

July 2026 ADK-CRC outings

Thursday, July 2: Paddle, Kunjamuk River to Elm Lake, Speculator, NY 12164

Leader: Matt Dunn

ADK Leader level: 1 C (Easy)

Duration: 3.5 hours Limit 10 boats

Description: Just north of Speculator, Elm Lake is 67 acres of tranquil water fed by the Kunjamuk River. Expect a relaxing paddle down the river for nearly a mile until we come to the remote lake, while enjoying the scenery of the surrounding mountains. Total distance up to 3 miles.

Meeting Place/Time: 10:00 am ready to paddle from the Elm Lake Kayak Launch.

Directions: Travel to Speculator, NY, specifically the main intersection of Route 8 and Route 30. Charlie Johns Store is on the Northwest corner of the intersection. Proceed north on Elm Lake Road for 1.7 miles and turn right onto Yennards Field Road. Go .8 miles and turn left onto an unmarked road. Within a quarter mile you should come to a dirt parking lot that is the launch. Elm Lake Kayak Launch is on Google maps if you search for it.

Contact: Matt by text 315-420-3025, matt@mdunn CPA.com. If cancellation is necessary, an email/text will be sent by 7:00 AM the day of the outing. Dress for the weather and have a PFD, whistle and snack/lunch.

Medical: Nathan Littauer Primary & Specialty Care Center, 2862 NYS Route 8, Speculator, 12164

MONDAY July 6: Paddle Church and Osgood Ponds, Paul Smiths, NY

Leader: Tom Meyering

ADK Rating: Leader Level 1, C+ (Fairly Easy)

Duration: 5 hours, 6 miles Limit 10 boats

Description: A leisurely flatwater paddle around the connected Church and Osgood Ponds. Osgood Pond (500 acres) is a quiet, peaceful pond complete with its own bald eagle nest. We will also paddle past White Pine Camp (a great camp and Calvin Coolidge's 1928 summer White House) with an iconic Japanese Tea House on the way to the outlet and the start of the Osgood River. Between Church Pond and Osgood Pond, we will travel through two unique hand dug canals. Anticipated distance 4 to 6 miles.

Meeting Time / Place: PREREGISTRATION REQUIRED. CONTACT THE TRIP LEADER FOR THIS INFORMATION.

Contact: Tom Meyering at 845-235-7699 or Remy12603@gmail.com. If cancellation is necessary, an email will be sent by 7AM day of the outing.

Medical: AMC Saranac, 2233 NY Route 86, Saranac Lake, 518-891-4141

Thursday July 9: Paddle Utowana to the Marion, Towns of Indian & Long Lake

Leader: Shannon Andersen

ADK Rating: Leader Level 1 C Easy

Duration: 4.5 Miles; travel time 4 Hours Limit 12 boats

Description: We will navigate the Utowana Lake before heading into the scenic winding Marion River. On the Marion we will have a .4 mile carry (the historic Marion River Carry) which is along a former railbed that William West Durant built in 1889. The rail line, which at 1320 yards was the shortest in the United States, was in operation until 1929 carrying tourists between steamboats and a country club in Blue Mountain Lake. The carry is to bypass shallow areas and rapids before we connect to the lower

navigable portion of the river. After a lunch break, we will then return the way we came.

Meeting Time/Place: We will meet at the pull off on Route 28 for Utowana Lake. Be ready to paddle at 10 AM.

Contact: Shannon theandersenson3385@yahoo.com or 914-490-9534. Bring lunch/snack, water, PDF and sunscreen. If cancellation is necessary, an email will be sent by 7 AM the day of the outing.

Medical: MVHS Medical Group - Town of Webb Medical Group, 114 South Shore Rd., Old Forge 315-369-6619.

Thursday July 9: Hike Swede Mountain Fire Tower, Hague

July is officially ADK "Go Take a (Fire Tower) Hike" Month!

Leader: Peggy Carrol

ADK Rating: Leader Level 1, Easy

Duration: 2.5 hours, 2.1 miles, elevation 260 ft. **Limit** 12

Description: Celebrate 25 years of ADK's Fire Tower Challenge by enjoying the views of the Swede Mountain Fire Tower in Hague. This 2.1 mile out and back hike takes us to a 47 ft. fire tower that Warren County purchased in 1995 and installed in its current location in 2021. From the fire tower, you will have views of Gore & Crane Mountains and Brant Lake. We can have lunch or a snack at the summit. There are a few steep sections and 7 flights of wooden stairs to the top of the fire tower. To share your pictures, stories and audio files of fire tower hikes, send them to: firetower@adk-gfs.org.

Meeting Time/ Place: Meet at 9:00 AM at the parking area on Route 8, 11 miles east of Brant Lake and 5.5 miles west of Hague. If you wish to carpool, meet behind the Town of Horicon offices at 8:30 and notify Peggy that you will carpool.

Contact: Peggy Carrol at peggycarrol281@gmail.com or 281-804-5744

If cancellation is necessary, an email will be sent by 7:00 AM the day of the outing

Medical: Moses Ludington Hospital, Ticonderoga (518) 585-2831.

Thursday July 16: Paddle, Kushaqua Lake, Vermontville

Leader: Walt Nelson

ADK Rating: Leader level 1 C Easy

Duration: 3+ hours **Limit** 10 boats

Description: This Lake is adjacent to most of the Buck Pond Campground with a couple campsites and two inholdings on this lake. There are numerous small bays to explore on this 380-acre lake. It connects with Rainbow Lake. Both are parts of the North Branch of the Saranac River drainage.

Directions: North on Rt. 3 seven miles from Saranac Lake to Bloomingdale. North seven miles on Oregon Plains Rd. & Rt. 60 (Gabriels-Onchiota Rd.) to Onchiota. Right on Gabriels-Onchiota Rd. (@ The Store) 0.4 miles to campground entrance. 0.7 miles to the registration hut, 0.3 miles straight to launch.

Meeting Time/Place: 10:00 Buck Pond campground launch to Kushaqua Lake

Contact: Walt TEXT 716.799.4016. If cancellation is necessary, text will be sent by 7:00 AM the day of the outing. Dress for the weather, with PFD, whistle & food.

Medical: AMC Saranac 2233 NY-86, Saranac Lake, 12983, (518) 891-4141

Thursday, July 16: hike, Meade Mt. & Beckman Mt., Chestertown

Leader: Rich Salz

ADK Rating: Leader Level 1 C+ (Fairly Easy) **Duration:** 2 hours **Limit** 15

Description: This hike begins with a steep climb on a Woods Rd, leading to two adjacent summits. There are plenty of views along the way, including Gore, Hadley, Loon Lake and Pharaoh Mt. This hike is part of the Chester Challenge. 1.8 mileage, 590' elevation gain.

Meeting Time/Place: 9:00 am at the trailhead parking lot on Igerna Rd. From Route 9, go west on Igerna Rd. for 0.8 miles. Parking lot is on the left.

Contact: Rich Salz at richsalz10@gmail.com or 914-260-1337 before 8:30 pm.

If cancellation is necessary, an email will be sent by 7:30 am the day of the outing.

Medical: Hudson Headwaters, 3767 Main St., Warrensburg, (518-623-2844)

Monday July 20: Paddle, Moose River, Old Forge

Leader: Jocelen Pearson

ADK Rating: Leader Level 1 C Easy

Duration: 3 hours **Limit** 10 boats

Description: A one-way paddle on the Moose River in Old Forge. Paddle will start at the Carter Road bridge (near the outlet of Rondaxe Lake) and end at the North Street bridge in Old Forge. Paddlers will meet and unload their watercraft at the Carter Road bridge at 9:30 AM. We will drive our vehicles to the end point at the North Street bridge in Old Forge (approx. 6 miles) and then carpool back to the Carter Road bridge to start our paddle at approximately 10:30 AM. This time of year can still be buggy so be prepared with bug hats and repellent. We will stop at one of the many sandy beaches to stretch and have a snack or early lunch at the mid-point.

Meeting Time/Place: Meet at 9:30 AM at Carter Road bridge to unload watercraft and transport cars to the end point at the North Street bridge in Old Forge. Once cars have been parked at the end point, we will carpool back to the Carter Road bridge to begin our paddle at approximately 10:30 AM.

Directions to starting point at Carter Road bridge: Take Rondaxe Road/Route 93 off Route 28 south of Inlet and north of Old Forge. There are prominent signs for Rondaxe Mountain/Bald Mountain and Adirondack Woodcraft Camps. Take Rondaxe Road/Route 93 for approximately 2 miles until you pass West Lake on your left. Immediately after seeing West Lake take a right onto a dirt road (Carter Road). Don't follow the signs for Adirondack Woodcraft Camps or Moose River Farm. The outing leader will place a small sign directing paddlers to the correct dirt road (Carter Road) the morning of the paddle. Continue on the dirt road/Carter Road for approximately 1/4 mile, drive over the Carter Road bridge, and park on the shoulder just beyond the bridge. There is a short (less than 100 yards) descent to the river. Wheels can be used but shouldn't be necessary. Notes: All paddlers must wear a PDF and bring a whistle. Those traveling a distance for this paddle, there are very nice public restrooms in Eagle Bay (right on Route 28) and in Old Forge (behind Tony Harper's restaurant).

Contact: Jocelen Text (703) 728-4980 or email jocelenpearson@verizon.net.

If cancellation is necessary, texts/emails will be sent by 7:00 AM the day of the outing. You will be contacted via the method you used to RSVP (text or email).

Medical: MVHS Medical Group - Town of Webb Medical Group, 114 South Shore Rd., Old Forge, 315-369-6619.

Thursday July 23: Hike/tour Minerva cemeteries**Leader:** Kate McCormick**ADK leader level 1 C Easy****Duration 2 1/2 hours Limit 12**

Description: This tour is called Voices from the Past. I will be assisted by Sharon Stone of the Minerva Historical Society. We will view graves of founders and developers of Minerva, woodsmen and lodge keepers and others who contributed to the area.

Walking on sacred ground can be rough and insects are a concern so plan accordingly.

Meeting Time/Place: Minerva Community Center, 5 Morse Memorial Highway, Lower parking lot. 10 AM.

Contact: Kate kag35@icloud.com or text 347-235-4602.

Medical: North Creek Health Center, 126 Ski Bowl Rd, North Creek, 12853, (518) 251-2541.

Thursday July 23: Paddle Fall Stream, Piseco**Leader:** Walt Nelson**ADK Rating: leader level 1 C Easy****Duration: 4 hours Limit 10 boats**

Description: We must scramble over three beaver dams, slow the meandering stream. It also passes through Fall and Vly Lakes. There is little evidence of human presence on the stream.

Directions: 8.9 miles west of intersection Rts. 30 & 8 on Rt. 8, to Rt. 24, Old Piseco Rd. (signs to airport & campgrounds) 1.5 miles to unmarked bridge with parking west/north of bridge over Fall Stream.

Meeting time/place: 10:00 AM launch on Rt. 24 Fall Stream

Contact: Walt TEXT 716.799.4016. If cancellation is necessary, text will be sent by 7:00 AM the day of the outing. Dress for the weather, with PFD, whistle & food.

Medical: Nathan Littauer Primary & Specialty Care Center, 2862 NYS Route 8, Speculator, 12164

Thursday July 23: Hike Phelps Mountain**Leader:** Matt Schwab**ADK Leader Level 2 (Rating 2B Moderately Strenuous)****Duration: 5-6 hours Limit 10**

Description: This 9-mile out and back hike from Heart Lake will take us to the summit of Phelps Mountain (4,160 ft), the 32nd highest peak in the Adirondacks, with elevation gain of 1,990'. After a fairly easy 2.3 mile walk to Marcy Dam (which ends with stunning views of Avalanche Pass and the MacIntyre Range) we'll continue 2.1 miles on moderate to steep grades to the summit of Phelps, which has expansive views of Mount Marcy and other High Peaks. Our 4.5 mile return hike will retrace our steps.

Meeting Time/Place: Meet at 8:00 AM at the Black Bear in Pottersville or 9:15 at the Adirondack Loj at Heart Lake (Parking for a fee). Bring a snack or lunch for the summit.

Contact: Matt Schwab at mschwab205@gmail.com or (845) 797-7193.

If cancellation is necessary, an email will be sent by 7:00 AM the day of the outing.

Medical: Lake Placid Health Center, 203 Old Military Road, Lake Placid, NY 12946, (518) 523-1717.

Thursday July 30: Paddle, Boreas Ponds, North Hudson

Leader: Tracey Donaldson

ADK Rating: Leader Level 2, B Moderate (portage about a mile)

Duration: 4-5 hours **Limit** 10 boats

Description: Boreas Ponds offers spectacular views in a peaceful setting. Participants must portage .8 of a mile to the launch site, so wheels or a lightweight boat is necessary. Bring food, water, PFD, whistle, sunscreen, bug spray, maybe a head net. It's a buggy walk in.

Meeting place/time: We will meet at the final parking lot off Gulf Brook Road at 9:30 AM. Directions: Gulf Brook Road is located off Blue Ridge Road, about 16.5 miles east of Newcomb and about 7 miles west of Exit 29 on I-87. The final parking lot is 500 feet beyond LaBier Flow access.

Contact: Tracey Donaldson 845-464-5177, traceydonaldson0710@gmail.com. If cancellation is necessary, an email will be sent by 6:00 AM.

Medical: Hudson Headwaters Health Center, 8 Santanoni Drive, Newcomb, 518-582-2991

Thursday July 30: Hike to Marion Pond, Town of Schroon, Hoffman Notch Wilderness

Leader: Meredith Todd

ADK Leader level: 1, C+ (fairly easy)

Duration, 4-5 hours, 6-6.5 miles **Limit** 10

Description: This is a lovely small pond. The walk begins at the Loch Muller trailhead (south end of the Hoffman Notch trail) towards Bailey Pond. Prior to reaching Bailey, we will turn onto an old road. This road crosses 2 brooks which are no longer spanned by bridges. When the route leaves the old road, it follows paint blazes up to and then along a ridge until reaching the pond. The total elevation gain is about 600'.

Meeting Time/Place: 8:20 at the Black Bear in Pottersville or ready to hike at 9:00 from the trailhead. From Rt 9 in the hamlet of Schroon Lake, take Hoffman Rd for 6.2 miles, then turn right onto Loch Muller Rd. Drive about 1.5 miles all the way to the parking area at the dead end. From Olmstedville, take Irishtown Rd (which becomes Hoffman Rd, turn left onto LM Rd) or Trout Brook Rd (turn left onto Hoffman Rd then right onto LM Rd). Please specify whether you will meet the group at the BB or the TH.

Contact: Meredith at meredith36ny@yahoo.com or (518) 494-8088 (land line, do not text).

Medical: Glens Falls Hospital, 100 Park St, 12801, (518) 926-1000.

Friday July 31: Event, Mt Van Hoevenberg tour

Host: Lynn Butterworth

Duration: 5+hours

Description: Due to overwhelming interest in this event, two groups of no more than 25 participants in each group. We still have a few spots available for this outing. Email Lynn Butterworth ASAP if you would like to attend: rendiandbutter@gmail.com

Here's a reminder of what the day will look like:

10:00 Group A- Jack Mullholland Legacy Tour / Group B- Mark Vandenberg bobsled tour

11:30 Lunch: Bring your own lunch. We will meet and eat as a group on the third floor.

1:00 Group A- Mark Vandenberg bobsled tour / Group B- Jack Mullholland Legacy Tour

2:30ish OPTIONAL-- Split into groups and actively participate in Biathlon, Wheeled Luge or take a Mountain Coaster ride.

Explore Mt Van Hoevenberg's Olympic past and discover the long lineage of gliding and sliding sports. The informative Legacy Tour begins at a unique Mountain Pass Lodge, allowing you to observe where today's elite athletes train, and take in stunning views of our Nordic competition course and the surrounding mountains. The guided tour includes a visit to the United States' only Ice House Push Track and concludes with a trek alongside Mt Van Hoevenberg's historic sliding track. Strongly recommend closed toe, seasonally appropriate footwear and attire. **The cost for the two tours is \$20/person.** But wait, there's MORE! For an additional fee, you can try The Wheeled Luge Experience, the Biathlon Experience or the Mountain Coaster Ride.

Wheeled Luge is offered at 2pm and 3pm and lasts for an hour. An instructor will be with the group and take you out onto a paved roller loop (this does not happen on the bobsled track, but mimics that experience). It is a great introduction to luge using wheeled sleds in a safe setting, led by pro instructors. You will delve into the sport, learn basic techniques and advanced maneuvers while progressing through tailored challenges designed to enhance skills and confidence over multiple runs down the paved loops. Each person will be on his/her individual, wheeled sled without a driver, with multiple runs per person. \$65/person. ****Close-toed shoes required.**

OR a **Biathlon Experience**, which is very cool! That one will happen out on the Biathlon Field and would include the same individualized attention as wheeled luge from instructors. The group would get a brief biathlon history lesson, instructions on safety and shooting, and then 2 turns shooting: 5-shot clips with a .22 rifle (or with a Laser Rifle if the group would prefer.) \$20 for laser rifle; \$25 for 22 caliber rifle.

OR experience the re-opened the **Mountain Coaster**. The coaster runs along the bobsled track and takes you up and through the mountains, imitating what it feels to be like on a bobsled while an audio track plays from built-in-speakers as you ride. It is the longest coaster in North America! The coaster can be booked on the hour from 10am-4pm and costs \$45/person.

Here is how you will go about paying for the day's activities: There will be **TWO, SEPARATE**

PAYMENTS. Payment for the tours (\$20/person) is to be paid, in cash, to Lynn Butterworth at Mt Van Hoevenberg prior to the start of the first tour on July 31. Please understand that I am personally paying for all the tours, so please be sure to find me to make your payment. If you are NOT participating in any additional activity, this one payment is all that you owe. Payment for any additional activity will be paid online at mtvanhoevenberg.com. Following the tours, attendees who are participating in the wheeled luge, biathlon or mountain coaster should book activities on their own, using the website. To be safe with the timing, I suggest booking your time slot at 3:00 and later. Please click the "Activities and Lessons" tab to see pricing and availability. Some activities like wheeled luge and biathlon have low capacities per hour, so if you are interested in participating in these activities, I recommend booking sooner rather than later. Attendees will pay for their activities individually when they book directly online. Additionally, you will be prompted to fill out an E-AOR/waiver – a release of liability form. Following the completion of the 2nd tour, please proceed to the customer service desk on the first floor with a copy of your activity ticket (printed or digital copy), and the desk representative will show you where to go for each activity.

Directions: From I 87-N, take exit 30 for US-9 toward NY-73/Keene Valley/Keene. Turn left onto US-9N. Drive 2.2 miles and take a slight left onto NY-73 W. Drive 13.1 miles, and take a slight left to stay on NY-73 W. Drive 7.9 miles and turn left onto Van Hoevenberg Way. Continue to parking areas.

Meeting Time / Place: 9:30 AM at Mt Van Hoevenberg Ski Center, upstairs, 2nd fl.

31 Van Hoevenberg Way, Lake Placid, NY 12946

Contact: Lynn at rendiandbutter@gmail.com or 518. 240. 6162

Medical: AMC 203 Old Military Rd, Lake Placid, 12946, (518) 523-1717