



Paddling Adventure Guide

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Your ADKTrailMap.com Paddling Adventure will be an experience to treasure!

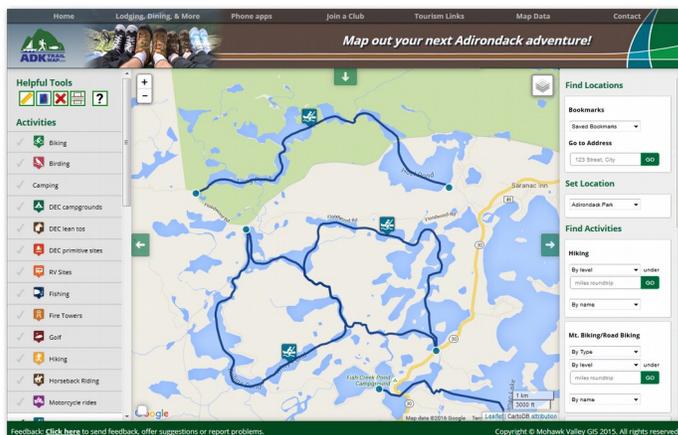
Not only do the Adirondack Mountains boast an abundance of peaks to climb, but also streams, rivers, and lakes to paddle. Paddling a canoe or kayak down a backcountry stream on a warm, sunny day is an incredible opportunity to connect with the “Forever Wild” nature of the Adirondacks, giving you the ability to take in the sights and sounds of the flora and fauna in a very unobtrusive way. With roughly 8,000 miles of lakes and streams and hundreds of major lakes and ponds, the possibilities for paddling are nearly endless.

To make the most out of your Adirondacks experience, we here at ADKTrailMap.com have assembled a guide to help you have a safe and enjoyable journey while paddling. Remember to review this guide each time you pack for your trip to ensure that you don't leave anything behind.



Paddling on Schroon Lake.
Photo: Schroon Lake Chamber of Commerce

The first stop for planning any paddling trip to New York's Adirondack Mountains should be to ADKTrailMap.com. From here you can plan your route by browsing the map; seeing where to park; finding put-in and take-out locations; and exploring an array of other outdoor recreation activities.



ADKTrailMap.com is also available on mobile devices with limited features. For full functionality on smartphones, download our **free** 'Adirondack Trails' app from either the Google Play Store or the Apple App Store.

Popular Paddling Routes and Other Paddling Information

A Sampling of Flatwater Routes:

Visit AdkTrailMap.com or open the Adirondack Trails app to see these routes on the map and for a complete list of paddling routes in the Adirondacks.

Adirondack Canoe Classic

Held the weekend after Labor Day, the three-day, 90 mile Adirondack Canoe Classic is a paddling race starting in Old Forge, finishing in Saranac Lake. For more information or to find out how to register, visit:

<http://www.macscanoe.com/frequently-asked-questions.html>

North Branch of the Moose River

Located near Old Forge, this 11 mile slow moving section of the Moose River provides abundant opportunities for wildlife viewing in a wilderness setting.

Little Tupper Lake

Enjoy this scenic lake in the Whitney Wilderness Area either as a day or overnight trip with a stayover at one of the numerous backcountry campsites (some of which are on small islands).

Schroon Lake & River

Located in the Southeastern Adirondacks near Lake George, the slow-moving current of the Schroon River just south of Schroon Lake is a great destination for families and fishing.

Seven Carries/St. Regis Canoe Area

Located in the popular St. Regis Canoe Area (which is the only designated 'Canoe Area' in the DEC Forest Preserve), follow the Seven Carries route for a scenic paddling adventure that can be completed as a day trip or stay overnight at a primitive campsite on the route. Aside from the Seven Carries, the St. Regis Canoe Area has 50 ponds suitable for paddling.



Paddlers on Long Pond in the St. Regis Canoe Area.
Photo: NYS DEC

Whitewater Information:

Although you may be interested in visiting the Adirondacks to paddle on flatwater, plenty of opportunities for whitewater exist ranging from family-friendly Class I ripples to intense Class V rapids. If you are new to whitewater, do not start without the help from experts. Instead, find one of the many paddling guides and/or outfitters that offer guided trips and tours for all levels of ability.



Whitewater rafters on the Hudson River.
Photo: Leonardo Dasilva/Flickr

The vast majority of whitewater outfitters are located along the Hudson River and in the greater Hudson Valley. However, equipped and experienced whitewater paddlers can find also find opportunities throughout the Adirondack Park.



Balto's Tip: Looking for a bite to eat after a long day on the water? Not up for camping and would rather stay in a cozy cabin? Check out our business listings on AdkTrailMap.com and the Adirondack Trails App.

Before You Leave Home

SAFETY

- **Tell someone where you're going and when you expect to return.**
- **Check the weather.**
 - In the event you see lightening and/or hear thunder, get to shore immediately, and know what to do if no sturdy structures are nearby: http://rendezvous.nols.edu/files/Curriculum/research_projects/Risk%20Management%20Reports/NOLS%20Backcountry%20Lightning%20Safety%20Guidelines.pdf
 - Recognize that water temperatures in the Adirondack waters are often much colder than downstate.
- **Know when it's going to get dark.**
 - Use the US Naval Observatory's "Complete sun and moon data for one day" to get precise sunset and 'last light' times: http://aa.usno.navy.mil/data/docs/RS_OneDay.php
- **Check water levels if paddling on streams or rivers.**
 - Calm streams can become much more challenging and far less suitable for a leisurely paddle during times of high water.

EQUIPMENT

To ensure a positive experience, PRIOR to leaving, use our helpful checklist:

- PERSONAL FLOTATION DEVICES**
- DRINKING WATER**
 - » pack extra water to have in your car for when you return
 - » for wilderness and/or overnight paddling trips, bring water purification tablets or a filter
- FOOD**
- EXTRA CLOTHING (non-cotton)**
 - » dress in layers
 - » *When cotton becomes wet, it loses its insulating properties, which can contribute to hypothermia, even in mild temperatures*
- WATER SHOES**
- HEADLAMPS and/or FLASHLIGHTS**
 - » check that they work before heading out
 - » bring extra batteries
- FIRST AID SUPPLIES**
- MATCHES (waterproof) / CANDLES / LIGHTER**
- TOOLS / REPAIR KITS**
- EMERGENCY SHELTER**
 - » at a minimum, a garbage bag or poncho would suffice to help stay dry in the event of a sudden downpour
- SUN PROTECTION**
 - » sunscreen
 - » hat
 - » sunglasses
 - » *In open water there is absolutely no shade available. Also, water reflects more ultraviolet radiation than does the ground, so the time it takes less time to get sunburned on the water than on land.*
- BUG REPELLENT**
- MAPS / COMPASS / ADIRONDACK TRAILS PHONE APP**
- WATERPROOF CONTAINERS**
 - » Pack all (or as many as possible) of the above items into waterproof containers.



Pleasant summer paddle in the Adirondacks. Photo: dvs/Flickr



Balto's Tip: To see more details about your upcoming paddling route, go to ADKTrailMap.com and turn on the "Paddling" layer. Then, click on the paddling icons throughout the map for links to PDF documents with info about your paddling route.

When Out on the Water

- **In case of any emergency:**

- know the DEC Forest Ranger Adirondacks Emergency Phone Line:

518-891-0235



- If you have cell service in the Adirondacks, dialing 911 may direct you to a 911 Dispatcher in a neighboring county or potentially even Vermont. If for any reason a 911 Dispatcher can not assist you, dial the DEC Forest Ranger Emergency Phone Line. DEC Forest Rangers are highly trained emergency responders knowledgeable of the geography and subtleties of the Adirondack Mountains.
- **Balance the load in your canoe or kayak to help prevent the risk of turning over, and tie down your belongings and waterproof containers to prevent losing any.**
- **Wear your Personal Flotation Device (PFD)**
 - You should wear a PFD at all times while paddling. If you enter the water without a PFD, it is extremely difficult to put one on, especially in cold water.
 - Water temperatures in the Adirondacks often remain cold or cool well into the summer. Wearing a PFD can significantly increase your chances of survival in cold water.
 - You are required by law to wear a PFD from November 1st to May 1st.
 - All children under age 12 must wear a PFD at all times while in a boat of any size.
- **If portaging, see these helpful tips:** <http://www.paddling.net/guidelines/showArticle.html?159>
- **Paddle responsibly**
 - When it comes to **anything** you bring with you on the water, remember to “pack-in, pack-out,” even if the items are biodegradable
 - Be mindful of noise, as sound travels well relatively easily over water
 - Do not block put-in or take-out locations
 - If there are no privies available when portaging, dispose of human waste by digging a 6” – 8” hole at least 150 feet from water or campsites
 - Follow the *Leave No Trace* principles:

<ol style="list-style-type: none"> 1. Plan Ahead and Prepare 2. Travel and Camp on Durable Surfaces 3. Dispose of Waste Properly 	<ol style="list-style-type: none"> 4. Leave What You Find 5. Minimize Campfire Impacts 6. Respect Wildlife 7. Be Considerate of Other Visitors <p style="font-size: small; margin-top: 0;">(© Leave No Trace Center for Outdoor Ethics)</p>
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Balto's Tip: The blue dots on the paddling map layer indicate put-in and take-out locations. Click on each dot to see more information.



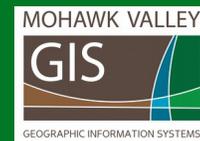
Please Do Not Solely Rely on Electronic Technology.

When doing anything out on the trails, we urge you take a map, a compass, and know how to use them. We offer an online interactive map that allows you to zoom in print your own map. We also offer a wealth of downloadable PDFs about hiking, fishing, camping, birding, and more.

For smartphones, our Adirondack Trails app is GPS-enabled. Once downloaded to your smartphone, the app provides a happy marriage of old technology (maps and compasses) and new. It does not require cell phone service. Unlike a paper map, the app will show you exactly where you are: on or off the trail. Both maps and apps have their limitations. Use together, with common sense, and enjoy the beauty of the Adirondacks with confidence.



Find more helpful tips for an enjoyable Adirondacks trip from Balto at ADKTrailMap.com.



ADKTrailMap.com is managed by Mohawk Valley GIS in Utica, NY

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Questions or Comments?

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