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## KAYAKING THE ADIRONDACKS

### Trip Summary

#### HIGHLIGHTS

- Kayaking through the Saranac Lakes on the Northern Forest Canoe Trail
- Swimming in clear water as often as we choose
- Four nights of camping on lake shores in the Adirondacks
- Listening to the haunting call of the loon as we sit around the campfire
- Learning about the unique private/public partnership that keeps this area "Forever Wild"

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## TRIP AT A GLANCE

Location:	Adirondacks State Park, NY
Activities:	Paddling
Arrive:	Meet at the Albany International Airport (ALB), baggage claim at 12:00 p.m. or at the trip hotel in Saranac Lake at 3 p.m. on Day 1.
Depart:	You can plan to leave at 9:00 a.m. from Saranac Lake or fly out any time after 1:30 p.m. from ALB on the last day.

### Trip Overview

The Adirondack State Park in northern New York is one of the premiere spots for kayak tripping on the East Coast, with countless lakes and streams of all sizes. We'll be kayaking part of the Northern Forest Canoe Trail that stretches from Old Forge all the way to Fort Kent, ME. We, however, will only kayak a short part through the Saranac Lakes. Following the route of early loggers and hunters, our trail winds along rivers and across open lakes, where century-old, hand-operated locks still carry paddlers between waterways. While this is not remote wilderness, much of it has a wilderness feel. We're likely to see beavers, martens, and deer, and moose sightings have become increasingly common. For sure we'll hear the wild and haunting call of the loon. We'll be taking our time on this trip, with many options for additional paddling, swimming, or just relaxing into the peace of wilderness. Maximum group size: 8

### Rating

This trip is designed for women with some prior kayaking experience who love camping and the feeling of being out in nature for several days at a time. The trip is rated 3. Prior to beginning the trip, participants should be engaging in aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. Upper body strength training is also recommended. **Rating:** 1 2 **3** 4 5.

### What's Included

- 1 - 2 experienced AGC guides based on group size
- Two nights lodging in double occupancy rooms and four nights camping
- All kayaking and group camping equipment
- All meals from dinner day 1 to breakfast on the final day
- Transportation once you arrive in the Albany, NY airport (ALB)

**Not included:** Travel to and from Albany, alcoholic beverages, personal camping equipment (sleeping bags and pads can be rented), guide gratuities, and travel insurance

## OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

### DAY 1

Our trip begins today at the Albany, NY airport where we'll pick you up at 12:00 p.m. After loading our gear into the van we'll drive 2.5 hours to the west central part of the Adirondack State Park. This State Park is unique: bigger than Yellowstone and Yosemite combined, it is a mix of publicly and privately-owned land which means that state owned access and campgrounds co-exist with towns, summer cottages, and motorboats.

We'll only see a small section on our way to the town of Lake Saranac Village. We'll spend the afternoon sorting our gear and getting packed up for an early start tomorrow. After finishing up we will go out to dinner and watch our first Adirondack sunset over the lake.

Overnight: Saranac Lake (D)

### DAY 2

We start the day with a shuttle from Saranac Lake Village to our put in spot on Middle Saranac Lake. After getting our gear loaded and reviewing some basic principles for kayaking efficiently, we'll set off for a paddle to our designated campsite. Middle Saranac Lake is the smallest of the Saranac Lakes, and tonight and tomorrow night we'll camp at a campsite that is accessible only by water. "Wild" camping isn't allowed here, which is a good thing because the beauty of the area would result in it being overrun with paddlers.

After setting up our camp, we'll have time to explore the lake further. After having our fill of paddling, we'll return to our campsite for the first delicious camp dinner. Tonight, we'll be lulled to sleep by the sound of waves lapping the shore.

### DAY 3

Waking up to the haunting call of the loon and the mist slowly rising off the lake, the beauty of the area seeps into our bones. After a hearty breakfast we'll continue to explore Middle Saranac Lake, including an excursion to explore Weller Pond. Weller Pond, connected to Middle Lake by a 1000-foot-long channel, is nestled at the foot of Boot Bay Mountain and is dotted by two small islands. It was made famous by Martha Reben's memoir, *The Healing Woods*, which recounted her experiences camping on its shore in 1931 while attempting a self-cure of tuberculosis.

#### DAY 4

We'll pack up this morning and continue our paddle, down the Saranac River to Lower Saranac Lake. In contrast to the open lakes we've been paddling, the Saranac River twists and winds through a wide and marshy channel to the Upper Locks. Yes, locks! Not too many wilderness areas have the convenience of being assisted through a three-foot drop and this one is definitely a holdover from an earlier time. Once through the lock, we continue through the channel that gradually opens onto Lower Saranac Lake. We'll be paddling and exploring most of the lake tomorrow, so we'll camp overnight and have some time to explore further.

#### DAY 5

Layover days are a marvelous thing in the wilderness - no packing up, no destination, just a chance to do as you please and really soak in the wilderness. After the previous few days, we will be delighted to have one, and a more relaxing start to the morning. There are many choices for how to spend the day exploring Lower Saranac, we'll let the weather and our energy dictate our final choices. This will be our last night of camping and we'll take time to savor the beauty and quiet of the area.

#### DAY 6

Our last day of paddling is an excellent sampler of river, lake, and mountains. We'll paddle through First Pond, Second Pond, Oseetah Lake and into Lake Flower, arriving back at the same place we started five days ago. Really, could it only be five days since we were here? But this time we'll suffer the inevitable re-entry shock that occurs after a week of quiet without cars or Wi-Fi. At the same time, we'll also deeply appreciate the hot showers and soft beds. After cleaning up we'll head into town for a final farewell dinner, celebrating our accomplishments and our camaraderie.

#### DAY 7

The Adirondack State Park really is a unique area, and we hope you have gained an appreciation of it, but unfortunately, it's time to leave. If you drove to Saranac Lake, you can leave any time after breakfast, otherwise we will pack up for the two-and-a-half-hour drive back to Albany. We'll have you back by noon and you can plan to fly out any time after 1:30 p.m.

## ADDITIONAL TRIP INFORMATION

### Getting There

If you are flying, plan to fly into Albany International Airport (ALB), prior to 11:30 a.m. to meet the group pick-up at 12:00 p.m. on Day 1. If you are driving, you can either leave your car at the airport for the 12 p.m. meeting or meet the group by 3:00 p.m. at the trip hotel in Saranac Lake, NY. The trip hotel will be specified in the Pre-Departure document sent 4 months prior to the start of trip.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exito charges a one-time, non-refundable processing fees of \$50 per passenger.

### Accommodations

We will be staying the first and last night at a lake-side hotel in Saranac Lake Village. In between we will be camping in two-person tents in designated state wilderness campgrounds with composting toilet facilities, but without electricity.

### Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [www.travelexinsurance.com](http://www.travelexinsurance.com) or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

## CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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