

Duck Hole to ADK Loj

5 Days – 24.5 Miles

Very Rugged ★★

This backpacking trek was designed for those units looking to prepare for Philmont. Starting at the Corey's Road trailhead, spend five days backpacking east through the backcountry to a pickup at the ADK Loj. This route doesn't traverse over any major peaks, but there are still many views of the surrounding mountains and several bodies of water. This trek passes through some of the most historic areas of the Adirondacks.

Day One: 4.8 miles

Get dropped off at the trailhead at the end of Corey's Road. Hike 0.8 miles to the first junction. From here, turn left to avoid the horse trail and continue 4.0 miles to the lean-to/tent-site. Camp here.

Day Two: 5.4 miles

Continue SE on the unimproved road (double-dashed line) 5.4 miles, past Mountain Pond, to Duck Hole where you will set up camp. Duck Hole is one of the most remote destinations in the Adirondacks.

Day Three: 5.4 miles

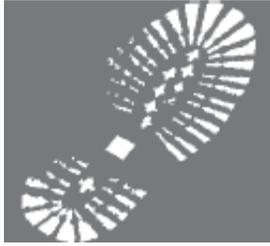
From Duck Hole, head NE 0.5 miles to the junction and turn right. From here, hike 4.9 miles past Lower Pond, Preston Ponds, Hunter Pond, and Upper Pond to the north end of Henderson Lake. Camp here. At this point along your trek, you are just 1.5 miles from Tahawus Road.

Day Four: 4.8 miles

Head NE 0.5 miles to the junction and turn left. The next stretch of trail runs through Indian Pass, a steep valley between Wallface Mtn. and the Macintyre Range. Following the brook, hike 2.4 miles to Summit Rock. From here, continue another 1.9 miles to the next campsite.

Day 5: 4.1 miles

Continue NE 4.1 miles, passing Rocky Falls, to a pickup at the ADK Loj. The closer to the Loj you camp Thursday night, the earlier your pickup can be and the more time you will have for in-camp activities back at FMR.



Macintyre Range via Adirondack Loj 3-5 Days

Very Rugged - Extreme ★★ ★

This trek offers a chance to experience some of the most rugged mountains east of the Mississippi River, and to summit peaks such as Mount Marcy, New York's highest point. 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 Floodwood.

Note: "Occupancy of a single tent site or lean-to site for more than three consecutive nights requires a DEC permit."

Day 1 (3.3 Miles)

Get dropped off at the ADK Loj. From there, backpack 2.3 miles to Marcy Dam and an additional 1.1 miles to the cluster of campsites just north of Avalanche Pass. Set up a base camp here. (Depending on the day hikes you plan, camping at Marcy Dam might make more sense)

After establishing a base camp, there are several options for day-hikes. For a three-day trek, pick one hike for Day 2 and return to the Loj on Day 3. For a four-day trek, pick two hikes and return on Day 4. For a five-day trek...you get the idea.

Day Hike A: Algonquin + Wright (11.2 miles)

Retrace your steps to Marcy Dam (2400ft) and take the trail that goes around the west side of Whales Tail Mountain. From here, hike up to Algonquin Peak (5114ft), the second highest point in NY. This hike is an out-and-back, if morale is high, stop and go up Wright Peak (4580ft) on your way back to base camp.

Day Hike B: Mount Colden via Lake Arnold (5.8 or 6.8 miles)

From base camp, head southeast toward Lake Arnold, one of the highest bodies of water in the ADKS at ~3800ft, and continue to Mount Colden (4714ft). As an out-and-back, this hike is 5.8 miles. Alternatively, you can hike over Colden and return through the valley, seeing Lake Colden, Avalanche Lake, and Avalanche Pass on the way back to base camp. This loop is just a little longer at 6.8 miles. The route along Avalanche Lake is quite technical with a lot of rock scrambling, but the views are breathtaking.

Day Hike C: Phelps and Tabletop (9.5 miles)

From base camp, retrace your steps to Marcy Dam and then head southeast on the trail following Phelps Brooks. From the junction it is a “quick” 1.2 miles to the top of Phelps Mountain (4161ft). Continue along the trail to Tabletop Mountain (4427ft). Note that the trail to this summit is a “herd-path” and does not have official markers and may not be as maintained as other trails in the area. Most have no problem navigating this trail, however. After descending Tabletop, complete the loop back to base camp.

Day Hike D: Mount Marcy (12 miles)

From base camp, head southeast 1.1 miles to the junction and turn left. Continue 0.8 miles to the junction at Indian Falls, which has a spectacular view of the Macintyre Range, and turn right. From here, you start gradually picking up elevation as you climb the “shoulders” of Mount Marcy. Climb 1.8 miles to the next junction, and turn right. Another 0.6 miles and make another right. Now, just another 0.6 mile scramble stands between you and the highest point in NY at 5344ft. This hike is an out-and-back, return to base camp after enjoying the views on the summit.

Day 3 or 4 or 5 (3.3 miles)

Taking the same route as Day 1, backpack back to the ADK Loj for a pickup.



Great Range via The Garden

3-5 Days

Very Rugged - Extreme ★★ ★

Another rugged traverse exploring the numerous peaks in the Great Range. Starting at The Garden trailhead in Keene Valley, backpack into either John's Brook Lodge or Bushnell Falls to establish a base camp. From here, spend 1-3 days taking day-hikes in the surrounding area: Big Slide Mountain, Lower/Upper Wolfjaw Mountain, Gothics and Saddleback Mountain, Basin Mountain, Mt. Haystack, Mt. Marcy, etc. This trek brings you deep into the backcountry to explore these remote peaks. This trek is very strenuous and physically demanding, and we suggest a series of tough practice hikes before arriving at Floodwood.

Note: "Occupancy of a single tent site or lean-to site for more than three consecutive nights requires a DEC permit."

Day One (3.1 miles):

Get dropped off at The Garden trailhead in Keene Valley and head SW, following Johns Brook. Establish a base camp in the area near John's Brook Lodge (2100ft)

After establishing a base camp, there are several options for day-hikes. For a three-day trek, pick one hike for Day 2 and return to the Loj on Day 3. For a four-day trek, pick two hikes and return on Day 4. For a five-day trek...you get the idea.

Day Hike A: Big Slide Mountain (4.8 miles)

Starting from your base camp near the Lodge, hike 2.4 miles to the summit of Big Slide Mountain (4240ft) for terrific views of the entire Great Range that you will be hiking in the coming days. This hike is an out-and-back, take the same route back to base camp.

Day Hike B: Wolfjaws + Armstrong/Gothics (6.8 miles or 9.5 miles)

Head SE on the trail following Wolfjaw Brook which will bring you to the junction between the two Wolfjaws. Go up Lower Wolfjaw first (4175ft) and then go up Upper Wolfjaw (4185ft). As an out-and-back, the Wolfjaws are a 6.8 mile trip. If you have an experienced group and morale is high, head over the summit of Upper Wolfjaw to Armstrong (4400ft) and Gothics (4736ft). Once at the elevation of Upper Wolfjaw, traversing the ridge between peaks is relatively easy. From Gothics, take the trail following Ore Bed Brook back to the Lodge. As a loop, all four peaks is a 9.5 mile trip.

Day Hike C: Gothics and Saddleback (8.4 miles)

From the base camp, take the trail following Ore Bed Brook to the junction between Gothics (4736ft) and Saddleback Mountain (4515ft). Take your pick of which summit to see first, both have outstanding views. This hike is an out-and-back, return to base camp the same way you came. We do not recommend climbing Saddleback from the west, as this route has extremely technical rock scrambling.

Day Hike D: Mount Haystack (11.8 miles)

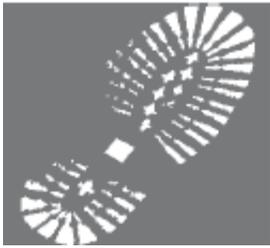
From the base camp, take the trail SW following John's Brook to Bushnell Falls. The short, steep detour to the falls is extremely worthwhile, especially after heavy rains. From the falls, take the trail toward Point Balk. At this intersection, turn right for an easier ascent. Traverse up and over Little Haystack on your way to the summit of Haystack (4960ft). Take the same route back to base camp.

Day Hike E: Basin Mountain (11.4 miles)

From base camp, take the trail SW following John's Brook to Bushnell Falls. From the falls, take the trail toward Point Balk. At this intersection turn left. Pass Slant Rock and make another left toward the summit of Basin Mountain (4827ft). Return to base camp via the same route.

Day Hike F: Mount Marcy (12 miles)

From base camp, take the trail SW following John's Brook to Bushnell Falls. From the falls, turn right and continue 2.8 miles to the next junction. Here, turn left and continue 0.6 miles. Turn right and scramble up that last 0.6 miles to the summit of Marcy (5344ft). Return to base camp via the same route.



Mount Marcy via Adirondack Loj

3 Days - 16.6 miles

Rugged ★

A challenging trip to Mount Marcy, the highest point in NY state at 5344ft. Starting at the ADK Loj, backpack to the area near Avalanche Pass and establish a base camp. From here, day-hike Marcy and return to base camp. Although this trip to Marcy has a lot of mileage, the elevation gain on this approach is very gradual compared to other peaks. Return to the Loj for pickup on the third day.

Day 1: Backpack In (3.3 Miles)

Get dropped off at the ADK Loj. From there, backpack 2.3 miles to Marcy Dam and an additional 1.1 miles to the cluster of campsites just north of Avalanche Pass. Set up a base camp here.

Day 2: Day-hike Mount Marcy (12 miles)

From base camp, head southeast 1.1 miles to the junction and turn left. Continue 0.8 miles to the junction at Indian Falls, which has a spectacular view of the Macintyre Range, and turn right. From here, you start gradually picking up elevation as you climb the “shoulders” of Mount Marcy. Climb 1.8 miles to the next junction, and turn right. Another 0.6 miles and make another right. Now, just another 0.6 mile scramble stands between you and the highest point in NY. This hike is an out-and-back, return to base camp after enjoying the views on the summit.

Day 3: Backpack Out (3.3 miles)

Follow the same route back to the ADK Loj. From here, you could transition to the canoeing portion of your Combo Trek.