



## 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 and a chance to paddle through Upper and Lower State Locks. 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, just before Chapel Island head east down the 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 Saginaw 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 2-3 hours. 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 – 35-50 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. 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.



## St. Regis via 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.

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

### 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.



## St. Regis via 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:

When 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.

Instead of camping on Floodwood Pond return to the Rollins Canoe Base for the fourth night.





## Blue Mountain Lake

### 5 Day – 70 Miles

Extreme ★★☆☆

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.



## St. Regis via Buck Pond

### 5 Day – 50 Miles

Extreme ★★☆☆

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.

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

#### Day One:

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.

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. 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.

#### Day Two:

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. 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 Three:

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 Four:**

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

**Day Five:**

Return to Rollins Pond for in-camp activities.



## St. Regis via Buck Pond

### 5 Day - Variation

Extreme ★★☆☆

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

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

#### 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.

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.

