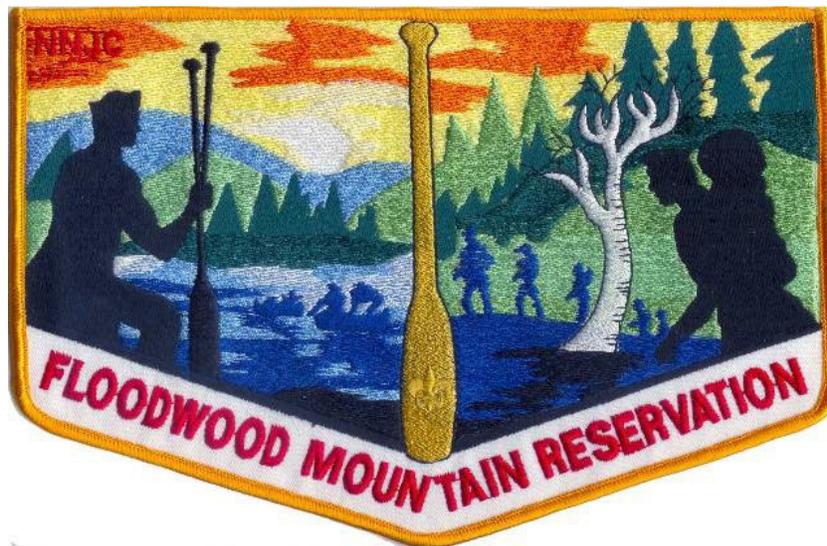


# Floodwood Mountain Scout Reservation

*Adirondack High Adventure Since 1965*



Northern New Jersey Council  
Boy Scouts of America  
25 Ramapo Valley Road, Oakland, NJ 07436

Phone: (201) 677-1000 Fax: (201) 677-1555

[www.nnjbsa.org/floodwood](http://www.nnjbsa.org/floodwood)

[www.Floodwood.org](http://www.Floodwood.org)



Floodwood Mountain Reservation is a Nationally Accredited BSA Trek Camp and is inspected annually.



# Trekking 101

**Beginner** ★

*Designed by Jordan Brown. Trek Director 2019*

This trek is designed for Troops that are new to High Adventure and have younger scouts (11 and 12 years old) that are interested in High Adventure and wilderness exploration. If your troop is new to High Adventure but consists of older scouts (14-17) we recommend looking at some of our other treks like a Lake Flower Trek.

**Day 1:** In the Morning scouts will hike up Floodwood Mountain and get a great view of the surrounding area.

When they return to camp they will be given their cold cut lunch and food for the rest of the week and be driven down to the Rollins Pond Adventure Base with their Voyageur. At Rollins, scouts will begin to develop basic trekking skills such as: setting up a tent, hanging a rain tarp, rigging a bear rope, Leave No Trace Principles, lighting a camp stove and more. The troop will then set up camp for the night and camp at Rollins.

**Day 2:** In the morning the troops will use some of the skills they developed the previous day to make breakfast and take down their campsite. Their Voyageur will demonstrate how to pack their bags including the group gear for trekking. The troop will proceed to launch empty canoes into the Rollins bay to work on basic canoe skills needed for the canoeing merit badge: canoeing strokes, rescues, launching and docking canoes, and more. Then the troop will eat lunch before departing in the canoes with their gear packed for trek. They will head east on Rollins pond through the creek to Floodwood pond and find a campsite on Floodwood pond and camp there for the night.

**Day 3:** In the morning the scouts will break down camp and prepare breakfast before departing for a day of paddling. They will head south west on Floodwood Pond into Fish Creek and continue along Fish Creek through Little Square Pond and into the Fish Creek Ponds. After stopping at the Fish Creek Ponds Public Campgrounds for Lunch and a brief trip to Donaldson's Trading Post you would continue to Spider Creek and into Follensby Clear Ponds where you would set up camp for the night and utilize all of the trekking skills taught on day one.

**Day 4:** In the morning you would pack up and leave Follensby Clear Pond and retrace your route from the previous two days back to Rollins pond where you would tube/waterski behind our Motorboat. Then be picked up and brought back to the West Pine base camp, where you would stay that night.

**Day 5:** Troops can choose their in-camp activities (additional merit badge, adventure area, etc.), or visit local amenities such as the Wild Center or Adirondack Experience.



## **The Adirondack Experience**

Beginner



*Programs include several add on costs because of utilizing 3rd party providers.*

***Call for details***

**Combined with a short canoe trek leaving from Rollins Pond, spend 3 days exploring the rich outdoor experiences the beautiful Adirondack Mountains offer.**

Arrive Sunday PM, depart the following Friday PM or Sat AM

**Day 1** – Leave Camp for a trip to Experience ADK Outdoors, or Paul Smiths College. Experience a COPE like team building program and High Ropes Course.

**Day 2** - Review canoe skills in the morning and depart from Rollins Pond for a day of canoeing/fishing and navigate to camp on an island in Floodwood Pond.

**Day 3** - In the AM continue working on requirements for Canoeing and Wilderness Survival MB's. Return to Rollins Pond in the PM for transport back to base camp. Arrive early enough and there will be time to take in an afternoon of tubing or waterskiing.

**Day 4** - Leave camp for a whitewater rafting trip on the Hudson River with Adirondack Rafting Co. This is through the beautiful Hudson River Gorge, a 15-mile trip, about 1 hr. from base camp.

**Day 5** - Half Day or Full Day trip to The Wild Center in Tupper Lake. A premier fun and educational trip that includes live exhibits, a theater, and a treetop walk.



## Saranac Lakes 4 Day – 40 Miles Beginner ★

A challenging day hike up Ampersand Mountain with tremendous views of the High Peaks and the canoe area. The Bartlett Carry is a relatively moderate portage. Wind, especially on Upper Saranac Lake, can be a large factor on this trip, increasing paddling time and difficulty. You will be traveling very popular routes and will see a lot of canoe and boat traffic as well as houses along the shorelines.

- Day One: Leave the Rollins Pond Canoe Base paddling northeast to the stream to Floodwood Pond. Paddle along the southern shore of Floodwood to the entrance of Fish Creek. Follow Fish Creek through Little Square Pond and into Fish Creek Ponds. There is a public beach and park along the east shore that is a pleasant spot for lunch. Continue under the bridge to the northeast shore of Fish Creek Ponds. Follow Spider Creek Passage into Follensby Clear Pond where there are a number of excellent campsites.
- Day Two: Paddle back out of Follensby Clear through Spider Creek Passage and Fish Creek Ponds to Fish Creek Bay. Canoe out into Upper Saranac Lake and head south. At the southern end shortly before Indian Carry, there are several campsites on and around Indian Point. Establish camp for the next two nights.
- Day 3: Canoe around Indian Point to the east and into Huckleberry Bay. Carry across Bartlett Carry into Middle Saranac Lake. Paddle all the way across Middle Saranac to the beach on the SE shore of the lake. Beach your canoes and hike up Ampersand Mountain. After taking in the 360 degree panorama from the top of the mountain, hike back down to your canoes and return to your campsite.

Day 4: Retrace your paddling on Upper Saranac Lake. Paddle back to Follensby Clear and on north to the carry to Horseshoe Pond midway up Follensby Clear. Carry into Horseshoe Pond and paddle along the north shore to the carry into Little Polliwog Pond and the into Polliwog. Paddle north around the point and then west too the carry to Middle Pond. After carrying into Middle Pond, paddle to the canoe carry to Floodwood Pond. There are several good campsites on Floodwood Pond, or you can continue back through the passage to Rollins Pond and the canoe base.

Day 5: Activities in camp during the morning and afternoon.





## Lake Flower 5 Day – 35 Miles

Moderate ★★

This trek offers a challenging day hike up Ampersand Mountain, with tremendous views of the High Peaks and the canoe area, a chance to paddle through Upper and Lower State Locks, and a Bald Eagle nest visible on Lower Saranac Lake. You will be traveling very popular routes and will see other canoes as well as houses along the shore lines.

Day  
One

Depart Rollins Pond Canoe Base. Canoe to Floodwood Pond, into Little Square Pond, through Fish Creek, and into Fish Creek Pond. The public campground picnic area is a good spot to have lunch. It has fresh water and flush toilets. Continue on through Fish Creek Ponds, and either head out into Fish Creek Bay into Upper Saranac Lake, or head north into Follensby Clear Pond. Recommended campsites for the first night are in Follensby Clear, in Saginaw Bay or on Buck Island, in Upper Saranac Lake.

Day  
Two

Depart Follensby Clear or Upper Saranac, head south through the narrows of Upper Saranac Lake and head into Huckleberry Bay, and take the Bartlett carry into Middle Saranac. The Bartlett carry is half on a dirt road, and half on a trail. Watch for cars, and don't loiter at either end of the carry.

Alternatives: Instead of the Bartlett carry, take the Weller Pond Carry. The Weller Pond carry leaves from Ampersand Bay on Upper Saranac Lake, and ends at Weller Pond. The trail is long, rugged, hilly and can be very muddy. This carry, although a nice alternative, should only be tried by experienced crews.

From Weller Pond, head south into Middle Saranac Lake. Camping on Middle Saranac Lake is by reservation only.

Remember these sites are for 6 people max. The Forest Rangers check these sites every night. Book sites on [reserveamerica.com](http://reserveamerica.com)

Day  
Three

The third day is typically a layover day; try to reserve a site for two days in a row. Paddle out of the way and hike up Ampersand Mountain. The steep hike, on average, can take between one and a half to two and a half hours up. Lunch atop Ampersand Mountain with views of the High Peaks, and the Adirondack canoe area is a great reward for the difficult climb up. An afternoon of advancement and activities is a nice change of pace when you get back to camp.

Day Four

Push off and head for the Upper State Locks between Middle and Lower Saranac Lakes. These Lakes require reservations, or you can continue on to Kiawasa Lake without reservations.

Day Five

Continue onto Lake Flower for a pick-up in the town of Saranac Lake at the boat launch.

Alternatives: This trek can be easily reversed to start with a drop off and paddle back into camp. Alternate drop offs and pick ups to either shorten or extend the trek are the Lower State Bridge between Lower Saranac and Oseetah Lake, the boat access on Colby Lake, Ampersand Bay on Lower Saranac, and Fish Creek off Forest Home Road off the north east shore of Lower Saranac Lake.



## Tupper Lake 5 Day – 44 - 50 Miles

Moderate ★★

This trek offers a nice compromise for canoeists of moderate or varying skills. This trek can also easily be made into a 50 Miler by going down to the end of Tupper and back up. Some of the advantages of this trek include wildlife viewing opportunities on the Raquette River and a bald eagle's nest at Indian Point on Tupper Lake. There is one long portage.

Day One:

Depart Rollins Pond Canoe Base. Canoe to Floodwood Pond, into Little Square Pond, through Fish Creek, and into Fish Creek Pond. The public campground picnic area is a good spot to have lunch, having fresh water and flush toilets. Continue on through Fish Creek Ponds, and either head out into Fish Creek Bay in Upper Saranac Lake, or head north into Follensby Clear Pond. Recommended campsites for the first night are in Saginaw Bay or on Buck Island, in Upper Saranac Lake or in Follensby Clear Pond.

Day Two:

Depart Follensby Clear or Upper Saranac, head south through the narrows of Upper Saranac Lake and continue to the south end of the lake. Take the mile-long Indian Carry into the Stoney Creek Pond. The first half of this carry is hilly, muddy, narrow, and crosses Highway 3, so be careful and stay together.

Possible destination sites for the second night are Trombley or Axton Landing on the Raquette River. An alternative camping spot could be in the Stoney Creek Ponds or at Indian Point at the southern end of Upper Saranac Lake.

Day Three:

Hit the Raquette River and head west towards Tupper Lake. As you head near Tupper Lake, you will begin to encounter motorboats and go through the Oxbow, a marshy area of the Raquette that can be a bit confusing. Make sure to follow the

main current. As you approach Tupper Lake, you can opt to take the Simon Pond cutoff or continue on the Raquette to Tupper Lake. Good camping spots could be Trombley Landing (depending on where you camped the night before), or Indian Point on Tupper, or at the south end of Tupper. Indian Point is a popular destination, as it is close to the Village of Tupper Lake and the boat launch.

Day  
Four:

This is a good day for some day paddles, either to add some miles in order to achieve the 50 Miler award, or to enjoy the nice scenery that Tupper (especially the south end) has to offer. You could also work on advancement or activities. And depending if you camped on the Raquette the night before, there might be some extra paddling to get into Tupper Lake.

Day  
Five:

Pickups can be done at three locations on Tupper Lake. There are two boat launches, one downtown, and one a mile or two south of town. You can also get picked up in South Bay in the southern end of Tupper Lake.

**Alternatives:** This trip should be attempted in reverse only by more experienced crews due to the current on the Raquette River. Besides the multiple spots on Tupper to be picked up or dropped off, another alternative is the fishing access on the Raquette River. As already mentioned, this trek can include the southern end of Tupper in order to satisfy the requirements for the 50 Miler.



## Long Lake 5 Day – 50 Miles

Challenging ★★ ★

This trek follows both secluded and the well-traveled routes of the Raquette River and tends to be more difficult, mostly due to a couple of strenuous carries. This is a 50 Miler if you get dropped off at Buttermilk Falls.

Note: This trip is best suited as a drop off rather than leaving from camp, due to the current on the Raquette River.

Day One:

Get dropped off at the state boat launch, just north of the town of Long Lake, or at the southern end of Long Lake at Buttermilk Falls. Head north, staying to the eastern or western edge to avoid traffic. Camp at the northern end of the lake at Plumbley's Landing, Rodney Pt., or just on the Raquette River at Lost Channel.

Day Two:

Head down the Raquette (north) towards Raquette Falls. Take the carry around the falls on the eastern bank. The carry is less than a mile and starts off going uphill, evens off and then is mostly downhill, pretty wide and well worn. Continue north on the Raquette, heading for your second night at the campsites north of the falls, or even up into Stoney Creek Ponds.

Day  
Three:

Push off and head for the Indian Carry from the Stoney Creek Ponds into Upper Saranac. The first half of this carry is hilly, muddy, narrow, and crosses Highway 3, so be careful and stay together. Head north on Upper Saranac Lake, watching for motorboats. Some good campsites for the night are on Buck Island, Green Island, in Saginaw Bay on Upper Saranac Lake, or on to Follensby Clear Pond.

Day  
Four

Head back towards camp through Fish Creek Ponds. There is a picnic area available at Fish Creek Public Campground with fresh water and flush toilets. Continue into Little Square Pond and then into Floodwood Pond. This is a good location for advancement activities. The numerous trails in the area also provide opportunities for hiking.

Day  
Five

Paddle back into Rollins Pond and prepare for a day of in-camp activities.

Alternatives: As already noted, this trek can be done in reverse, but you would be paddling against the slight Raquette River current. Other than the two spots on Long Lake, there are no other drop offs or pick up spots.





## Paul Smiths 5 Day – 32 Miles

Challenging ★★ ★

If it's wilderness you are looking for, the Saint Regis Wilderness Canoe Area is the place for you. You will encounter only a few other canoers as you paddle and carry your way through quiet lakes and small ponds. Enjoy remote, shore-side campsites -- test your hand at brook trout fishing in this mellow but challenging wilderness adventure. Make the most of the trek by taking time for bog exploring, fishing, aquatics and hiking Saint Regis Mountain. Trek itineraries may be configured for a variety of lengths, terrain and scenery.

Day One: Your crew will be dropped off at the Paul Smiths College boat launch at the northeast corner of Lower Saint Regis Lake. You will begin the Seven Carries Route by canoeing southwest into Spitfire Lake through the Slew, continuing on to the south end of Spitfire and the channel into Upper Saint Regis Lake. Swing to the northwest to the trailhead for the climb up Saint Regis Mountain at the north end of Upper Saint Regis Lake (see below for alternate route). There are campsites in North Bay.

Day Two: The next morning retrace your route keeping to the southwest shore of Upper Saint Regis Lake, round the point and head south to the short carry to Bog Pond. After paddling Bog, carry to Bear Pond and paddle on to the carry to Little Long Pond. Continuing to follow the Seven Carries Route, paddle and carry into Saint Regis Pond. Canoe west around the point and then southeast. There are a number of campsites along the east shore.

Day Three: Start your morning by paddling to the carry to Little Clear Pond. Paddle south and west to the public landing for the longish carry across Route 30 to Hatchery Brook (there is

no camping on Little Clear). Hatchery Brook empties into Lake Clear Outlet that in turn takes you to Upper Saranac Lake and a temporary return to the world of motorboats. Paddle down Upper Saranac Lake to Fish Creek Bay. Continue on west entering Fish Creek Ponds and heading north to Spider Creek Passage into Follensby Clear Pond where there are many excellent campsites.

Day  
Four:

Canoe to the northwest corner of Follensby Clear to the carry into Polliwog Pond. Canoe west through the narrow passage into the western arm of Pollywog and the carry into Middle Pond. Head for the carry to Floodwood Pond along the southwest shore of Middle Pond. Carry into Floodwood where you will find a number of good campsites.

Day  
Five:

Canoe to the southwest corner of Floodwood and proceed through the narrow passage to Rollins Pond and your return to our canoe base midway down the western shore of Rollins pond. You will return with plenty of time for the water skiing program at Rollins and/or the rock climbing and rappelling program at West Pine.

Remember St Regis Wilderness Area sites are for 8 people max. The Forest Rangers check these sites every night.



## Paul Smiths 5 Day – 32 Miles Challenging ★★ ★

Listed below are some suggested options. Your Voyageur can explain these and other options that are available.

- Day One: of heading south from Paul Smiths, canoe west into the Middle Branch of the Saint Regis River. Continue to Keese Mill where you will find the trailhead for your climb up Saint Regis Mountain. There are campsites both before and after the carry into North Bay of Upper Saint Regis where the Day 2 narrative begins.
- Day Two: Instead of canoeing to the carry to Little Clear Pond, paddle west to the carry to Ochre Pond that begins the Nine Carries Route. This option should be limited to strong experienced crews. For a description of the Nine Carries Route see the Buck Pond trek.
- Day Three: Instead of camping on Follensby Clear Pond camp on Green or Buck Island in Upper Saranac Lake.
- Day Four: A more demanding route would take you from the northeast corner of Polliwog to the carry to Hoel Pond, across Hoel to a large culvert under the railroad track into Turtle Pond, on to Slang Pond and a short carry into Long Pond. From Long Pond you carry into Floodwood to your campsite.
- Option: Instead of camping on Floodwood Pond return to the Rollins Canoe Base for the fourth night.



## Blue Mountain Lake 5 Day – 70 Miles Super Scout ★★★★★

Begin the trek at Blue Mountain Lake with a tour of the Adirondack Museum, a day hike up Blue Mountain, or dive right into this 60 mile voyage through some of the best waters of the Adirondacks. From Blue Mountain Lake, navigate the Eckford Chain of Lakes and pass through the pristine Marion and Raquette Rivers, beautiful Forked Lake, and the majestic Buttermilk Falls—all on the way to Long Lake, the longest lake in the Adirondacks. Follow both secluded and well-traveled routes of the Raquette River before working your way to Upper Saranac Lake and back home to Floodwood. This trek should be attempted only by experienced paddlers.

Note: This trip is ONLY offered as a drop off from Floodwood.

Day  
One:

Get dropped off at Blue Mountain Lake boat launch on Route 28.

Alternative: spend the morning at the Adirondack Museum (<http://www.adkmuseum.org>).

Alternative: Climb Blue Mountain Lake along the 2 mile trail that starts across the highway from and just below the entrance to the Adirondack Museum.

Paddle across Blue Mountain Lake (max. depth of 102 ft.) and proceed west towards Eagle Lake. Continue into Utowana Lake. If you began the day with a tour of the museum or a hike, consider camping at the lean-to at end of Utowana Lake.

Otherwise, carry into the Maron River around shallow rapids and along the route of the former Carry Railroad, once the world's shortest gauge railway. Enter the scenic Marion River and wind through marsh and swamp until entering St. Hubert Lake. Paddle north through Raquette Lake, the fourth largest body of water in the Adirondacks, until you reach Bluff Point. Continue west past Beecher Island into Outlet Bay. Camp the first night along the northeastern shores of Raquette Lake.

Day Two

Begin your second day by making towards the passage that marks the beginning of the Raquette River and enter Forked Lake. Take the nearly 1.6 mile portage to bypass a damn and dangerous waters. Continue along the Raquette River, carrying over Buttermilk Falls, and camp at one of the shelters farther up the river.

Day Three

Paddle the Raquette River until you enter Long Lake. Head north, staying to the eastern or western edge to avoid traffic. Enter the Raquette River and head down the Raquette (north) towards Raquette Falls. Take the carry around the falls on the eastern bank. The carry is less than a mile and mostly downhill, pretty wide and well worn. Continue north on the Raquette, heading for your third night at the campsites north of the falls, or even up into Stoney Creek Ponds.

Day Four

Push off and head for the Indian Carry from the Stoney Creek Ponds into Upper Saranac. The first half of this carry is hilly, muddy, narrow, and crosses Highway 3, so be careful and stay together. Head north on Upper Saranac Lake, watching for motorboats. Some good campsites for the night are on Buck Island, Green Island, in Saginaw Bay on Upper Saranac Lake, or on to Follensby Clear Pond.

Day Five

Head back towards camp through Fish Creek Ponds. There is a public beach and picnic area available at Fish Creek Public Campground with fresh water and flush toilets. Continue into Little Square Pond and then into Floodwood Pond. Paddle back into Rollins Pond and prepare for an afternoon of in-camp activities. Alternative: if you spent the first day hiking or at the museum, plan on arriving back at camp later in the afternoon and not participating in camp activities.



## Buck Pond 5 Day – 50 Miles

Super Scout ★★☆☆

This trek is characterized by its secluded route and hence relatively undisturbed wildlife. It travels through some of the most pristine wilderness of the Adirondacks where you will be challenged by several long and difficult carries that will require the crew to demonstrate disciplined cooperation and stamina. Crews that cannot complete a carry in a single crossing should not attempt this trek (there are 16!). Variation can be found on the following pages.

Day One	<p>You will be dropped at the Buck Pond State Campground boat launch, northeast of Rainbow Lake and the Saint Regis Canoe Area. Head southwest into Rainbow Lake, paddle the length of the lake and portage into Jones Pond. Suggested campsites are the four on Jones Pond, or one of the two lean-tos on Osgood Pond.</p>
Day Two	<p>After paddling across Jones Pond and Osgood Pond carry into Lower Saint Regis Lake through the Paul Smiths campus. You will begin the Seven Carries Route by canoeing southwest into Spitfire Lake through the Slew, continuing on to the south end of Spitfire and the channel into Upper Saint Regis Lake. Head south to the short carry to Bog Pond. After paddling Bog, carry to Bear Pond and paddle on to the carry to Little Long Pond.</p> <p>Continue to follow the Seven Carries Route, paddle and carry into Saint Regis Pond. Canoe toward the west end of the pond to one of a number of campsites.</p>
Day Three	<p>Head for the Ochre Pond carry at the west end of Saint Regis Pond and the start of the Nine Carries Route (see below for alternate route). Paddle across Ochre Pond to the carry to Mud and Fish Ponds. You have the option of carrying around Mud Pond to Fish Pond (1.5 miles) or paddling across Mud and then carrying to Fish Pond.</p>

Paddle across Fish Pond, carry into Little Long Pond and paddle to the carry to Kit Fox Pond (as an alternate, carry directly from Fish Pond to Kit Fox Pond). From Kit Fox carry to Nellie Pond. The carry from Nellie to Long Pond is a difficult 1.5 miles (usually muddy with a beaver pond requiring paddling across to resume the trail on the other side). There are a number of very fine campsites on Long Pond.

Day  
Four

Paddle to the eastern shore of Long Pond and carry into Slang Pond. Paddle across Slang and Turtle Ponds and through the culvert under the railroad track into Hoel Pond. Paddle to the south shore of Hoel for the carry to Polliwog Pond. It is a short paddle along the eastern shore of Polliwog to the carry to Follensby Clear Pond. From Follensby Clear paddle through Spider Creek Passage into Fish Creek Ponds under the bridge then along the eastern shore to Fish Creek (there is a carry from Follensby to Fish Creek saving paddling through Fish Creek Ponds). Proceed up Fish Creek as it passes through Little Square Pond and on into Floodwood Pond. Follow the south shore of Floodwood Pond to the passage to Rollins Pond and back to the Rollins Pond Canoe Base on the west shore of Rollins.

Day  
Five

Day four can be split into two days by camping on either Follensby Clear Pond or Floodwood Pond. Either alternative will allow time for waterskiing and/or rock climbing and rappelling



## Buck Pond 5 Day - Variation

Super Scout ★★☆☆

Listed below are some suggested options. Your Voyageur can explain these and other options that are possible.

Day Two

Instead of paddling south to Spitfire Lake head west from Lower Saint Regis Lake towards Keese Mill where you can portage into Upper Saint Regis Lake. Campsites can be found on the northwest corner of Upper Saint Regis Lake, or on Lower Saint Regis Lake at Bent Spike Lean-to. If time permits hike up Saint Regis Mountain from the trailhead at the north end of Upper Saint Regis Lake.

Day Three

Instead of following the Nine Carries Route paddle to the carry to Little Clear Pond. Paddle south and west to the public landing for the longish carry across Route 30 to Hatchery Brook (there is no camping on Little Clear). Hatchery Brook empties into Lake Clear Outlet that in turn takes you to Upper Saranac Lake and a temporary return to the world of motorboats.

Paddle down Upper Saranac Lake to Fish Creek Bay. Continue on west entering Fish Creek Ponds and heading north to Spider Creek Passage into Follensby Clear Pond where there are many excellent campsites.

Day Four

Canoe to the northwest corner of Follensby Clear to the carry into Polliwog Pond. Canoe west through the narrow passage into the western arm of Pollywog and the carry into Middle Pond. Head for the carry to Floodwood Pond along the southwest shore of Middle Pond. Carry into Floodwood where you will find a number of good campsites.

Day Five

Canoe to the southwest corner of Floodwood and proceed through the narrow passage to Rollins Pond and your return to our canoe base midway down the western shore of Rollins pond. You will return with plenty of time for the water skiing program at Rollins and/or the rock climbing and rappelling program at West Pine.

Alternatives:

For a shortcut back to Rollins, instead of canoeing to Slang Pond paddle to the carry to Floodwood Pond along the southern shore of Long Pond. Carry into Floodwood and on to Rollins Pond and the canoe base.

For a shortcut back to West Pine Pond, instead of canoeing to Slang Pond, paddle to the southwest corner of Long Pond to the carry across Floodwood Road and into West Pine Pond.

Paddle west to the waterfront at West Pine Pond.

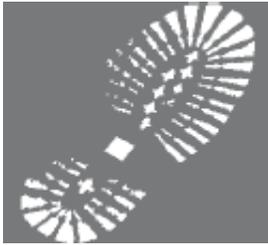
Remember that the sites in the St Regis Wilderness Canoe area are limited to 8 persons per site. It is strictly enforced by rangers.



## Duck Hole Loop 5 Day – 50 Miles Beginner ★

This trek meanders along fairly level terrain, passing through some of the most historic areas of the Adirondacks. This is also the only loop trek offered at Floodwood.

Day One	Get dropped off at the Horse Assembly Area south of Stoney Creek Mountain. Head east and slightly south towards the High Peaks. Spend the first night at one of the campsites along the horse trail.
Day Two	Continue on the Horse Trail towards Duck Hole. Spend the second night at Duck Hole.
Day Three	Head west along the Cold River trail. Spend the night somewhere between Rondeau Hermitage and Shattuck Clearing.
Day Four	Head north past Shattuck Clearing along the horse trail, and spend the last night at Camp 1.
Day Five	Hike back out to the Horse Assembly area for a pick-up.



## Northville-Placid Trail 5 Day - 50 Miles

### Challenging ★★

Though this trek begins in Lake Placid, it is very beautiful and very remote. For most of this trek the hiker is more than 10 miles from any road. The 50 Miler and Leave-No-Trace Awareness award can both easily be earned.

#### Day One

The start of the Northville Placid Trail is a single, narrow path at Old Military Road in Lake Placid Village. Hike in about 5 miles, and you will cross a bridge. Another 2 miles along is a side path to Wanika Falls, which is a “can’t miss” stop on this northern portion of the trail. Moving on another 2 miles is Moose Pond lean-to with a great view.

#### Day Two

Your group will travel some of the most beautiful sections of the Adirondacks. The trail remains narrow for another 3.9 miles until you reach Duck Hole. This is a great place for your group to be able to fish or just stand under the spillway. The trail opens up and views are excellent; after another 8 miles you reach Ouluska Pass lean-to and the Cold River. Camp here for the night.

#### Day Three

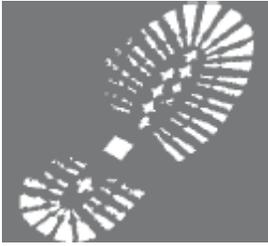
The trail remains open with great views of the Cold River and the McIntire Range. Along the way you will encounter beaver dams and bogs and pass through the City of Cold River, population of 1. This is where the hermit Noah John Rondeau lived for 21 years as the Mayor of Cold River. As you continue on, and depending on the season, some parts of the trail could be submerged requiring you to bushwhack or roll up your pants. Soon after you reach Plumley’s Landing on the north end of Long Lake.

Day Four

This is a short hike of 5 miles; set up camp for lunch and then hike 3 miles to Long Lake. After picnicking at Long Lake, hike back to Caitlin Bay.

Day Five

Wake up, break camp, and hike back to the Town of Long Lake for your pick-up.



## Adirondack Loj

### Challenging ★★ ★

This trek offers a chance to experience some of the most rugged mountains east of the Mississippi River, and to summit Adirondack peaks, including Mount Marcy, New York's highest point. This trek also offers possible bear sightings and other wildlife. You will be establishing a base camp and therefore your day hikes will not be with full backpacks. The starting elevation is at 2,100 feet, and the high point is Mt. Marcy at 5,344 ft. This trek is very strenuous and physically demanding, and we suggest a series of tough practice hikes before arriving at camp.

**Day 1** (5.5 Miles) Get dropped off at the Adirondack Loj, southeast of the town of Lake Placid. From there, hike into March Dam. You can set up a base camp there, but it tends to get very busy, and has a higher visitation rate of the local bear population. We recommend you push on to the group of shelters just south of Lake Colden and set up base camp there.

*After establishing a base camp, there are several options for your next hikes.*

#### **Option 1: Day Hike (11 miles)**

Head west of Lake Colden, towards Iroquios Peak, continue beyond it and then head south towards Indian Pass. Continue south until you hit the cutoff trail to Calamity Brook, and then hike back north to base camp.

#### **Option 2: Day Hike (8.5 miles)**

Head north and west of Lake Colden and go up Boundary Peak. Continue onto the summits of Algonquin Peak, Wright Peak, and Whales Tail Mountain. Hike back down to Marcy Dam. Follow your route from the first day back to base camp from there.

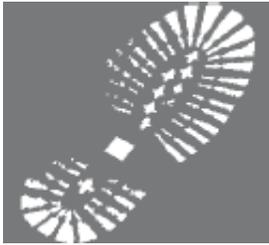
### **Option 3: Day Hike (10 miles)**

For experienced and fit trekkers, head south and east from Lake Colden, paralleling Opalescent Brook and then head north to pick up Feldspar Brook. Continue past Lake Tear of the Clouds and then north and hike Mount March, the highest peak in NY. Continue over Little March and then head towards Indian Falls. From there, head back towards base camp either by way of Avalanche camp or by going over Colden Mountain. ***THIS IS A LONG HARD DAY HIKE*** and should not be attempted by a young or inexperienced crew.

### **Option 4: Day Hike (12 miles)**

Hike east of Lake Colden and head up Mount Colden. From there continue north and east until you pick up Phelps Brook. From there head up Phelps Mountain, come back down and head for home via Marcy Dam.

**Day 5** (5.5 miles): Hike back out to the Adirondack Loj for a pick-up via Mary Dam



## Johns Brook Loj 5 Day - 38 Miles

**Super Scout** ★★ ★★

This trek affords you the opportunity to summit many Adirondack peaks, including Mount Marcy, New York's highest mountain. You will be establishing a base camp and therefore your day hikes will not be with full backpacks. This is a rigorous trail, and we recommend a series of practice hikes before arrival at camp.

**Day One** (6.5 miles): Get dropped at the Garden, just west of Keene Valley and head SW up Johns Brook. Pass Johns Brook Lodge and head for Slant Rock where you can set up Base Camp.

After establishing a Base Camp. There are several options for your next hikes:

**Option 1:** Day Hike (6.75 miles): Head south out of Slant Rock, and then cut towards Mount Marcy; include Little Marcy on your way up if you are experienced and ambitious. Hike Mount Marcy and continue SW towards Four Corners. From there, you can hike to Lake Tear of the Clouds, Mount Skylight, or head east towards Panther Gorge. Turn back north and head over Mount Haystack, and then Little Haystack and make your way back to Base Camp.

This hike is strenuous and can easily be broken into two separate day hikes, doing the western portion including Mt. Marcy on one day, and the eastern portion including Mt Haystack on the other.

**Option 2:** Day Hike (10 miles): Head south and east from Slant Rock along the Shorey shortcut, and then north and east towards Basin Mountain. Continue to Saddleback Mountain, Gothics, Armstrong Mountain, Upper Wolf Jaw and then cut west and head back down to Johns Brook Lodge. From there, head back up to the valley to Base Camp.

**Option 3:** Day Hike (8.5 miles): Take the Shorey shortcut south and east from Slant Rock and pick up the trail east of the Haystacks towards Upper Ausable Lake. Head down Crystal Brook, hike along Upper Ausable Lake, and then back towards camp the way you came.

**Day Five** (6.5 miles): Hike down the valley, past Johns Brook Lodge back out to the Garden for a pick-up