



## Heart Lake Program Center

The Adirondack Loj, wilderness campground, and the High Peaks Information Center (HPIC) work to promote and model responsible recreation and stewardship. Please help us protect this special place for future generations by following these rules and guidelines:

### Respect and be aware of wildlife and habitat for your safety and theirs.

- ◆ Protect wildlife and yourself by not feeding or approaching animals and by safely securing your food and food waste away from all wildlife.
- ◆ All food, toiletries, and other "smelly" objects must be stored in the trunk of your car, out of sight, or in a bear-resistant canister (available for rent/sale at the HPIC) placed away from your site.
- ◆ Bear-resistant canisters are required in the Eastern High Peaks Wilderness Area.

### To protect the environment, travel and camp on durable surfaces.

- ◆ Utilize existing trails and established campsites.
- ◆ No trenching around tents.
- ◆ Tents are not allowed at lean-to sites or canvas cabins.
- ◆ Please clean your campsite before you leave.

### To prevent pollution, dispose of human, food, and packaging waste properly.

- ◆ Minimize clean-up by wiping plates clean prior to washing and scattering gray water away from your site.
- ◆ Washing of any kind is prohibited in Heart Lake or at water spigots.
- ◆ All food waste and packaging should be immediately disposed of in the designated Trash and Recycling area.

### Keep the outdoors pristine by minimizing campfire impacts.

- ◆ Campfires can leave a lasting impact—only have fires in designated fire rings. Keep them small, using only harvested, commercial firewood.

- ◆ Firewood is for sale at the HPIC.
- ◆ Please do not gather downed wood, or cut green wood from anywhere on the Heart Lake Property.
- ◆ Open flames are not allowed in the Canvas Cabins—please use battery powered lanterns only.

### Allow others to enjoy the outdoors by respecting other visitors.

- ◆ Respecting other visitors means avoiding loud noises and voices.
- ◆ Quiet hours are strictly enforced from 10 PM–7 AM. Violators will be asked to leave the property.
- ◆ Radios, TVs, and other loud electronic devices are prohibited in the campground.
- ◆ Pets are permitted provided they are on a leash at all times and are not disturbing other campers. Please clean up after your pet. There is a leash law on all ADK trails and in the High Peaks Wilderness Area.
- ◆ Check in and check out is 12:00 PM.

### The Heart Lake waterfront is available only to Loj guests, campground guests, and ADK members.

- ◆ Swimming: Swimmers must check in at the Loj and sign ADK's safety rules, as required by law. Swimming is restricted to the designated beach area. There is no lifeguard on duty—swim at your own risk.
- ◆ Boating: Canoes and kayaks are available to rent from the Loj. All non-rental boats need to be thoroughly rinsed prior to launch due to the danger of invasive species.
- ◆ Fishing: Guests with valid NYS licenses are welcome to fish in Heart Lake. The use of live bait is strictly prohibited! Please see additional posted regulations at the Loj.

*Thank you for your cooperation!*

*The Adirondack Mountain Club*

*ADK members receive discounts on accommodations, publications, education programs, parking, and logo merchandise.*

**ADK**  
Adirondack Mountain Club

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Call: 518-523-3441 between 8 AM–7 PM  
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