



Trip Summary

Adventures in the Adirondacks

9/10- 9/17, 2017

TRIP AT-A-GLANCE

Dates: September 10-17, 2017
Location: Adirondack Park NY
Cost: \$2250
Rating: 3
Activities: Hiking, kayaking
Meeting Place: Albany Airport
Arrive: 3:00 pm
Depart: Anytime after 12 noon on Sunday September 17th

WHAT'S INCLUDED

- Experienced guides, one of whom lives in the Adirondacks
- Seven nights of double occupancy accommodation
- Kayak Rentals
- All meals from Sunday dinner through Sunday breakfast
- Transportation and luggage transfer to and from Albany airport

WHAT'S NOT INCLUDED

- airfare to Albany
- alcoholic beverages
- guide gratuities

Trip Highlights

- Kayaking on the Moose River and Raquette Lake
- Climbing several Adirondacks Peaks, including Blue Mt and Cascade Mt, one of the Adirondack High Peaks.
- Learning about the unique private/public partnership that keeps this area "Forever Wild"
- Enjoying crisp fall air and changing foliage
- Listening to the haunting call of the loon

Trip Overview

Adirondack State Park in northern New York is unique: at over 6 million acres of both private and public land, half of it wilderness, it is larger than Yellowstone and Yosemite combined. Diverse ecosystems exist here: alpine and sub-alpine zones, boreal forest, and lowland lake systems provide suitable habitat for black bears, deer, bobcats, beaver, fishers, and numerous bird species- even moose are returning to the region. The human history is no less fascinating. Over the years it has been the home of farmers who struggled to scratch a living from thin soil and harsh winters, miners and loggers who participated in the exploitation of its natural resources, Adirondack guides renowned for their skills in the woods, and wealthy industrialists, builders of the famous Adirondack Great Camps. In autumn, after the summer crowds have departed, the invigorating weather and brilliant foliage make the Park an ideal location for a vacation that is both active and relaxing.

Our Itinerary

Below is our planned itinerary. As is always true on any adventure trip, we may follow it exactly or we may alter it based on weather, new opportunities, or unforeseen circumstances.

Sunday, September 10: Our trip begins today at the Albany, NY airport where we'll pick you up at 3:00. After loading our gear into the vans we'll drive 2.5 hours to the west central part of the Adirondack State Park. This State Park is unique: bigger than

CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
90 + days	All but \$50
90 – 61 days	50% of deposit
60 – 30 days	50% of trip fee
29 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

TRAVEL INSURANCE

- We highly recommend travel insurance for your trip.
- If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance.
- Call 1-800-228-9792 or visit www.travelexinsurance.com.
- The location code is 20-0016.

Our Itinerary Continued

Yellowstone and Yosemite combined, it is a mix of publicly and privately owned land, and over half of it is wilderness. We'll only see a small section on our way to the Four Seasons Cottages, located on Fourth Lake just outside the town of Old Forge, NY. Fourth Lake is part of the Fulton Chain, a string of eight lakes between Old Forge and Raquette Lake. It is one of the more popular canoe routes in the Park and we are likely to see paddlers with their canoes full of camping gear paddle past. After getting checked in we will go out to dinner and watch our first sunset over the lake. Overnight [Four Seasons Cottages D](#)

Monday, September 11: Wake up to the haunting call of the loon and the mist slowly rising off the lake, and then take your morning drink down by the dock and relax in a traditional Adirondack chair. We will enjoy a hearty and delicious breakfast prepared by the guides, just what we need to get ready for a day of kayaking on the Moose River. The Moose is a slow moving flatwater river that winds through beautiful, classic Adirondack landscape: towering pine trees, low shrubs, and kingfishers darting back and forth across the river. There is one short carry with an easy trail around a rock garden, just enough to give you a taste of the experience.

We'll start our paddle with some instruction on the basics of kayaking to help make your trip more enjoyable. We find that even experienced kayakers often benefit from reviewing the correct way to paddle so that you use more of your core muscles and less of your arms. And the great thing about the Moose River is that it is an excellent kayaking river whether you're a first time paddler or have years of experience. We'll be on the beautiful North Branch of the Moose River, exploring the wonderful Adirondack wilderness, and enjoying the splendid scenery as we paddle along with the gently moving current. Our paddle will be about three hours total and along the way we'll stop to enjoy a picnic lunch. Depending on our time and energy, on the way back to our cabins we can hike up to the fire tower on top of Bald Mountain, a 2 mile round trip hike with stunning views of the Fulton Chain. Fire towers were originally built for the purpose of spotting new fires, a task that is now largely accomplished by aerial surveillance. Many are still open to hikers, however, and their location always assures great views. As the guides cook another delicious dinner, you can relax at our lake side cabin. Overnight Four Seasons Cottages **B, L, D**

Tuesday, September 12: After another morning breakfast by the lake, we pack up our things and drive north to Blue Mountain Lake for some more hiking. Blue Mountain also has a fire tower on the summit, this one with a 360 degree view of the lakes, forests, hills and mountains - including some of the High Peaks, the area where we'll be in a couple of days. This is a 4 mile round trip hike with an

elevation gain of 1550 feet, with some steep areas and a beautiful path that traverses bare rock, large roots, and wet soil. We will hike through spruce, balsam fir, paper birch, mountain ash, and maple, before coming to the clearing and the tower, where a picnic lunch will reward our efforts.

We will then drive back to Raquette Lake where we will be staying at the Great Camp Sagamore. Sagamore was the private wilderness estate of the Vanderbilt family from 1901 to 1954. Like all of the Adirondack Great Camps, it was designed by William West Durant, a fascinating character in his own right. Although his success as a businessman was up and down, he was known for his ability to design wilderness estates for wealthy families that integrated luxury (for the time) with a rustic feel, a magic that is still apparent today. Tonight we'll have dinner at Sagamore. Overnight [Great Camp Sagamore](#) **B, L, D**

Wednesday September 13: We'll spend today kayaking on Raquette Lake, the second largest lake in the Adirondacks. Our paddle will offer some shore line cruising, history of the lake, and the camps that grace it. Raquette Lake is known for having 99 miles of shoreline and after you see some of its many bays, inlets, and islands, you'll know it's true. Along the way we'll stop for a picnic lunch and to stretch our legs. Returning to the Sagamore in the afternoon, we'll have time for a tour - with 27 buildings on the National Historic Register, it is a fascinating place. We'll make sure to have some free time to enjoy the wonderful surroundings. After dinner, we'll have a campfire and relax in a traditional Adirondack Lean-to, the perfect setting for telling stories. Overnight Great Camp Sagamore **B, L, D**

Thursday September 14: After breakfast we leave Sagamore and head north towards Saranac Lake. We'll stop along the way to visit the world renowned Blue Mountain Museum, which showcases how humans have interacted with the mountains over the years, from the Native Americans, loggers and trappers who first inhabited the land to the wealthy elite who made it their summer playground. After spending a few hours there we'll go for an afternoon hike on Coney Mountain. Unlike typical Adirondack mountains, this 2.2 mile hike has a gradual incline and smooth trail, leading to a 360 degree view that includes Tupper Lake and views of the High Peaks. Tonight we'll have dinner at a restaurant before continuing on to Keene Valley and our new home for the next three nights. Overnight at the [Trails End Inn](#). **B, L, D**

Friday, September 15: We've now arrived at the part of the Adirondacks with the highest peaks. You may have heard of the High Peaks Wilderness area - this is where most of the higher peaks, including New York's highest, Mt Marcy, are located. Today we'll climb Cascade Mountain, one of the Adirondack 46 high peaks. This is a 4.8 mile RT hike that will take about 4.5-5 hours, gaining 1940 feet in elevation before reaching the summit at 4098. If it's a clear day the view is 360 degrees and goes on forever. We'll relax with a picnic lunch on top. After completing our hike we'll head to Lake Placid for some free time. You can check out some of the shops on Main Street, visit the Olympic Museum and see the famous rink where the "Miracle on Ice" hockey game took place, or simply enjoy a walk around Mirror Lake. We'll have dinner in Lake Placid tonight, before returning to our lodging. Overnight at Trails End. **B,L, D**

Saturday, September 16: This is our final full day in the Adirondacks and we are going out with a bang! By now you are used to the challenges and rewards of Adirondacks hiking so this is a fitting finale. To be considered a "high peak", the summit has to be over 4,000 feet - so Rooster Comb Mountain doesn't quite make it. However, this 5 mile round trip hike gains 1750 feet of elevation on its way to the summit at 2788 feet so we will feel quite accomplished. Like most of the mountains in the Adirondacks, the hike includes some steep sections, traverses, roots and rocks and a (very) few flat sections with rewarding views at the summit. Returning to the Inn, tonight we'll have a final farewell dinner, celebrating our accomplishments and camaraderie of the past week. **B, L, D**

Sunday, September 17: We hope by the end of the week you have fallen in love with the Adirondacks as much as we have, and you won't be ready to leave. But unfortunately it's time, and after breakfast we'll pack up for the two hour drive back to Albany. We'll have you back by 10:45AM and you can plan to fly out anytime after 12 noon. **B**

Our Itinerary Continued

Packing List

FOOTWEAR

- 1 pair of lightweight to midweight hiking boots. Recommended mid height or ankle boots.
- 1 pair of comfortable athletic shoes, Crocs or Teva-like sandals for wearing around the lodges, camp
- 1 pair of water shoes, sandal with heel strap like Teva or Keen, used for kayaking days.
- 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Ultimax)
- 2 pair synthetic, lightweight liner socks (optional -- **not everyone uses sock liners**)

CLOTHING

- 1 pair of comfortable supplex/nylon long pants for hiking. Zip-offs work well
- 1-2 pairs of shorts (one should be quick-drying nylon)
- 3 synthetic or lightweight wool T-shirts or short-sleeved shirts
- 1 lightweight, long-sleeved shirt for hiking. Button up front works well.
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene) It could be cool.
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent. A fleece or wool vest works well for this layer.
- 1 warm fleece jacket
- 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex. Not a poncho.
- Underwear/nightwear
- 1 pair wool, Capilene, or Polartec gloves
- 1 warm wool or fleece hat
- 1 wide-brimmed hat for protection from the sun
- 1 swimsuit (for alpine swims)
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner (e.g. pants and/or skirt, with a couple of tops)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/personal 'patch' kit (see notes on packing list for details)

Please note: Individuals allergic to insect stings must bring an epi-pen. Please consult your physician and tell your guide.

EQUIPMENT/ESSENTIALS

- 1 pair Trekking poles (required)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp or flashlight
- Ear plugs (for a good night's sleep!)
- 1 daypack (see notes on packing list for recommended capacity)
- 1 hydration system for hiking days (Total capacity 2 Liters)
- 32 oz water bottle for kayak days
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- 1 – 2 bandanas
- Your favorite snack

OPTIONAL (personal preference, not required)

- Camera (extra battery) and film/memory card
- Binoculars
- Tupperware container for sandwich
- Short Gaiters
- Book, notebook, journal, pencil/pen
- Wristwatch/travel alarm clock
- paddling gloves

Notes on the Packing List

Please note: If you are not familiar with any of the terms used as explanation regarding the equipment or clothing required for this trip or would like help with any item listed please let us know. We are available to answer your questions and/or send more information to assist in determining appropriate equipment and clothing for your trip.

Daypacks: You will need a daypack that is large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. **Please note:** A fanny-pack is not large enough to hold all of the items you will need for the day.

Pack Cover: These are waterproof, usually elasticized covers designed to go over your daypack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain.

Footwear: Well-fitting, sturdy hiking boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them as much as possible and taking some short hikes before your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. More information regarding choosing a hiking boot is available upon request. **Remember to waterproof your boots before the trip.** (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

Personal First Aid Kit: We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you rather than experiment on a trip

- **Please note: If you have severe reactions to insect bites/stings or other severe allergic reactions and have been advised to carry an Epi-Pen please do not forget to bring that with you and let your guides know.**

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Please Note:

The Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort for this particular trip.

Because we stay indoors every night, you may be tempted to skimp on the warm clothes. Please don't. It is essential that you have the warm clothing and the rain gear to stay warm in case of inclement weather

You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

September is a hard month to predict weather. There is a chance of having warm temps and sun throughout the day or rain and clouds with cooler temps. The average temperature is around 60. Fall is often the best time of year to visit this area.

Do try to follow the packing list as closely as possible to avoid excessive luggage.

Notes on the Packing List Continued

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Hydration: It is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as an MSR, CamelBak or Platypus type bladder system. These systems are simply collapsible water bags with a hose attachment that you drink from. These fit inside/outside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Bladder bags traditionally come in 1, 2, and 3 Liter sizes. We recommend a 2Liter size.

Trekking Poles: Trekking poles are a highly recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition they help conserve your energy by transferring some of the work to your arms and chest. If you are not familiar with trekking poles we have written a blog spot that addresses the most commonly asked questions about trekking poles. You can find that at: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>

If you will be purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.
 - For a detailed description of considerations when purchasing a pair of trekking poles please see: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/153280/Choosing-Trekking-Poles-for-your-Next-Hiking-Trip>

Please note: Trekking poles can be an expensive equipment purchase. If this is new to you we suggest purchasing an inexpensive pair (EBay, or some of the big box stores can be a good source) or borrow a pair from a friend. During your trip you will have the opportunity to learn the correct technique to use them, practice with them and also see what others may have chosen. Once you've gained a bit of experience and you know that hiking is going to be a regular part of your life, you can make a more informed decision about whether you want to invest in the 'perfect' pair of poles.

Your trekking poles will need to be collapsed and placed in your checked luggage for your airline flights. Trekking poles are on the TSA list of items that cannot be part of your carry on luggage.