6.4 mi. RT) The final mile of steep climbing is rewarded with magnificent views from this remote summit and its restored fire tower.

ATTRACTION ▲

The Adirondack Experience—Museum on Blue Mountain Lake (*admission fee) Stroll the grounds

and take in the exhibits of this world-renowned museum. The short trail to Minnow Pond is typically open daily during the summer. 518-352-7311.

RESOURCES:

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 5 for more maps.

CHESTERTOWN
INDIAN LAKE
MINERVA
NEWCOMB
NORTH CREEK
NORTH RIVER
POTTERSVILLE

EASY ●

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

Boreas River-Hewitt Eddy (2.4 mi. RT) A level walk along the Boreas River to a wide, quiet eddy and picnic spot.

Hooper Mine (1 mi. RT) Explore an abandoned open pit garnet mine and buildings with views of Thirteenth Lake and a distant active mine site. Check in at Garnet Hill Lodge for access across their property. 518-251-2444.

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

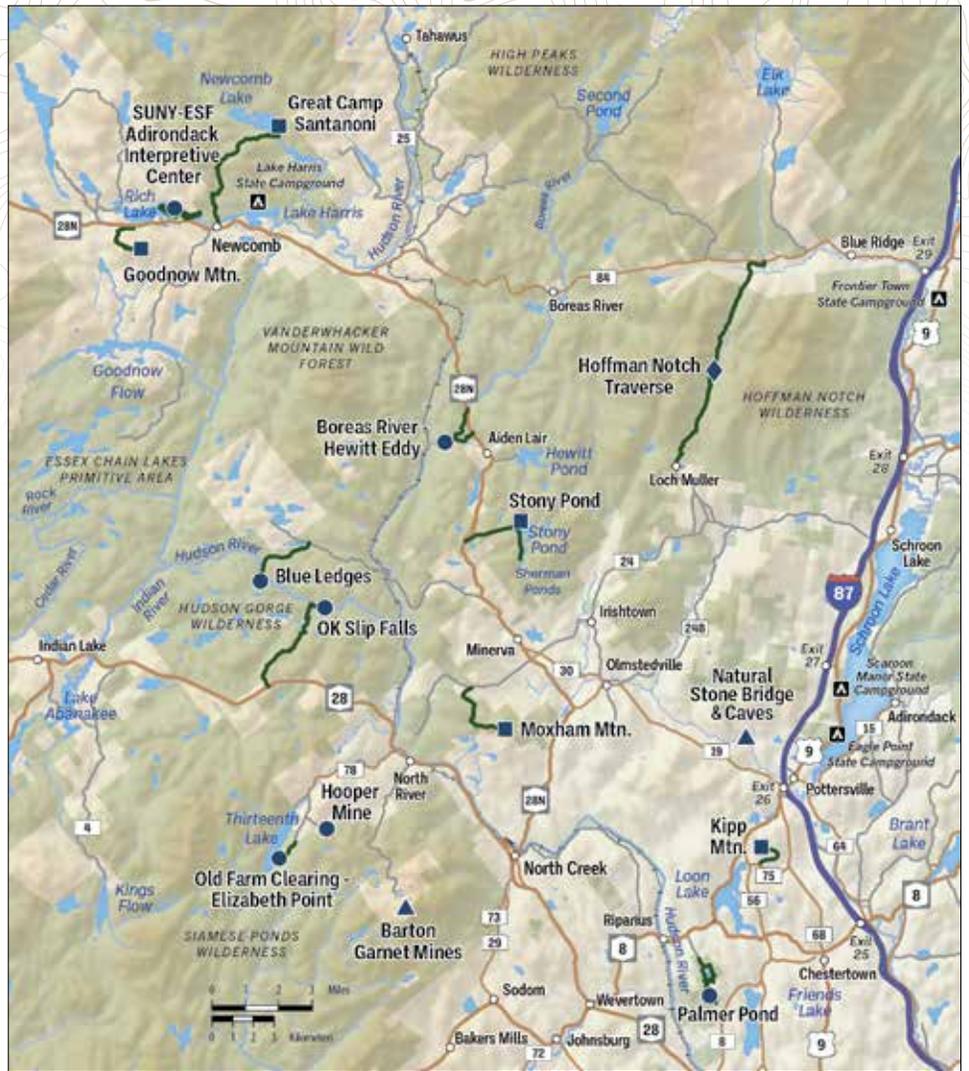
Old Farm Clearing-Elizabeth Point (2.4 mi. RT) Follow an old road to the site of an 1877 farmstead; now a tree plantation of Norway spruce. A short side trail leads to Elizabeth Point on Thirteenth Lake with a picnic spot and beach.

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

SUNY-ESF Adirondack Interpretive Center (3.5+ mi. of 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 beaver dam, and lake views. One of the trails is designed for people with disabilities. 518-582-2000.

MODERATE ■

Great Camp Santanoni (9 mi. RT) The dirt road to the restored Great Camp Santanoni starts near the stone gatehouse, and passes a restored farmsite along the way. On the shore of Newcomb Lake are several buildings, in addition to the stunning main building.



Goodnow Mountain (3.8 mi. RT) Excellent views of the High Peaks from the restored fire tower and partially open summit. Trail is within the Huntington Wildlife Forest, owned and utilized for research by SUNY-ESF. Fire tower open, cab is not accessible.

Kipp Mountain (1.9 mi. RT) A short, at times steep, hike up to a ridge with several views of Loon Lake and the surrounding mountains.

Moxham Mountain (5 mi. RT) Trail ascends 900 feet to the summit, which provides scenic views to the south of Gore Mountain and the Hudson River.

Stony Pond (5.6 mi. RT) Trail leads through rolling terrain to a lean-to situated directly on a lake. Continue past Stony Pond, and walk along the edge of Little and Big Sherman Ponds.

DIFFICULT ◆

Hoffman Notch Traverse (7.6 mi., 2 cars needed) The trail leads through a remote mountain pass. You'll pass huge trees, glacial erratics, cliffs, cascading streams, several marshes, and excellent views across Big Marsh.

RESOURCES:

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 5 for more maps.

ATTRACTION ▲

Barton Garnet Mines (*admission fee) Barton Garnet Mines is a major world supplier of garnet for industrial abrasives. Guided mine tours are available in the summer. 518-251-2296.

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.

**BOLTON LANDING
BRANT LAKE
HAGUE
IRONVILLE
SCHROON LAKE
TICONDEROGA**

EASY ●

Deer Leap (3.7 mi. RT) Lookout over northern Lake George reached via a gentle trail.

Grizzle Ocean (5 mi. RT, *entrance fee to state campground) Walk to a lean-to on this picturesque pond and explore its shores on a circular trail.

Jabe Pond (2 mi. RT) Access road requires vehicle with high clearance and 4WD. Explore the interesting rocky shoreline and campsites.

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

Penfield Pond Trail (1 mi. RT or Loop) Trail snakes through forest, along a brook with rapids and small waterfalls, with views across a pond of the historic village.

Swede Mountain Fire Tower (1.8 mi. RT) Gradual climb to the restored and open fire tower with panoramic views. Note closure during hunting season mid-Sept through mid-Dec.

MODERATE ■

Anthony's Nose Trail (1.8 mi. RT) Short climb through forest and along ledges to views of Lake George and Rogers Rock.

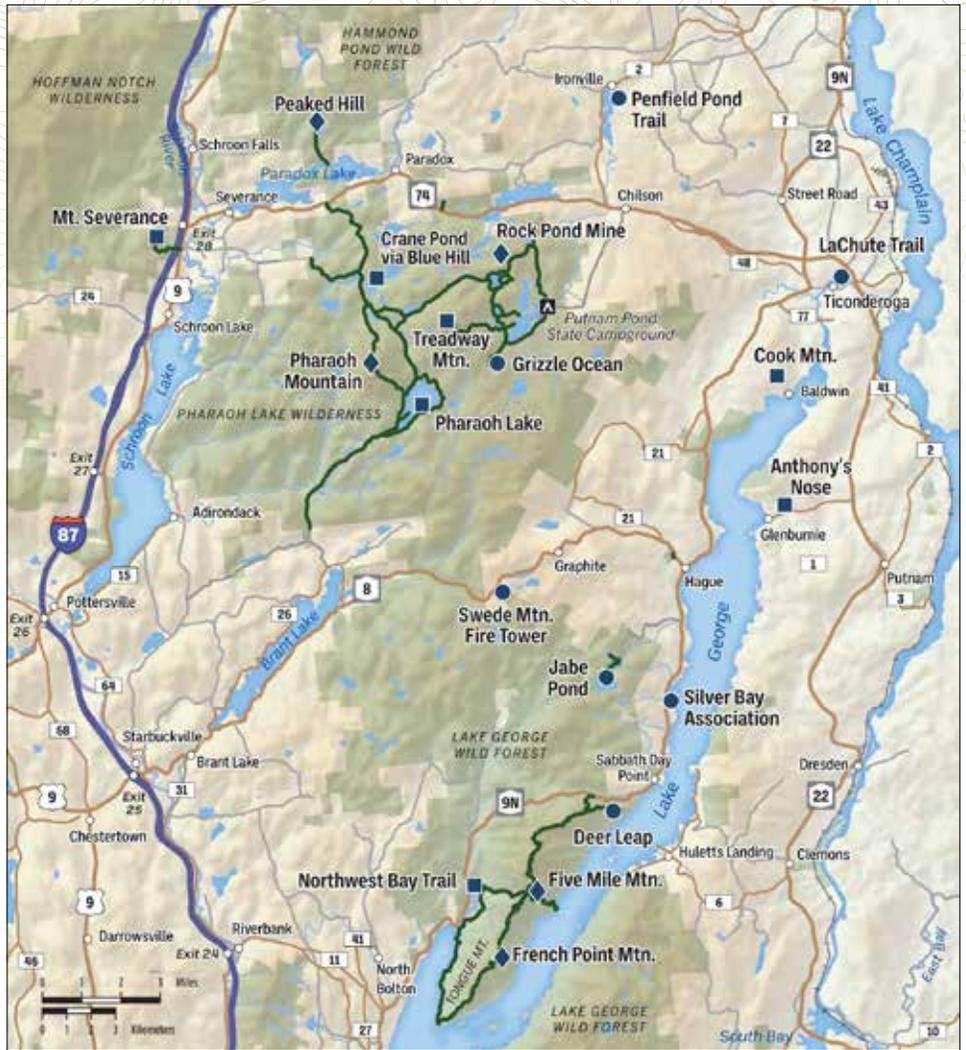
Cook Mountain (2.6 mi. RT) Incredible views of the Champlain Valley and northern Lake George.

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

Mt. Severance (2 mi. RT) Rocky cliffs and open summit views accessed via a walking culvert under the highway.

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

Pharaoh Lake (7.2 mi. RT to outlet) Follow an old road to the outlet, then explore the lakeshore or make a complete circuit hike of the lake.



Treadway Mountain (7.8 mi. RT, *entrance fee to state campground) Rewarding hike with outstanding views from the three knobs that form the open rocky summit.

DIFFICULT ◆

Five Mile Mountain (6.2 mi. RT from either direction) A rugged route passes through forested terrain with clearings and overlooks. Steeper approach starts from the southwest at Clay Meadow trailhead.

French Point Mountain (7.4 mi. RT) Steep ascent leads to ridgetop trail. Enjoy constant views along a rugged route to the summit for a view of the island-studded narrows of Lake George.

Peaked Hill (1.2 mi. RT canoe and 4.4 mi. RT hike) Start with short paddle on Paradox Lake to marked trail leading to a remote pond, then up a steep ascent to outcrop with views.

Pharaoh Mountain (9 mi. RT) Spectacular views of surrounding wilderness from tallest peak in the Pharaoh Lake Wilderness. Hike in from the Crane Pond trailhead.

Rock Pond Mine (5.4 mi. RT, *entrance fee to state campground) Remains of mine site include huge metal steam boiler, drainage tunnel, tailings, open-pit mine, and stone foundations. If you walk around Rock Pond, use caution on the north shore which is narrow, rocky, and difficult to negotiate.

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

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

**ARIETTA
CAROGA LAKE
LAKE PLEASANT
NORTHVILLE
PISECO
SPECULATOR
WELLS**

EASY ●

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

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

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

Fawn Lake (3 mi. RT) Several trails lead to the shore of this pristine lake. Stop at the long, sandy beach to picnic and swim.

G Lake (0.8 mi. RT) A short walk leads to a uniquely-shaped lake ringed with primitive campsites. Look for the pathway just before the lake is reached to explore a campsite with good access to the shore.

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

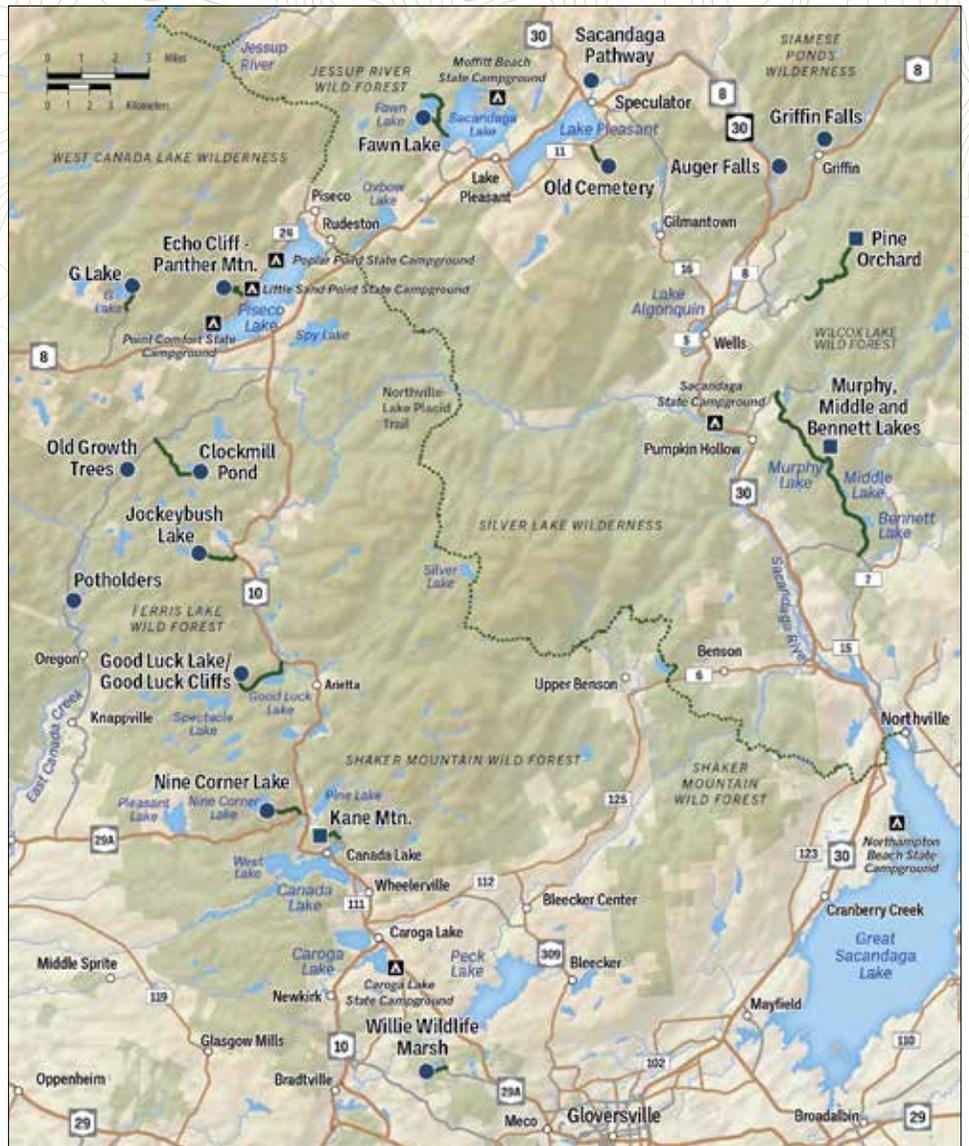
Griffin Falls View the waterfall and look for old foundations from the tanneries and logging operations that once thrived in the village of Griffin.

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

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

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

Old Growth Trees A portion of the remote Powley-Piseco road traverses a stand of old-growth red spruce that borders the road, perhaps the most spectacular in the Adirondacks.



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

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

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

MODERATE ■

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

Murphy, Middle & Bennett Lakes (8.3 mi., two cars needed) Walk through history on an old road and trail once used by early settlers who farmed and

RESOURCES:

Trail Guides: ADK Guide to Adirondack Trails—Southern Region; ADK Guide to Adirondack Trails—Central Region; ADK Guide to Adirondack Trails—West-Central Region; Discover the Southern Adirondacks, McMartin; Discover the Southeastern Adirondacks, McMartin; Discover the South Central Adirondacks, McMartin; Discover the Southwestern Adirondacks, McMartin; Discover the West-Central Adirondacks, McMartin.

Maps: National Geographic Trails Illustrated Map #744—Adirondack Park Northville/Raquette Lake; Central Mountains Map. See page 5 for more maps.

mined in this area. Pass a series of lakes, an old ferrous oxide pigment mine, and the stone walls, foundations and apple trees of former homesteads.

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

**BOLTON
BOLTON LANDING
GLENS FALLS
HUDSON FALLS
LAKE GEORGE
PILOT KNOB
WARRENSBURG
WHITEHALL**

EASY ●

Charles Lathrop Pack Forest (1 mi. loop) Hard-surfaced trail and boardwalk, accessible to people with disabilities, parallels a stream and wetland, and passes through grove of old-growth hemlock trees with 315-year-old white pine, Grandmother's Tree.

Colonial Wars of Lake George (3.3 mi. RT) Self-guided walking tour takes approximately two hours and includes 20 points of interest and monuments in Lake George Village. Trail guide available at 518-668-5755.

Glens Falls Feeder Canal Towpath (7 mi.) Walk or bike on historic canal towpath; parts accessible to people with disabilities. Map and guide available at Glens Falls Feeder Canal Alliance, 518-792-5363.

Hudson River Corridor Nature Trail (1.4 mi.) Marked nature trail parallels the Hudson River, includes canoe access point.

Lakeshore Trail (3.5 mi.) Old carriage trails starting from points along Shelving Rock Road lead to Shelving Rock Falls and lakeshore.

MODERATE ■

Hadley Mountain (3.6 mi. RT) An open summit and restored fire tower with one of the finest panoramas in the southern Adirondacks.

Hudson River Recreation Area Short trails through woodland forests lead to scenic waterfalls and streams. Longer walk follows the Hudson River shore and features historic sites and canoe access areas.

Sleeping Beauty Mountain Loop (7.8 mi.) Switch-backs ease ascent to the summit with views from open ledges. Swing by Bumps Pond on return and a detour to Fishbrook Pond.

DIFFICULT ◆

Black Mountain (5.6 mi. loop) The loop trip includes a visit to Round and Lapland ponds, several towers and outstanding views in all directions. Fire tower not open.



Buck Mountain (4.6 mi. RT from north and 6.6 mi. RT from south) Both trails include steady climbs to summit, with panoramic views of Lake George basin; southern approach offers more overlooks.

Cat and Thomas Mountain Preserves: To Thomas Mountain Summit (1.4 mi.): From Valley Woods Road parking lot, follow Blue trail (dirt road) for 0.7 mi.; turn right onto Yellow trail for 0.7 mi. to overlook with 180-degree view of Lake George.

Cat Mountain from Thomas Mountain: Continue on Yellow trail for 2.0 mi. to Cat Mountain summit for stunning 270-degree view. Easier route to Cat Mountain from Valley Woods Road parking area follows Blue trail all the way to the summit.

Cat Mountain from Edgecomb Pond Trailhead (1.9 mi.) From Edgecomb Pond Road parking lot, follow Red trail for 0.7 miles to intersection with Blue trail. Turn left and follow Blue trail for a 0.7-mile climb to T-intersection. Turn left and follow Blue trail for 0.4 miles to Cat Mountain.

Crane Mountain (3.8 mi. RT) Several trails to scenic pond, rocky ridge and spectacular summit views. One adventurous route uses ladders to ascend cliff faces.

Prospect Mountain (3 mi. RT) Trail near an old funicular railway route which served a former summit hotel. Scenic toll highway also provides access to the summit views.

ATTRACTION ▲

Opera Museum (*admission fee to museum) Stroll grounds of the Marcella Sembrich opera studio-museum with spectacular views from its wooded promontory on Lake George. 518-644-9839.

Lake George Battlefield Park Visitor Center On the grounds of the famous battlefield in Lake George Village, visitors can view remarkable exhibits from the French and Indian and Revolutionary War-era.

More Lake George Area Historical Sites and Markers Visit more than 30 French and Indian War-era sites and historical markers, including Fort William Henry. 518-668-5471.

RESOURCES:

Trail Guides: ADK Guide to Adirondack Trails—Eastern Region; ADK Guide to Adirondack Trails—Southern Region; Discover the Eastern Adirondacks, McMartin; Discover the South-eastern Adirondacks, McMartin; Discover the South Central Adirondacks, McMartin.

Maps: National Geographic Trails Illustrated Map #743—Adirondack Park Lake George/Great Sacandaga; Central Mountains Map; Lake George Region Map. See page 5 for more maps.

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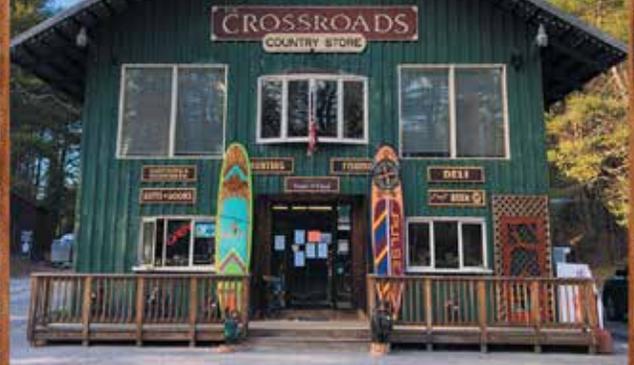
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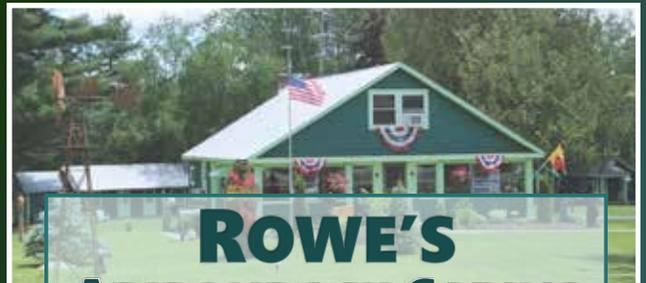


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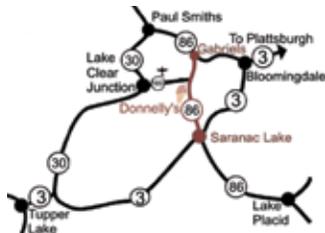
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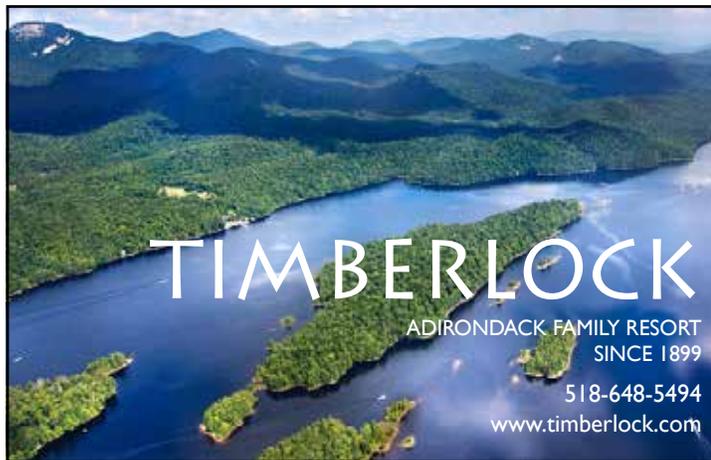
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