

Autumn In The Adirondacks

Adventures in Good Company's General Information

Welcome to Adventures in Good Company's Autumn in the Adirondacks! We think this is one of the most beautiful places in the U.S. to spend the autumn, and we're excited to share it with you. We have compiled some information that may be helpful as you prepare for your journey. Please feel free to contact the Adventures in Good Company office if we can provide any additional information.

Getting There

The closest airport to the Adirondacks is Albany, NY (ALB). It is a small airport but served by many of the major carriers. If you are flying in, we'll pick you up at 10 am. Even if you are driving, you might want to leave your car parked at the Albany Airport so you won't need to drive it during the trip.

If you prefer to drive, take I-87 to Warrensburg, exit 23. Go north on Rte 9 to Rte 28 to Indian Lake and then Rte 28/30 to Blue Mountain Lake.

If you are driving from other areas, let us know and we'll send you directions.

Emergency contact information

The phone numbers of the places we're staying are as follows:

9/21-24 The Hedges (518) 352-7325

9/24-26 South Meadow Lodge (518) 523-9369

9/26 Holiday Inn Saratoga Spgs (518) 584-4550

Weather

The Adirondacks are at their very best in late September, with maples ablaze in all their glory. Typical of fall anywhere in the mountains, the days tend to be crisp, in the 60s, and the nights cool. This can be a brilliantly sunny time of year or it can be rainy. Follow your packing list and you'll have what you need.

Conditioning

Additional aerobic conditioning is unnecessary for anyone who already exercises regularly. If you don't, you will probably find that you have more energy during the trip if you start a moderate exercise program a couple of months before your trip. For example, you might start walking 3 or 4 times a week for half an hour, at a pace that is brisk enough to make you breathe deeply. Hills are good for this. Gradually increase your time until you're comfortable walking for 60 to 90 minutes without a break. Other options are working out at a health club on a stairmaster or treadmill, aerobics classes, cross country skiing or any activity that makes you breathe deeply. If you think you will want to choose all the hiking options, being moderately fit is definitely a good idea. In addition, if you live in the flatlands, make sure that either some of your walking includes hills, or find a stadium or tall

office building and do some stairs a couple of times a week the month before your trip.

Tipping Guidelines

Tipping at the end of the trip is optional. If you feel your guide(s) did an outstanding job and would like to reward them for their efforts, a suggested rule of thumb is US \$5-\$10 per person, per day. Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it to the guides at the last shared meal.

Some fun pre-trip reading

Woodswoman, Return to Black Bear Lake, and Woodswoman III: Book 3 of the Woodswoman's Adventures by Anne LaBastille. A continuing account of her living in the Adirondacks wilderness in a remote cabin. All 3 books are well-written, a good read, and an education in the environmental challenges that the Adirondacks are facing today.

An American Tragedy by Theodore Dreiser. Born of a poor Mid-western Salvation Army family, Griffiths becomes romantically involved with a woman of his own class, only to fall in love with a socialite just beyond his grasp. Occurring mostly in the resort of Big Moose Lake, N.Y. during the hey-day of Adirondacks, the mood and characters are all too believable and Dreiser paints a romantically painful picture of a man who cannot escape his roots and destiny.

Breaking Trail: Remarkable Women of the Adirondacks by Lynn, Peggy and Sandra Weber. The Adirondacks were a hard place to live historically, and the role of women largely ignored. This book seeks to remedy that by chronicling the lives of 25 women, both historic and contemporary. A must reads for any woman interested in the Adirondacks.

The Adirondacks: A History of America's First Wilderness by Schneider, Paul. The Adirondacks are unique in our culture. This very readable book will give you a true appreciation of just how amazing its history is.

Contested Terrain: A New History of the Adirondacks by Paul Terrie. This is an exhaustive and well-written history of the struggle to define what the Adirondacks should be and who should have control.

Some useful web sites

Adirondack.net (www.Adirondack.net): lots of useful information about the area. Take a virtual hike up Blue Mountain.

Lodging

Depending on your connections, you may be able to fly into ALB the morning of the trip. If not, here are some possible lodging options. Prices were current at the time, but may have changed, and do not include taxes. AAA rates may be lower. Let us know if you're interested in finding someone on the trip to share a room with and we'll try to hook you up.

If you have a gambling spirit, the cheapest way to find a hotel room is to go through Priceline (www.priceline.com). When you have a choice of area, choose the airport area. All, or almost all, of the hotels in this area offer an airport shuttle. Our guides have stayed at very nice places for \$35 or \$40 a night, a bit more with service fees and taxes but still a bargain).

Clarion Hotel Albany

(518)438-8431 or (800)CLARION

Everett Rd. Albany, NY

Single or double \$79 - \$109

4.7 miles from Albany Airport. Airport shuttle, pool, exercise gym, continental breakfast

Holiday Inn Albany On Wolf Road

(888) HOLIDAY (888-465-4329)

205 Wold Rd., Albany NY

Single or Double \$79 - \$99

1.8 miles South of airport. Amenities include: pool, satellite TV, bar/lounge, airport shuttle, restaurant on-site.

Super 8 Motel (518) 783-8808 or (800) 800-8000

Single or Double \$49 - \$69

681 Troy Schenectady Rd, Latham NY

1.5 miles East of airport. Amenities Include: free breakfast, wireless internet, Cable TV, no smoking rooms, nearby restaurants.

Courtyard by Marriott

(518)482-8800 or (800)321-2211

168 Wolf Rd, Albany, NY

Single or Double \$110 - \$159

1.9 miles South of airport. Amenities include: fitness room, pool, airport shuttle, bar/lounge, laundry services, High speed internet