

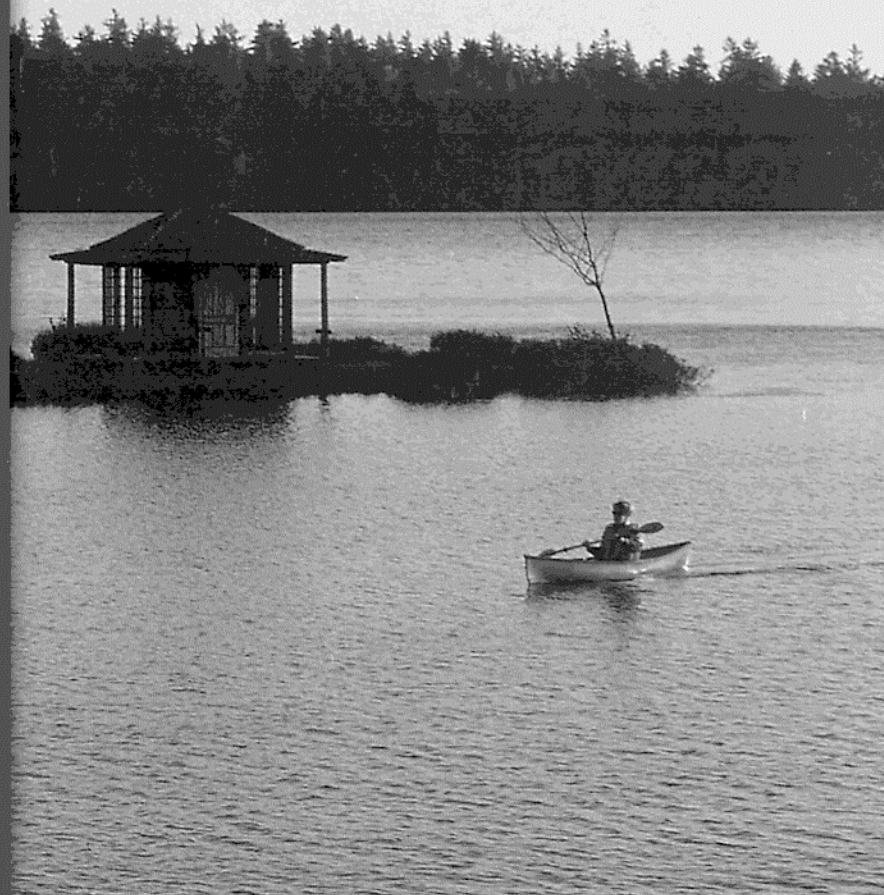
ADIRONDACK WATERWAYS



A Guide to Paddling Routes in the
Northeast's Last Great Wilderness

ADIRONDACK REGIONAL TOURISM COUNCIL
800-487-6867 adk.com 518-846-8016

I ♥ NY



The Adirondacks contain more than
3,000 lakes and ponds and
6,000 miles of rivers and streams.

Paddling ranges from roiling
whitewater chutes to
glassy ponds where deer stop to drink;
from a short circuit around a scenic lake
to a multi-day river and lake trip.



The winding Oswegatchie at High Rock.

Since we published the first edition of "Adirondack Waterways" in 1995, this little booklet of canoe and kayak routes has grown with the Adirondack Forest Preserve. Acquisition of public lands has expanded paddling experiences to include:

- Little Tupper Lake and Rock Pond, part of the **William C. Whitney Area** in the Central Adirondacks which was recently classified as a Wilderness Area. You'll find camping at designated sites and links to Lake Lila via a historic canoe route. See page 6.
- the remote **Santa Clara Tract** in the Northern Adirondacks which includes the St. Regis River and its tributaries, the East Branch St. Regis River above Everton Falls and the Deer River Meadows. See page 8.
- access to Mud Pond, Sand Pond and Gregg Lake, all part of the **Croghan Tract** in the Western Adirondacks. See page 5.
- the **Tooley Pond Tract** in the Northwestern Adirondacks which opens up an exciting mix of flatwater and whitewater runs on the South Branch Grass River, long known for its many scenic waterfalls. See page 10.

As always, this book is just a general guide to locations for paddling opportunities. Once you decide on a geographic location, get yourself a good topographic map and/or guidebook (see page 20). Special usage regulations may apply along some routes, so refer to the appropriate Department of Environmental Conservation publications or call them for specific information (see pages 16 and 17). If you lack experience or gear, knowledgeable guides and outfitters will be happy to make your outing memorable (see pages 18 and 19).



Adirondack history began with its waterways. This historic bridge, built by W.W. Durant in 1891, is located between Blue Mountain Lake and Eagle Lake.



The turbulent Hudson River Gorge.



The No-Octane Regatta in Blue Mountain Lake is just one of the region's many annual paddling events. (see page 18)



Along the waterways you'll see Adirondack Great Camps and Great Blue Herons.

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The large map on this page will be helpful for finding your way around this publication.	
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The Ten Rivers Region

The Ten Rivers Region has been identified to help outdoor recreation lovers learn more about this area where a number of premium paddling and hiking experiences are concentrated. It is comprised of all the land within a 30-mile radius of the intersection of the boundary lines of Franklin, Hamilton and St. Lawrence Counties and also includes part of Essex County.

In the Ten Rivers Region you will find:

- Cold River, with headwaters at Duck Hole/Preston Ponds
- Raquette River, with headwaters at Blue Mountain Lake
- Beaver River, with headwaters at Lake Lila
- Marion River, with headwaters at Blue Mountain Lake
- Hudson River, with headwaters at Lake Tear of the Clouds
- Oswegatchie River, with headwaters at Cranberry Lake
- St. Regis River, with headwaters at Upper St. Regis Lake
- Bog River, with headwaters at Lows Lake
- Grass River, with headwaters at Massawepie Lake
- Saranac River, with headwaters at Upper Saranac Lake

For a brochure about the Ten Rivers Region, call 800-974-7495, or visit on the web at tupperlake.net/canoe.htm

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DISCLAIMER: By its compilation and distribution of this brochure, the Adirondack Regional Tourism Council assumes no responsibility of any nature for damages or injury to persons or property arising out of or resulting from travel on any of the routes described herein, or from any service, sales or accommodations provided by the businesses represented herein, and accordingly, does disclaim any and all liability on its part for such damages or injuries should they occur.

How to use the Descriptions & Maps

GET MORE INFORMATION

The descriptions are brief and the maps rudimentary—the information provided here is not intended to be used as a working field guide. The complex nature of the waterways found in the Adirondacks requires that you obtain a good map and guidebook before setting out. The guidebooks and maps will not only help make your outing a safer one, they will also enhance your experience by providing interesting background information on the areas you will be visiting. DEC publications and offices are listed on page 16 and 17. A list of guidebooks and maps is found on page 20.

WHITewater

Whitewater trips require special skills and equipment. See International Scale of River Difficulty below. It is essential to obtain good maps and guidebooks before venturing out to do any whitewater trips. If you don't have the necessary skills or equipment, consider taking a guided trip, see page 18-19.

WATER LEVELS

Adequate water levels are essential to running most of the river and whitewater routes in this brochure. Extreme water levels will change the difficulty classification of rivers (see below). Minimum and ideal levels are suggested in the guidebooks listed on page 20. Most river routes are best done in the Spring (April to May), Fall or after periods of heavy rain. Some rivers have gauging stations which will help determine how high the water is running. "Waterline" gathers daily gauge readings from many Adirondack rivers. Contact: 800-747-1667 or www.H2Oline.com.

International Scale of River Difficulty

CLASS I. Moving water with a few riffles and small waves. Few or no obstructions.

CLASS II. Easy rapids with waves up to three feet and wide, clear channels that are obvious without scouting. Some maneuvering is required.

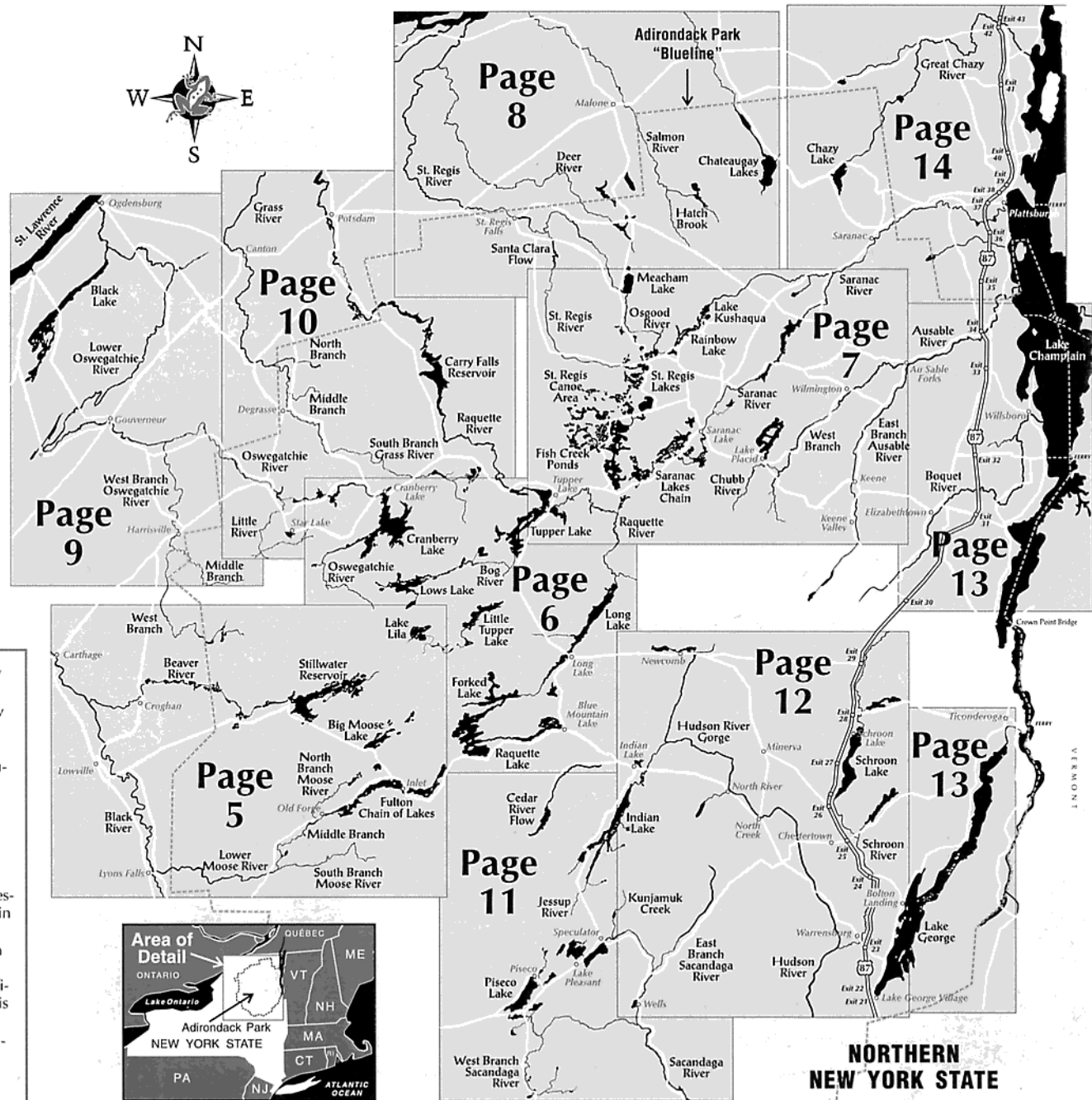
CLASS III. Rapids with high, irregular waves often capable of swamping an open canoe. Narrow passages that often require complex maneuvering. May require scouting from shore.

CLASS IV. Long, difficult rapids with constricted passages that often require precise maneuvering in very turbulent waters. Scouting from shore is often necessary, and conditions make rescue difficult. Generally not possible for open canoes. Boaters in covered canoes and kayaks should be able to Eskimo roll.

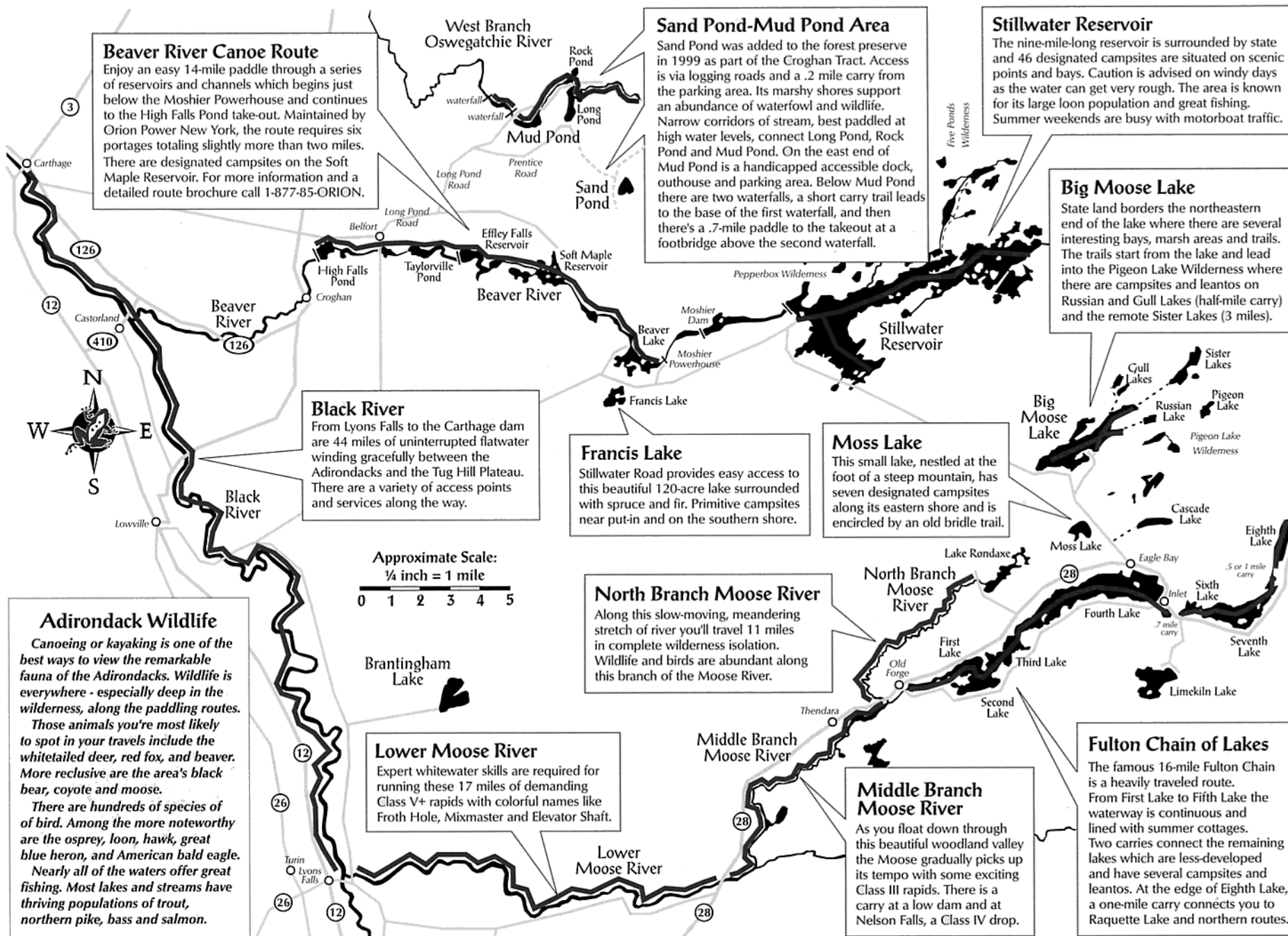
CLASS V. Extremely difficult, long, and very violent rapids with highly congested routes which nearly always must be scouted from shore. Rescue conditions are difficult and there is a significant hazard to life in event of a mishap. Ability to Eskimo roll is essential for kayakers and canoes.

CLASS VI. Difficulties of Class V carried to the extreme of navigability. Nearly impossible and very dangerous. For teams of experts only, after close study and with all precautions taken.

Cold water temperatures below 50 degrees and extended trips in remote areas increase normal difficulty by one class level.



**NORTHERN
NEW YORK STATE**



Cranberry Lake

Flows and bays extending out in every direction invite exploration and offer refuge on windy days. Many hiking trails originating on the lake shore lead to remote ponds and overlooks on mountain tops. There are 46 designated campsites on the lake.

Oswegatchie River

This area is known for the virgin white pines that tower over the waterway above High Falls. Starting at Inlet, you must first paddle upstream on this scenic winding river. Stopping at one of the campsites along the way may be more enjoyable than staying in the High Falls area, which is often filled to capacity. Above the falls you leave the crowds behind as you lift over beaver dams, paddling deeper into a remote wilderness.

This 40-mile round-trip paddle takes a minimum of three days: two days up and one day down. The many hiking trails winding through the area are accessible at several points along the river.

Lows Lake/Bog River Flow

Just getting into Lows Lake is an adventure. From the lower dam, this 11-mile paddle, with one short carry at the upper dam, traverses a beautiful narrow waterway. The wide expanse of Lows Lake then opens up with marshes to the south and a backdrop of rugged mountains to the north. Islands and bays provide refuge when it's windy. There are 39 designated campsites.

For the ambitious, a three-mile carry at the west end of the lake leads to the Upper Oswegatchie River. Your reward is huge white pines, vast wilderness and an 18-mile downstream cruise to Inlet.

Tupper Lake

A shallow marsh connects Tupper Lake, Simon and Raquette ponds. State land on Tupper Lake's western shore has a leanto and campsites. Above Bog River Falls you'll find a 2-mile stillwater paddle.

Bog River

The lower Bog has 7 miles of technical Class III water which includes unrunnable drops at 6' Split Rock Falls and 30' Pa's Falls. High water levels and expert level skills are required.

Raquette River

From Long Lake to Tupper Lake (30 miles) the Raquette meanders between sandy wooded banks. Traveling with the current, this leisurely paddle allows time for fishing and bird watching. Campsites and lean-tos appear at intervals along the way. Note the carry at Raquette Falls. The outlet of Stony Creek Ponds provides access to Upper Saranac Lake and routes north.

Little Tupper Lake

The William C. Whitney Wilderness Area includes Little Tupper Lake, Rock Pond and 9 other bodies of water. Explore the beautiful 6-mile-long lake and Rock Pond; camp at 30 designated sites. Be aware that even moderate winds can create rough water on this lake. Anglers will enjoy catch-and-release fishing for native brook trout. An informal, unmarked canoe carry route leads from Rock Pond, linking a series of small ponds and carries, to Lake Lila.

Big Brook

A 4.7-mile cruise through a scenic corridor with fast water sections, best done at high water in the spring.

Long Lake

The prevailing west to east winds are usually to your back on this 14-mile "long" lake. There are a number of campsites and lean-tos on state land along the eastern shore, north of Long Lake Village.

Blue Mountain Lake

10 islands on this mountain-ringed lake recently became state land. Explore the islands before heading west to the outlet and into narrow Eagle and Utowana lakes. A ½ mile carry at the west end of the lakes leads to the Marion River which can be paddled in either direction. The route leads through meadow and marsh to Raquette Lake.

Raquette Lake

The many bays of this large lake will provide hours of exploration; keep your eye out for some of the Great Camps. Explore the two-mile channel of South Inlet and Browns Tract Inlet where a one-mile carry that connects to Eighth Lake on the Fulton Chain. From the northeast outlet bay, a half-mile carry leads to Forked Lake.

Forked Lake

The shores are mostly privately owned and undeveloped. State land borders the southeast shore, and the east and west end of this 7-mile lake. The downstream route through to Long Lake is a mix of flat and fast water and carries.

Lake Lila

Lake Lila has 17 campsites, 7 islands, sandy beaches and tall white pines. A .3-mile carry leads from the parking area to the sandy launch site. Climb Frederika Mtn. for a great overview of the area. Explore the winding route of Shingle Shanty Brook.



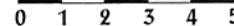
The Adirondack Park

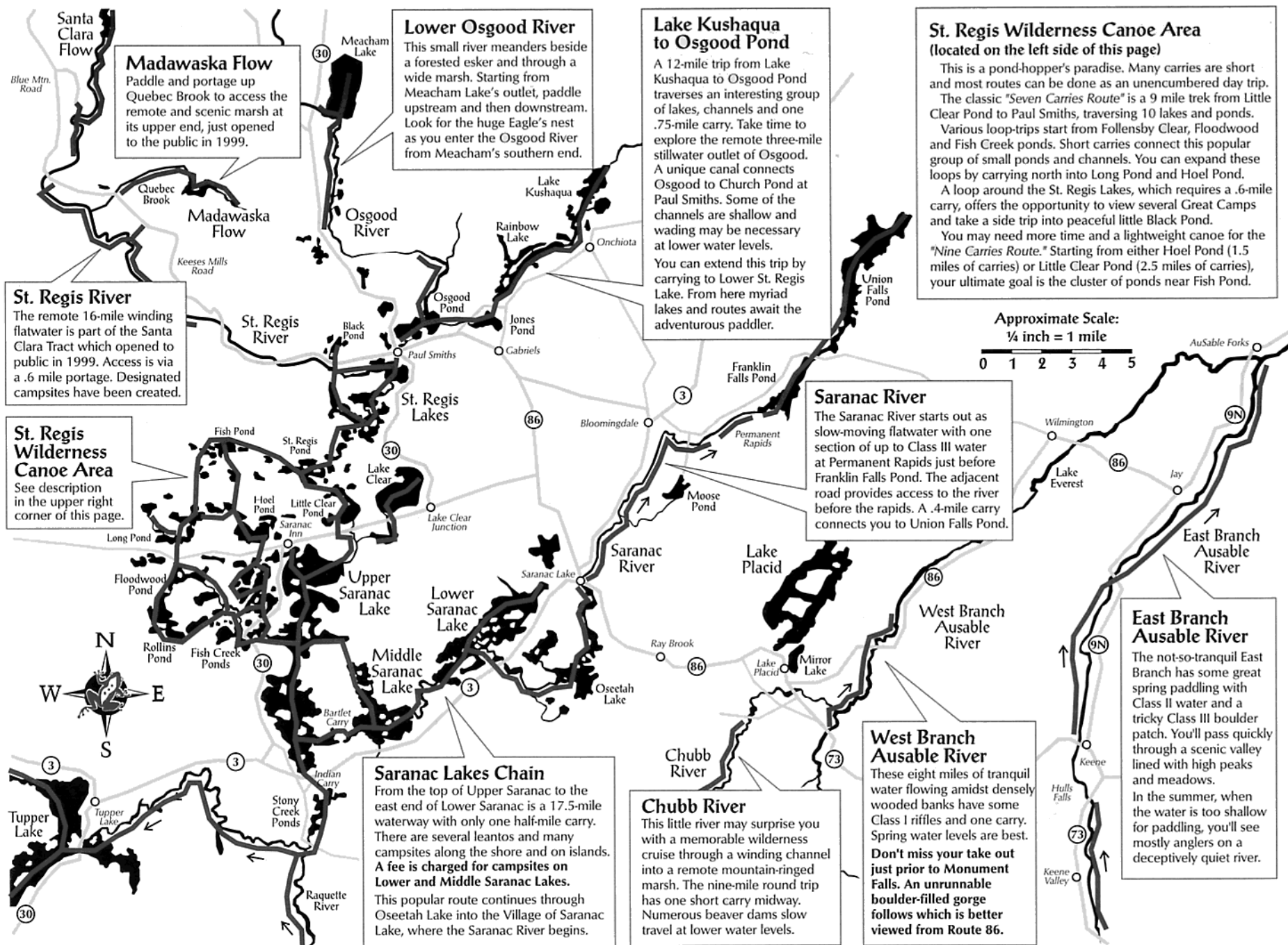
The Adirondack Park is the largest wilderness preserve in the United States south of Alaska. With six million acres of public and private lands, it is roughly the size of the entire state of Vermont and bigger than the national parks of Grand Canyon and Yellowstone combined. Nearly half of the Park is forest preserve, land set aside to remain in its natural state.

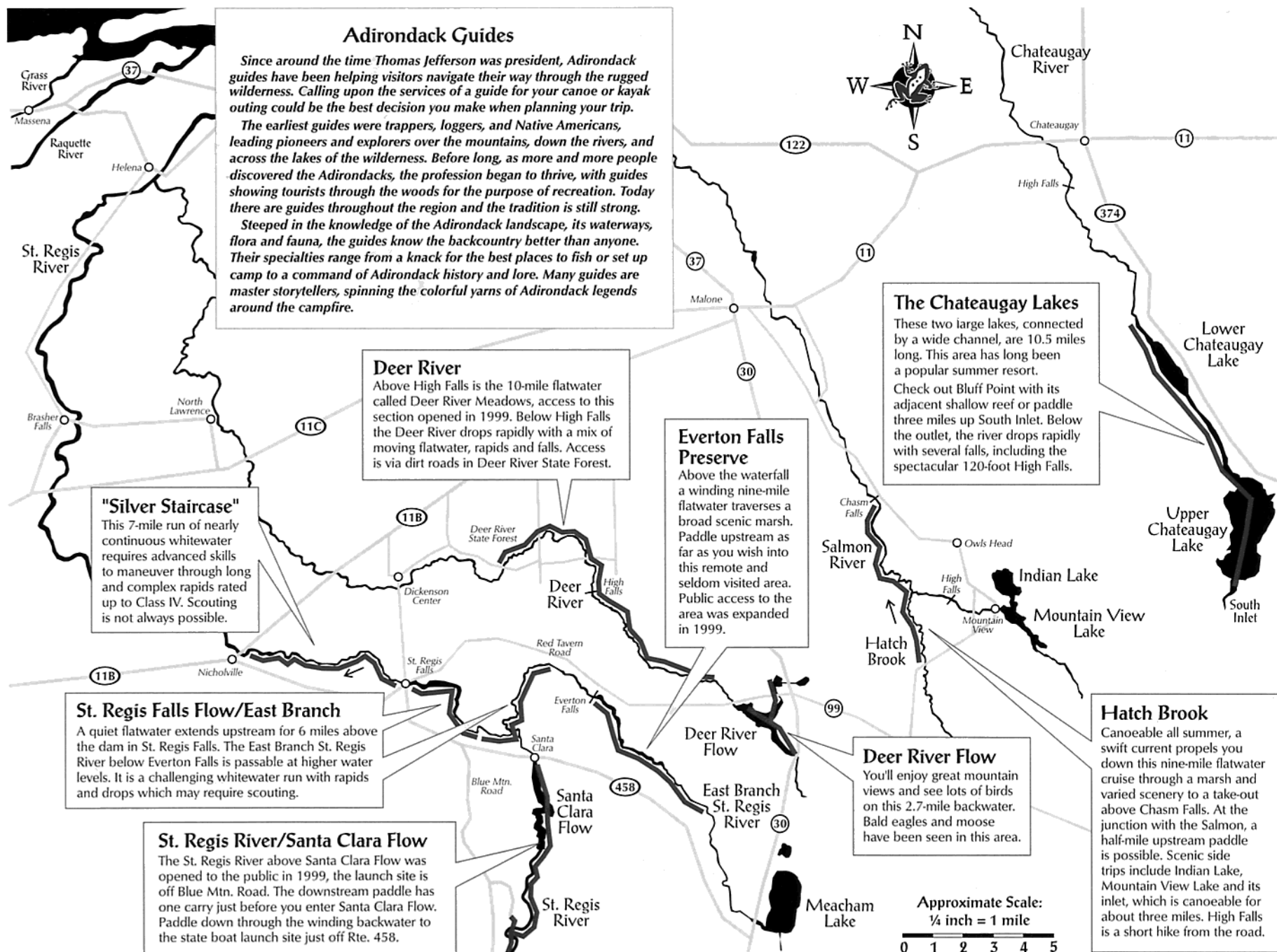
Spanning most of the park's lands are vast forests of pine, maple, and birch. 46 mountains rise above 4000 feet, and miles of rivers and countless lakes make the Adirondack Park a wilderness like no other.

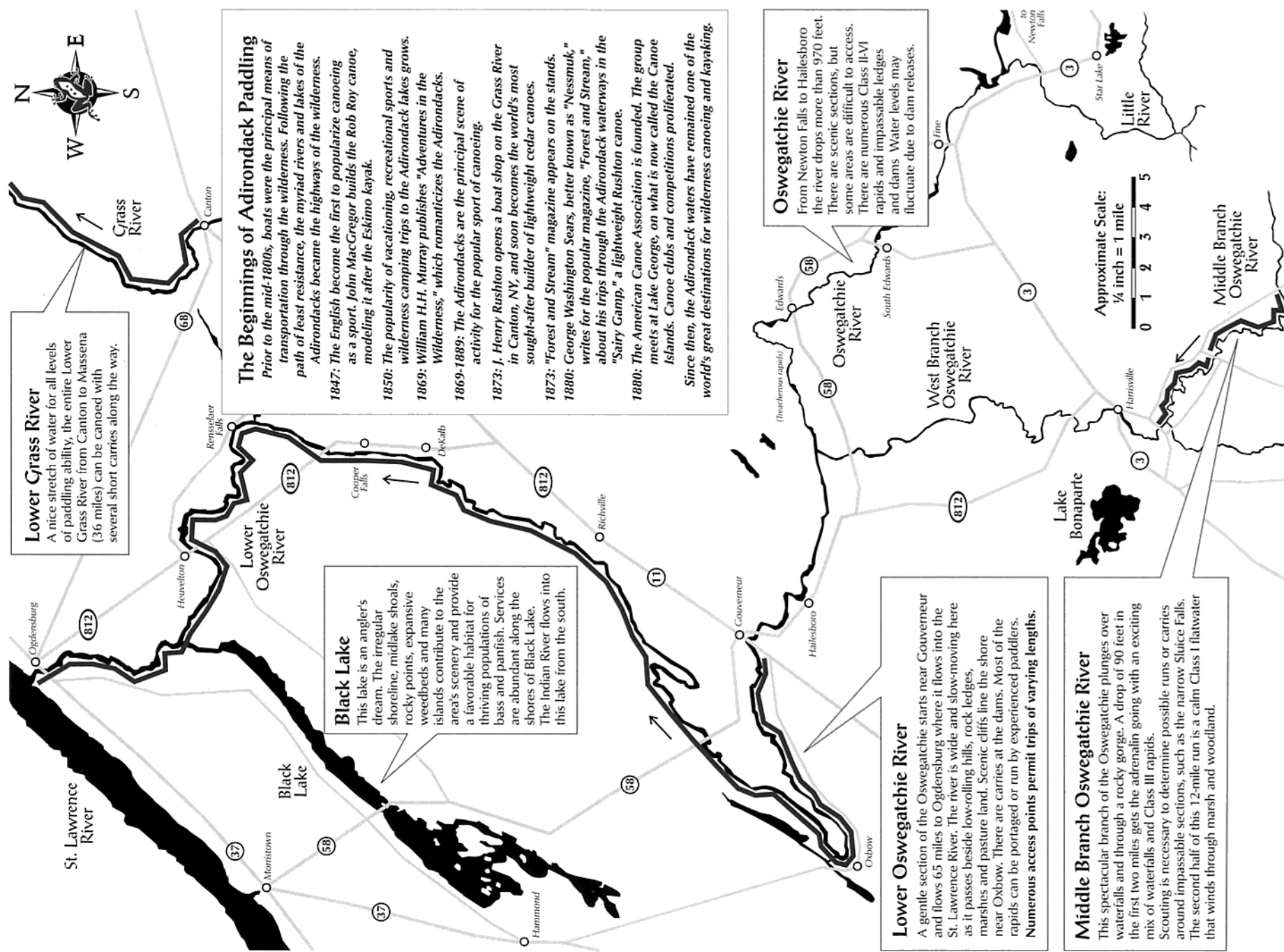
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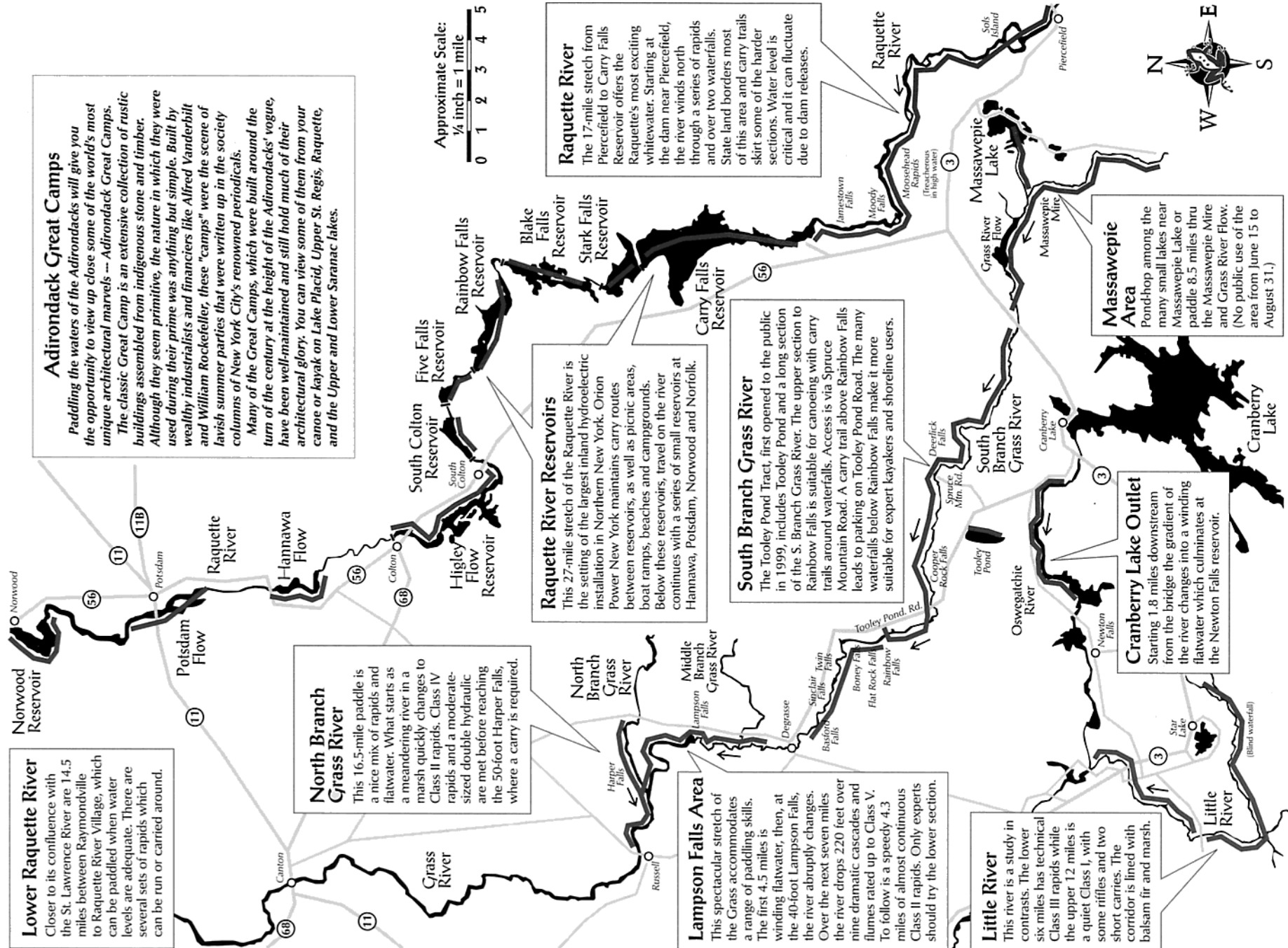
¼ inch = 1 mile

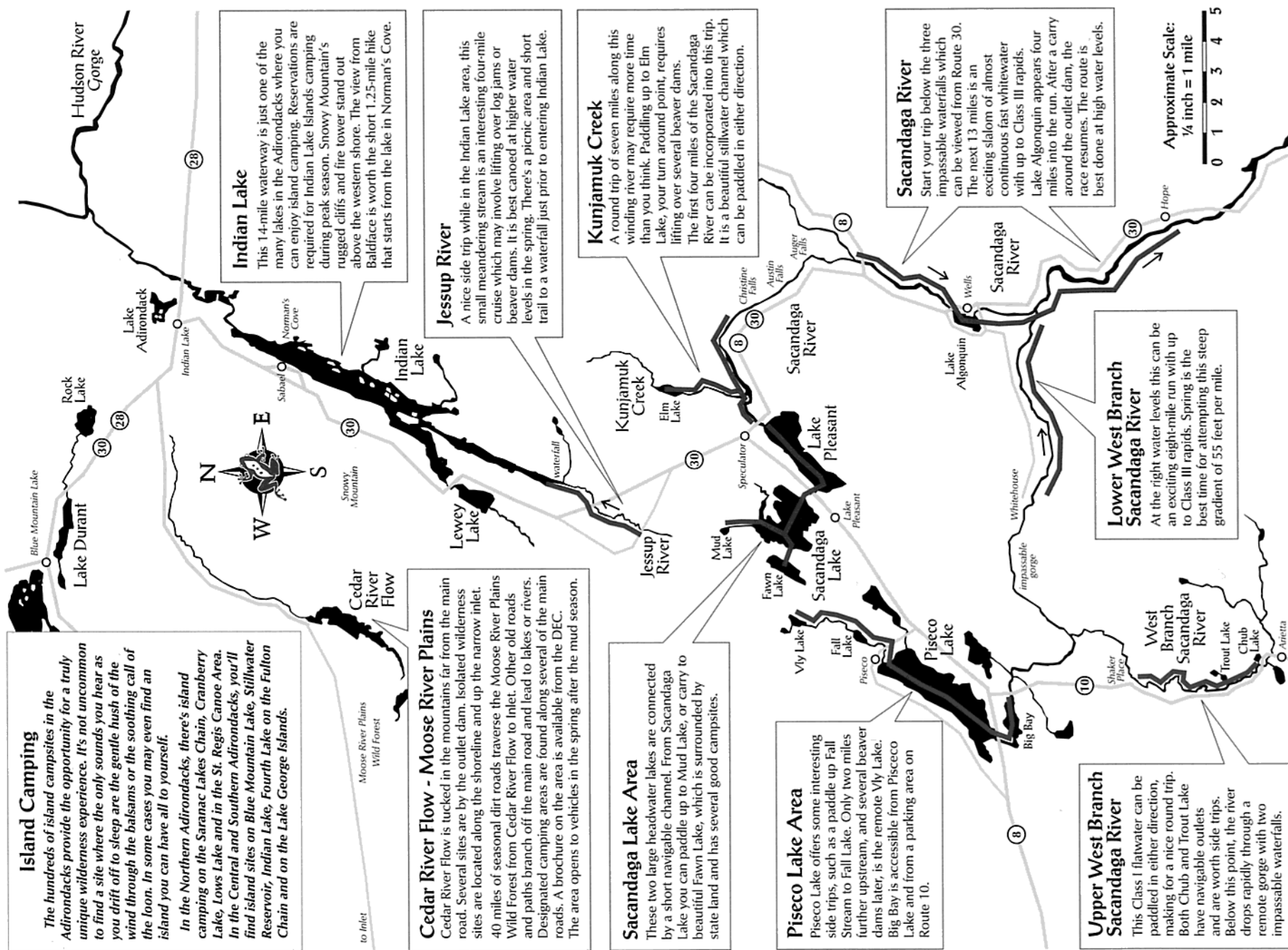


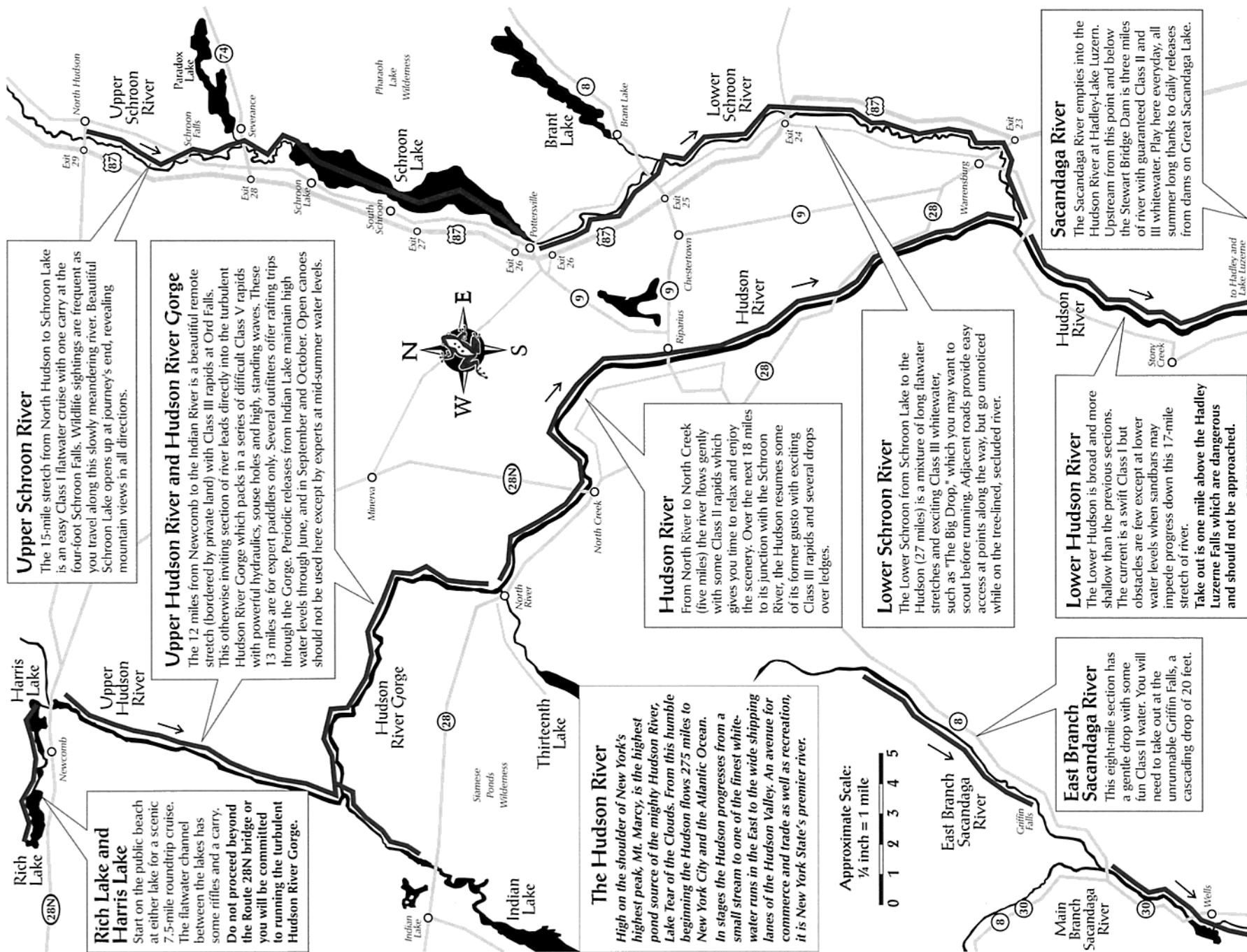


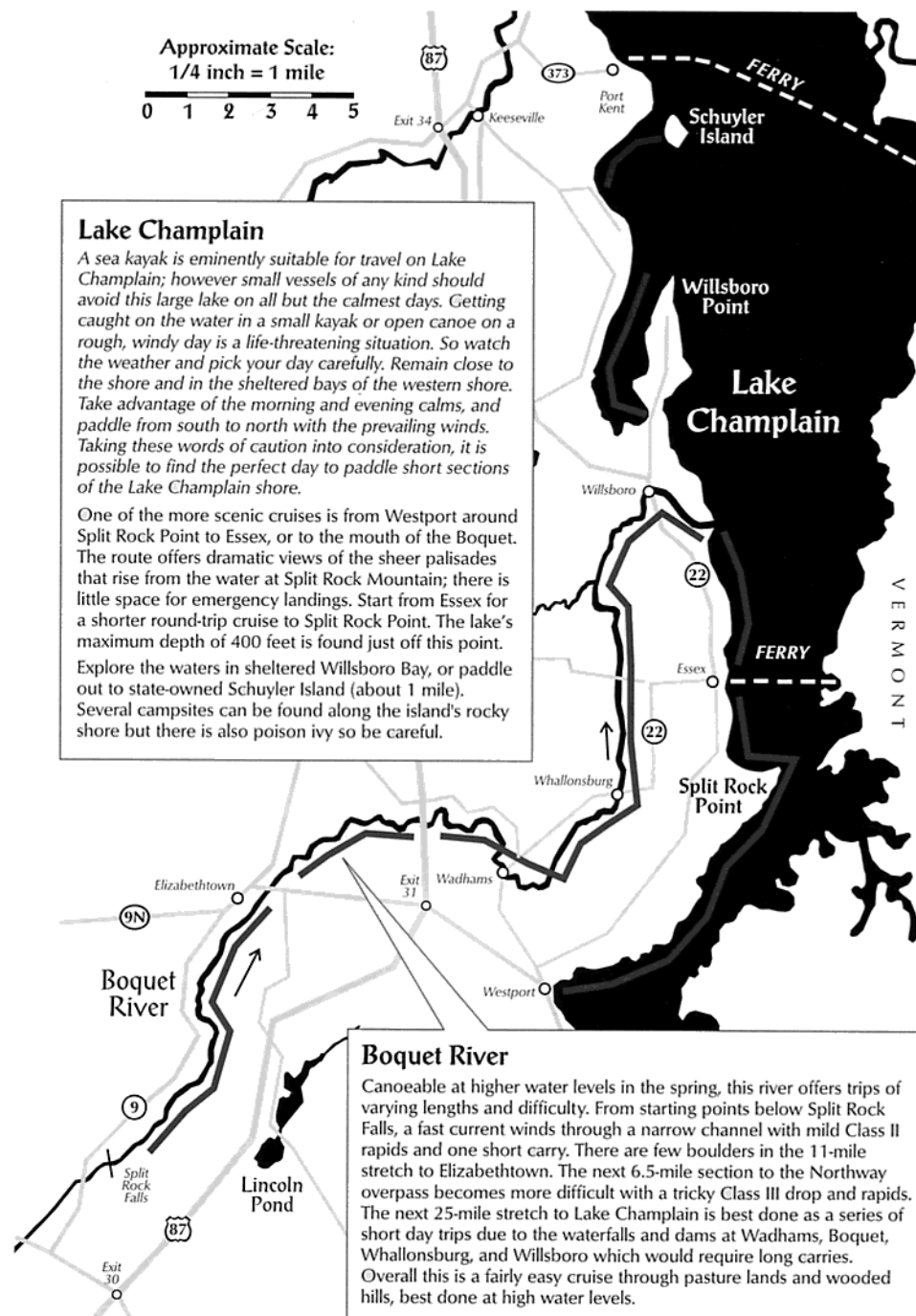
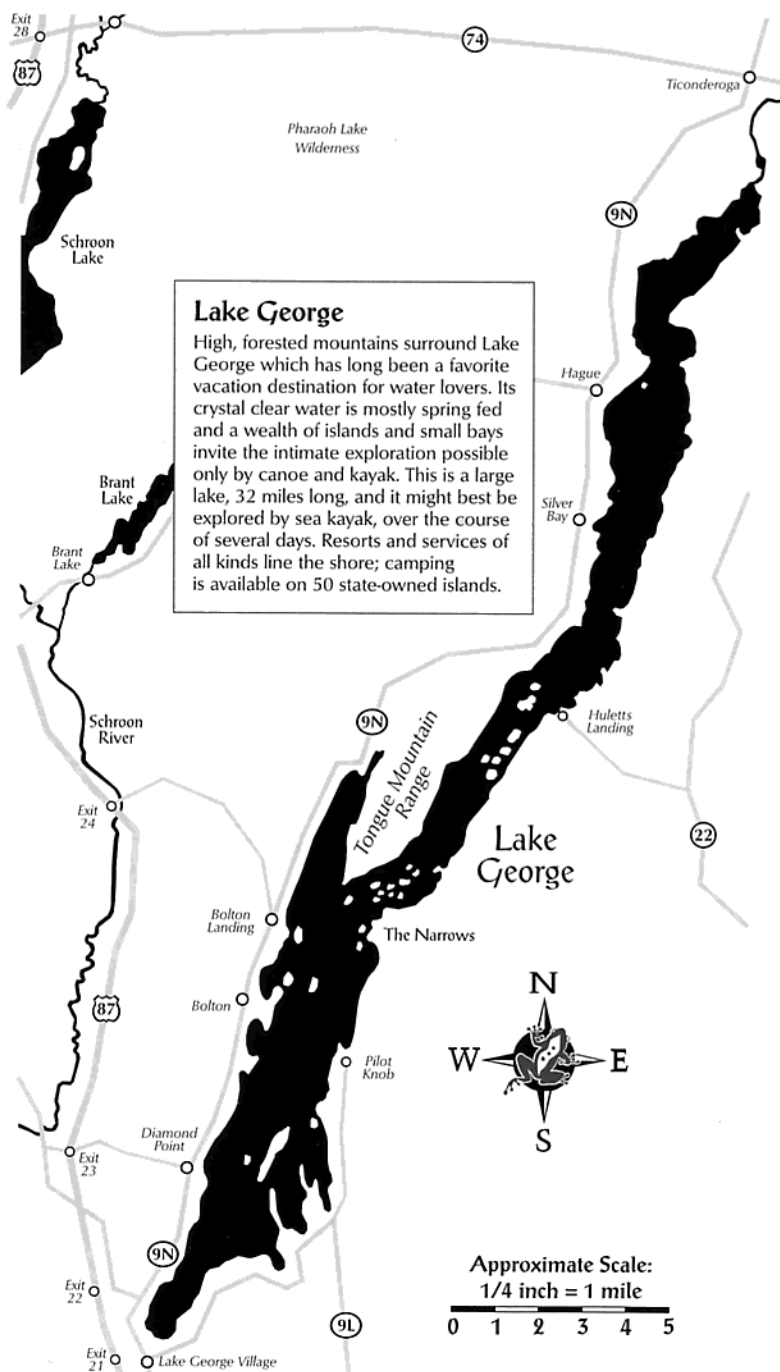


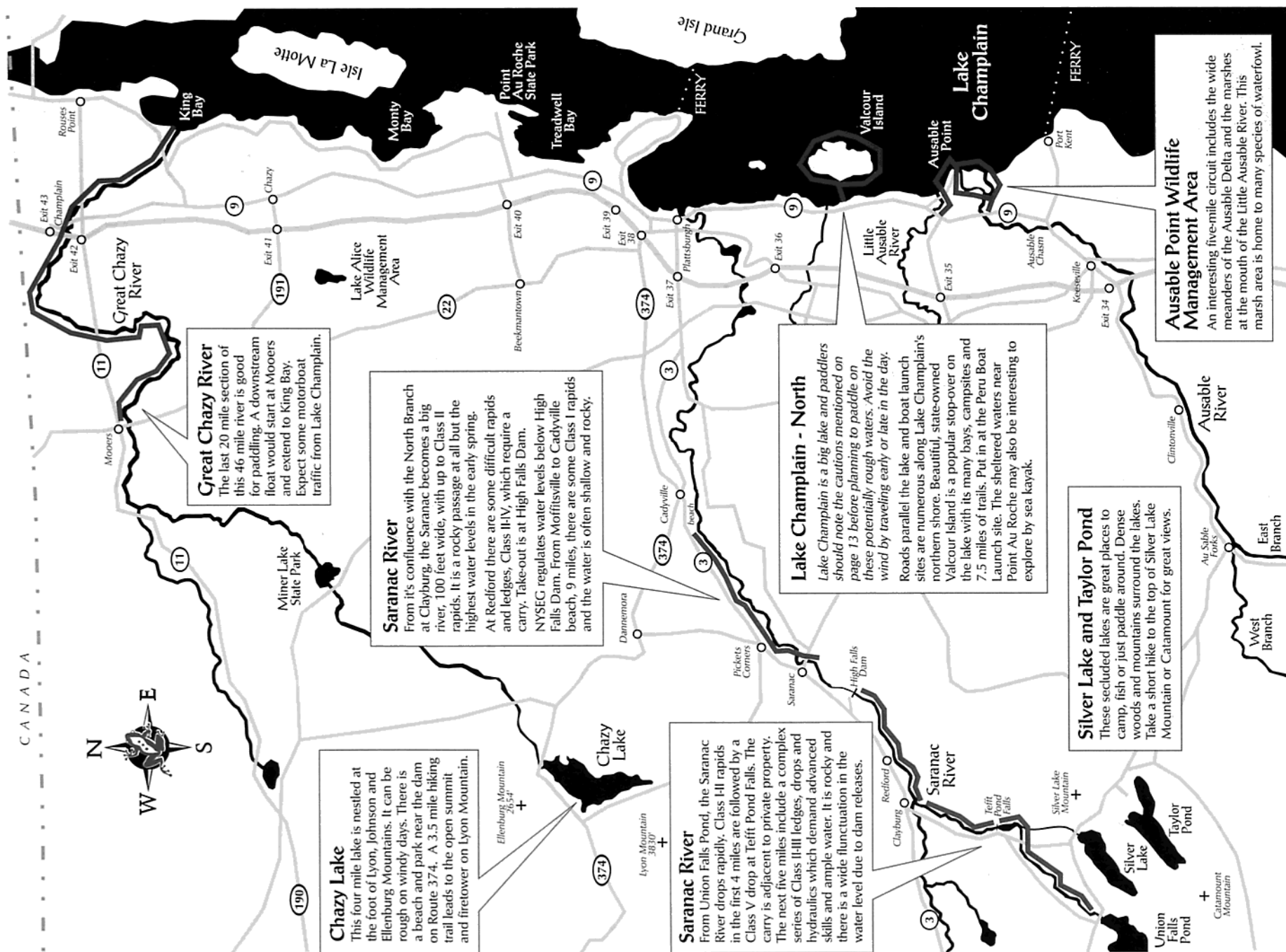


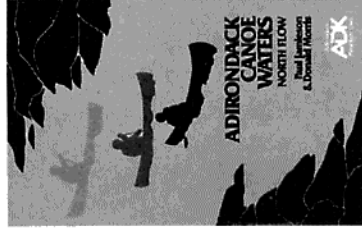












Adirondack Canoe Waters: North Flow
Adirondack Mountain Club. Route history, descriptions, page maps and mileage for paddling and portaging the headwater lakes and ponds, and the rivers of the Adirondack Park. Includes the Grass, Oswegatchie, Raquette, Cold, Bog, St. Regis, Deer, Salmon, Chateaugay, Saranac, Ausable, Chubb and Boquet rivers.

Adirondack Canoe Waters: South & West Flow

Adirondack Mountain Club. Route descriptions, page maps and mileage for paddling and portaging the headwater lakes and the rivers of the Adirondack Park. Includes the Fulton Chain of Lakes, East and West Canada Creek, Fish Creek, and the Hudson, Moose, Boreas, Cedar, Indian, Kunjamuk, Moose, Sacandaga, Salmon and Schroon rivers.

Fun on Flatwater: An Intro to Adirondack Canoeing

Barbara McMartin, North Country Books. Descriptions and page maps for over 83 flatwater canoe outings. Includes all of the quiet water routes in the Park, short paddles on lakes and rivers as well as longer shuttle routes. Basic canoe skills are also described.

Quiet Water Canoe Guide—New York

John Hayes and Alex Wilson, Appalachian Mountain Club Books. Natural history, descriptions and maps for some of the best paddling lakes and ponds found in New York State, 49 of which are located in northern New York. Includes a series of nature essays.

Adirondack Canoe Map

Adirondack Maps, Keene Valley, NY. Available at area stores. 1:31,680 scale. Fulton Chain, Blue Mountain Lake to Tupper Lake and Saranac Lakes; St. Regis Canoe Area to Rainbow Lake. Detailed topo map shows launches, campsites, leantos, portages and hiking trails.

Adirondack Map Series

Plinth, Quoin & Cornice Assoc., Keene Valley, NY. Available at area stores. 1:62,500 scale. Series of five maps (35"x45") cover most of the Adirondack Park includes contour lines, elevations, trails, campgrounds, leantos and launches.

Central Mountains: Indian Lake, Jessup River, Upper Hudson River to North River; Cedar River Flow, Blue Mountain Lake to Raquette Lake, Sacandaga Lake, Lake Pleasant, Sacandaga River to Wells, East Branch Sacandaga River, Piseco Lake, Kunjamuk Creek.

High Peaks Region: West Branch Ausable River, East Branch Ausable River, Chubb River, Upper Boquet River, Lake Placid, Rich Lake, Harris Lake, Middle and Lower Saranac Lakes, part of Raquette River and Upper Saranac Lake.

Lake George Region: Lower Hudson River (North Creek south), Schroon River, Lake George, Brant Lake, Paradox Lake, part of Lake Champlain (Village of Crown Point south).

Northwest Lakes: Cranberry Lake, Lows Lake, Bog River, Tupper Lake, Oswegatchie River, Lake Lila, Raquette River (Forked Lake to Carry Falls Reservoir), Upper St. Regis Lake, St. Regis Canoe Area, Upper Saranac Lake, Massawepie Area, S. Branch Grass River.

West-Central Wilderness Area: Fulton Chain, Raquette Lake, Forked Lake, Blue Mountain Lake, Cedar River Flow, Moose River Plains, North Branch and Middle Branch Moose River, Big Moose Lake, Stillwater Reservoir.

New York State Atlas & Gazetteer

DeLorme Mapping Co., Freeport, ME. Detailed road maps with trails, topo contours and symbols; gazetteer section. Useful for finding your way on back roads.

U.S. Geological Service Topographic Maps

USGS Topo Maps are the most detailed maps available. Order them directly from USGS Map Distribution, Federal Center, Building 41, Box 25286, Denver, CO 80225. Allow 4-6 weeks for delivery. Call USGS at 1-800-USAMAPS. Maps are also available at area stores.

Canoe Franklin County

Map and description of canoe routes that include the St. Regis Canoe Area, Saranac Lakes Chain, Saranac River headwaters, and St. Regis Rivers. Franklin County Tourism. 518-483-9470. www.adirondacklakes.com

Whitewater Rafting

Guide to whitewater rafting on the Hudson, Sacandaga and Moose rivers; canoe access sites and outfitters. Warren County Tourism. 800-365-1050 ext. 908.

Orion Power New York Recreation Areas

A variety of recreational areas are operated by Orion Power New York at sites on the Beaver, Raquette, Oswegatchie, St. Regis, Saranac, Hudson, and Sacandaga rivers. Call 1-877-85-ORION for information. www.orionpower.com

DEC PUBLICATIONS

Obtain these free brochures by calling the DEC.

Adirondack Canoe Routes-Lake Chains
 Adirondack Mountain Reserve (Ausable Lakes Area)

Big Moose Region

Bog River Flow (Near Tupper Lake)

Brewster Peninsula Nature Trails (Lake Placid)

Croghan Tract

Greenwood Creek State Forest (near Harrisville)

Grass River (Degrasse to Massena)

Lake George Region

Massawepie Area

Moose River Recreation Area

Old Forge-Brantingham Lake

Otter Creek Horse Trail System (near Lowville)

St. Regis Canoe Area and the Saranac Lakes Wild Forest

Santa Clara Tract

Schroon Lake Region

Siamese Ponds Wilderness

Stillwater Reservoir

Tooley Pond Tract

William C. Whitney Wilderness (Includes Lake Lila)

Wolf Lake State Forest

**These publications can also be viewed on the
 DEC's website: www.dec.state.ny.us**

DEC OFFICES

For trail conditions, backcountry information and permits, fishing and hunting regulations and licenses, consult the DEC offices listed below. Normal office hours are Monday-Friday, 8:30am to 4:45pm.

Dept. of Environmental Conservation

Headquarters: 625 Broadway, Albany, NY 12233 • 518-402-9405
www.dec.state.ny.us

DEC Region 5

(Clinton, Franklin, Essex, Hamilton, Warren,
 Fulton, Saratoga & Washington Counties)

DEC REGION 5 HEADQUARTERS

Route 86, Box 296, Ray Brook, NY 12977 • 518-897-1200

DEC REGION 5 SUB-OFFICES

Main St. Extension, Northville, NY 12134 • 518-863-4545
 232 Hudson St., Box 220, Warrensburg, NY 12885 • 518-623-1200

DEC Region 6

(St. Lawrence, Lewis, Herkimer, Jefferson and Oneida Counties.)

DEC REGION 6 HEADQUARTERS

317 Washington St., Watertown, NY 13601 • 315-785-2263

DEC REGION 6 SUB-OFFICES

6739 US Highway 11, Potsdam, NY 13676 • 315-265-3090
 225 North Main St., Herkimer, NY 13350 • 315-866-6330
 RD 3, Box 22A, Rt. 812, Lowville, NY 13367 • 315-376-3521

Park-wide Emergency Dispatch Telephone: 518-891-0235