

CHADWICK LAKE STONE TOUR

FIVE STONES. A JOURNEY. A STORY.



STRENGTH IN NATURE • HISTORY IN STONE
A HIGHER PATH



CHADWICK LAKE PARK • NEW YORK

The Stones of Chadwick Lake

Long before I placed my hands around one of its stones, Chadwick Lake had a story. The land surrounding it had witnessed generations come and go. Quassaick Creek made its way through the valley long before the lake existed, cutting through a landscape of woods, fields, farms, and stone. Then, in 1926, the Chadwick family dammed the creek and created the body of water that would become known as Chadwick Lake.

Thirty-six years later, the lake reached another turning point. In 1962, the Town of Newburgh sought to purchase Chadwick Lake as a municipal water supply. The decision was controversial enough to be placed before the people, and the referendum passed by only 106 votes. The lake remained. Its purpose changed. The surrounding land changed. Generations changed. But the stones remained.

Nearly one hundred years after the creation of Chadwick Lake, I walked those trails for an entirely different reason. I was looking for stones. My interest in natural stone lifting had led me deep into the traditions of Scotland and Iceland, where ordinary-looking stones have carried extraordinary stories for generations. Some were used to test whether a person was strong enough for difficult work. Others became challenges passed from one lifter to another. Their significance did not come from being perfectly shaped or manufactured. Their significance came from the people who lifted them and the stories that followed.

That idea stayed with me. Why must a lifting-stone tradition belong only to the past? Every tradition had to begin somewhere.

Walking the trails around Chadwick Lake, I began looking at the landscape differently. A stone was no longer simply something beside the trail. I found myself studying its size, shape, edges, and position. Could it be lifted? How would it feel in my hands? What kind of challenge would it present? Had anyone ever stood in that same place and wondered the same thing?

On my first exploration, I found four stones that caught my attention, but I did not know whether they would ultimately be four of many. There were more trails to walk, more ground to explore, and perhaps more stones waiting to be discovered. That was part of what made the journey exciting.

I deliberately did not name the first stones I found. A stone should earn its name. I wanted to return and lift each one before deciding what it would become. I wanted to know which was lighter, which was heavier, which fought against the hands, which came willingly from the earth, and which demanded something more. Some might become part of the Chadwick Stone Tour. Others might not. Somewhere farther along the trail, there might even be a stone I had not yet seen—perhaps the stone that would ultimately become the greatest challenge at Chadwick Lake.

I did not know, and I did not want to know yet. I wanted to discover it.

There is no evidence that the stones I found were historic lifting stones, and I will never pretend otherwise. Their history as lifting stones begins now. That is what makes Chadwick different. In Scotland and Iceland, I became fascinated by traditions created by people I would never meet. At Chadwick Lake, I realized that perhaps I did not have to spend my life only searching for someone else's history. Perhaps I could help begin one.

The Chadwick Stone Tour would not be created in a single afternoon. It would grow through exploration. A stone would be discovered. Then it would be lifted. It would earn a name. Its challenge would be established. Its story would be recorded. Then the search would continue.

Perhaps someday there will be four Chadwick Stones. Perhaps there would be ten. I did not believe that number should be decided by me. The landscape should decide.

Someday, perhaps another person will walk these same trails searching for the stones. They may place their hands around one and know that others stood in that exact place before them. They may know its name. They may know its story. Then they will attempt to add their own name to that story.

Because history is not only something we discover. Sometimes history begins when someone decides that a moment is worth remembering.

The search at Chadwick Lake had only begun. There were more trails to walk, more stones to find, and somewhere out there might be one that would change the entire story.

— STONE I —

THE NORWAY STONE

THE FIRST STEP



FOUNDATIONS BEGIN WITH A SINGLE LIFT



— CHADWICK LAKE PARK • NEW YORK —

The Story of the Norway Stone

Every journey needs a beginning, and for the Chadwick Stone Tour, that beginning is the Norway Stone. It earned its name not because the stone itself comes from Norway, but because of the landmark that helps you find it—a Norway maple standing along the approach to Chadwick Lake. That distinction is important. The name belongs to the stone's story and location; it is not a claim about the stone's geological origin.

Its position makes it a natural starting point for the tour. Before the trail leads deeper into the landscape and the stones become more demanding, the Norway Stone gives the lifter a first introduction to what natural stone lifting is really about.

Physically, the Norway Stone has a broad, block-like shape with rounded natural edges. Its relatively substantial surfaces make it approachable compared with some of the more irregular stones farther along the route, but like every natural stone, it offers no manufactured handles, no perfectly balanced center, and no predetermined way to lift it. The lifter has to study it and make decisions. Where should the hands go? Which side should face the body? Where is its center of mass? How does the stone want to move?

That process of learning to read the stone is one of the fundamental ideas behind the Chadwick Stone Tour. Natural stone lifting is not simply about strength. It requires observation, patience, positioning, and the willingness to adapt to an object that was never designed to be lifted.

The Norway Stone therefore serves a purpose beyond simply being Stone #1. It introduces the lifter to the language of natural stone lifting. The challenge will grow as the journey continues, but the lesson begins here.

Its name also gives the tour its first connection to the landscape. Find the Norway maple, and you find the Norway Stone. From there, the journey begins.

The Norway Stone is Stone #1 of the Chadwick Stone Tour.

Location Guide

The Norway Stone is the first stone of the Chadwick Stone Tour.

Enter Chadwick Lake Park and park in the first parking lot near the entrance to the facility. After parking, get out of your vehicle and begin walking along the approach toward Chadwick Lake and the official lake trail.

Do not continue all the way to the second parking lot or the official trail entrance. The Norway Stone is located before both.

As you walk toward the lake, watch the left-hand side of the path for a Norway maple tree. The tree has an identification marker labeling it as a “Norway Maple,” making it the primary landmark for finding the stone.

Once you locate the marked Norway maple, look approximately 15 feet to the left of the tree.

There, among the grass, leaves, and surrounding natural stone, you will find the Norway Stone.

This is where the Chadwick Stone Tour begins.

— STONE II —

THE SENTINEL STONE

STRENGTH WATCHES



STAND TALL. STAY PRESENT.



— CHADWICK LAKE PARK • NEW YORK —

The Story of the Sentinel Stone

A sentinel is a guard—a watchman positioned to observe what lies ahead.

That is the idea behind the name of the second stone on the Chadwick Stone Tour.

After leaving the Norway Stone and entering the official trail, the landscape begins to change. The parking area and entrance are behind you, the lake opens beside you, and the journey around Chadwick begins.

Sitting in the grassy area near the water is the Sentinel Stone.

Its position gives the impression of a stone standing watch over the lake and over the route that continues beyond it.

Physically, the Sentinel is different from the Norway Stone. It has a more rounded, settled appearance, with a broad upper surface and softer natural contours. But its appearance can be deceptive.

Natural stones don't tell the lifter where to place the hands.

The lifter has to walk around the stone, study its surfaces, understand its balance and decide how it should be approached. What looks like the easiest position is not necessarily the position from which the stone wants to move.

That is part of the lesson of the Sentinel.

The Norway Stone introduces the journey. The Sentinel asks the lifter to begin paying attention.

And beyond the Sentinel waits something considerably more imposing—the heaviest of the five, the Chadwick Stone.

In that sense, the Sentinel truly does stand guard.

It watches over the lake.

It watches over the trail.

And it stands before the greatest challenge of the Chadwick Five.

The Sentinel Stone

Stone #2 of the Chadwick Stone Tour

Location Guide

After completing the Norway Stone, continue walking toward the second parking lot and the official Chadwick Lake trail entrance. Enter the lake trail and continue along the route with Chadwick Lake on your right-hand side. The Town of Newburgh identifies this as part of the walking-trail system surrounding the lake.

Shortly after entering this section of the trail, begin watching the lake side for a grassy area between the trail and the water. The Sentinel Stone sits just off the trail among the grass and trees, with Chadwick Lake visible behind it.

This is the Sentinel Stone, Stone #2 of the Chadwick Stone Tour.

— STONE III —

THE CHADWICK STONE

THE HEART OF THE LAKE



THE HEAVIEST PATH BUILDS THE DEEPEST MAN.



CHADWICK LAKE PARK • NEW YORK

The Story of the Chadwick Stone

Every collection of lifting stones eventually develops a stone that defines the challenge.

For this collection, that stone is the Chadwick Stone.

Its name comes directly from the land on which it rests—Chadwick Lake, a place whose documented history reaches back to 1926, when the Chadwick family created the lake by damming Quassaick Creek. The Town of Newburgh later purchased the property in 1962 for use as a municipal reservoir.

Nearly a century after the lake was created, a different chapter is beginning on its shores.

The Chadwick Stone is the heaviest of the five stones that make up the Chadwick Stone Tour.

It is massive, broad and stubbornly close to the earth. Its irregular surfaces offer possibilities for the hands but finding a grip and actually convincing the stone to leave the ground are two very different things.

This is not a stone that gives anything away easily.

During the first testing of the five stones, the Chadwick Stone was the only one that could not be brought to the lap. It broke free of the ground twice—but both attempts stopped there.

That moment became part of its story.

The stone wasn't conquered.

And rather than diminishing the experience, that made the stone more important.

The first objective is simple:

Ground to lap.

Not ground to chest.

Not a complete stand.

Not carrying it.

Lap it.

Once that is accomplished consistently, the next chapter will be standing with it.

That progression gives the Chadwick Stone something the other stones cannot yet have—a continuing story. Its history as a lifting stone is being written through attempts, failures, adjustments in technique and, eventually, success.

There is also a reason this stone carries the name “Chadwick.”

It would have been easy to give the heaviest stone an intimidating name—the Beast, the Giant, the Monster—but those names would tell us very little about where the stone belongs.

“Chadwick” does.

The stone belongs to this landscape.

And if this tradition grows, the name creates a simple question that means everything to a stone lifter:

“Have you lifted the Chadwick Stone?”

There is no fabricated legend attached to it. There is no claim that generations of men lifted it before us.

Its lifting history begins now.

And perhaps that is what makes the Chadwick Stone special.

A tradition does not have to be ancient to be meaningful. At some point, every tradition had a first attempt, a first success and a first person who decided that a particular stone was worth returning to.

The Chadwick Stone has now become that stone.

It is not simply Stone #3.

It is the challenge at the heart of the Chadwick Stone Tour.

And until it reaches the lap, there is unfinished business waiting beside the trail.

The Chadwick Stone

Stone #3 of the Chadwick Stone Tour

Location Guide

After leaving the Sentinel Stone, return toward the main trail and continue forward along the Chadwick Lake walking route. Keep following the trail as it moves farther along the lake until you reach the more open grassy section where natural stones are scattered throughout the area.

From the trail, move into the grassy area and continue forward approximately 30 walking steps. The Chadwick Stone sits off the main trail in this open section and is recognizable by its large, broad, massive shape. It rests low to the ground and is noticeably larger than the stones encountered earlier in the tour.

When approaching the Chadwick Stone from the direction of the Sentinel Stone, the Sentinel will be behind you. Once you see the large, unmistakable stone sitting in the grassy clearing, you have reached Stone #3.

The Chadwick Stone is the heaviest and defining challenge of the five-stone tour. This is the stone at the heart of the Chadwick Stone Tour.

— STONE IV —

THE ROVER STONE

A HIGHER WAY



KEEP MOVING. EXPLORE MORE.



CHADWICK LAKE PARK • NEW YORK

The Story of The Rover Stone

Where the Chadwick Stone presents itself as broad and imposing, The Rover Stone offers a completely different kind of challenge. It is oblong, irregular, and asymmetrical. Its sides do not mirror one another, and although time has softened many of its edges, it has not made the stone predictable. That unpredictability may be its defining characteristic.

The name Rover fits because this stone feels like a traveler. A rover is something that moves, wanders, or travels from place to place, and there is something fitting about giving that name to a stone whose earliest journey is unknown. Long before Chadwick Lake existed, the land surrounding Quassaick Creek was being shaped by geological forces vastly older than anything humans built there. When the creek was dammed in 1926 and Chadwick Lake was created, the water changed the landscape, but stones such as this were already part of the land.

Exactly how The Rover Stone arrived at this particular resting place is something we cannot know simply by looking at it. Perhaps ice moved it. Perhaps water influenced its shape and position. Perhaps it has rested within this small patch of earth for thousands of years. Its earliest journey remains unknown, but its newest one does not.

In 2026, this irregular piece of stone became part of a different kind of journey. Instead of being passed by as just another object beside the trail, it was studied with a new question in mind: Can it be lifted? That question gave The Rover Stone a new purpose and a place within the Chadwick Stone Tour.

Its unusual shape means that strength alone is not enough. Before applying force, the lifter has to study it. Which side should come toward the body? Where is the center of mass? Which edge offers the best purchase? Should the stone be approached straight on, or slightly rotated? There is no perfectly centered handle, no knurling to tell you where your hands belong, and no barbell settling into a familiar position. There is simply stone.

That makes lifting The Rover Stone feel less like performing a standard movement and more like solving a problem. You try something, the stone answers, and you adjust. Eventually, if you understand it well enough, the stone leaves the ground. In that way, the lift becomes a conversation between the lifter and the stone.

The Rover Stone is important to the Chadwick Stone Tour because it introduces another element of natural-stone lifting: adaptability. The landscape does not manufacture perfect objects for us, and neither does life. Sometimes strength means learning how to work with something that refuses to fit neatly into your hands.

Its long, wandering history may never be known, but its lifting history has now begun. The stone that once had only a number now has a name that reflects both its character and the mystery of its journey.

The Rover Stone has found its place.

Location Guide

After leaving the Chadwick Stone, return to the main gravel trail and continue along the route toward Stone #4. This section of the Chadwick Stone Tour leads farther into the wooded area, where the Rover Stone sits a short distance off the main trail among the trees and leaf-covered ground.

Continue along the gravel path until you reach the area where the stone is visible through the woods. The Rover Stone is not directly on the trail, so you will need to step off the path and look into the wooded area. Its distinctive elongated, oblong shape makes it noticeably different from the stones that came before it and is one of the easiest ways to confirm that you have found the correct stone.

A tree with an identification plaque is located near this area and can serve as a useful secondary landmark. Because signs and park markers may change over time, the trail itself and the Rover Stone's position within the wooded area should remain the primary references.

Once you step off the trail, look for the long, irregular stone resting among the leaves and surrounding natural rock. Another useful way to confirm its location is by its relationship to the trail. When standing directly behind the Rover Stone and looking over it, you should be facing back toward the gravel trail.

You have reached Stone #4 of the Chadwick Stone Tour: The Rover Stone.

STONE V

THE HUNDRED STONE

DISCIPLINE REWARDS



A HUNDRED STEPS. A STRONGER YOU.



CHADWICK LAKE PARK • NEW YORK

The Story of the Hundred Stone

Some stone names are chosen, while others seem to reveal themselves. The fifth and final stone of the Chadwick Stone Tour falls into the second category. Its name came from something discovered while documenting the route, not from an attempt to make the stone sound intimidating or legendary.

The journey to the Hundred Stone begins after leaving the Rover Stone, and it is the longest walk between any two stones on the tour. Eventually, the trail reaches a fork. The route continues to the right, where farther along stands an unusual landmark: a large pile of rocks beside the trail. From that rock pile, the final stone lies approximately one hundred walking steps away on the right-hand side. That discovery gave the stone its name: The Hundred Stone.

The directions themselves became part of the stone's story. Find the fork, take the right-hand trail, locate the rock pile, walk one hundred steps, and look to the right. There waits the Hundred Stone.

There is something fitting about the final stone requiring the longest journey. By this point, the lifter has already encountered four very different challenges. The Norway Stone introduces the tour. The Sentinel stands farther along the route. The massive Chadwick Stone provides the greatest test of raw strength. The oblong Rover Stone requires the lifter to adapt to a completely different shape. Then comes the walk.

The distance between the Rover Stone and the Hundred Stone gives the body time to recover, but it also changes the rhythm of the experience. For a while, there is no stone to lift. There is simply the trail, the woods, and the search for the final landmark. Then the rock pile appears, and from there, the count begins. One step at a time until one hundred.

The Hundred Stone is not the heaviest of the five—that distinction belongs to the Chadwick Stone—but it carries a different kind of significance. It marks the completion of the journey. Because its name is tied to an actual feature of the route, future lifters can experience the same moment: reaching the rock pile, beginning the count, and knowing that somewhere around that hundredth step, the final stone is waiting on the right.

That is how the Hundred Stone earned its name. Not through a legend from hundreds of years ago, but through a moment on the trail that happened at the beginning of a new tradition.

The Hundred Stone is Stone #5 and the final stone of the Chadwick Stone Tour.

Location Guide

After completing the Rover Stone, return to the main gravel trail and continue forward. This is the longest walking section between any two stones on the Chadwick Stone Tour, so continue along the main trail through the wooded area until you eventually reach a clearly defined fork.

At the fork, you will see a wooden trail sign pointing toward the path on the left. Do not follow the left-hand trail. To reach the Hundred Stone, take the trail to the right and continue walking. You may see orange traffic cones near the fork or along this section of the trail, but they should not be used as a landmark because they appear to be temporary and may be removed as park work changes.

Continue along the right-hand trail until you reach a large and distinctive pile of rocks beside the trail. This rock pile is the key landmark for finding the Hundred Stone.

From the rock pile, continue along the trail for approximately one hundred walking steps. As you approach the hundredth step, begin looking toward the right-hand side of the trail.

There you will find Stone #5 of the Chadwick Stone Tour: The Hundred Stone.

THE TRAIL REMAINS

When I first began walking the trails of Chadwick Lake looking for stones, I did not know what I would find. I was not searching for something that already had a history. I was searching for the possibility of beginning one.

That search eventually became five stones: the Norway Stone, the Sentinel Stone, the Chadwick Stone, the Rover Stone, and the Hundred Stone. Each was already part of the landscape long before I placed my hands upon it. I did not create these stones, and I would never pretend that they carry some forgotten lifting tradition from generations past. Their history as lifting stones begins here, with the people who found them, tested themselves against them, gave them names, and believed their stories were worth preserving.

Each stone taught me something different. The Norway Stone taught me where a journey can begin. The Sentinel reminded me to pay attention to what stands quietly along the path. The Chadwick Stone taught me that some challenges do not surrender simply because we are ready to face them. The Rover taught me to adapt to what is in front of me rather than expecting the challenge to adapt to me. And the Hundred Stone taught me that sometimes the meaning of a destination is found in the journey required to reach it.

But the Chadwick Stone Tour was never meant to end with me. Someday another lifter may walk these trails. They may find the Norway maple, meet the Sentinel, place their hands upon the Chadwick, wrestle with the Rover, and eventually reach the rock pile, count one hundred steps, look to the right, and find the Hundred Stone waiting for them.

They may be stronger than I was. They may lift a stone that I could not. They may discover a better grip, a better position, or a lesson I never considered. They may bring a friend, and that friend may someday return with someone else. If that happens, the tradition will have moved beyond the person who began recording it.

That is what I hope for.

The stones belong to the landscape. The challenge belongs to anyone willing to accept it. My part was simply to recognize what was here, give the journey a beginning, and preserve enough of the story that someone else could find their way.

Years from now, the trail may look different. Trees will grow. Seasons will change. Landmarks may disappear. But as long as these stones remain and someone is willing to place their hands upon them, the story can continue.

I was here at the beginning. What happens next belongs to those who follow.

The trail remains. The stones are waiting. Find them. Lift them. Add your story.

CHADWICK LAKE STONE TOUR

FIVE STONES. A JOURNEY. A STORY.

*Nature Provides the Stones,
We Provide the Stories.*



Chadwick Lake Park
Newburgh, New York

STONE ORDER

- 1 The Norway Stone**
Near the Norway Maple
(approach from first parking lot)
- 2 The Sentinel Stone**
Along the main trail
- 3 The Chadwick Stone**
30 steps off the trail (grassy area)
- 4 The Rover Stone**
Near the Black Cherry tree
(~20 ft to the left)
- 5 The Hundred Stone**
From the fork, head right.
100 steps from the rock pile
on the right side.

MAP LEGEND

- Walking Route (Left Side of Lake)
- Stone Location
- Parking Lot
- Trail Entrance
- Road (NY-300)



0 250 500 750 1,000 Feet

**Stone #4
The Rover Stone**
Near the Black Cherry tree
(~20 ft to the left)

**Stone #3
The Chadwick Stone**
30 steps off the trail
(grassy area)

**Stone #2
The Sentinel Stone**
Along the main trail

**Stone #1
The Norway Stone**
Near the Norway Maple
(approach from first
parking lot)

**OFFICIAL TRAIL
ENTRANCE**
Start of the trail
(to the left) around
the lake.

**FIRST
PARKING LOT**
(park entrance lot)
Use this lot and
begin the tour.

**SECOND
PARKING LOT**
(trailhead lot)
Located right before
the official trail entrance
to Chadwick Lake trail.

**PARK
ENTRANCE**

*Stronger People
Stronger Stories*

