

ADIRONDACK WATERWAYS



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Adirondack Region Information Centers



Adirondack Regional Tourism Council

Comprehensive travel information for a seven-county region.
www.VisitAdirondacks.com

Franklin County Tourism

518-483-9470 or 800-709-4895
www.adirondacklakes.com

Hamilton County Tourism

518-548-3076 or 800-648-5239
www.adirondackexperience.com
info@adirondackexperience.com

Regional Office of Sustainable Tourism/Lake Placid CVB

518-523-2445 or 800-447-5224
www.lakeplacid.com
info@lakeplacid.com

Lewis County Tourism

800-724-0242 www.adirondackstughill.com
info@adirondackstughill.com

Adirondack Coast Visitors Bureau

(Clinton County)
518-563-1000 or 877-242-6752
www.goadirondack.com

St. Lawrence County Chamber of Commerce

315-386-4000 or 877-228-7810
www.northcountryguide.com

Warren County Tourism

518-761-6366 or 800-365-1050 ext. 908
www.visitlakegeorge.com

NYS Dept of Environmental Conservation (DEC)

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

DEC HEADQUARTERS

625 Broadway, Albany, NY
518-402-8013
www.dec.state.ny.us

DEC Region 5

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

DEC Region 5 Headquarters: Ray Brook, 518-897-1200
DEC Region 5 Sub-Offices: Northville, 518-863-4545
Warrensburg, 518-623-1200

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

DEC Region 6

St. Lawrence, Lewis, Herkimer, Jefferson & Oneida Counties
DEC Region 6 Headquarters: Watertown, 315-785-2239
DEC Region 6 Sub-Offices: Potsdam, 315-265-3090
Herkimer, 315-866-6330
Lowville, 315-376-3521

Forest Preserve Campgrounds

Reservations 800-456-CAMP
www.reserveamerica.com

Paddle the Waters of a Wilderness Like No Other

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

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

ADIRONDACK GUIDEBOOKS AND MAPS

GUIDEBOOKS

Adirondack Canoe Waters: North Flow

Paul Jamieson and Donald Morris

Adirondack Passage: The Cruise of the Canoe Sairy Gamp

Christine Jerome

Adirondack Waterfall Guide

Russell Dunn

Adirondack Canoe Routes?

William Howard

Bob Marshal in the Adirondacks

Writings of a Pioneering Wilderness Preservationist. Edited by Phil Brown

Canoe and Kayak Guide: East-Central New York State

Edited by Kathie Armstrong and Chet Harvey.

Canoe Guide to Western and Central New York State

Edited by Mark Freeman.

Canoeing the Adirondacks with Nessmuk

The Adirondack Letters of George Washington Sears. George Washington Sears. Dan Brennan, editor.

Discover the Adirondacks Series

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

Fun on Flatwater

An Introduction to Adirondack Canoeing. Barbara McMartin

Longstreet Highroad Guide to the New York Adirondacks

Phil Brown

Quiet Water Canoe, New York

John Hayes and Alex Wilson

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

Christopher Angus

MAPS

Adirondack Canoe Map

Old Forge to Upper Saranac Lake and the Saranac Lakes/Saint Regis Canoe Area. Available at local sporting goods stores. www.adirondackmaps.com

Adirondack Map Series

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

Adirondack Paddler's Map for Canoe & Kayak Travel

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

National Geographic Trails

Illustrated Map Series:

Adirondack Park

Series of five topographic maps. Trails

are marked with point to point mileage. Designated wilderness and wild forest areas, access and boat launch sites, parking, lean-tos and portage trails. Waterproof. Scale: 1:75,000.

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

NY State Atlas and Gazetteer

DeLorme Mapping www.delorme.com

U.S.G.S. Topographic Maps

Available at area sporting goods stores.

Northern Forest Canoe Trail Map

Adirondack North Country (west): Fulton Chain of Lakes to Long Lake. Adirondack North Country (central): Long Lake to Saranac River. Adirondack North Country (east): Saranac River to Lake Champlain.

NFCT Safety Brochures:

The Paddler's Safety Checklist
Wear It! Life Jackets Matter
Cold Water Survival

Universally Accessible Waterways in the Adirondacks

Recreational opportunities for people with mobility impairments can be found throughout the Adirondacks. Look for universally accessible facilities such as docks, outhouses and viewing platforms at places such as Ausable Marsh (pg. 9), Lampson Falls (pg. 11), Sand Pond-Mud Pond Area on the West Branch Oswegatchie River (pg. 14), Francis Lake (pg. 14) and Moss Lake (pg. 14). Scenic boat tours can be enjoyed on many Adirondack lakes. John Dillon Park, just north of Long Lake, is a state-of-the-art facility (www.dillonpark.org) that does it all. Check with full-service outfitters for more options.

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ads@jmfpublishing.com

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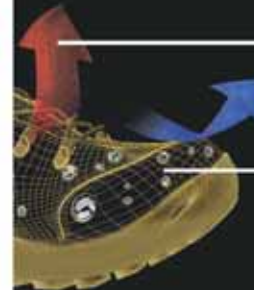
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How to use the Descriptions & Maps

GET MORE INFORMATION

The descriptions are brief and the maps rudimentary—the information provided here is not intended to be used as a working field guide. The complex nature of the waterways found in the Adirondacks requires that you obtain a good map and guidebook before setting out. The guidebooks and maps will not only help make your outing a safer one, they will also enhance your experience by providing interesting background information on the areas you will be visiting. A list of guidebooks and maps is found on page 19. Area and regional information centers and the NYS Department of Environmental Conservation (DEC) are also good sources of more information (see page 3).

WHITewater

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

WATER LEVELS

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

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

INTERNATIONAL SCALE OF RIVER DIFFICULTY

Class I. Moving water with a few riffles and small waves. Few or no obstructions.

Class II. Easy rapids with waves up to three feet and wide, clear channels that are obvious without scouting. Some maneuvering is required.

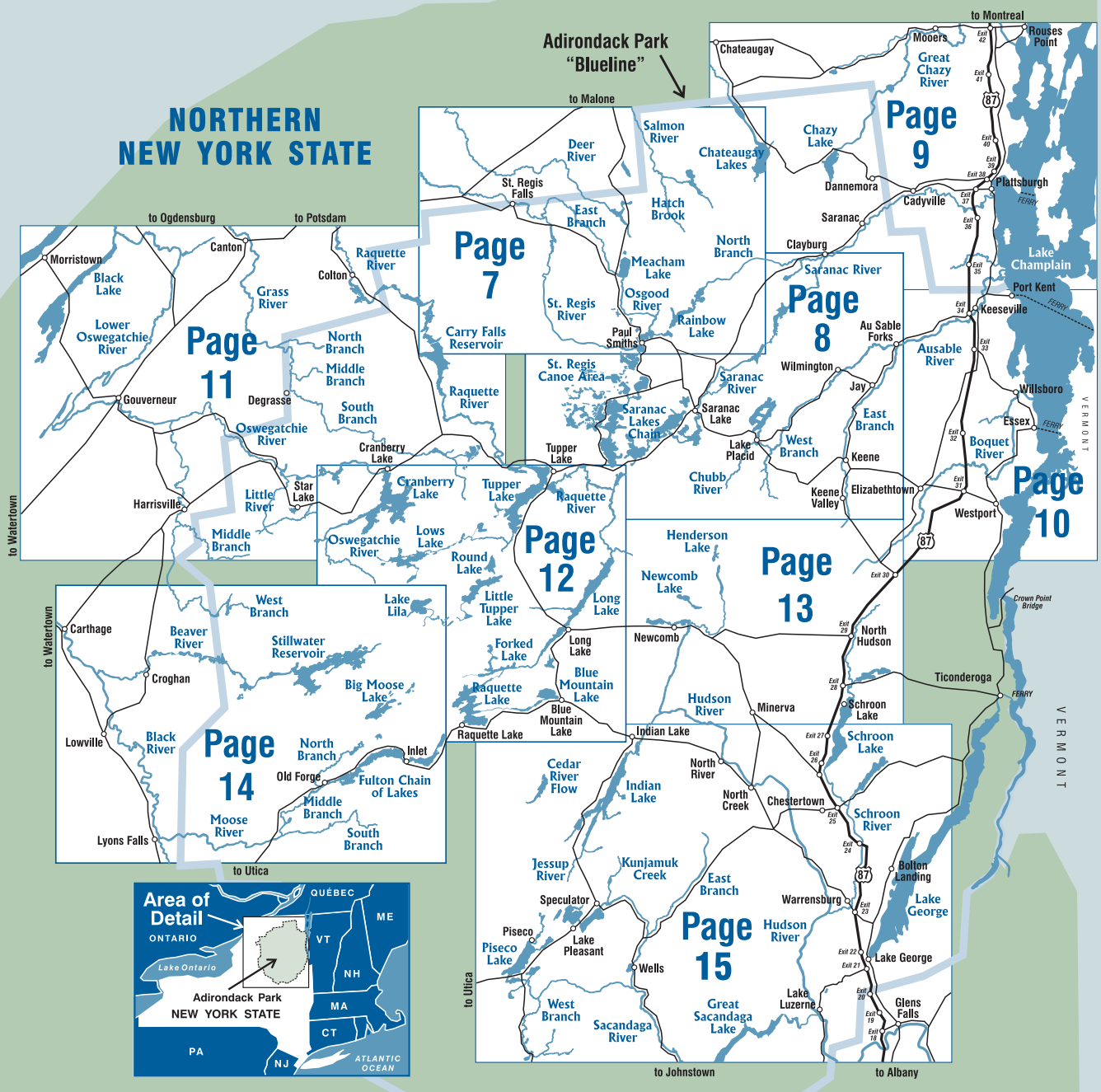
Class III. Rapids with high, irregular waves often capable of swamping an open canoe. Narrow passages that often require complex maneuvering. May require scouting from shore.

Class IV. Long, difficult rapids with constricted passages that often require precise maneuvering in very turbulent waters. Scouting from shore is often necessary, and conditions make rescue difficult. **Generally not possible for open canoes.** Boaters in covered canoes and kayaks should be able to Eskimo roll.

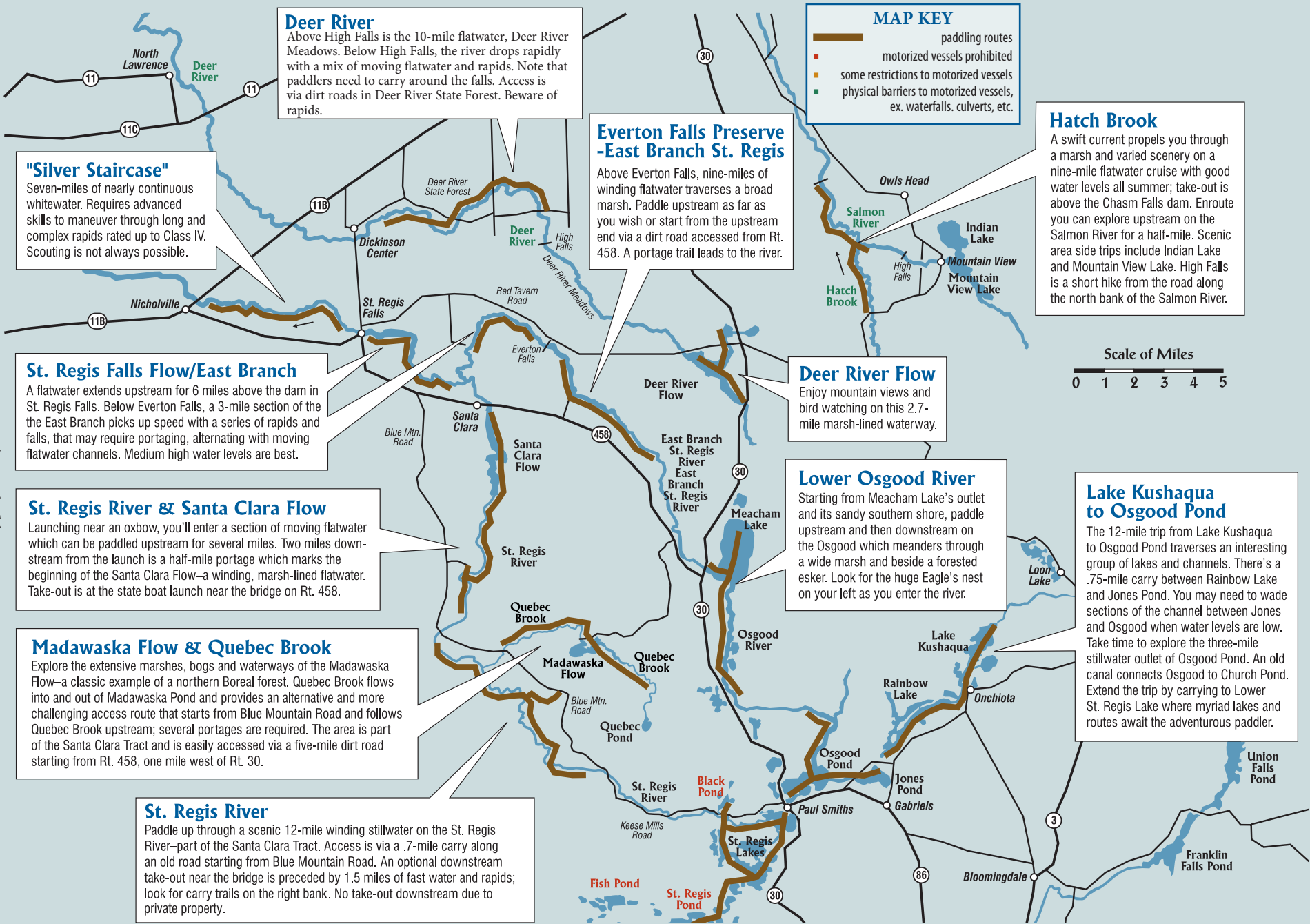
Class V. Extremely difficult, long, and very violent rapids with highly congested routes which nearly always must be scouted from shore. Rescue conditions are difficult and there is a significant hazard to life in event of a mishap. Ability to Eskimo roll is essential for kayakers and canoes.

Class VI. Difficulties of Class V carried to the extreme of navigability. **Nearly impossible and very dangerous.** For teams of experts only, after close study and with all precautions taken.

Cold water temperatures below 50 degrees and extended trips in remote areas increase normal difficulty by one class level.



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



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

MAP KEY

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

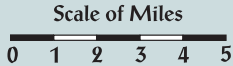
Hatch Brook
A swift current propels you through a marsh and varied scenery on a nine-mile flatwater cruise with good water levels all summer; take-out is above the Chasm Falls dam. Enroute you can explore upstream on the Salmon River for a half-mile. Scenic area side trips include Indian Lake and Mountain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

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

Everton Falls Preserve -East Branch St. Regis
Above Everton Falls, nine-miles of winding flatwater traverses a broad marsh. Paddle upstream as far as you wish or start from the upstream end via a dirt road accessed from Rt. 458. A portage trail leads to the river.

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

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



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

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

Lake Kushaqua to Osgood Pond
The 12-mile trip from Lake Kushaqua to Osgood Pond traverses an interesting group of lakes and channels. There's a .75-mile carry between Rainbow Lake and Jones Pond. You may need to wade sections of the channel between Jones and Osgood when water levels are low. Take time to explore the three-mile stillwater outlet of Osgood Pond. An old canal connects Osgood to Church Pond. Extend the trip by carrying to Lower St. Regis Lake where myriad lakes and routes await the adventurous paddler.

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

St. Regis River
Paddle up through a scenic 12-mile winding stillwater on the St. Regis River—part of the Santa Clara Tract. Access is via a .7-mile carry along an old road starting from Blue Mountain Road. An optional downstream take-out near the bridge is preceded by 1.5 miles of fast water and rapids; look for carry trails on the right bank. No take-out downstream due to private property.

See page 8 for Waterways to the South.

See page 11 for Waterways to the West.

See page 8 and 9 for Waterways to the East.

See page 7 and 9 for Waterways to the North.

St. Regis Canoe Area & the Saranac River headwaters

The St. Regis Canoe Area and the headwater lakes and ponds of the Saranac River are a pond-hopper's paradise. Many carries are short and most routes can be done as an unencumbered day trip. The classic "Seven Carries Route" is 9 miles from Little Clear Pond to Paul Smiths, traversing 10 lakes and ponds. You may need more time and a lightweight canoe for the "Nine Carries Route" which starts from either Hoel Pond or Long Pond (1.5 miles of carries) or Little Clear Pond (2.5 miles of carries); your ultimate goal is the cluster of ponds near remote Fish Pond. The area is bisected by a steep esker formation.

Just south of the St. Regis Canoe Area, the Saranac River headwater ponds—such as Follensby Clear, Floodwood and Fish Creek—provide the starting point for various short loop trips. Short carries connect the many small ponds and channels. Expand these loops by carrying north into Long and Hoel Pond.

St. Regis Lakes Loop

The St. Regis Lakes—Lower St. Regis Lake, Spitfire Lake and Upper St. Regis Lake—are connected by wide channels; a loop tour would include a .6-mile carry from the Upper Lake to the outlet dam on the Lower Lake. Great Camps can be seen along much of this route. Be sure to explore beautiful Black Pond.

Saranac River

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

Saranac River

The Saranac River is a slow-moving flatwater with one section of up to Class III water at Permanent Rapids just before Franklin Falls Pond. Carry around the falls on the adjacent road. A .4-mile carry leads from the dam on Franklin Falls Pond to Union Falls Pond.

East Branch Ausable River

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

West Branch Ausable River

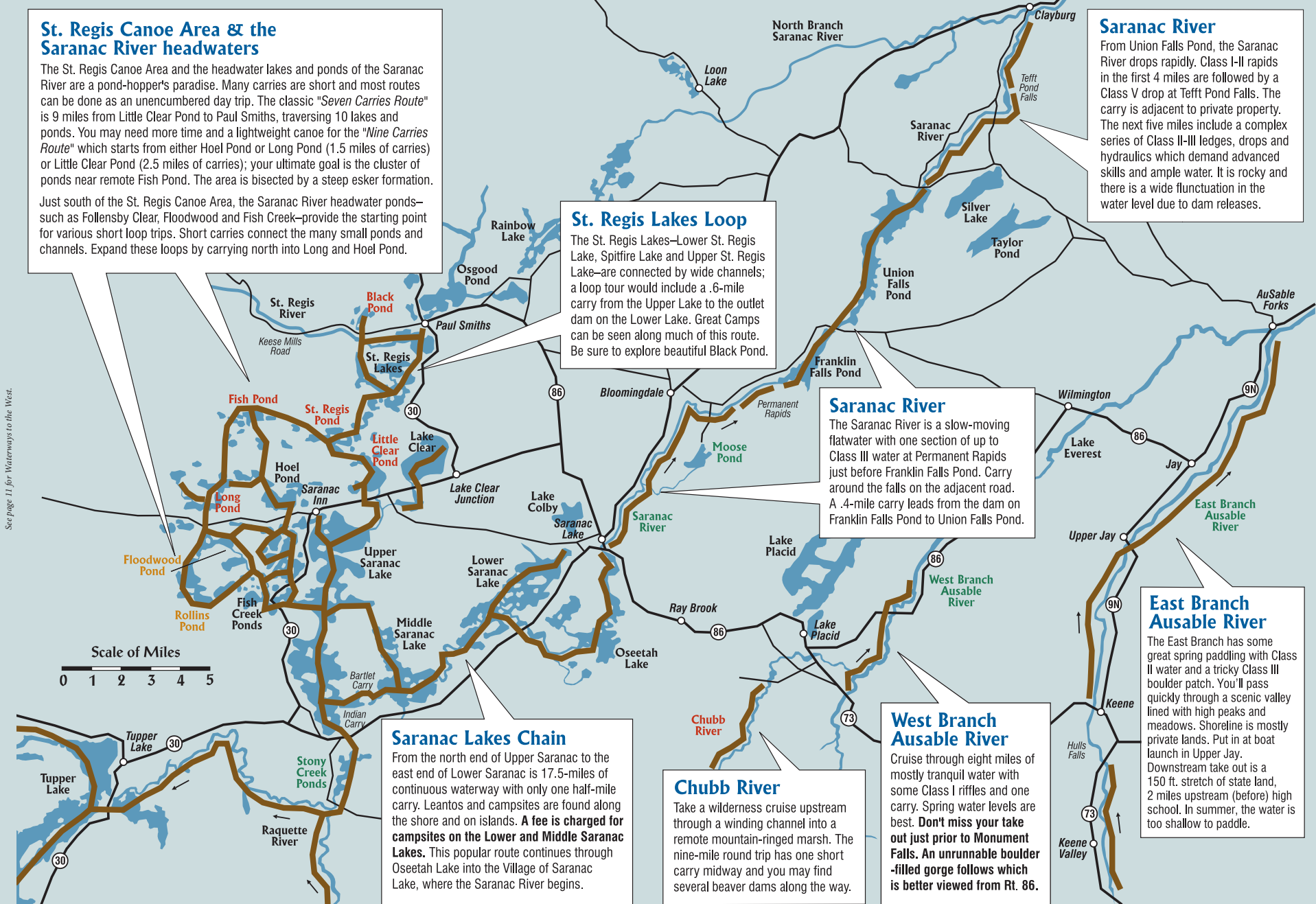
Cruise through eight miles of mostly tranquil water with some Class I riffles and one carry. Spring water levels are best. **Don't miss your take out just prior to Monument Falls. An unrunnable boulder-filled gorge follows which is better viewed from Rt. 86.**

Chubb River

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

Saranac Lakes Chain

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

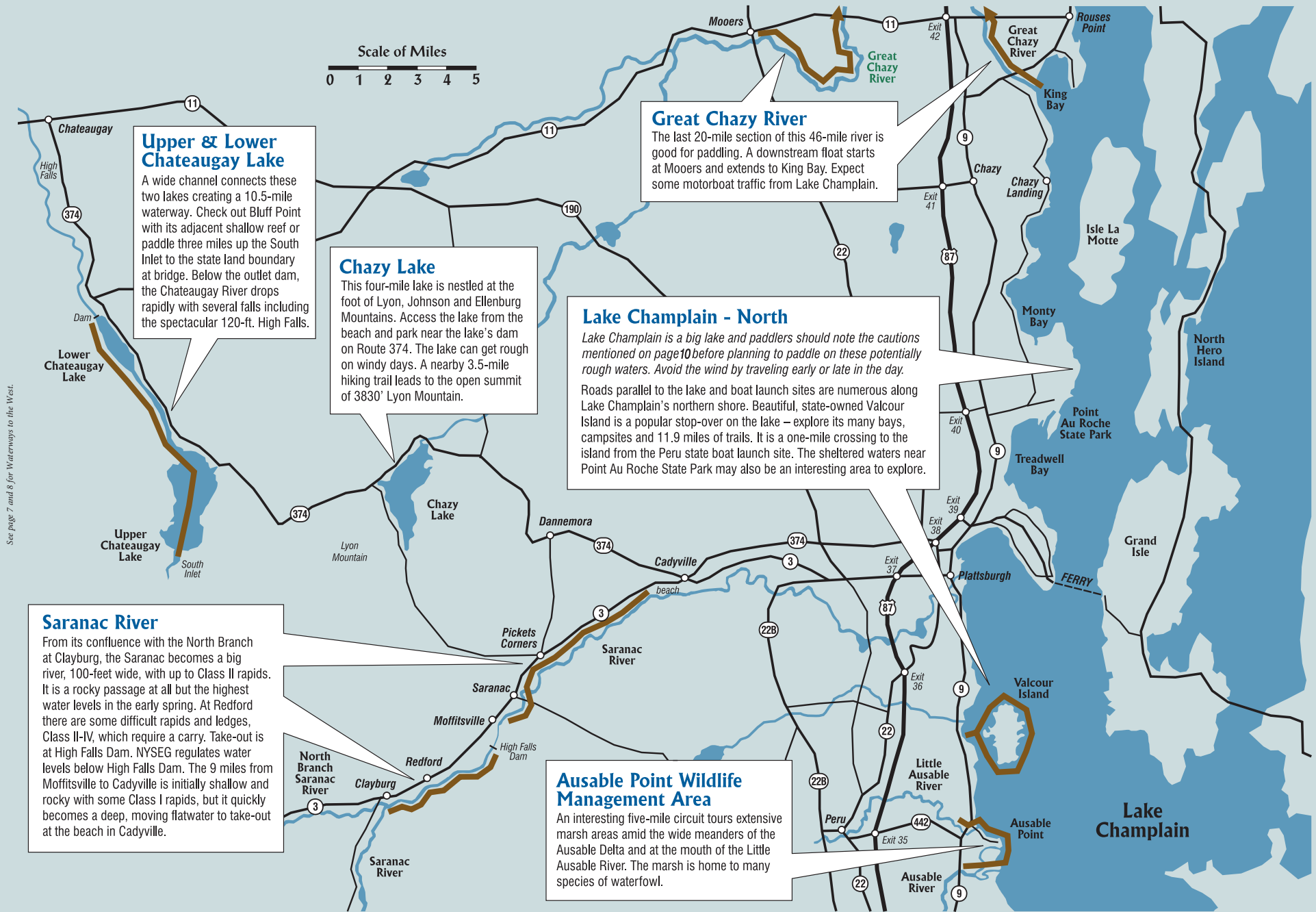


See page 11 for Waterways to the West.

See page 10 for Waterways to the East.

See page 12 and 13 for Waterways to the South.

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







See page 7 and 8 for Waterways to the West.

See page 10 for Waterways to the South.

Boquet River, Lake Champlain, Silver Lake, Taylor Pond

See page 9 for Waterways to the North.

MAP KEY

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

Silver Lake & Taylor Pond

These secluded lakes are great places to camp, fish or just paddle around. Dense woods and mountains surround the lakes. Take a short hike to the top of Silver Lake Mountain or Catamont Mountain for great views. Note: Parking fees for access.

Lake Champlain

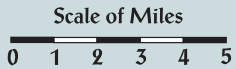
Small vessels of any kind should avoid this large lake on all but the calmest days. Getting caught on the water in a small kayak or open canoe on a rough, windy day is a life-threatening situation. Watch the weather and pick your day carefully. Remain close to the shore and in the sheltered bays of the western shore. Take advantage of the morning and evening calms, and paddle from south to north with the prevailing winds. Taking these words of caution into consideration, it is possible to find the perfect day to paddle along the Lake Champlain shore.

One of the more scenic cruises is from Westport around Split Rock Point to the historic village of Essex, or to the sandbars and beach areas near the mouth of the Boquet River. The route offers dramatic views of the sheer palisades that rise from the water at Split Rock Mountain; state land borders the water here and several trails leave from bays along this section of shore. However, the rocky shoreline provides little space for emergency landings. Start from Essex for a shorter round-trip cruise to Split Rock Point and views of its historic lighthouse. The lake's maximum depth of 400 feet is found just off this point. Explore the waters in sheltered Willsboro Bay, or paddle out to state-owned Schuyler Island (about 1 mile). Several campsites can be found along the island's rocky shore but there is also poison ivy so be careful.

Boquet River

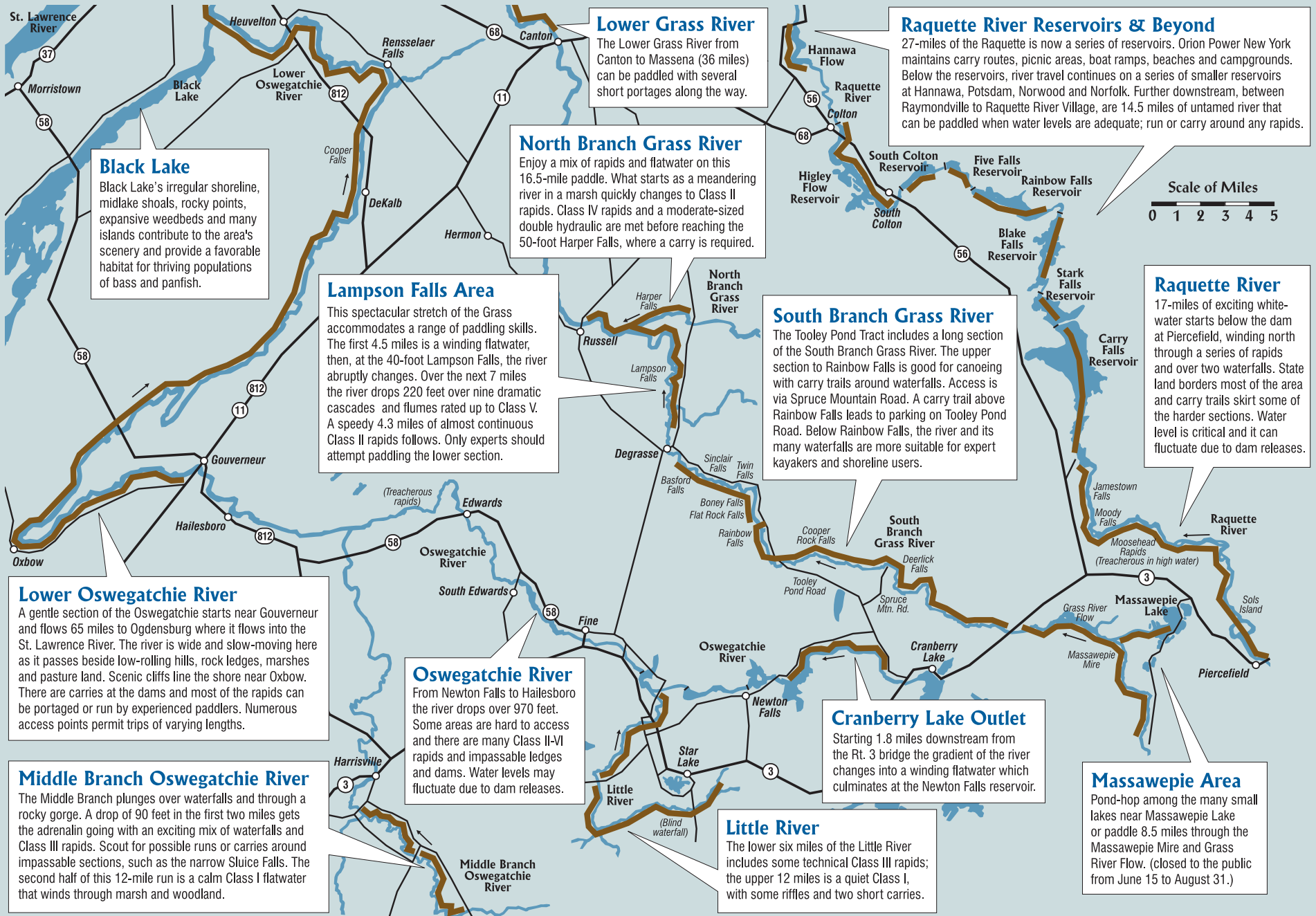
Canoeable at higher water levels in the spring, this river offers trips of varying lengths and difficulty. From starting points below Split Rock Falls, a fast current winds through a narrow channel with mild Class II rapids and one short carry. There are few boulders in the 11-mile stretch to Elizabethtown. The next 6.5-mile section to the Northway overpass becomes more difficult with a tricky Class III drop and rapids. The next 25-mile stretch to Lake Champlain is best done as a series of short day trips due to the waterfalls and dams at Wadhams, Boquet, Whallonsburg, and Willsboro which would require long carries. Overall this is a fairly easy cruise through pasture lands and wooded hills, best done at high water levels. There are limited locations for putting in or taking out, and a very small amount of public land along the river.

Paddlers should check guidebooks and other sources to determine where legal put in and take out sites are located.



See page 13 for Waterways to the South.

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



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

See page 7, 8 and 11 for Waterways to the North.

Cranberry Lake

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

Oswegatchie River

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

Lows Lake & Bog River Flow

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

Tupper Lake

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

Bog River

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

Raquette River

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

Little Tupper Lake & Round Lake

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

Lake Lila

Lake Lila has 17 campsites, 7 islands, sandy beaches and tall white pines. A .3-mile carry leads from the parking area to the sandy launch site. Climb Frederica Mountain for a panoramic overview of the area. Explore the winding route of Shingle Shanty Brook.

Forked Lake

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

Long Lake

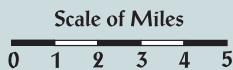
The prevailing winds are usually to your back on this 14-mile "long" lake. Campsites and leanos are found on state land along the eastern shore, north of Long Lake Village.

Raquette Lake

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

Blue Mountain Lake

10 islands on this mountain-ringed lake are part of the forest preserve. Explore the islands before heading west to the outlet, under a bridge and into narrow Eagle and Utowana lakes. A half-mile carry at the west end of the lakes leads to the Marion River which flows gently through meadow and marsh to Raquette Lake and routes to the north and south.



MAP KEY

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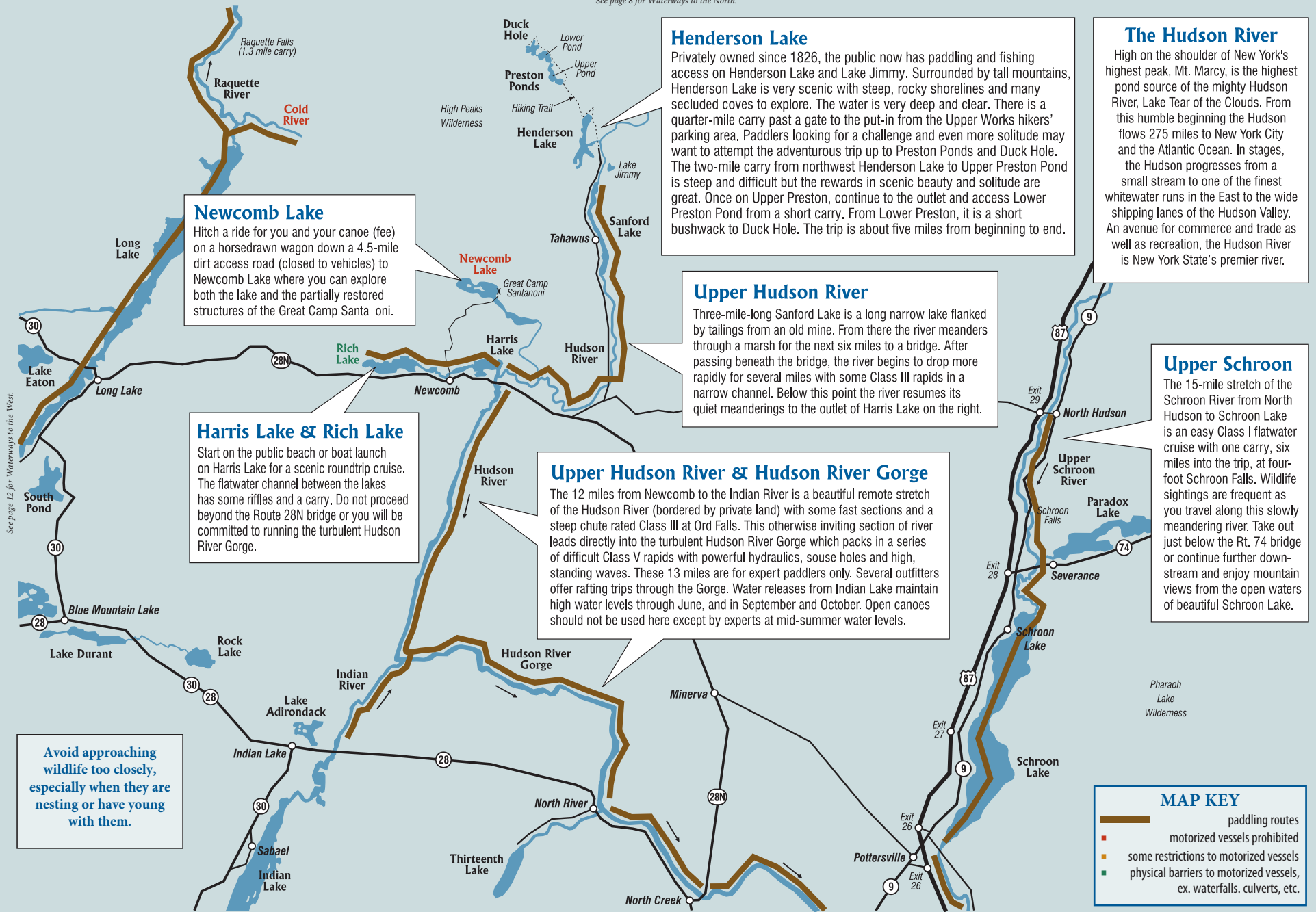
See page 11 and 14 for Waterways to the West.

See page 8 and 13 for Waterways to the East.

See page 14 and 15 for Waterways to the South.

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

See page 8 for Waterways to the North.



See page 12 for Waterways to the West.

See page 10 for Waterways to the East.

See page 15 for Waterways to the South.

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

See page 11 and 12 for Waterways to the North.

Beaver River Canoe Route

Enjoy a 14-mile paddle through a series of reservoirs and channels which begins just below the Moshier Powerhouse and continues to the High Falls Pond take-out. Maintained by Orion Power New York, the route requires six portages totaling slightly more than two miles. There are designated campsites on the Soft Maple Reservoir. For more information and a detailed route brochure call 1-877-85-ORION.

Sand Pond-Mud Pond Area

Access to Sand Pond—part of the Croghan Tract—is via logging roads and a new .2 mile universally accessible trail and carry from the parking area. Its marshy shores support an abundance of waterfowl and wildlife. Long Pond, Rock Pond and Mud Pond are connected by narrow corridors of stream which are best paddled at high water levels. On the east end of Mud Pond is a handicapped accessible dock, outhouse and parking area. Below Mud Pond there are two waterfalls, a carry trail leads to the base of the first waterfall. Then there's a .7-mile paddle to takeout at a footbridge above the second waterfall.

Stillwater Reservoir

The nine-mile-long reservoir is surrounded by state land and 46 designated campsites are situated on scenic points and bays. Caution is advised on windy days as the water can get very rough. The area is known for its large loon population and great fishing. Summer weekends can be busy with motorboat traffic.

Big Moose Lake

Several interesting bays, marsh areas and trails. The trails start from the lake and lead into the Pigeon Lake Wilderness where there are campsites and lean-tos on Russian and Gull Lakes (half-mile carry) and the remote Sister Lakes (3 miles). Public access from Dunn's Marina for a fee.

Black River

From Lyons Falls to the Carthage dam are 44 miles of uninterrupted flatwater winding gracefully between the Adirondacks and the Tug Hill Plateau. There are a variety of access points and services along the way.

Francis Lake

Stillwater Road provides easy access to this beautiful lake. You'll find campsites near the put-in and on the southern shore. There is a universally accessible trail to the lake and small dock for water access.

North Branch Moose River

Along this slow-moving, meandering stretch of river you'll travel 11 miles in complete wilderness isolation. Wildlife and birds are abundant along this branch of the Moose.

Lower Moose River

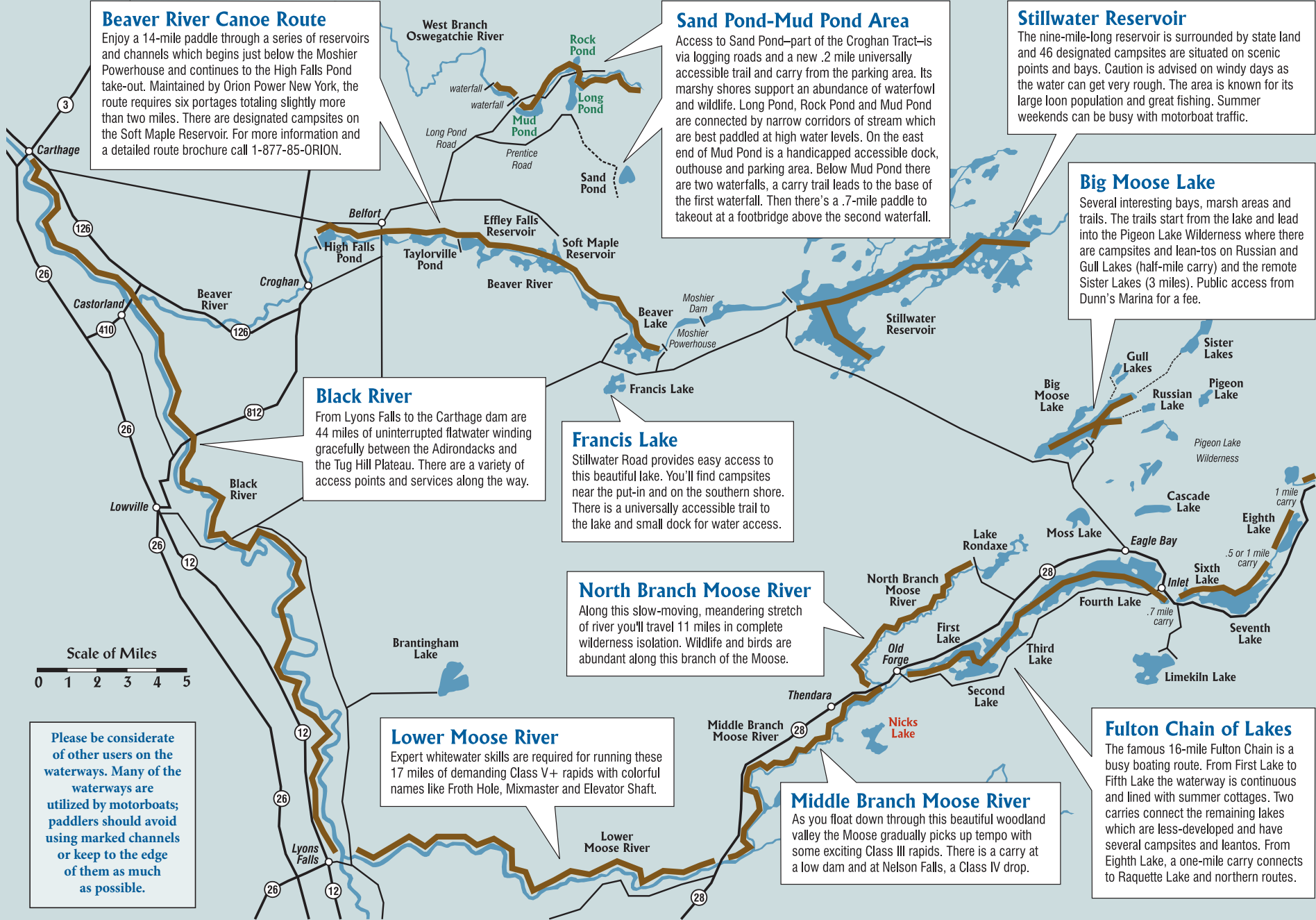
Expert whitewater skills are required for running these 17 miles of demanding Class V+ rapids with colorful names like Froth Hole, Mixmaster and Elevator Shaft.

Middle Branch Moose River

As you float down through this beautiful woodland valley the Moose gradually picks up tempo with some exciting Class III rapids. There is a carry at a low dam and at Nelson Falls, a Class IV drop.

Fulton Chain of Lakes

The famous 16-mile Fulton Chain is a busy boating route. From First Lake to Fifth Lake the waterway is continuous and lined with summer cottages. Two carries connect the remaining lakes which are less-developed and have several campsites and lean-tos. From Eighth Lake, a one-mile carry connects to Raquette Lake and northern routes.

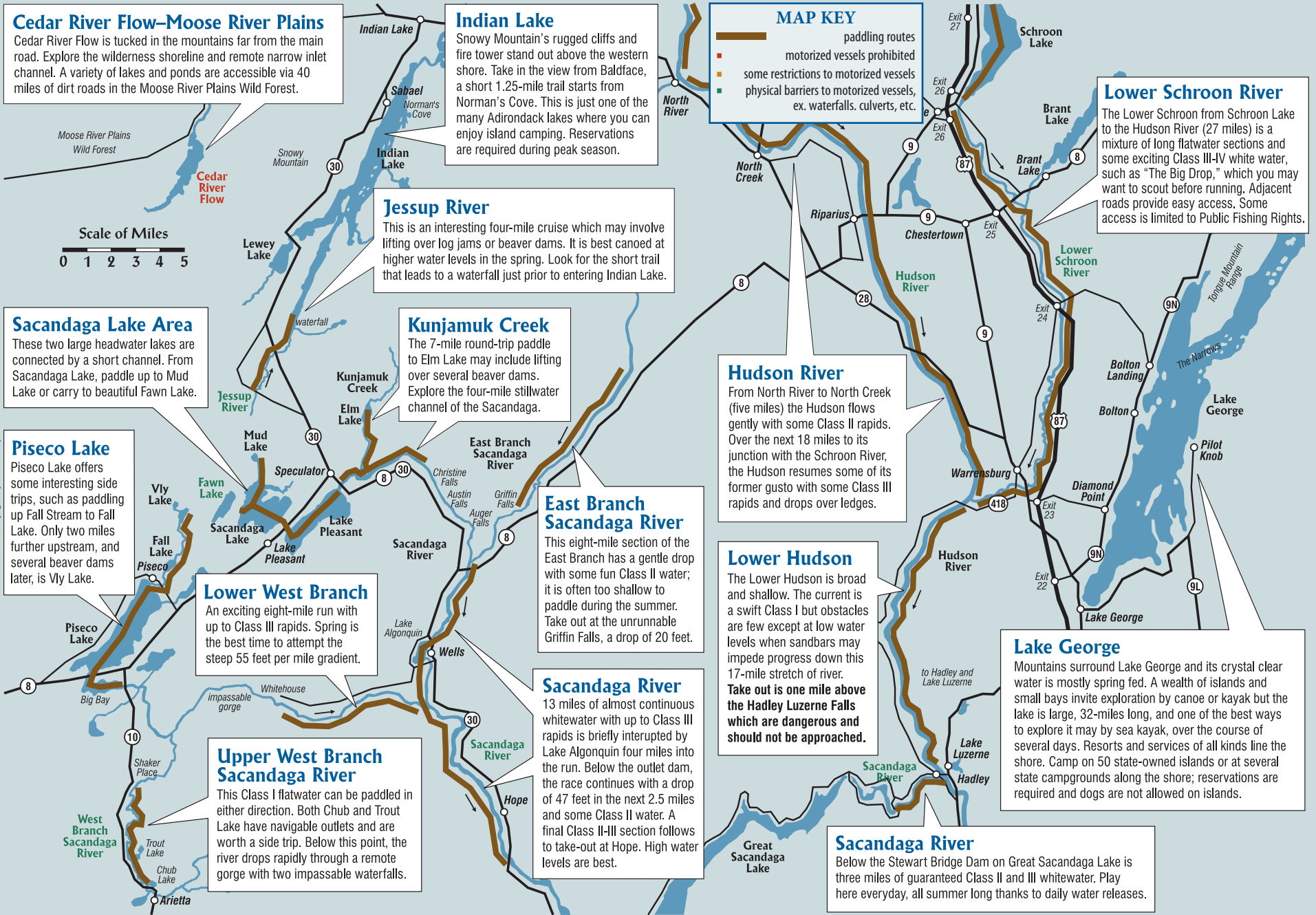


Please be considerate of other users on the waterways. Many of the waterways are utilized by motorboats; paddlers should avoid using marked channels or keep to the edge of them as much as possible.

See page 12 and 15 for Waterways to the East.

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

See page 12 and 13 for Waterways to the North.



See page 14 for Waterways to the West.

Canoe/Kayak Camping in the Adirondacks

Teresa Farrell

Camping is a tradition in many families and a beloved hobby for the thousands of people each year who flock to the woods for some restorative quality time with nature. This summer, why not try a self-sustained camping trip to one of the Adirondacks' beautiful on-water or island camping destinations? A more rustic take on the traditional tent camping experience and an altogether different way to get into nature than with an RV, island camping is one of the most rewarding ways to experience the outdoors. Don't be intimidated by the self-sufficient nature of a camping trip that doesn't include a vehicle. An excursion into nature in a canoe or kayak can deliver a truly rewarding and unique experience. If you want to truly feel the peace, calm, tranquility and beauty of nature there's no better way to do it than on a remote camping adventure.

The Adirondacks are teeming with opportunities for campers to shed excess baggage and leave hectic schedules on the shore as they set out for a few days or weeks of camping in some of the best-preserved natural areas in the country. Options range from state-operated island campgrounds to informal, primitive sites secluded in the most tranquil and remote spots in the Adirondack Park. Campers can choose their comfort level, keeping in mind that they'll have to plan for and bring all food, gear, and necessary supplies before starting out, and to remove all refuse when vacating the campsite. The trade-off for this feat of planning and packing is unparalleled—a true, unadulterated experience in exploring, enjoying, and becoming acquainted with the great outdoors. This is the way the original Adirondack guides and early campers and naturalists did it, and though technology has upgraded the tools and supplies necessary for building a fire, cooking a meal, and staying out of the elements, the spirit of the Adirondacks remains untouched in these places. It whistles through the trees late at night or washes up in waves on a beachside site, and is the same spirit that has attracted campers for



over one hundred years. Here, the very soul of the Adirondacks is within reach. It circles in smoke around campfires and twinkles from amongst the breathtaking array of stars in the night sky. It wakes you with the haunting call of a loon and rises in the morning mist off the lake.

While it may seem that having such a rustic and self-reliant experience should be reserved for more seasoned campers, one of the most meaningful parts of the adventure is experiencing it for the first time—and it's not hard to get going. Proper gear is easy and relatively inexpensive. Outdoor shops, at home, and in the Adirondacks,



have staff trained to outfit these types of trips, and many have rental equipment - including canoes and kayaks - that can be used for a fraction of the purchase price. With the addition of your own choice in amenities and some easily-stowed gear, you'll be on your way.

Many times, the most difficult part of the trip is choosing from the variety of places to go. In the Central Adirondacks, Alger Island, on Fourth Lake near Inlet, has 15 lean-to sites, and 2 tent sites with fireplaces as well as picnic areas, hibachis and pit privies. A hiking trail winds around the island and campers can explore their surroundings on Fourth Lake, or use Alger Island as a one-night stop on a multi-day paddling excursion. As in all New York State campgrounds you must register and pay a nightly camping fee. The Fulton Chain of Lakes, which runs north from the island to reach Eighth Lake, can provide any

variety of on-water fun and days of opportunities to play and explore. If you forgot anything or need a quick fix of civilization the nearby village of Inlet can satisfy any on-land needs.

Continuing on from the Fulton Chain, wilderness camping experiences can also be found on Raquette Lake, Long Lake, and the Raquette River, where island and shoreline campsites are found in abundance. Raquette Lake boasts lean-tos on nine sites scattered around the lake, some set back and requiring a carry. Long Lake and the Raquette River offer a variety of sites including many lean-tos.

A little farther north are two great destinations. Saranac Lake Islands Public Campground, on Lower and Middle Saranac Lakes is a New York State-owned campground with 87 campsites, including five lean-tos. From here campers can explore the Saranac lakes, Saranac River, and the surrounding shorelines that offer a number of hiking trails, including the popular Ampersand Mountain trail which starts from a beach on the south shore of Middle Saranac Lake.

The St. Regis Canoe Area, with access points located along State Route 30 just a few miles away from Saranac Lake, is the only designated canoe area in the state and the largest of its kind in the Northeast. The area is a veritable playground for canoeists and kayakers--with dozens of designated campsites and camping areas, including an occasional lean-to.



Encompassing over 19,000 acres, the St. Regis Canoe Area consists of over 58 ponds and small lakes dotted with islands and ringed with miles of uninhabited shorelines.

Much more than just a camping or paddling destination, this area invites a peaceful experience of solitude in nature. A few ponds are accessible without a carry, for those who prefer to pick a place and stay there; but hiking trails and canoe carries dot the majority of the route, so it's a good idea to pack light and be ready to carry gear from one spot to the next. The portage trails here are short so carrying isn't as strenuous as it sounds. It's easy to enjoy vistas around each turn in the trail and to appreciate the area's pristine beauty with each step. This is the ideal spot to turn a beeping smartphone or email inbox into a distant memory. The St. Regis Canoe Area is a must-do for anyone who truly loves the outdoors.

As with any camping or hiking trip, make sure to bring up-to-date topographical maps and the gear and information you need before setting out. With the exception of official DEC Public Campgrounds like Saranac Lake Islands and Alger Island, most sites don't take reservations but have a registration box at the area's launch. In most cases, camping is free, but a list of regulations is available at the New York State Department of Environmental Conservation's website, dec.ny.gov. More information, sources are listed on page 4 of this guide; at dec.ny.gov; and visitadirondacks.com. Wherever you choose to go - whatever type of trip suits you best - be sure to take advantage of this unparalleled opportunity to truly experience the best of camping in the Adirondacks.

Teresa Farrell is a freelance writer. She can be contacted via email, tfwriter@jmfpublishing.com



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* New York State Department of Health Study

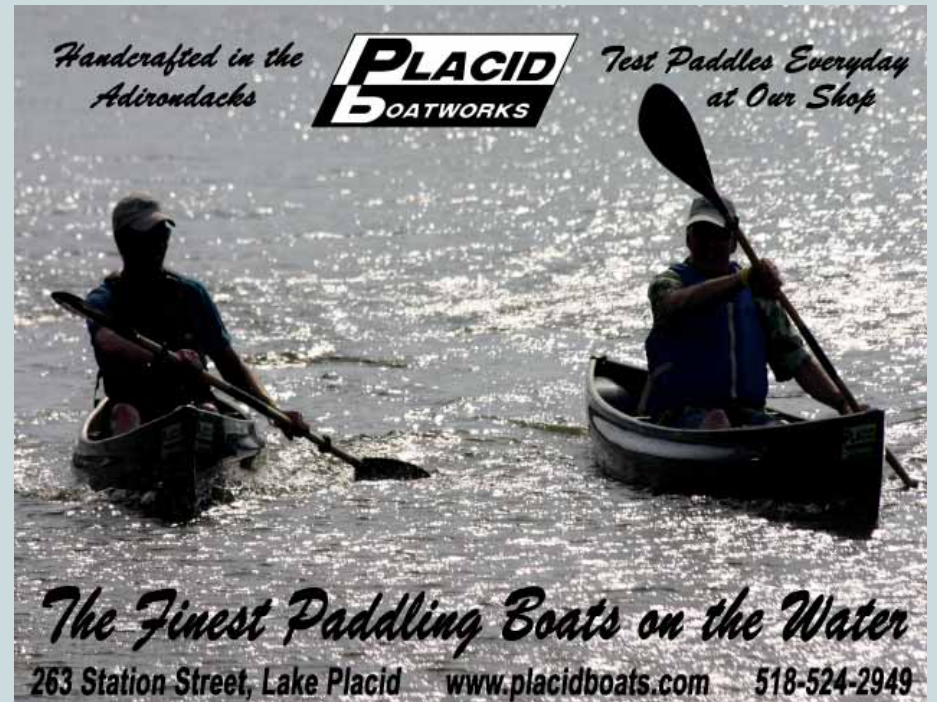


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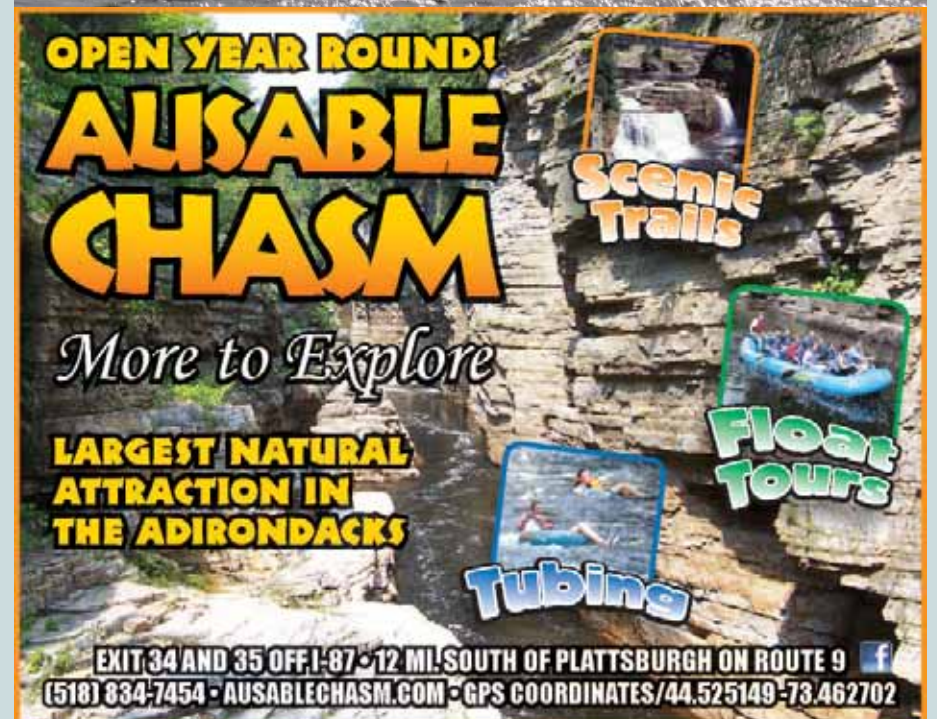
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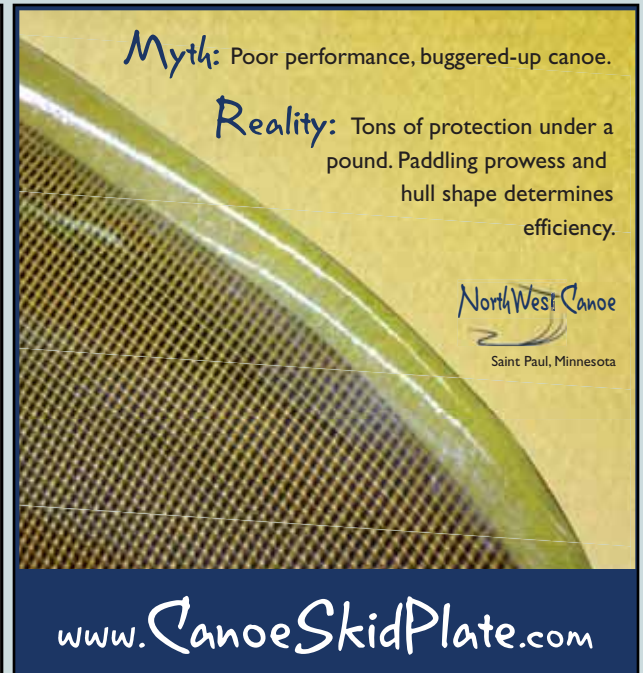
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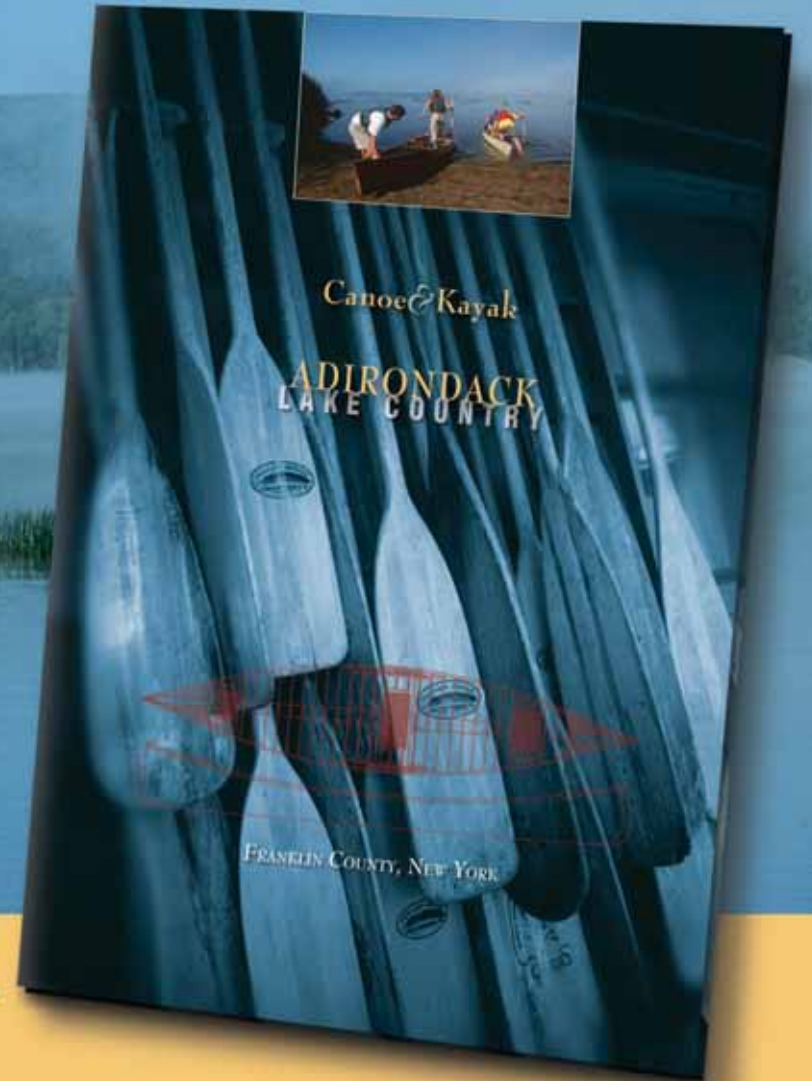
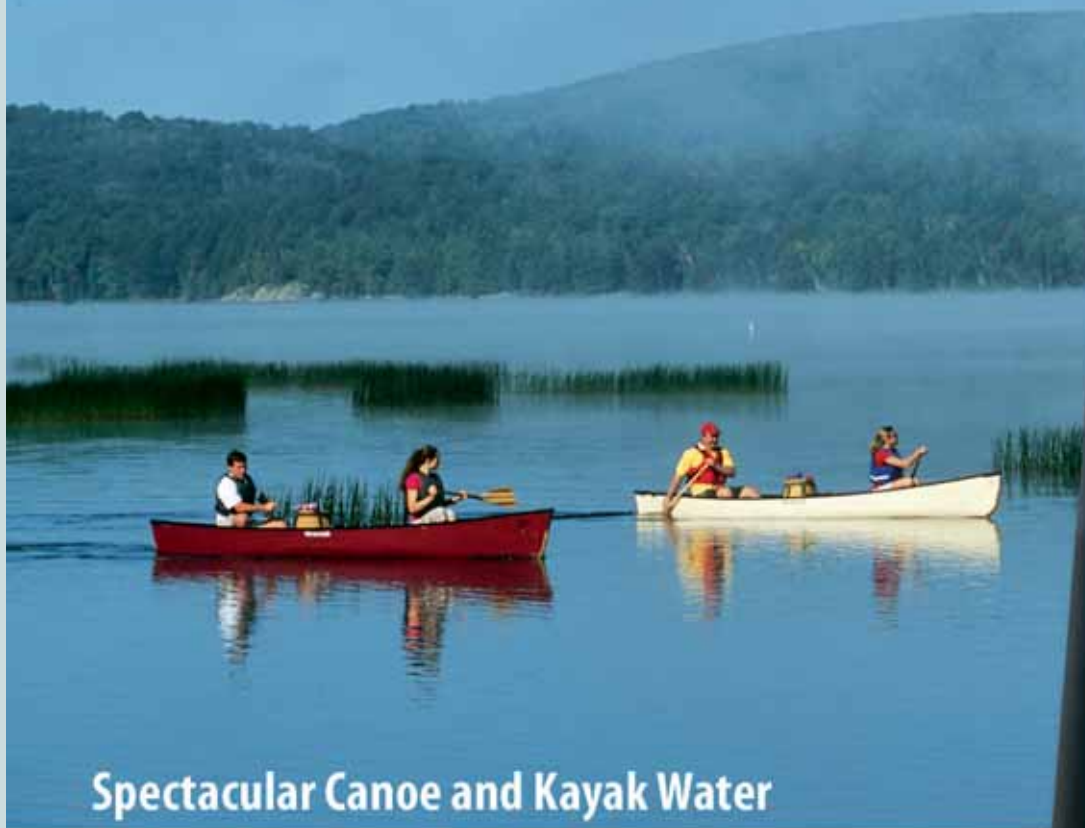
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