



BOY SCOUTS OF AMERICA®
PATRIOTS' PATH COUNCIL

Sabattis Adventure Camp

Long Lake, NY

2012 Adirondack Trek Guide



222 Columbia Turnpike
Florham Park NJ 07932
973-765-9322
www.camps.ppbsa.org

Prepared. For Life.™



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Contact Information

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Sabattis Trek Director	sabattistreks@gmail.com
Sabattis Address	Sabattis Adventure Camp 1745 Sabattis Road Long Lake, NY 12847 518-624-3676 (during camping season)
Web Site	www.camps.ppbsa.org



Adirondack Treks at Sabattis Adventure Camp



Welcome to the Sabattis Adventure Camp's Adirondack Trek Program. The Adirondack Trek provides a unique Scouting experience not found at other Scout camps the New Jersey, Pennsylvania and southern New York areas.

Encompassing an area larger than the states of New Jersey, New Hampshire and Vermont combined, the Adirondack Park is a five-hour drive from the metropolitan area of New York and New Jersey. There are more than 3,000 lakes and 6,000 miles of streams and rivers. Many areas within the park are devoid of settlements and distant from usable roads. The park includes over 2,000 miles of hiking trails; these trails comprise the largest trail system in the nation. The High Peaks Region offers 46 mountains over 4,000 feet to climb and you can hike up several on some of the more rugged treks. Many of the best portions of the Adirondacks are readily accessible from Sabattis Adventure Camp.

Situated on 1,200 acres in the heart of New York State's six million acre wilderness/forest preserve, Sabattis Adventure Camp serves as the starting point for canoeing or backpacking for Scouts and Scouters looking for an exciting challenge while offering a conventional summer camp program for those wishing to remain at the main camp between Long Lake and Tupper Lake, New York. The Adirondacks are, by area, two hundred times the size of Philmont—with fewer Scouts.

Sabattis Adventure Camp provides weekly opportunities for 20 – 100+ miles of wilderness trekking dependent upon the ability level of the participants. Canoeing or backpacking in accordance with the Outdoor Code and the Leave No Trace philosophy will ensure a trek that will be both educational and fun. All this, when combined with the Adirondack experience, will make this a trip to remember.



Sabattis offers a full service trek program. All of our treks are approved under the strict regulations of the New York State Health Department, the New York Department of Environmental Conservation, and the Boy Scouts of America. Sabattis Adventure Camp's Trekking Program holds certificates from both the New York State Health Department and the Boy Scouts of America. All of our treks carry permits from the Department of Environmental Conservation. Sabattis Adventure Camp provides your group with trail food, transportation from starting and finishing points, Department of Environmental Conservation permits, **Kevlar canoes**, paddles and PFDs, and a hot shower at the end of your trek! Participants receive all this, plus bus transportation from northern New Jersey at about a quarter of the cost for a Philmont or Northern Tier trek.

Why Sabattis Adventure Camp for your Trek?

- **Kevlar canoes are included** - They are much lighter, faster and more responsive than aluminum canoes. No other Scout camp in the Adirondacks has Kevlar. If you have the opportunity to visit BSA's Northern Tier high adventure bases, they offer Kevlar - at a significant extra daily charge.
- Transportation between base camp and the drop-off and pick-up sites is included
- Dedicated trek center
- Top notch equipment and food
- Full base camp for pre and post trek needs. Get a chance to participate in camp activities including Paul Bunyan field day or the water carnival. Use the shower house and laundry facilities.
- Base camp includes patrol sites and wall tents with platforms, cots, and cooking gear
- 30-06 pistol shooting program when you return from your trek (14+)
- A BSA trained Adirondack Voyageur guide accompanies all treks for safety and fun!

A 20-100 mile Adirondack Trek can be looked upon as a graduation exercise, testing what the participants have learned from troop camping. Careful planning and preparation are required for the group to meet the challenges of health, safety and comfort when facing the diverse weather, terrain, and water conditions of the Adirondacks. Successfully coping with the elements, while using only what one carries on one's back can be an exhilarating experience for both adults and Scouts who have never previously tested themselves. Participants return to camp at the end of their trek with greater self-confidence and increased leadership ability.



Trek Qualifications

Treks are governed by the rules and regulations of the New York State Board of Health, Department of Environmental Conservation (DEC) and by the Boy Scouts of America. Treks are conducted in accordance with the Outdoor Code and the Leave No Trace philosophy to ensure a trek that will be both fun and educational. A trained Adirondack Voyageur accompanies all treks.

Age Requirement

All trek participants must be 13 years of age or older. At least one participant must be 21 years of age or older.

Crew Size

State regulations limit the group size. Regulations vary depending on where you will be camping during your trek. Check each trek description for details. You must provide at least one adult 21 years of age or older. A trained Adirondack Voyageur accompanies all treks. The Voyageur can serve as a second adult to meet BSA's two deep leadership requirements.

Backpacking - Backpacking treks can have up to 7 participants plus the Voyageur

Canoeing/Fishing – Most canoeing and fishing treks can have up to 11 participants, plus the Voyageur. Some treks include camping sites limited to 6 people or 9 people. In those cases, you will either need a smaller crew, or you will have to split your crew into two camp sites. If you choose to split the crew, you will need enough adults to meet the two deep leadership requirement. Be sure to check the individual trek descriptions.

Wilderness Treks – Wilderness treks can have up to 7 participants plus the Voyageur.

If you need help filling your crew, contact Patriots' Path Council Camping Services for assistance.

Trek Participation Options

Troops and Venturing crews typically participate in the trekking program in one of several ways:

Full Troop for Two Weeks

Older Scouts take a trek one week. They join the rest of the troop the following week at Sabattis Adventure Camp. The second week is a more relaxing week for the trekkers who can work on merit badges and participate in the many camp programs, while providing leadership to the younger Scouts.

Full Troop for One Week

The troop comes to Sabattis Adventure Camp for a full week, Older Scouts take a trek Monday through Friday. The remainder of the troop has fun at Sabattis Adventure Camp. They can work on merit badges, hone their outdoor skills and have fun in the program areas.

Split Troop Participation

Older Scouts take a trek and the remainder of the troop attends a local summer camp such as [Camp Somers](#) or [Winnebago Scout Reservation](#). Some troops with a lot of first year Scouts like this option.

Philmont Type Treks

Some units use Sabattis as a trek base camp without participating in the regular summer camp program. These troops or crews arrive at Sabattis and are assigned transient camp sites where they spend the day of arrival checking in and preparing for their trek. The participants are away from camp for the remainder of the week, returning to camp in time to clean up and pack for the trip home. This is an excellent way of providing older and more experienced Scouts with a special program suited to their age and skill level. This option is often used by Venturing crews and provisional crews from towns, districts or councils.

Any small crew can request to be linked up with another small crew by contacting the Council Camping Services at 973-765-9322 x 225 or 235.



Training and Preparation

All participants must attend an in-camp briefing on rules and procedures prior to trek departure. It is strongly recommended that all Scouts going on a canoe trek have the Canoeing merit badge or equivalent canoe experience. Trekkers (Scouts and adults) planning to hike in the High Peaks Wilderness Area should be in good physical condition. Even carrying just your daypack, climbing any one of the top ten High Peaks can be difficult. Attempting to do several in a few days can be a strenuous experience.

Weather

The weather at Sabattis Adventure Camp ranges from clear and sunny in the 80s to clear and cool at night to occasional lows in the 40s. It is recommended to check the weather prior to coming to camp. Use Long Lake, NY 12847.

New York State Camping Permits

If your canoe group has 10 or more participants, including the Voyageur, a camping permit must be obtained from the NYDEC area Forest Ranger in which the trek is planning to camp. Sabattis Adventure Camp staff sends every crew on trek with a NYDEC camping permit, regardless of the group size, and will obtain this permit for your group.

Because of these rules and regulations, it is of the utmost importance that the camp administration knows where your trek is going as early as possible. The Sabattis trek director will begin working with trek groups in early April to plan routes, obtain permits, reserve campsites, plan transportation, and discuss meal options. The Sabattis trek director will serve as your liaison to Patriots' Path Council to assist with every part of your trek preparation.

Campsite Reservations

Reservations need to be made by the adult leader for campsites in Middle Saranac Lake and the Second Pond area. Please see the trek descriptions to see if this pertains to you. There is a fee for these sites and you are limited to 6 people each, if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need two sites for each of the nights you spend on Middle Saranac and in the Second Pond area. See the individual trek descriptions for details.

Medical Form

All trek participants, regardless of age, must submit a current BSA Annual Health and Medical Record to the camp Health Officer upon arrival at Sabattis Adventure Camp in order to participate in any trek activities. Parts "A", "B" and "C" must be completed annually. Part "C" must be signed by a licensed physician. A copy of this form will be carried on the trek by the Voyageur in case of emergency. There are no exceptions to this rule.

Please make sure that the medical form is filled out completely for **both youth and adult members** before arriving at camp:

- Parts A and B are to be completed by the participant and parents/guardians
- Part C is to be completed, signed, and dated by a certified and licensed health-care provider. **It is important to note that the height/weight limits must be strictly adhered to.** No one who exceeds the maximum acceptance weight will be permitted on a trek.
- Participant's signature and parent/guardian signature if under 18
- Immunization Record has year received
- Last physical examination was within **one** year of the date departing for trek

Meningitis Form

The Meningococcal Disease and Vaccine Information form must be completed and signed for all participants under 18.



Fishing Licenses

The NY Department of Environmental Conservation requires anyone 16 and over to have a fishing license to fish on state lands.

Licenses can be purchased at:

Online N.Y. State Online License System (DECALS)
<https://nyfgisales.appsolgrp.com/fgnyia/html/index.jsp>

Long Lake, NY Hoss's Country Corner
1142 Main St
Corner of Route 30/28N
(800) 952-HOSS
<http://www.hossscountrycorner.com/>

Tupper Lake, NY Raquette River Outfitters
1754 State Route 30
518-359-3228



Did you know? Sabattis Adventure Camp is located in Hamilton County, NY - the most sparsely populated county east of the Mississippi River

Typical Weekly Schedule

Saturday Arrive at Sabattis between 1:00 and 2:00pm. Check in with the main office and get settled in at the trekking area. Your crew will spend time together relaxing and preparing for your adventure. Unsupervised activity options are available for the afternoon/evening. Have lunch along the way, we will provide food for dinner.

Sunday Your Voyageur will greet your crew around 9:00am at your campsite.

Morning Trek preparations and team-building.
Afternoon Swim checks, canoe skills, equipment shakedown, team-building, and final trek preparations.
Evening Dinner provided by staff (BBQ), religious services, leaders' meeting, and opening campfire at 9:00pm.

Monday Depart for your Trek at your scheduled pickup time.

Mon - Fri Enjoy your Adirondack Trek

Friday **Afternoon** Return to base camp: Cleanup, shower, return gear, reflect on your adventure. Your crew may participate in Friday afternoon campwide games

Evening Cook dinner and closing campfire. Some crews and their Voyageur head into town on their own for pizza.

Saturday Pack up and depart. Have a safe ride home and see you next year!

Sunday Arrivals

You may arrive on Sunday if necessary, but be prepared to be on the go as soon as you get to Sabattis. You will need to be in camp by 10:00 – 11:00am at the latest to get all the necessary pre-trek items completed. Your Voyageur will be waiting for you, and jump right in to swim checks, paddling checks, and general trek prep. There won't be time to relax after the long drive.

Friday Departures

You may leave on Friday, but remember that you will have been out in the fresh air for 6 days with lots of sunshine and a crew of young men with lots of energy. We encourage you to relax, wind down, attend the closing campfire and get a fresh start on Saturday morning. You will be tired on that drive home, even on Saturday.



Adding a Day Hike to Your Trek

This is a good idea for some treks. Ampersand Mountain off Middle Saranac Lake is a good choice and has a well established trail to the top. St. Regis Mountain has a hiking path on the Paul Smith's side but is a bushwhack from St. Regis Pond. Long Pond Mountain is a lower but much less traveled option in the St. Regis area. There is a well established path to the top. There are many other day-hike options, please let us know what you'd like! We will schedule and provide transportation in the camp vehicles based on driver availability. Delays do happen so please be flexible.

Base Camp Information

When you check in to Sabattis Adventure Camp on Saturday afternoon, you will be given a campsite that includes a free-standing tarp, picnic table, fire barrel, latrine, and wall-tents. There is space for you to set up your own tents in the campsite if your crew prefers to camp in your own tents.

Some of your meals at base camp will require cooking. We provide all necessary cooking gear and fuel for base camp.

Your Voyageur will meet your crew in your site at 9:00am Sunday morning to begin trek preparations. During your time in camp without your Voyageur, feel free to conduct activities in your campsite, take advantage of our disc golf course, hiking trails, field activities, or volleyball court. You will spend most of the day Sunday preparing for your trek.

On Sunday night, there will be a campwide flag retreat, and "Class-A" uniforms are required. After retreat, you will be served a BBQ dinner by the staff, followed by religious services and an opening campfire put on by the staff.

Your crew will depart base camp as soon as possible on Monday morning and will be returning to base camp on Friday afternoon. Your crew will be provided dinner on Friday evening to cook in your campsite. Some crews opt to ride into town to buy dinner at one of the local restaurants (transportation not provided).

Friday night concludes with a closing campfire and awards/recognition ceremony put on by the staff. Class-A uniforms are the norm. Your crew will be recognized at the closing campfire. Breakfast is provided on Saturday morning before your crew checks out. Crews riding the bus are provided with lunch. Crews with their own transportation may depart at their leisure on Saturday.

Hot showers and a coin operated laundry are available for Scouts and adults during time in base camp.

Any equipment your crew brings for use in base camp can be stored in a secure location in your campsite or in the Trek Center while your crew is on trek.

Base Camp Leadership

Your crew will need to provide its own two-deep leadership while in base-camp. There is often more than one troop utilizing the trek campsite and crews often share leaders to satisfy the two-deep leadership policy. Please check with Sabattis prior to your arrival if you are sending only one leader on trek.

Swim Checks

All canoe trek participants—Scouts and adults—must pass the BSA swimmer test. There are no exceptions to this rule. This test consist of jumping into water over your head feet first, leveling off, swimming 75 yards with at least one turn using a strong stroke on your stomach or side, then swimming 25 yards using a resting back stroke (not a racing stroke, it must have a pause or glide in it (i.e. the elementary back stroke) and finally demonstrating the ability to float for approximately one minute. If the adult leaders are unable to pass the swim test, the trek will be cancelled without refund, but you may stay at Sabattis and participate in the regular camp program. If a Scout is unable to pass the test, the camp director will try to place the Scout with a troop in camp for the week. Everyone should be certain that they can pass the swim test prior to arriving at camp.

Personal Flotation Devices

Personal flotation devices (PFDs) are supplied by Sabattis, and will be worn at all times while in the canoes. They may only be removed when on land.



Food

- We have done our best to make our meals filling and good-tasting!
- Most menu items were developed from the Northern Tier and Philmont meal plans.
- We usually include some actual Philmont meals
- We also use fresh food, and trail food from Backpacker's Pantry and other suppliers
- Please alert us of any food allergies or dietary restrictions in your crew ASAP.
- Our meals are calorie dense and designed to keep you satisfied, however you may choose to bring supplements such as GORP, dried fruit, and granola bars at your own expense.





Personal Equipment – Trek

- Comfortable backpack (dry bags with shoulder straps are not recommended)

Clothing (store clothing in large Ziploc bags)

- 1 pair long pants (no cotton or denim – zip offs work great)
- 1 pair shorts
- 1 long sleeve fleece (wool ok, fleece better) no cotton sweatshirts
- 3 pairs underwear
- 1 wool or synthetic hat (warm hat)
- 2 T-shirts (Poly-cotton or synthetic preferred)
- 1 swim suit
- Hat to keep the sun off
- Sturdy rain gear (With a zipper and sleeves – no ponchos)

Footwear

- 1 pair of ankle supported boots for trail and portages – boots need to be “broken” in prior to the trek.
- 1 pair wet shoes for canoeists (canvas sneakers, aquasocks, or sandals)
- 1 pair lightweight moccasins or sneakers (for around wilderness camp)
- 3 pairs socks (light weight wool or wicking synthetic is best)

Other Gear

- 1 pair gloves for paddling and portages
- 1 eating dish (plastic or light weight metal)
- 1 spoon and fork
- 2 water bottles (at least 1 quart – Nalgene style)
- 1 small toilet kit—NO smellables!
- ½ roll toilet tissue
- 1 small towel (dish towel or synthetic)
- 1 small wash cloth
- 50 feet of ¼” cord (parachute cord is good too—and lighter)
- Sun block (especially if you are canoeing)
- Pocketknife
- Matches and/or lighter
- Bug repellent
- 3 large garbage bags (Lawn/contractor bags are sturdiest) to cover pack
- Sleeping bag (good to a temperature of +35 degrees) in waterproof stuff sack or garbage bag (waterproof the seams if necessary)
- Sleeping Pad
- 1 small flashlight with new batteries
- Eyeglass Strap (if needed)
- Camera
- Money for the Trading Post

Cotton clothing takes a long time to dry. Synthetics and wool are highly recommended. Blue jeans should be avoided.

The best clothing for treks is loose-fitting, lightweight synthetic or a cotton/synthetic blend.

Do not bring soap of any kind on the trail or canoe route. This includes “biodegradable” soaps as well. Please, no glass containers.

Being on trek is intended as an experience where you “disconnect” from electronics and extraneous noise. Therefore, MP3 players, video games, radios, Scout cell phones, etc... will be left in base camp. You will be just fine without them.

Do not bring firewood to the Adirondacks. This is a New York State regulation!

Notes on Footwear

We don't beach our boats! Plan to get your feet wet with each load/unload, remember these are Kevlar canoes! Budget choice is old sneakers that have exceeded their life span. They have good sturdy ankle support and a sole to protect you from those hidden rocks underwater and on the portage trail. Water socks don't provide any support at all and leave you looking like a raisin with feet full of sand. Open-toed sandals like Chaco's work ok but be wary of toe stubs and underwater rocks. These are good for in camp use with a nice comfy pair of socks! The ultimate choice is a pricey pair of water shoes from the brand name companies. But the Keen or Teva or Salomon style knock-offs from Wal-Mart work surprisingly well! The bottom line is to bring a pair of shoes that can get wet and are easily paired with some wool/synthetic socks for around camp and day hikes.



Personal Equipment – Sabattis Base Camp

In addition to your trek equipment - can be left at base camp

- BSA "Class A" Uniform for opening and closing ceremonies
- Bathing towel for showers
- Soap, razor, or other showering materials
- Pair of clean clothes for after trek

Crew Gear – Provided by Sabattis

- Kevlar Canoes
- PFDs
- Paddles
- Food
- First Aid Kit
- Adirondack Paddler's Map or Adirondack Canoe Map *
- Dining fly

* It is recommended to purchase some of these maps in advance to help plan for your trek.

Should We Bring Some of Our Own Crew Gear?

Tents are advisable because lean-tos are not always available. We do our best to leave the smallest footprint possible in the woods. Please do not bring 11 bivy sacks, solo tents or hammocks. Scouts should plan to sleep two or three people per tent while on trek. Your Voyageur will be looking for this during Sunday prep. We have some tents to loan out for the week – please ask in advance.

Tarps - If you have one you love bring it! We have tarps available and will provide them if you need them. Avoid the big plastic blue ones.

Cooking stoves are something that would be nice for you to bring from home. If the Scouts are familiar with the operation of stoves used on troop outings this will be extremely helpful on the trek. There will be a lot fewer burned meals or fouled SAC stoves midweek if you are using gear you know! If you bring canister type stoves, be sure to bring enough fuel for the trek.

Please contact us with any other gear questions. Remind everyone to leave room in their packs for group gear and food!

Fewer portage trips equal happier Scouts!

Waterproofing

The best way to waterproof your gear is a big bulky dry sack. These however are **a nightmare to portage**. If you have the model with backpack straps these are OK but uncomfortable when loaded. The second best method is to use roll top closure bags that fit inside your pack. Sea-to-Summit and Granite Gear make some really great ultra-lite roll top bags. You can get a big 50L bag to hold all your gear and use your backpack for its straps and comfort features. The best budget option is to put your gear in one and two gallon Zip-loc freezer bags. You can then line your backpack with a contractor grade trash bag and tie it closed each morning.

We recommend bringing your backpacks, rather than big dry bags, you'll appreciate something with shoulder straps. Frame backpacks are helpful for canoe treks, and a virtual necessity for backpacking treks.

- Bear bag and lines
- Backpacking stoves (see note below)
- Fuel bottles (with fuel)
- Cooking pots, pans and utensils
- Water jugs
- Water purification tablets
- Camp trowel

Crew Gear – Provided by crew

Crew gear recommended for base camp:

- 1 Clothes line to dry out gear/equipment if needed

Crew gear for trek (optional – see below)

- Tents
- Tarp
- Backpacking stoves
- Water filter (the silt found in the Adirondack waters tend to clog filters very quickly, so most crews do not use them)



Pre-Trek Checklist for Leaders

- Submit a Trek Reservation Form and deposit to the Council Camping Services by November/December of the prior year going out on trek.
- Hold a high adventure rally with your unit to gain interest
- Which route(s) are the boys thinking of taking? Ask for details/clarification. We can create a trip for you if you don't find what you want in our trek list available online.
- Any small crews can be combined with another small crew by contacting the Camping Services Department.
- Attend the pre-camp Sabattis trek leaders meeting in March
- Contact the Sabattis Trek Director to begin planning your route through the Adirondacks.
- If canoeing, it is recommended that all Scouts have the Canoeing merit badge.
- Make sure final payment(s) are paid in full to the Council Camping Services Department by April 30th
- Conduct your own crew shakedown trip – A practice trip will make your trip more enjoyable
- Determine any special needs early: (Early/late arrivals & departures, food/plant allergies, swimming issues, etc.)
- Arrange for transportation to Sabattis – the council bus service is highly recommended. All equipment can be transported on the bus.
- Have the Scouts elect a crew leader
- Please order and review maps of your trip. The “Adirondack Paddler’s Map” is great.
- Review the Leave No Trace principles with the crew
- Reserve through Reserve America any sites needed in the Saranac Lakes area early!
- Arrange for a swim check in New Jersey with the Trek Director (if available)
- Collect BSA Annual Health and Medical Record, permission slips, and Meningitis form - make sure each are filled out accurately and completely.
- Have a shakedown meeting the night before you leave for camp
- Practice backpacking or canoeing/ paddling strokes; using a map/compass; “trimming” your load.
- Make sure you have the required gear for base camp
- Bring three copies of a completed BSA roster of your crew to camp
- Any questions, feel free to contact the Trek Director.





Resources

Sabattis Information - Trek Guide, Gear Lists, Camp Info

<http://www.camps.ppbsa.org/camps/sac/Trek.htm>

Maps

The Adirondack Paddler's Map - <http://www.canoeoutfitters.com/maps.html> - The Best!!!!

The Adirondack Canoe Map -

<http://adk.org/portals/ADKBooksMapsGear/tabid/62/CategoryID/61/List/1/Level/a/ProductID/223/Default.aspx>

NYS DEC Maps – varies by region website – see the link for state info below

Good Reads

The Adirondack Paddler's Guide - <http://www.canoeoutfitters.com/maps.html>

The Adirondack Reader - <http://www.amazon.com/Adirondack-Reader-Mountain-Club/dp/1931951128>

Canoe Waters: North Flow -

<http://adk.org/portals/ADKBooksMapsGear/tabid/62/CategoryID/46/List/1/Level/a/ProductID/183/Default.aspx?SortField=ProductName%2cUnitCost>

Canoeing the Adirondacks with Nessmuk – George Washington Sears –

<http://www.amazon.com/Canoeing-Adirondacks-Nessmuk-Adirondack-Washington/dp/0815625944>

Adirondack Country – William Chapman White – available from amazon.com

Adirondack Park Rules/Regulations

General Camping Regulations - <http://www.dec.ny.gov/outdoor/7872.html>

Regional Websites – some with maps and group regulations

Saint Regis changes - <http://www.dec.ny.gov/environmentdec/19120.html>

Western Adirondacks Region 6 - <http://www.dec.ny.gov/outdoor/7795.html>

Bog River Flow - <http://www.dec.ny.gov/outdoor/38963.html>

Central/Eastern Adirondacks Region 5 - <http://www.dec.ny.gov/outdoor/7798.html>

Saranac Lake Islands - <http://www.dec.ny.gov/outdoor/24496.html>



Treks Offered by Sabattis Adventure Camp

We can customize a trip for you if you don't find what you want in our standard offerings

Trek 3: Canoeing and Hiking - Hoel Pond to Lake Flower

Duration: 5 days, 4 nights

Maximum Crew Size: 11 campers (State campground limit is 6 people per site so plan your adult leadership accordingly.)

Difficulty: Easy to moderate. The climb up Ampersand Mountain is moderate to hard. The lake paddling can be a challenge if the weather (wind) doesn't cooperate. If the winds on Upper Saranac are exceptionally bad, a portage of about a mile from Saginaw Bay to Weller Pond may be necessary to avoid the worst.

Day	From	To	Distance
1	Hoel Pond	Little Square Pond	6.5-9.5 miles
2	Little Square Pond	Middle Saranac Lake	11-13 miles
3	Day hike up Ampersand Mountain	Middle Saranac Lake	7 miles (plus 1-2 miles by canoe)
4	Middle Saranac Lake	Second Pond Area	4-6 miles
5	Second Pond Area	Lake Flower	6-8 miles
Total			52 miles

Features:

- Island camping (see notes below)
- State Canal Locks (Middle/Lower Saranac Lakes)
- Scenic view of whole trek (Ampersand Mountain)
- House-size Boulder Field (Second Pond Area)
- Lake canoeing and canoe carries
- Fishing

Reservations need to be made by the adult leader for campsites in Middle Saranac Lake and the Second Pond area. There is a fee for these sites and you are limited to 6 people each if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need two sites for each of the three nights you spend on Middle Saranac and in the Second Pond area.

The sites on Middle Saranac will be used consecutive nights—your second and third night out—while you day hike up Ampersand Mountain. The sites on Second Pond will be used upon your fourth night out. (Second Pond would be best but if these sites are full, Lower Saranac sites near the First Pond entrance would give you a good start on your fifth day. Sites can be reserved 11 MONTHS in advance of your visit by calling 1-800-456-CAMP or visiting <http://www.reserveamerica.com/usa/ny/sara/> (which also has campsite maps) for most of Middle and Lower Saranac Lakes and for the Second Pond Area. To reserve Shaw Island (a large group site) and/or group site 65 call 518-891-4590. Be sure to have your confirmation number with you. With this you can report to the Upper Locks and they will send some one to you for final registration. Otherwise, you might have to paddle all the way through Lower Saranac Lake to the Second Pond Boat Launch to sign in even if your reserved site is in Middle Saranac Lake.



Trek 4: Backpacking - High Peaks and Passes

Duration: 4 days, 3 nights

Maximum Crew Size: 7 campers (State limit is 3 tents)

Difficulty: Very strenuous climbs up Algonquin Peak, Mount Marcy and Haystack—but carrying only day packs.

Day	From	To	Distance
1	Adirondack Loj	Flowed Land (base camp)	5.5 miles
2	Flowed Land to Mount Marcy to Haystack and back	Flowed Land	10.5 miles + 1.5 miles vertical
3	Flowed Land to Algonquin Peak and back	Flowed Land	6.5 miles + 0.5 miles vertical
4	Flowed Land	Adirondack Loj	9 miles + 0.5 vertical
Total:			31.5 miles + 2.5 vertical

Features:

- This short but challenging backpacking trek will take you to the heart of the High Peaks.
- Lean-to camping (perhaps—but bring your tents)
- Adirondack Loj
- 3 highest NY peaks
- This trek can be extended to 5 days

Trek 5: Backpacking - Northville-Placid Trail from Long Lake to Averyville

Duration: 4 days, 3 nights

Maximum Crew Size: 7 campers (State limit is 3 tents)

Difficulty: Moderate; no major climbs

Day	From	To	Distance
1	Long Lake at Route 28N	Plumleys Lean-to	8.5 miles
2	Plumleys Lean-to	Miller Falls Lean-to	7.0 miles
3	Miller Falls Lean-to	Moose Pond Lean-to	10.0 miles
4	Moose Pond Lean-to	Averyville	7.0 miles
Total:			32.5 miles

Features:

- Great views along Long Lake
- Some areas damaged by the 1950 hurricane and others more wilderness-like
- This trek can be extended to 5 days



Trek 6: Backpacking - Long Lake to Adirondack Loj

Duration: 5 days, 4 nights
Maximum Crew Size: 7 campers (State limit is 3 tents)
Difficulty: Moderate; no major climbs

Day	From	To	Distance
1	Long Lake Route 28N	Plumleys Lean-to	8.0 miles
2	Plumleys Lean-to	Miller Falls Lean-to	7.0 miles
3	Millers Falls Lean-to	Duck Hole	7.0 miles
4	Duck Hole	Scott Clearing Lean-to	9.0 miles
5	Scott Clearing Lean-to	Adirondack Loj	7.5 miles
Total:			38.5 miles

Features:

- Relatively level hike skirting the western flank of the High Peaks
- Indian Pass (Day 4) has been called one of the wildest passes in the east

Trek 7: Backpacking - Skirt the High Peaks

Duration: 5 days, 4 nights
Maximum Crew Size: 7 campers (State limit is 3 tents)
Difficulty: Moderate; as you hike through the valleys and passes that separate the tallest peaks in New York.

Day	From	To	Distance
1	South Meadow Campground Addirondack Loj Road	Bushnell Falls Lean-tos	6.0 miles
2	Bushnell Falls	Flowed Land	8.0 miles
3	Flowed Land	Bradley Pond Lean-to	13.0 miles
4	Bradley Pond Lean-to	Moose Pond Lean-to on the N-P Trail	7.0 miles
5	Moose Pond Lean-to	Averyville Road Trailhead	7.0 miles
Total:			41 miles

Features:

- Relatively level hike skirting the flanks of the High Peaks
- Indian Pass (look for the ice between boulders) and Avalanche Pass are spectacular



Trek 8: Backpacking - High Peaks and a Ridge Walk

Duration: 5 days, 4 nights

Maximum Crew Size: 7 campers (State limit is 3 tents)

Difficulty: Very, very strenuous. You had better be in good shape before you start this trek. Daily **horizontal** distances may be short, but the elevation changes will get you.

Day	From	To	Distance
1	Old MacIntyre Furnace through Indian Pass	Lake Colden Shelters (Flowed Land)	8.0 miles
2	Lake Colden Shelters through Avalanche Pass	Mt Colden to Lake Colden Shelters (Flowed Land)	7.0 miles + 1 mile vertical
3	Lake Colden Shelters	Algonquin Peak and back to Lake Colden Shelters (Flowed Land)	6.5 miles + 1 mile vertical
4	Lake Colden Shelters to Panther Gorge Lean-to	Mounts Haystack and Marcy back to Panther Gorge Lean-to	9.0 miles + 1.5 miles vertical
5	Panther Gorge Lean-to to Upper Ausable Lake	Sawteeth, Gothics and the Range Trail to the Inn Keene Valley	15.0 miles + 0.5 miles vertical
Total:			45 miles + 4 miles vertical

Features:

- Climb the summits of a dozen High Peaks and some that aren't quite so high.
- Indian Pass (look for the ice between boulders) and Avalanche Pass are spectacular

Trek 9: Canoeing - Long Lake to Bog River Falls

Duration: 5 days, 4 nights

Maximum Crew Size: 11 campers

Difficulty: Easy to Moderate; one long carry of about a mile around Raquette Falls

Day	From	To	Distance
1	Long Lake Boat Landing	North Long Lake (Plumleys Landing or one of the other sites at on the north shore where the Raquette River leaves Long Lake)	7.5 miles
2	North Long Lake	Raquette Falls Lean-to	7.5 miles
3	Raquette Falls Lean-to	Trombley Landing	8.5 miles
4	Trombley Landing	Tupper Bluffs	9.0 miles
5	Tupper Bluffs	Bog River Falls	3.5 miles
Total:			36 miles

Features:

- Lake and river canoeing
- Raquette Falls
- Lean-to and tent camping
- Fishing
- Canoe carries



Trek 10: Canoeing - Blue Mountain Lake to Stony Creek Ponds

Duration: 5 days, 4 nights

Maximum Crew Size: 11 campers

Difficulty: Moderate; several shorter carries with two long carries of about a mile around Raquette Falls

Day	From	To	Distance
1	Blue Mountain Lake	Utowana Lake	6.0 miles
2	Utowana Lake	North shore of Raquette Lake (Boucher Point)	10.0 miles
3	Boucher Point in Raquette Lake	Kelley Point (or Rodney Point)	18.0 miles (20.0 miles)
4	Kelley Point	Raquette Falls	10.0 miles (less if from Rodney Point)
5	Raquette Falls	Stony Creek Ponds	6.0 miles

Total: Total 50 miles

Features:

- Lake and river canoeing
- Waterfalls (Buttermilk Falls and Raquette Falls)
- Lean-to camping
- Fishing
- Canoe carries
- A stop in Long Lake for lunch/dinner if wanted

Modifications:

- Several variations of this trek can be followed. The end can easily be changed to Tupper Lake's Public Boat Launch adding several miles to the total.

Trek 11: Canoeing - Old Forge to Tupper Lake

Duration: 5 days, 4 nights

Maximum Crew Size: 11 campers

Difficulty: Moderate; several shorter carries with one long carry of about a mile around Raquette Falls. You need good canoeing skills because of the distance involved.

Day	From	To	Distance
1	Old Forge water front (by the motel)	Seventh Lake, Arnolds Rock or one of the campsites on the east end of north shore	13.0 miles
2	Seventh Lake	Big Island on Raquette Lake	8.0 miles
3	Big Island on Raquette Lake	Kelley Point, Long Lake -Carry around Buttermilk Falls	25.0 miles
4	Kelley Point, Long Lake	Raquette Falls, Raquette River	10.0 miles
5	Raquette River	Tupper Lake Boat Launch	16.0 miles

Total: 72 miles

Features:

- Paddle through the historic Fulton Chain of Lakes
- Lake and river canoeing
- Lean-to camping a possibility
- Canoe carries



Trek 13: Canoeing - Long Lake to Paul Smith's

Duration: 4 days, 3 nights

Maximum Crew Size: 11 campers

Difficulty: Difficult; because of the carries and the distance involved.

Day	From	To	Distance
1	Long Lake Boat Ramp	Long Lake, Plumleys Landing	7.5 miles (9 mi. to Raquette River lean-tos)
2	Plumleys Landing	Buck Island or Saginaw Bay two longish carries (Raquette Falls and Indian Carry are ~1 mile each)	18 miles with two longish carries (1.5 mi. shorter if you camp at Raquette River lean-tos instead of Plumleys)
3	Buck Island or Saginaw Bay	Little Green Pond	~9 miles with two shorter carries (Fish Hatchery and little Clear Pond to St. Regis Pond carries are ~½ mi. each)
4	Little Green Pond	Paul Smith's College (many short carries along the Seven Carries Route into Upper St. Regis Lake)	~14 miles
Total:			50 miles

Features:

- Lean-to camping
- Lake and river canoeing
- Canoe carries
- Visit the Fish Hatchery
- This trek can be extended to 5 days.



Trek 14: Canoeing - Old Forge to Paul Smith's

Duration: 6 days, 5 nights

Maximum Crew Size: 11 campers

Difficulty: Difficult to Strenuous; many short carries and a few longer ones and lots of distance will challenge your canoeing skills.

Day	From	To	Distance
1	Old Forge	Seventh Lake	13.0 miles
2	Seventh Lake	Raquette Lake	8.0 miles
3	Raquette Lake	Long Lake ▪ Carry around Buttermilk Falls	25.5 miles
4	Long Lake	Upper Saranac Lake	18.0 miles
5	Upper Saranac Lake	Little Green Pond	8.0 miles
6	Little Green Pond	Paul Smith's College	7.0 miles
Total:			70.5 miles

Features:

- Paddle through the historic Fulton Chain of Lakes and portions of the St. Regis Canoe Area
- Long distance challenge
- Lake and river canoeing
- Canoe carries



Trek 15: Canoeing - Long Lake to Saranac Lake

Duration: 4 days, 3 nights/5 days, 4 nights (with modifications)

Maximum Crew Size: 11 campers

Difficulty: Difficult to Strenuous; canoe carries and some long days will challenge your canoeing skills.

Day	From	To	Distance
1	Long Lake	Long Lake North End – Riverdale	9.0 miles
2	Long Lake North End	Upper Saranac – South End Carry around Raquette Falls (~1.25mi) Indian Carry (~1.5mi)	19.0 miles
3	Upper Saranac – South End	Lower Saranac Bartlett Carry (~0.5mi) Upper Locks	10.0 miles
4	Lower Saranac	Lake Flower Via First Pond, Second Pond, Lower Locks, Oseetah	18.0 miles
Total:			46 miles

Features:

- Variety of water features
- Challenging days lead to relaxing days
- Bluff Island
- Canoe carries
- Locks
- Lean-to camping

Modifications:

- Camp on Middle Saranac at end of Day 3, hike Ampersand on Day 3 or 4, camp on Middle Saranac, finish in Lake Flower.
- Spend two nights on Lower Saranac and spend a day enjoying the relaxing scenery of the area.

Reservations need to be made by the adult leader for campsites in Middle Saranac Lake and the Second Pond area. There is a fee for these sites and you are limited to 6 people each if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need two sites for each of the night you spend on Middle Saranac and in the Second Pond area.

Sites can be reserved 11 MONTHS in advance of your visit by calling 1-800-456-CAMP or visiting <http://www.reserveamerica.com/usa/ny/sara/> (which also has campsite maps) for most of Middle and Lower Saranac Lakes and for the Second Pond Area. To reserve Shaw Island (a large group site) and/or group site 65 call 518-891-4590.

Be sure to have your confirmation number with you on the trek. With this, you can report to the Upper Locks and they will send someone to you for final registration. Otherwise, you might have to paddle all the way through Lower Saranac Lake to the Second Pond Boat Launch to sign in even if your reserved site is in Middle Saranac Lake.

This trek can be extended to 5 days



Trek 16: Canoeing - Old Forge to Saranac Lake - The 90 Miler

Duration: 5 days, 4 nights

Maximum Crew Size: 11 campers

Difficulty: Difficult and strenuous – This route was a fairly common route linking the two towns back in the 1890’s when the only way to get around the Adirondacks was by guide boat or canoe. This is virtually the same route used today for the Adirondack Canoe Classic, commonly known as “The 90 Miler” canoe race. You need good to excellent canoeing skills because of the distance involved.

Prerequisite: Participants must be 14 years of age or older with previous trek experience. Canoeing merit badge recommended.

Day	From	To	Distance
1	Old Forge	Raquette Lake – Big Island <ul style="list-style-type: none"> ▪ Via Fulton Chain ▪ Carry from 5th to 6th Lake ▪ Carry from 8th Lake to Brown’s tract 	28.0 miles
2	Raquette Lake	Long Lake – South end <ul style="list-style-type: none"> ▪ Carry into Forked Lake ▪ Carry around Buttermilk Falls 	14.0 miles
3	Long Lake – South end	Raquette River – between falls and Stoney Creek. <ul style="list-style-type: none"> ▪ Carry around Raquette Falls 	25.0 miles
4	Raquette River	Lower Saranac <ul style="list-style-type: none"> ▪ Carry into Upper Saranac ▪ Bartlett Carry ▪ Upper Locks 	15.0 miles
5	Lower Saranac	Lake Flower <ul style="list-style-type: none"> ▪ Via First Pond, Second Pond, Lower Locks, Oseetah 	7.0 miles

Total: 91 miles

Features:

- Travel through five water-based towns (Old Forge, Inlet, Raquette Lake, Long Lake, Saranac Lake)
- Day-hike opportunity up Ampersand Mtn.
- Distance challenge
- Canoe carries

Modifications:

- Old Forge to Bloomingdale – add 9 miles for an even 100!

Reservations need to be made by the adult leader for campsites in Middle Saranac Lake and the Second Pond area. There is a fee for these sites and you are limited to 6 people each if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need two sites for each night you spend on Middle Saranac and in the Second Pond area.

Sites can be reserved 11 MONTHS in advance of your visit by calling 1-800-456-CAMP or visiting <http://www.reserveamerica.com/usa/ny/sara/> (which also has campsite maps) for most of Middle and Lower Saranac Lakes and for the Second Pond Area. To reserve Shaw Island (a large group site) and/or group site 65 call 518-891-4590. Be sure to have your confirmation number with you on the trek. With this, you can report to the Upper Locks and they will send someone to you for final registration. Otherwise, you might have to paddle all the way through Lower Saranac Lake to the Second Pond Boat Launch to sign in even if your reserved site is in Middle Saranac Lake.



Trek 17: Canoeing - Kushaqua to Saranac Lake

Duration: 5 days, 4 nights

Maximum Crew Size: 11 campers (State campground limit is 6 people per site so plan your adult leadership accordingly)

Difficulty: Easy to moderate. Any excellent choice for any group!

Day	From	To	Distance
1	Kushaqua – North end dam	Osgood West Lean-to Or Church Pond Lean-to ▪ Via Rainbow Lake ▪ Carry into Jones Pond	10.0 miles
2	Canal into Church Pond	Little Green Pond ▪ Carry across Paul Smith's College into Lower St. Regis ▪ Carry into Bog Pond, Bear Pond, Little Long Pond, Green Pond, Little Clear Pond	8.0 miles
3	Little Green Pond	Buck Island or Saginaw Bay ▪ Fish Hatchery Brook, into Upper Saranac	10.0 miles
4	Buck Island or Saginaw Bay	Lower Saranac ▪ Bartlett Carry, into channel and locks	15.0 miles
5	Lower Saranac	Lake Flower ▪ Via First Pond, Second Pond, Lower Locks, Oseetah	7.0 miles

Total: 50 miles

Features:

- Rope swings
- Lean-To camping
- Short carries
- Remote ponds
- Fish Hatchery Tour
- Bluff Island

Modifications:

- Paul Smith's to Tupper Lake
- Paul Smith's to Bloomingdale (via Saranac River – add 9 miles)
- Modifications available for Ampersand or St. Regis day hikes

Reservations need to be made by the adult leader for campsites in Middle Saranac Lake and the Second Pond area. There is a fee for these sites and you are limited to 6 people each if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need two sites for each of the night you spend on Middle Saranac and in the Second Pond area.

Sites can be reserved 11 MONTHS in advance of your visit by calling 1-800-456-CAMP or visiting <http://www.reserveamerica.com/usa/ny/sara/> (which also has campsite maps) for most of Middle and Lower Saranac Lakes and for the Second Pond Area. To reserve Shaw Island (a large group site) and/or group site 65 call 518-891-4590. Be sure to have your confirmation number with you on the trek. With this, you can report to the Upper Locks and they will send someone to you for final registration. Otherwise, you might have to paddle all the way through Lower Saranac Lake to the Second Pond Boat Launch to sign in even if your reserved site is in Middle Saranac Lake.



Trek 18: Fishing - Little Clear Pond to Follensby Clear Pond

Duration: 5 days, 4 nights

Maximum Crew Size: 7 campers (For a fishing trek for 11 people contact the trek director for a customized route)

Difficulty: Easy. This trek is geared towards troops that want to spend a few days relaxing and enjoying the best fishing the area has to offer. This style of trek is designed with shorter travel distances and multiple nights spent in the same site to allow for more freedom to go after “the big one”. This trek is easily modified.

Prerequisites: All participants age 16 or older must have a NY State Fishing License. A week-long permit can be obtained at pretty much any outfitter located in NY for about \$35. It is recommended that you acquire your permit prior to coming to camp, but it is possible to run into town to pick one up after you arrive in camp. Participants must provide their own fishing gear (rod, reel, artificial lures, pliers, knife, hooks, line, and net). You might consider bringing your favorite fish seasonings.

Day	From	To	Distance
1	Little Clear Pond	Fish Pond <ul style="list-style-type: none"> ▪ Tour Fish Hatchery ▪ Carry into St. Regis Pond ▪ Carry into Ochre Pond ▪ Carry into Mud Pond ▪ Carry into Fish Pond 	6 miles
2	Fish Pond	Option 1: Spend the day exploring Fish Pond Option 2: Long Pond <ul style="list-style-type: none"> ▪ Carry to Kit Fox ▪ Carry to Nellie ▪ Carry to Long Pond 	Varies
3	Fish Pond or Long Pond	Little Square Pond <ul style="list-style-type: none"> ▪ Carry to Floodwood ▪ Take stream into Little Square Pond 	Varies
4	Little Square Pond	Follensby Clear Pond <ul style="list-style-type: none"> ▪ Carry into Follensby Clear or paddle through Fish Creek Ponds (tunnel) 	Varies
5	Follensby Clear Pond	Follensby Clear Pond <ul style="list-style-type: none"> ▪ Southern Launch 	0.0 miles

Total: Varies

Features:

- New York State Fish Hatchery tour
- Pristine Adirondack waters – chock full of fish!
- Short and easy carries – don’t be intimidated by the quantity
- St. Regis Canoe Area
- Lean-To camping
- Largemouth Bass
- Smallmouth Bass
- Brown Trout
- Lake Trout
- Northern Pike (Follensby Clear)
- Land-Locked Salmon (Follensby Clear)

Modifications:

- If your group chooses Option 2, skip over to Slang and Turtle Pond for some massive Bass.
- While on Follensby, try out Horseshoe, Polliwog, or Green Pond.



Trek 20: Wilderness Canoeing/Hiking - Hitchins Lower Dam to Lows Lake/Bog Lake

Duration: 5 days, 4 nights

Maximum Crew Size: 7 campers

Difficulty: Moderate – Requires paddling skills as the wind on Lows Lake can be tough for beginning paddlers. Map & compass skills are handy for the day hikes.

Day	From	To	Distance
1	Low's Lower Dam	Hitchins Pond -Sunset views from Hitchins Overlook	4.5 Miles
2	Hitchins Pond	Lows Lake Site 27	6 Miles
3	Site 27	Primitive Campsite Or Grass Pond Site 32 ▪ Daytime Bushwhack from Big Deer Pond to the Tri-County Marker or Kettle Holes	4 Miles Paddling 4 Miles Hiking
4	Grass Pond	Bog Lake ▪ Morning Bushwhack up Grass Pond Mtn.	5 Miles Paddling 2 Miles Hiking
5	Bog Lake	Lows Lower Dam	12 Miles

Total: Approx: 34 Miles

This is a great trek for troops looking to build all-around Scouting skills with a solid canoeing base. Low's lake is only accessible via float plane or 8-9 miles of paddling. Once on Lows Lake there are an abundance of camping options from sleepy coves to sweeping views from the eskers. Your crew can bushwhack to the tri-county marker, mysterious kettle holes, sunset views from Hitchins Overlook and the top of Grass Pond Mountain. You can also take in Bog Pond; with its lone campsite you have the water to yourselves! Being a fairly shallow lake Lows offers some great fishing opportunities. It is also home to a large floating bog for those ecology lovers. The beauty of Low's lake and its lack of motorized traffic and cabins must be seen! This is an easily modifiable itinerary to meet the interests of the crew.

For the DEC map follow this url:

<http://www.dec.ny.gov/outdoor/45359.html>



Trek 21: Wilderness Canoeing - Little Clear Pond to Long Pond

Duration: 5 days, 4 nights

Maximum Crew Size: 7 campers

Difficulty: Very Strenuous – The paddling is pretty easy it's the carries that add challenge!

Day	From	To	Distance
1	Little Clear Pond	St. Regis Pond <ul style="list-style-type: none"> ▪ Tour Fish Hatchery ▪ Possible Lean-To site ▪ 1 Carry 	3.0 Miles
2	St. Regis Pond	Fish Pond <ul style="list-style-type: none"> ▪ Carry via Ocher Pond ▪ Carry via Mud Pond ▪ Possible Lean-To site 	3.0 Miles
3	Fish Pond	Slang Pond <ul style="list-style-type: none"> ▪ Carry via Clamshell ▪ Carry via Turtle ▪ Paddle to Slang 	3.5 Miles
4	Slang Pond	Long Pond <ul style="list-style-type: none"> ▪ Carry via Long Pond ▪ Late Lunch on Long Pond Mountain 	2.8 Miles
5	Long Pond	Pick-up South End <ul style="list-style-type: none"> ▪ Return to camp for camp-wide games 	2.5 Miles

Total: Approx: 15 Miles

The St. Regis Canoe area is a very special destination within the Adirondack Park. Comprised of over 19,000 acres it is the largest designated canoe area in the northeast. This trek is designed for those willing to work for their wilderness adventure. With 58 ponds to explore, the opportunity for adventure is endless. The itinerary above has you covering 9 ponds or more in your boats. The challenging component of this trek is the number of carries. Few of the ponds are connected via anything larger than a small stream. The carries may turn some away but the opportunity for complete wilderness, empty ponds, fishing and wildlife viewing abound. Plus on the last night you can catch sunset from atop Long Pond Mountain!

The distances shown are the shortest paddling distance. But depending on your crew's choices, the actual distances can vary considerably.

For maps follow these urls:

<http://tupperlake.net/stregisw.htm>

<http://tupperlake.net/stregise.htm>



Trek 22: Wilderness Canoeing - Little Clear Pond to Paul Smith's College

Duration: 5 days, 4 nights

Maximum Crew Size: 7 campers

Difficulty: Strenuous – The paddling is pretty easy it's the carries that add challenge!

Day	From	To	Distance
1	Little Clear Pond	St. Regis Pond <ul style="list-style-type: none"> ▪ Tour Fish Hatchery ▪ Possible Lean-To site ▪ 1 Carry 	3.0 Miles
2	St. Regis Pond	Fish Pond <ul style="list-style-type: none"> ▪ Carry via Ocher Pond ▪ Carry via Mud Pond ▪ Possible Lean-To site 	3.0 Miles
3	Fish Pond	Little Long Pond <ul style="list-style-type: none"> ▪ Carry via St. Regis ▪ Carry via Green Pond 	4.5 Miles
4	Little Long Pond	Lower St. Regis <ul style="list-style-type: none"> ▪ Carry via Bear Pond ▪ Carry via Bog Pond 	6.0 Miles
5	Lower St. Regis	Paul Smith's	3 Miles Paddling 2.5 Miles Hiking

Total: Approx: 25 Miles

The St. Regis Canoe area is a very special destination within the Adirondack Park. Comprised of over 19,000 acres it is the largest designated canoe area in the northeast. This trek will give you the chance to see a very remote pond within the wilderness area as well as the views from the St. Regis fire tower on St. Regis Mountain. The challenging component of this trek is the number of carries. Few of the ponds are connected via anything larger than a small stream. The carries may turn some away but the opportunity for complete wilderness, empty ponds, fishing and wildlife viewing abound.

For maps follow these urls:

<http://tupperlake.net/stregisw.htm>

<http://tupperlake.net/stregise.htm>



Trek 23: Wilderness Canoeing - Little Tupper Lake to Bog River Flow

Duration: 5 days, 4 nights

Maximum Crew Size: 7 campers

Difficulty: Very Strenuous – The portage trails are new and rough in places but well marked.

Day	From	To	Distance
1	Little Tupper Lake	Rock Pond	6.0 Miles
2	Rock Pond	Lake Lila ▪ Carry via Hardigan ▪ Carry via Little Salmon ▪ Carry via Lilypad Pond	8.0 Miles
3	Lake Lila	Bog Lake ▪ Carry via Harrington Brook ▪ Carry via Clear Pond ▪ Only 1 site on the lake!	4.0 Miles
4	Bog Lake	Hitchins Pond ▪ Paddle via Lows Lake ▪ Unique Floating Bog!	10.0 Miles
5	Hitchins Pond	Lows Lower Dam	2.75 Miles

Total: Approx: 30 Miles

The William C. Whitney area of the Adirondack Park offers some relatively new land acquisitions that are ready for exploration. Easily one of the most strenuous treks we can offer, this paddle is not for beginners. The scenery however is amazing! Lake Lila, Bog Lake, Bog River, Lows Lake and Hitchins Pond are beautiful examples of wilderness in the Adirondack Park.

For maps follow this url

<http://adirondackexplorer.org/images/home/stories/lilatransversemap.jpg>