

Important Guidelines for Outdoor Recreationists

The Adirondack forests and mountains offer numerous opportunities for recreational pleasure, nature appreciation and escape from the urban world. Help maintain the natural character of New York State's Adirondack Forest Preserve for your enjoyment and those that follow. Please observe these simple guidelines:

- What you carry in, carry out. Leave the woods cleaner than you found them. Bring a garbage bag to carry out trash. Burying refuse is prohibited.
- Fires-No fires are permitted, except for cooking, warmth, or smudge. Choose bare level ground, clear away leaves and twigs for three feet and lay stones in a fire ring. Use only dead and downed wood. Be sure fires are extinguished before you leave. Better yet, carry a portable stove. Be careful with cigarettes and matches. Don't leave garbage in the fire pit. Report unattended fires to the local forest ranger.
- Camping-Unless the site is designated by a DEC sign, you must camp at least 150 feet from water, roads and trails. Choose clear level ground to pitch your tent; disturb as little ground cover as possible. Respect other campers by keeping noise to a minimum and keeping your site clean. Carry a tent in case interior lean-tos are full. Obtain camping permits in advance from the local forest ranger.
- Latrines-If there are no toilets nearby, dig a trench 8 inches deep; cover human waste completely when you break camp. Stay 150 feet from (and below) any water supply.
- Water Supply-Wash dishes and yourself away from and below sources of water. Dispose of waste water away from streams and springs. Do not drink untreated water.
- Enjoy but do not remove or deface plants, animals, fossils, or rocks. Do not drive nails into trees, or peel birch bark.
- Observe posted regulations and be considerate of fellow recreationists.
- Do not discharge a firearm in a parking or camping area or across a road open for traffic.
- Plan your trip according to routes and time available, carrying the latest guide books and maps.
- Always let someone know where you are going and when you expect to return. Sign all trail registers.
- Check weather reports before you set out.
- Prepare for unexpected emergencies. Carry a day pack, compass, pocketknife, waterproof matches, candle, first-aid kit, rain gear and protective clothing, high energy food items, such as candy and a flashlight with extra batteries.
- In case of an accident, at least one person should remain with the injured. Others should carefully note the location and contact the local forest ranger to report a lost or injured companion.
- If lost, keep calm. Stay where you are and keep warm. If you think you can find your way out, following streams downhill will nearly always lead you to habitation. A large smoky fire is the best means to signal your position.
- As trail use increases, owners with dogs should consider fellow hikers so that restrictive measures will not be necessary to control pets. When others approach, leash your dog and keep him quiet. Keep him out of sources of potable water. Remove droppings from the trail and campsite area.

Emergency Search and Rescue or Fire Hotline: (518) 891-0235
Backcountry Law Enforcement: (518) 897-1300

Courtesy of JMF Publishing 30 Burr Ave New York Mills, NY 13417
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2004 Edition
Bog River Flow (1/00)-4

Bog River Flow

Adirondack Forest Preserve Map and Guide



R. Loos

New York State Department of Environmental Conservation
George E. Pataki, Governor
Erin M. Crotty, Commissioner

State-owned lands along the Bog River between Lows Lower and Upper Dams and at Lows Lake offer canoeists a unique opportunity to enjoy over 14.5 miles of unencumbered scenic waters with only one short carry around Lows Upper Dam. For the more adventuresome, a carry of approximately 3.5 miles from the west end of Lows Lake to Oswegatchie River will be rewarded with an approximately 16-mile trip down that river to Inlet, with only a short carry above High Falls. Numerous beaver dams occur around High Falls.

Navigability of this route was established by the two dams built by A.A. Low in 1903 (Lower dam) and 1907 (upper dam). Originally constructed to produce electricity, these structures now provide a quality recreational experience enhanced by the department's prohibition on using mechanically propelled vessels between the two dams.

ACCESS

Primary public access to the area is by a short gravel road off State Route 421 to Lows Lower Dam, where a canoe may be launched. This road may be gated in the spring to protect it during frost-out. Alternate canoe access is available at Horseshoe Lake Outlet.

CAMPING

Thirty-nine numbered campsites have been constructed and designated (site number, fire ring and round 4.5 inch yellow marker) for public use on a first-come, first-served basis. If you choose camp at sites other than those designated, you are responsible for:

- 1) Knowing that you are on state lands and not trespassing on private lands.
- 2) Camping at least 150 feet from any road, trail, spring, stream, pond or other body of water.
- 3) Cleaning up your site to remove traces of use.
- 4) Camping is restricted to parties of nine or less. Campers are encouraged to limit their number to six persons or less to reduce the impact on sites.

PERMITS

Persons wishing to stay at one location for more than three nights or to use Virgin Timber, Boone's or Moose Bay landing during June, July or August (see below) must obtain a permit in advance from:

NYSDEC Forest Ranger
PO Box 170
Piercefield, NY 12973

Group permits for parties of ten or more will **NOT** be issued for this area.

SPECIAL RESTRICTIONS

Pole, Gooseneck and Frying Pan Islands, shown on the map, are reserved by deed for Hiawatha Boy Scout Council exclusive use during June, July and August. For the public, camping on these islands is prohibited at any time during the year.

Three landings on the south shore, shared with Hiawatha Boy Scout Council, known as Virgin Timber, Boone's and Moose Bay, may be used by permit only during June, July and August.

SAFETY

Winds need not be exceptionally strong to create whitecaps on Lows Lake. During periods of rough weather, canoeists are encouraged to keep to the northern shoreline as it is generally the more protected route. The canoeist can stay out of the main body of water along this route by using a short carry between campsites 19 and 23 and crossing the causeway west of Site 25.

TRESPASS

Users of this area are advised not to trespass on adjacent private lands. The road to Lows Upper Dam from Sabattis is private property, as is a large amount of the shoreline above the Upper Dam.

WILDLIFE

This area supports a wide variety of wildlife. Loons are especially plentiful and the observant person could spot an osprey, a raven, a spruce grouse or even a bald eagle.

FISHING

Largemouth bass ranging in size from 1-5 pounds are common in Lows Lake. Try fishing the bog margins during early evening.

SPECIAL CONDITIONS

- This area supports one of the largest loon nesting populations in New York and users are warned to be especially careful not to disturb their nesting sites.
- Bears are common and users are advised to take extra precautions to keep their food stored away from the campsite.
- Be especially careful with fires. If you require an open fire, clear away flammable material as necessary to prevent spread. Burn only dead wood from trees already down. At undesignated sites, build a stone fire ring, but scatter stones when you leave. Be sure fire is completely extinguished and debris is removed from the ashes before departing. Leaving an unattended fire is a violation of Environmental Conservation Law.

NOTICE

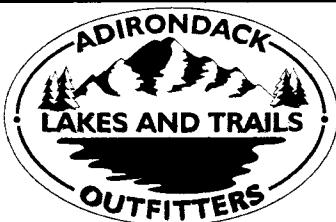
On July 15, 1995, severe winds blew down many trees in the western part of this area. The map shows areas of greatest damage, but much of the remaining area is difficult to traverse. This means additional responsibility for users to provide for their own safety. Be careful with open fires and bring backpack stoves because higher levels of fire danger may result in banning of campfires. The Potsdam DEC office at (315)265-3090 provides information on trails.



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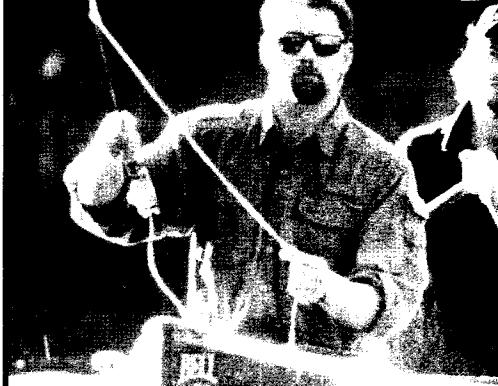
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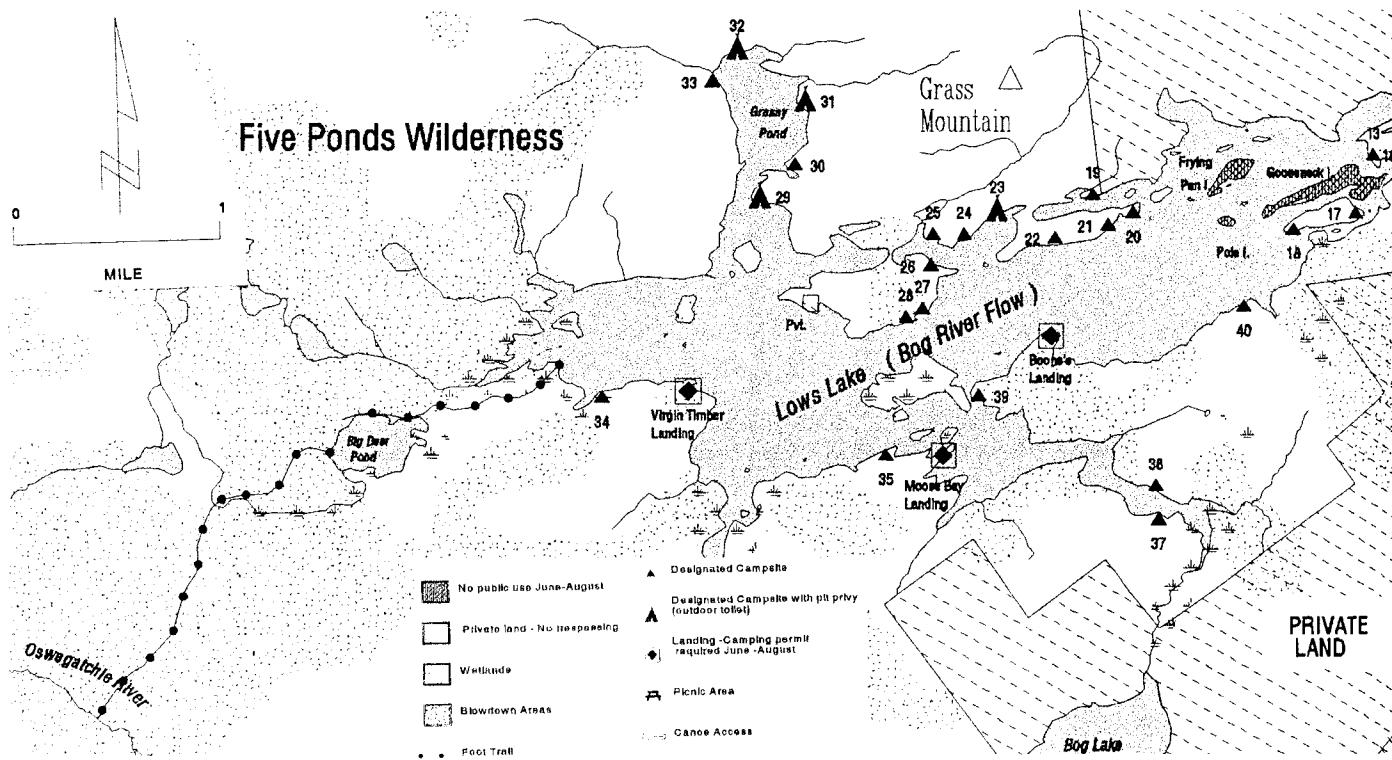
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Photo courtesy of Steve Piragis

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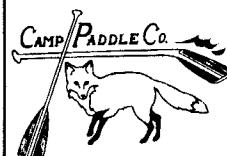
CAMPING



Environmental Conservation

Do not use this map as a guide for backcountry travel. Purchase a trail guide with a detailed topographic map from a bookstore or supplier of outdoor recreational equipment.

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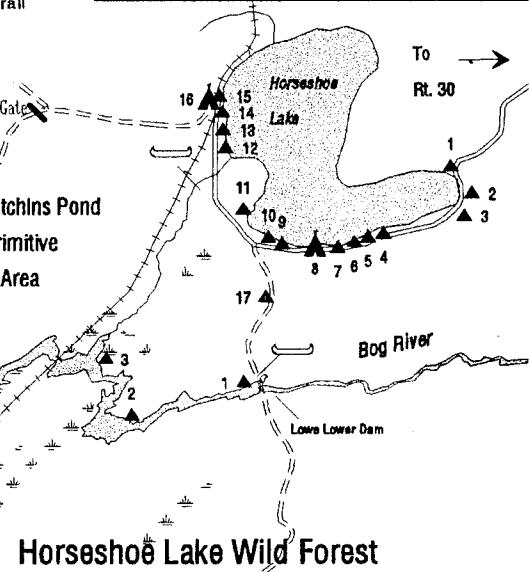
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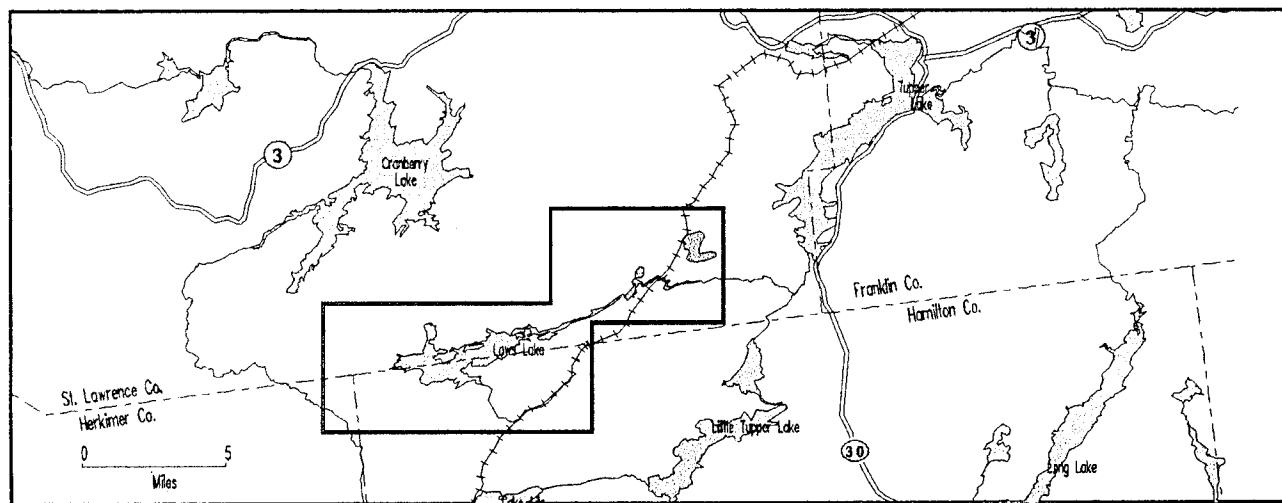
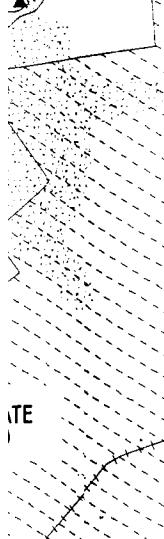
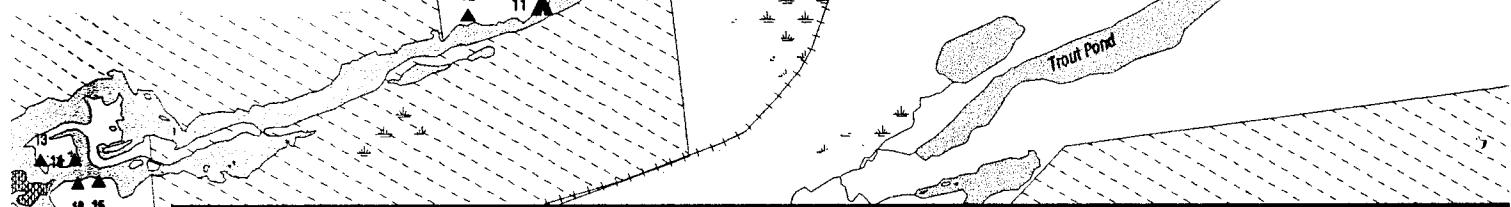
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Bog River Flow Area

• • • Foot Trail



Horseshoe Lake Wild Forest



Revised 1/00