



BOY SCOUTS OF AMERICA®  
PATRIOTS' PATH COUNCIL

# Sabattis Adventure Camp

Long Lake, NY

## 2015

# Adirondack Trek Guide



**Patriots' Path Council, BSA**  
1 Saddle Road  
Cedar Knolls NJ 07927  
973-765-9322  
[www.camps.ppbsa.org](http://www.camps.ppbsa.org)

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**Prepared. For Life.™**



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## **Contact Information**

<b>Reserve a Trek</b> (also pre-trek form review)	John Dorn 1 Saddle Road Cedar Knolls NJ 07927 <a href="mailto:campreservations@ppbsa.org">campreservations@ppbsa.org</a> 973-765-9322 x238
<b>Sabattis Trek Director</b> (questions on treks, routes, equipment, etc.)	Ian Craig <a href="mailto:sabattistreks@gmail.com">sabattistreks@gmail.com</a>
<b>Assistant Scout Executive</b>	Bob Morris <a href="mailto:robert.morris@scouting.org">robert.morris@scouting.org</a> 973-765-9322 x223
<b>Sabattis Camp Director</b>	Joe Westfield <a href="mailto:joe.westfield@scouting.org">joe.westfield@scouting.org</a>
<b>Sabattis Address</b>	Sabattis Adventure Camp 1745 Sabattis Road Long Lake, NY 12847 518-554-4240 (during camping season)
<b>Website</b>	<a href="http://www.camps.ppbsa.org">www.camps.ppbsa.org</a>



## Adirondack Treks at Sabattis Adventure Camp



Welcome to the Sabattis Adventure Camp's Adirondack Trek program. The Adirondack Trek provides a unique Scouting experience not found at other Scout camps in the New Jersey, Pennsylvania and southern New York areas.

Encompassing an area larger than the states of New Jersey, New Hampshire and Vermont combined, the Adirondack Park is a five-hour drive from the metropolitan area of New York and New Jersey. There are more than 3,000 lakes and 6,000 miles of streams and rivers. Many areas within the park are devoid of settlements and distant from usable roads. The park includes over 2,000 miles of hiking trails; these trails comprise the largest trail system in the nation. The High Peaks Region offers 46 mountains over 4,000 feet to climb and you can hike up several on some of the more rugged treks. Many of the best portions of the Adirondacks are readily accessible from Sabattis Adventure Camp.

Situated on 1,200 acres in the heart of New York State's six million acre wilderness/forest preserve, Sabattis Adventure Camp serves as the starting point for canoeing or hiking for Scouts and Scouters looking for an exciting challenge while offering a conventional summer camp program for those wishing to remain at the main camp between Long Lake and Tupper Lake, New York. The Adirondacks are, by area, two hundred times the size of Philmont—with fewer Scouts.

Sabattis Adventure Camp provides weekly opportunities for 20 - 100+ miles of wilderness trekking dependent upon the ability level of the participants. Canoeing or hiking in accordance with the Outdoor Code and the Leave No Trace philosophy will ensure a trek that will be both educational and fun. All this, when combined with the Adirondack experience, will make this a trip to remember.



Sabattis offers a full service trek program. All of our treks are approved under the strict regulations of the New York State Health Department, the New York Department of Environmental Conservation, and the Boy Scouts of America. Sabattis Adventure Camp's Trekking program holds certificates from both the New York State Health Department and the Boy Scouts of America. All of our treks carry permits from the Department of Environmental Conservation. Sabattis Adventure Camp provides your group with trail food, transportation from starting and finishing points, Department of Environmental Conservation permits, **Kevlar canoes**, paddles and PFDs, and a hot shower at the end of your trek! Participants receive all this, plus bus transportation from northern New Jersey at about a quarter of the cost for a Philmont or Northern Tier trek.

### Why Sabattis Adventure Camp for your trek?

- We offer canoeing, hiking, fishing and combination treks.  We also offer Trailblazer treks for younger first time trekkers.
- **Kevlar canoes are included for canoeing treks** - They are much lighter, faster and more responsive than aluminum canoes. If you have the opportunity to visit BSA's Northern Tier high adventure bases, they offer Kevlar - at a significant extra daily charge.
- Transportation between base camp and the drop-off and pick-up sites is included
- Dedicated trek center
- Top notch equipment and food
- Full base camp for pre and post trek needs. Get a chance to participate in camp activities including Paul Bunyan field day or the water carnival. Use the shower house and laundry facilities.
- Base camp includes patrol sites and wall tents with platforms, cots, and cooking gear
- A BSA trained Adirondack Voyageur guide accompanies all treks for safety and fun!

A 20-100 mile Adirondack Trek can be looked upon as a graduation exercise, testing what the participants have learned from troop camping. Careful planning and preparation are required for the group to meet the challenges of health, safety and comfort when facing the diverse weather, terrain, and water conditions of the Adirondacks. Successfully coping with the elements, while using only what one carries on one's back can be an exhilarating experience for both adults and Scouts who have never previously tested themselves. Participants return to camp at the end of their trek with greater self-confidence and increased leadership ability.



## Pre Trek Preparation

### **Trek Qualifications**

Treks are governed by the rules and regulations of the New York State Board of Health, Department of Environmental Conservation (DEC) and by the Boy Scouts of America. Treks are conducted in accordance with the Outdoor Code and the Leave No Trace philosophy to ensure a trek that will be both fun and educational. A trained Adirondack Voyageur accompanies all treks.

### **Age Requirement**

All trek participants must be 13 years of age or older. At least one participant must be 21 years of age or older.

### **Crew Size**

State regulations limit the group size. Regulations vary depending on where you will be camping during your trek. Check each trek description for details. You must provide at least one adult 21 years of age or older. A trained Adirondack Voyageur accompanies all treks. The Voyageur can serve as a second adult to meet BSA's two deep leadership requirements.

**Backpacking/Hiking** – Backpacking/Hiking treks can have up to 7 participants plus the Voyageur

**Canoeing/Fishing** – Most canoeing and fishing treks can have up to 10 participants, plus the Voyageur. Some treks include camping sites limited to 6 people or 9 people. In those cases, you will either need a smaller crew, or you will have to split your crew into two camp sites. If you choose to split the crew, you will need enough adults to meet the two deep leadership requirement. Be sure to check the individual trek descriptions.

**Wilderness Treks** – Wilderness treks can have up to 7 participants plus the Voyageur.

If you need help filling your crew, contact Patriots' Path Council Camping Services at [campreservations@ppbsa.org](mailto:campreservations@ppbsa.org) for assistance.

### **Trek Participation Options**

Troops and Venturing crews typically participate in the trekking program in one of several ways:

#### **Full Troop for Two Weeks**

Older Scouts take a trek one week. They join the rest of the troop the following week at Sabattis Adventure Camp. The second week is a more relaxing week for the trekkers who can work on merit badges and participate in the many camp programs, while providing leadership to the younger Scouts.

#### **Full Troop for One Week**

The troop comes to Sabattis Adventure Camp for a full week, Older Scouts take a trek Monday through Friday. The remainder of the troop has fun at Sabattis Adventure Camp. They can work on merit badges, hone their outdoor skills and have fun in the program areas.

#### **Split Troop Participation**

Older Scouts take a trek and the remainder of the troop attends a local summer camp such as [Camp Somers](#) or [Winnebago Scout Reservation](#). Some troops with a lot of first year Scouts like this option.

#### **Philmont Type Treks**

Some units use Sabattis as a trek base camp without participating in the regular summer camp program. These troops or crews arrive at Sabattis and are assigned transient camp sites where they spend the day of arrival checking in and preparing for their trek. The participants are away from camp for the remainder of the week, returning to camp in time to clean up and pack for the trip home. This is an excellent way of providing older and more experienced Scouts with a special program suited to their age and skill level. This option is often used by Venturing crews and provisional crews from towns, districts or councils.

Any small crew can request to be linked up with another small crew by contacting council camping services at 973-765-9322 x238 or [campreservations@ppbsa.org](mailto:campreservations@ppbsa.org)



## Training for Your Trek

All participants must attend an in-camp briefing on rules and procedures prior to trek departure. It is strongly recommended that all Scouts going on a canoe trek have the Canoeing merit badge or equivalent canoe experience. Good physical condition is important for all trekkers (Scouts and adults), especially for those planning to hike in the High Peaks Wilderness Area. Even carrying just your daypack, climbing any one of the top ten High Peaks can be difficult. Attempting to do several in a few days can be a strenuous experience.

Please see the Forms/Information page of the Sabattis website for **adult leader notes regarding trek preparation**. Review this as soon as possible after booking your trek.

## Weather

The weather in the Adirondacks ranges from clear and sunny in the 80s to clear and cool at night to occasional lows in the 40s. It is recommended to check the weather prior to coming to camp. Use Long Lake, NY 12847.

## New York State Camping Permits

If your canoe group has 10 or more participants, including the Voyageur, a camping permit must be obtained from the NYDEC area Forest Ranger in which the trek is planning to camp. Sabattis Adventure Camp sends every crew on trek with a NYDEC camping permit, regardless of the group size, and will obtain this permit for your group.

Because of these rules and regulations, it is of the utmost importance that the camp administration knows where your trek is going as early as possible. The Sabattis trek director will begin working with trek groups in mid-winter to plan routes, obtain permits, reserve campsites, plan transportation, and discuss meal options. The Sabattis trek director will serve as your liaison to Patriots' Path Council to assist with every part of your trek preparation.

## Campsite Reservations

The adult leader needs to make advance reservations for campsites in Middle Saranac Lake, Lower Saranac Lake, and the Second Pond area. **This only applies to the ADK 90 Miler Classic Trek.** It may also apply for custom trek routes too. There is a fee for these sites and you are limited to 6 people each, if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need two sites for each of the nights you spend on in these areas. See the trek descriptions for details. **Any treks passing through state campsites that require reservations will not be confirmed or leave camp until proof of the campsite reservations in the necessary names and numbers is provided.**

## Swim Classification Tests

**All canoe trek participants—Scouts and adults—must pass the BSA swimmer test.**

This test consists of: Jump feetfirst into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

**NEW** We are now permitting and encouraging all trekkers to complete their swimmer tests before camp. The swim tests must be completed under the supervision of either (a) a BSA Aquatics Instructor or (b) an American Red Cross Water Safety Instructor. The crew must be able to furnish a copy of the credentials of the certifying party. We will still offer the swim checks at camp.

If the adult leaders are unable to pass the swimmer test, the trek will be cancelled without refund, but you may stay at Sabattis and participate in the regular camp program. If a Scout is unable to pass the test, the camp director will try to place the Scout with a troop in camp for the week. Everyone should complete their swimmer test before camp or be certain that they can pass the swimmer test prior to arriving at camp.

## Mandatory Pre Trek Form Review

In order to satisfy New York State requirements for camp operation and simplify your check-in at Sabattis, we require a pre-screening of your medical forms, and trek roster. Bring swim test results if applicable. Please contact John Dorn at 973-765-9322 x238 or via email at [campreservations@ppbsa.org](mailto:campreservations@ppbsa.org) at least two weeks before your trek to arrange for a review.

If you arrive at Sabattis with Scouts who were not included in the pre-camp review, you can expect delays at check-in. **To satisfy New York State requirements, we cannot allow any adults to stay in camp who have not completed the New York State Sex Offender Registry Search.** The adult rosters submitted prior to camp are submitted to New York State.

Please inform the council office of any changes to your roster prior to arrival at Sabattis.



## Forms

Please see the **Forms/Information page** of the Sabattis Adventure Camp website for the latest version of all forms. <http://www.camps.ppbsa.org/camps/sac/Camp%20Resource.htm>

### **BSA Annual Health and Medical Record**

All trek participants, regardless of age, must submit a current BSA Annual Health and Medical Record to the camp Health Officer upon arrival at Sabattis Adventure Camp in order to participate in any trek activities. Parts A, B and C must be completed annually. Part C must be signed by a licensed health-care provider. A copy of this form will be carried on the trek by the Voyageur in case of emergency. There are no exceptions to this rule. Please make sure that the medical form is filled out completely for **both youth and adult members** before arriving at camp:

- Parts A and B are to be completed by the participant and parents/guardians. Part B must be signed by a certified and licensed health-care provider if any medications are listed.
- Part C is to be completed, signed, and dated by a certified and licensed health-care provider. **It is important to note that the height/weight limits must be strictly adhered to.** No one who exceeds the maximum acceptance weight will be permitted on a trek.
- Participant's signature and parent/guardian signature if under 18
- Immunization record indicates the dates received
- Last physical examination was within **one** year of the date departing for trek

### **Meningitis Form**

The Meningococcal Disease and Vaccine Information form must be completed and signed for all participants under 18.

### **Trek Roster**

Please complete the Excel roster found on the Forms/Information page of the Sabattis website. Use a separate page for adults and youth. For adults, legal names, birthdates and Youth Protection expiration dates are required. BSA member IDs for registered Scouters make it much easier for us to verify the information. Please print and bring two copies of the roster.

### **Fishing Licenses**

The NY Department of Environmental Conservation requires anyone 16 and over to have a fishing license to fish on state lands.

Licenses can be purchased at:

Online	N.Y. State Online License System (DECALS) <a href="http://www.dec.ny.gov/permits/6091.html">http://www.dec.ny.gov/permits/6091.html</a> Please allow 14 days to receive the physical license, or bring the online receipt with you.
Long Lake, NY	Hoss's Country Corner 1142 Main Street Long Lake, NY 12847 800-952-4677
Tupper Lake, NY	Fortunes Hardware 66 Main Street Tupper Lake, NY 12986 518-359-9471



## Check-In Information

Here is a summary of what is required at check-in:

- **Roster** - All units are required to present two copies of a roster of all Scouts and adults. Please use the Excel file found on Forms/Information page of the Sabattis website. Bring a third copy keep with you.
- **BSA Annual Health and Medical Records** - Required for all Scouts and leaders - Parts A, B and C must be completed and signed. If medications are listed on part B, then part B must be signed by a licensed health care practitioner. Please bring photocopies and keep the originals. Please have in alphabetical order.
- **Meningococcal Disease and Vaccine Information Form** - Completed and signed for all campers under 18.
- **Swim Test Results** - If available. Be sure to include a copy of the certifying party's credentials. See page 4.
- **Youth Protection Training** – Current Youth Protection training certificate for all adults.
- **Campsite Reservation Receipts** – If you are taking a trek into an area that requires campsite reservations.
- **Out Of Council Units** - Proof of health and accident insurance and a tour plan is required for out of council units – contact your council office to obtain copies.



***Did you know?***

*Sabattis Adventure Camp is located in Hamilton County, NY  
It is the most sparsely populated county east of the Mississippi River*



## At Base Camp

### Base Camp Information

When you check in to Sabattis Adventure Camp on Saturday afternoon, you will be assigned a campsite that includes a free-standing tarp, picnic table, fire barrel, latrine, and wall-tents with cots. There is space for you to set up your own tents in the campsite if your crew prefers to camp in your own tents. Some of your meals at base camp will require cooking. We provide all necessary cooking gear and fuel for base camp upon request. **Please let us know in advance.**

During your time in camp on Saturday afternoon/evening without your Voyageur, feel free to conduct activities in your campsite, take advantage of our disc golf course, hiking trails, field activities, or volleyball court. Most staff are off on Saturday, so expect a relaxing day.

Your Voyageur will meet your crew in your site at about 10:30 am Sunday morning to begin trek preparations. You will spend most of the day Sunday preparing for your trek. On Sunday night, there will be a campwide flag retreat, and "Class-A" uniforms are required. After retreat, you will be served a BBQ dinner by the staff, followed by religious services and an opening campfire put on by the staff.

Your crew will depart base camp as soon as possible on Monday morning and will be returning to base camp on Friday afternoon. Your crew will be provided dinner on Friday evening to cook in your campsite. Some crews opt to ride into town to buy dinner at one of the local restaurants (transportation not provided).

Friday night concludes with a closing campfire and awards/recognition ceremony put on by the staff. Class-A uniforms are the norm. Your crew will be recognized at the closing campfire. Breakfast is provided on Saturday morning before your crew checks out. Crews riding the bus are provided with lunch. Crews with their own transportation may depart at their leisure on Saturday.

Hot showers and a coin operated laundry are available for Scouts and adults during time in base camp. Any equipment your crew brings for use in base camp can be stored in a secure location in your campsite or in the trek center while your crew is on trek.

### Base Camp Leadership

Your crew will need to provide its own two-deep leadership while in base-camp. There is often more than one troop utilizing the trek campsite and crews often share leaders to satisfy the two-deep leadership policy. Please check with Sabattis prior to your arrival if you are sending only one leader on trek.

### Typical Weekly Schedule

- Saturday** Arrive at Sabattis between 1:00 and 3:00 pm. Check in with the main office and get settled in at the trekking area. Your crew will spend time together relaxing and preparing for your adventure on your own. Unsupervised activity options are available for the afternoon/evening. Have lunch along the way, we will provide food for dinner.
- Sunday** Your Voyageur will greet your crew around 10:30 am at your campsite.
  - Morning** Trek preparations and team-building.
  - Afternoon** Swim classification tests, canoe skills, equipment shakedown, team-building, and final trek preparations.
  - Evening** Dinner provided by staff (BBQ), religious services, leaders' meeting, and opening campfire.
- Monday** Depart for your Trek at your scheduled pickup time.
- Mon - Fri** Enjoy your Adirondack Trek
- Friday** Return to base camp: Cleanup, shower, return gear, and reflect on your adventure. Your crew may participate in the Friday afternoon Paul Bunyan Field Day or Water Carnival
  - Evening** Cook dinner and closing campfire. Some crews and their Voyageur head into town on their own for pizza.
- Saturday** Pack up and depart. Have a safe ride home and see you next year!



## **Friday Departures**

You may leave on Friday, but we strongly discourage it. Remember that you will have been out in the fresh air for 6 days with lots of sunshine and a crew of young men with lots of energy. We encourage you to relax, wind down, attend the closing campfire and get a fresh start on Saturday morning. You will be tired on that drive home, even on Saturday.

## **Week Five Treks**

Treks are offered the same four weeks Sabattis Adventure Camp is in session for its resident camp program. We often offer an additional week of treks after resident camp has closed. Many units love these special weeks, as they get to experience the solitude of the Adirondacks while in base camp. Programs areas, the Sunday BBQ, campfires and other activities are unavailable to trekkers that week.

## **Trek Notes**

### **Personal Flotation Devices**

Personal flotation devices (PFDs) are supplied by Sabattis, and will be worn at all times while in the canoes. They may only be removed when on land.

### **Trek Food**

- We have done our best to make our meals filling and good-tasting!
- We use fresh food along with trail food from Backpacker's Pantry, Honey Stinger and other suppliers.
- Please alert us of any food allergies or dietary restrictions in your crew ASAP.
- Our meals are calorie dense and designed to keep you satisfied, however you may choose to bring supplements such as GORP, dried fruit, and granola bars at your own expense.

### **Food Allergies and Dietary Restrictions**

Please contact the trek director ([sabattistreks@gmail.com](mailto:sabattistreks@gmail.com)) with any food allergies in your crew as soon as possible. Sabattis Adventure Camp does not provide nut or gluten free food on trek. We will post a menu on the Forms/Information page of the Sabattis website before your trek. Each participant can determine if the trek meals will work for them, and identify any additional foods they wish to bring at their own cost. Most of our meals are from Backpackers Pantry and are produced in a facility that also produces nut products.

### **Adding a Day Hike to Your Trek**

This is a good idea for some treks. St. Regis Mountain has a hiking path on the Paul Smith's side but is a bushwhack from St. Regis Pond. Long Pond Mountain is a lower but much less traveled option in the St. Regis area. There is a well-established path to the top.



## Equipment

### Personal Equipment – Trek

- Comfortable backpack

#### **Clothing (store clothing in large Ziploc bags)**

- 1 pair long pants (no cotton or denim – zip offs work great)
- 1 pair shorts
- 1 long sleeve fleece (wool ok, fleece better) no cotton sweatshirts
- 3 pairs underwear
- 1 wool or synthetic hat (warm hat)
- 2 T-shirts (Poly-cotton or synthetic preferred)
- 1 swim suit
- Hat to keep the sun off
- Sturdy rain gear (With a zipper and sleeves – no ponchos)

#### **Footwear**

- 1 pair of ankle supported boots for trail and portages – boots need to be “broken” in prior to the trek.
- 1 pair wet shoes for canoeists (canvas sneakers, aquasocks, or sandals)
- 1 pair lightweight moccasins or sneakers (for around wilderness camp)
- 3 pairs socks (light weight wool or wicking synthetic is best)

#### **Other Gear**

- 1 pair gloves for paddling and portages
- 1 eating dish (plastic or light weight metal)
- 1 spoon and fork
- 2 water bottles (at least 1 quart – Nalgene style)
- 1 small toilet kit—No smellables!
- ½ roll toilet tissue
- 1 small towel (dish towel or synthetic)
- 1 small wash cloth
- 50 feet of ¼” cord (parachute cord is good too—and lighter)
- Sun block (especially if you are canoeing)
- Pocketknife
- Matches and/or lighter
- Bug repellent
- 3 large garbage bags (Lawn/contractor bags are sturdiest) to cover pack
- Sleeping bag (good to a temperature of +35 degrees) in waterproof stuff sack or garbage bag (waterproof the seams if necessary)
- Sleeping Pad
- 1 small flashlight or headlamp with new batteries
- Eyeglass Strap (if needed)
- Camera
- Money for the Trading Post

- Cotton clothing takes a long time to dry. Synthetics and wool are highly recommended. Blue jeans should be avoided.
- The best clothing for treks is loose-fitting, lightweight synthetic or a cotton/synthetic blend.
- Do not bring soap of any kind on the trail or canoe route. This includes “biodegradable” soaps as well. Please, no glass containers.
- Being on trek is intended as an experience where you “disconnect” from electronics and extraneous noise. Therefore, MP3 players, video games, radios, Scout cell phones, etc... will be left in base camp. You will be just fine without them.
- Do not bring firewood to the Adirondacks. This is a New York State regulation!

### Notes on Footwear

We don't beach our boats! Please plan to get your feet wet with each load/unload. Our Kevlar canoes are amazingly strong only when floating, not resting on the bottom! The budget footwear choice is old sneakers that have exceeded their life span. They have good sturdy ankle support and a sole to protect you from those hidden rocks underwater and on the portage trail. Water socks may not provide any support at all and leave you with feet full of sand or mud. Open-toed sandals like Teva's or Chaco's work well but be wary of toe stubs and underwater rocks. These are great for in camp use with a nice comfy pair of socks at the end of the day! The high-end choice is a pair of water shoes like Keen's, the Teva Dozer or Salomon Tech Amphibian. But the Keen or Teva or Salomon style sandals from Walmart work really well! The bottom line is to bring a pair of shoes that can get wet, dry quickly and are easily paired with some wool/synthetic socks for around camp and day hikes.



## Personal Equipment – Sabattis Base Camp

In addition to your trek equipment - can be left at base camp

- BSA “Class A” Uniform for opening and closing ceremonies
- Bathing towel for showers
- Soap, razor, or other showering materials
- Pair of clean clothes for after trek

## Crew Gear – Provided by Sabattis

- Kevlar Canoes
- PFDs
- Paddles
- Food
- First Aid Kit
- Adirondack Paddler’s Map or Adirondack Canoe Map \*
- Dining fly
- Bear bag line and carabineer
- Backpacking stoves (see note below)
- Fuel bottles (with fuel)
- Cooking pots, pans and utensils
- Water jugs
- Water purification bleach (see notes below)
- Water Purification filter – (damage deposit required)
- Camp trowel

## Crew Gear – Provided by Crew

**Crew gear recommended for base camp:**

- 1 Clothes line to dry out gear/equipment if needed

**Crew gear for trek (optional – see below)**

- Tents
- Tarp
- Backpacking stoves (see below)
- Water purification filter (see below)
- Water purification tablets (see below)
- Bear/food bags (see below)

\* It is recommended to purchase some of these maps in advance to help plan for your trek.

## Should We Bring Some of Our Own Crew Gear?

**Tents** are advisable because lean-tos are not always available. We do our best to follow Leave No Trace principles and leave the smallest footprint possible in the woods. Scouts should plan to sleep two or three people per tent while on trek. A couple of solo tents, bivy sacks or hammocks are ok, but please keep to a minimum. Your Voyageur will be looking for this during Sunday prep.

We have some tents to loan out for the week – please ask in advance.

**Tarps** - If you have one you love bring it! We have tarps available and will provide them if you need them. Avoid the big plastic blue ones.

**Cooking stoves** are something that would be nice for you to bring from home. If the Scouts are familiar with the operation of stoves used on troop outings this will be extremely helpful on the trek. There will be a lot fewer burned meals or fouled SAC stoves midweek if you are using gear you know! If you bring canister type stoves, be sure to bring enough fuel for the trek. If necessary, we will provide one MSR Whisperlite white gas stove and one JetBoil stove (subject to fuel availability) with fuel. We will also provide any white gas you may need for the trek for your stoves or ours.

**Bear Bags and Lines** - We will provide one length of rope and two carabiners for the purpose of hanging food at night. We encourage you to bring bags to carry your food. We have a limited number of food/bear bags to lend. Additional lengths of rope and carabiners are not provided beyond the first set. The food typically consumes a 50 gallon drum on day one. We encourage you to practice packing your backpacks and leaving empty space to accommodate some of this load. Bringing a duffel bag or dry bag to hold the food is also common, but remember that someone has to carry that food bag on any portages.

Please contact us with any other gear questions. Remind everyone to leave room in their packs for group gear and food! Fewer portage trips equal happier Scouts!



## **Water Purification**

All drinking water must be purified. The New York State Department of Health requires all crews to carry at least one water filter. You may bring your own water filter or you may borrow one of ours with a refundable damage deposit.

The state of New York also requires that each crew carries liquid bleach and eyedroppers on trek. We must provide the bleach and eyedroppers, but we are not permitted to supply other chemical means of water purification. We encourage crews to bring their own preferred method of water purification.

## **Waterproofing**

The easiest way to waterproof your gear is a large roll-top dry bag. These however are cumbersome to portage if not packed carefully. If you have the model with backpack straps these are great but can be uncomfortable when loaded without care. Practice will make perfect in this case. The second best method is to use roll top closure bags that fit inside your pack. Sea-to-Summit and Granite Gear make some really great ultra-lite roll top bags. You can get a big 50L bag to hold all your gear and use your standard backpack for its straps and comfort features. The best budget option is to put your gear in one and two gallon Zip-loc freezer bags. You can then line your backpack with a contractor grade trash bag and tie it closed each morning.

Both internal and external frame packs are helpful for canoe treks, and a virtual necessity for backpacking treks.



## Pre-Trek Checklist for Leaders

- Submit a Trek Reservation Form and deposit to the council camping services by November/December prior to your trek.
- Hold a high adventure rally with your unit to gain interest.
- Any small crews can be combined with another small crew by contacting the camping services department.
- Make sure final payment(s) are paid in full to the camping services department by April 30<sup>th</sup>.
- Which route(s) are the boys thinking of taking? Ask for details/clarification. We can create a trip for you if you don't find what you want in our trek list.
- Contact the Sabattis Trek Guru to begin planning your route through the Adirondacks.
- Reserve through Reserve America any sites needed in the Saranac Lakes area. (ADK 90 Miler Classic trek only). Bring copies of the reservation with you to camp. **Reserve early!**
- Please order and review maps of your trip. The "Adirondack Paddler's Map" is great.
- Attend the pre-camp Sabattis trek leaders meeting in March.
- Determine any special needs early: (Early/late arrivals & departures, food/plant allergies, swimming issues, etc.)
- Arrange for transportation to Sabattis – the council bus service is highly recommended. All equipment can be transported on the bus.
- Start a physical exercise program. Good physical conditioning is important – especially for the difficult and strenuous treks.
- Conduct your own crew shakedown trip. A practice trip will make your trip more enjoyable.
- If canoeing, it is recommended that all Scouts have the Canoeing merit badge.
- Have the Scouts elect a crew leader.
- Practice backpacking or canoeing/ paddling strokes; using a map/compass; "trimming" your load.
- Review the Leave No Trace principles with the crew.
- Make sure you have the required gear for base camp. Let us know if you need base camp cooking gear.
- Have a shakedown meeting the night before you leave for camp.
- Schedule your BSA Swimmer Test with a certified lifeguard and submit results/credentials.
- Collect BSA Annual Health and Medical Record, permission slips, and Meningitis form - make sure each are filled out accurately and completely.
- Bring three copies of a completed BSA roster of your crew to camp.
- Schedule your pre-trek form review with Patriots' Path Council.
- Any questions, feel free to contact the Trek Director.





## Resources

### Sabattis Trek Information

<http://www.camps.ppbsa.org/camps/sac/Trek.htm>

### Maps

The Adirondack Paddler's Map and Adirondack Paddler's Map-South. Any treks starting in Old Forge or Blue Mountain Lake require the South Map – <http://www.canoeoutfitters.com/maps.html> - These are the best!!!!

The Adirondack Canoe Map – <http://www.ems.com/product/index.jsp?productId=3661628>

NYS DEC Maps – varies by region website – see the link for state info below

### Good Reads

The Adirondack Paddler's Guide - <http://www.canoeoutfitters.com/maps.html>

The Adirondack Reader - <http://www.amazon.com/Adirondack-Reader-Mountain-Club/dp/1931951128>

Canoe Waters: North Flow - <http://www.amazon.com/Adirondack-Canoe-Waters-North-Flow/dp/0935272437>

Canoeing the Adirondacks with Nessmuk – George Washington Sears

<http://www.amazon.com/Canoeing-Adirondacks-Nessmuk-Adirondack-Washington/dp/0815625944>

Adirondack Country – William Chapman White

<http://www.amazon.com/Adirondack-Country-York-State-Book/dp/081560193X>

### Adirondack Park Rules/Regulations

General Camping Regulations - <http://www.dec.ny.gov/outdoor/7872.html>

### Regional Websites – some with maps and group regulations

Saint Regis Canoe Area - <http://www.dec.ny.gov/lands/70572.html>

Western Adirondacks Region 6 - <http://www.dec.ny.gov/outdoor/7795.html>

Bog River Flow - <http://www.dec.ny.gov/outdoor/38963.html>

Central/Eastern Adirondacks Region 5 - <http://www.dec.ny.gov/outdoor/7798.html>

Saranac Lake Islands - <http://www.dec.ny.gov/outdoor/24496.html>



## Treks Offered by Sabattis Adventure Camp

We can customize a trip for you if you don't find what you want in our standard offerings

### Trailblazer Trek

A Trailblazer trek is an ideal option for a younger crew who wants to gain some canoeing and wilderness camping experience before departing for the backcountry. We provide instruction and plenty of practice in the skills you will need to complete a trek. It is ideal for crews of 13 and 14 year olds with minimal paddling and backcountry camping skills. You will be able to enhance your skills in a controlled environment and still spend some time in the backcountry.

#### **NEW** Charley Daniels Trek: Canoeing – Sabattis / Stony Creek Ponds to Tupper Lake

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Easy. Designed for first time younger trekkers!  
**Portages:** Few. For training purposes.  
**Civilization:** Yes  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/cdaniels>

Day	From	To	Distance
1	Sabattis Adventure Camp	Bear Pond wilderness site <ul style="list-style-type: none"> <li>▪ Canoeing and wilderness camping instruction</li> <li>▪ Canoeing merit badge</li> <li>▪ Wilderness Survival merit badge</li> </ul>	1.0 miles
2	Bear Pond wilderness site	Bear Pond wilderness site <ul style="list-style-type: none"> <li>▪ Paddle to a remote area for lakeside lunch</li> <li>▪ Continue merit badge work</li> </ul>	3.0 miles paddle and hike
3	Stony Creek Ponds	Raquette River <ul style="list-style-type: none"> <li>▪ Van to Stony Creek Ponds</li> <li>▪ Beautiful river paddling</li> </ul>	8.5 miles
4	Raquette River	Tupper Lake north end <ul style="list-style-type: none"> <li>▪ River and lake paddling</li> </ul>	8.5 miles
5	Tupper Lake north end	Tupper Lake boat launch <ul style="list-style-type: none"> <li>▪ Complete merit badges if necessary</li> <li>▪ Afternoon camp activities</li> </ul>	2.0 miles

Total: Approx: 23 miles

#### Features:

- Canoeing and wilderness camping instruction
- Canoeing and Wilderness Survival merit badges
- Two nights camping in remote areas of Sabattis
- Two nights camping in the backcountry



## Combination Treks

### **NEW** Clarence Petty Trek: Canoeing and Hiking – Hoel Pond to Tupper Lake

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Easy to Moderate.  
**Portages:** Three. Day 1 and 3.  
**Civilization:** Yes – with some wilderness areas.  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/cpetty>

Day	From	To	Distance
1	Hoel Pond	Floodwood Pond <ul style="list-style-type: none"> <li>▪ Optional side hike up Long Pond Mtn - 3mi</li> <li>▪ Carries between Slang and Little Long/Little Long and Floodwood</li> </ul>	5.6 miles
2	Floodwood Pond	Saginaw Bay Upper Saranac Lake <ul style="list-style-type: none"> <li>▪ Potential island camping on Big Green Island</li> </ul>	8.2 miles
3	Saginaw Bay	Trombley Landing lean-to <ul style="list-style-type: none"> <li>▪ Traverse Indian Carry at south end of Upper Saranac Lake</li> </ul>	12.0 miles
4	Trombley Landing	Tupper Lake north end <ul style="list-style-type: none"> <li>▪ Beautiful river paddling</li> </ul>	9.3 miles
5	Tupper Lake north end	Tupper Lake boat launch	2.0 miles

Total:    Approx: 38 miles  
 Plus optional hike

**Features:**

- St. Regis primitive wilderness area
- Optional and recommended mountain hike
- Island camping
- Stony Creek magic carpet
- Peaceful Raquette River

This is a great trek for the group that has big adventure on their minds but might be hesitant on putting in big mileage. While paddling through the St. Regis Primitive Wilderness Area you can enjoy the serenity of a roadless, paddlers-only chain of lakes devoid of houses and motor boats. Before you leave this area be sure to catch the views of both the start and finish of your trek from atop Long Pond Mtn, a 3 mile round trip hike for all ages.

As you leave the wilderness area you enter into the majestic Upper Saranac Lake steeped in Adirondack history and shoot for Buck Island where you can enjoy island views of this great lake. After traversing the historically significant Indian Carry into Stony Creek Ponds you are met with a beautiful paddle over the magic carpet in Stony Creek before you reach your destination of the Trombley Landing lean-to. From Trombley, you paddle the peaceful and winding Raquette River into Tupper Lake. We'll collect you Friday morning at the Tupper Lake Boat Launch for a trip back to camp where you can participate in the Friday base camp activities!



### Paul Smith Trek: Canoeing and Hiking – Lake Kushaqua to Follensby Clear Pond

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Easy to moderate. An excellent choice for any group!  
**Portages:** Many. Challenge varies but peaks at moderate.  
**Civilization:** Yes  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/paulsmith>

Day	From	To	Distance
1	Kushaqua – North end dam	Osgood West Lean-to or Church Pond Lean-to <ul style="list-style-type: none"> <li>▪ Easy carry between Rainbow Lake and Jones Pond</li> </ul>	10.8 miles
2	Osgood or Church Pond	Lower St. Regis Lake or Keese Mill area <ul style="list-style-type: none"> <li>▪ Carry through Paul Smith's College</li> <li>▪ Hike up St. Regis Mtn. to the fire tower</li> </ul>	9.6 miles paddle and hike
3	Keese Mill or Lower St. Regis Lake	Little Green Pond <ul style="list-style-type: none"> <li>▪ Seven carries! Some are 25 feet some 1/4 mile, they aren't hard!!</li> <li>▪ After finding an open site it is imperative that you register at the nearby fish hatchery before 4:00 pm!!</li> </ul>	10.3 miles
4	Little Green Pond	Follensby Clear Pond <ul style="list-style-type: none"> <li>▪ You have two choices this day to reach Upper Saranac Lake:</li> <li>▪ Hatchery Brook with its sandbars and potentially shallow waters.</li> <li>▪ Carry along the train tracks to Rat Pond and then over to the Upper Saranac Lake Boat Launch.</li> <li>▪ From Upper Saranac you paddle through the Spider Creek Outlet into Follensby Clear Pond.</li> </ul>	7.3 miles
5	Follensby Clear Pond	Early morning pickup	0.0 miles

Total: Approx: 38 miles

**Features:**

- Lean-To camping
- Short carries
- Remote ponds
- Fish Hatchery Tour
- Beautiful Adirondack boathouses and amazing boats
- Early Friday morning pickup gets you back in camp for a day of shooting, climbing and campwide games!

**Modifications:**

- Paul Smith's to Tupper Lake via the Indian carry and Raquette River
- Modifications available for Ampersand day hike



## Canoeing Treks

### Mitchell Sabattis Trek: Canoeing - Long Lake to Bog River Falls

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Easy to Moderate. One long carry of about a mile around Raquette Falls  
**Portages:** One. Raquette Falls is a moderately challenging carry.  
**Civilization:** Yes  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/mitchellsabattis>

Day	From	To	Distance
1	Long Lake Boat Landing	Plumley's Landing (North Long Lake) <ul style="list-style-type: none"> <li>▪ or one of the other sites at on the north shore where the Raquette River leaves Long Lake</li> </ul>	7.6 miles
2	Plumley's Landing	Raquette Falls Lean-to <ul style="list-style-type: none"> <li>▪ One carry on well maintained trail – ends at your campsite</li> </ul>	9.5 miles
3	Raquette Falls Lean-to	Trombley Landing	10.5 miles
4	Trombley Landing	Tupper Bluffs	9.3 miles
5	Tupper Bluffs	Bog River Falls	6.9 miles

Total: Approx: 44 miles

#### Features:

- Lake and river canoeing
- Raquette Falls
- Lean-to and tent camping
- Fishing
- Canoe carries

#### Modifications:

- Start at Buttermilk Falls to add mileage and the status of paddling the entire length of Long Lake!



## Adirondack Murray Trek: Canoeing - Blue Mountain Lake to Stony Creek Ponds

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Moderate to Challenging  
**Portages:** Five. Buttermilk Falls is a strenuous carry. Raquette Falls is a moderately challenging carry. Three shorter carries with two long carries of about a mile around Buttermilk and Raquette Falls  
**Civilization:** Yes  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/adirondackmurray>

Day	From	To	Distance
1	Blue Mountain Lake	Utowana Lake	5.8 miles
2	Utowana Lake	Boucher Point (Raquette Lake) ▪ Carry around Utowana Lake dam	9.0 miles
3	Boucher Point	Kelley Point (or Rodney Point) ▪ Carry between Raquette and Forked Lakes ▪ Carry around dam at east end of Forked Lake ▪ Carry around Buttermilk Falls	17.0 miles (20.0 miles)
4	Kelley Point	Raquette Falls ▪ Carry around Raquette Falls	14.8 miles (less if from Rodney Point)
5	Raquette Falls	Stony Creek Ponds	6.7 miles

Total: Approx: 53 miles

### Features:

- Lake and river canoeing
- Waterfalls (Buttermilk Falls and Raquette Falls)
- Lean-to camping
- Fishing
- Canoe carries
- A stop in Long Lake for lunch/dinner if wanted

### Modifications:

- Several variations of this trek can be followed. The end can easily be changed to Tupper Lake's Public Boat Launch adding several miles to the total.



### Alvah Dunning Trek: Canoeing - Old Forge to Tupper Lake

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Difficult. You need good paddling skills because of the distance involved.  
**Portages:** Many. Challenging. Several shorter carries with three long carries of about a mile along Brown's Tract Road, Buttermilk Falls and Raquette Falls.  
**Civilization:** Yes  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/alvahdunning>

Day	From	To	Distance
1	Old Forge waterfront (by the motel)	Seventh Lake, Arnolds Rock ▪ or another site on the east end of north shore	15.3 miles
2	Seventh Lake	Big Island on Raquette Lake ▪ One mile carry along Brown's Tract	6.5 miles
3	Raquette Lake	Kelley Point, Long Lake ▪ Carry to Forked Lake ▪ Carry around the dam at the east end of Forked Lake ▪ Carry around Buttermilk Falls	23.3 miles
4	Kelley Point	Raquette Falls, Raquette River ▪ Carry around Raquette Falls	14.7 miles
5	Raquette River	Tupper Lake Boat Launch	16.6 miles

Total: Approx: 77 miles

**Features:**

- Paddle through the historic Fulton Chain of Lakes
- Lake and river canoeing
- Lean-to camping a possibility
- Canoe carries



**W. W. Durant Trek: Canoeing - Long Lake to Paul Smith's**

**Duration:** 4 days, 3 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Difficult - due to the carries and the distance involved.  
**Portages:** Many. Challenging.  
**Civilization:** Yes  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/wwdurant>

Day	From	To	Distance
1	Long Lake Boat Ramp	Plumleys Landing (North Long Lake) <ul style="list-style-type: none"> <li>▪ or one of the other sites at on the north shore where the Raquette River leaves Long Lake</li> </ul>	7.6 miles
2	Plumleys Landing	Saginaw Bay (Upper Saranac Lake) <ul style="list-style-type: none"> <li>▪ Carry around Raquette Falls</li> <li>▪ Indian Carry to Upper Saranac Lake</li> </ul>	22.8 miles
3	Saginaw Bay	Little Green Pond <ul style="list-style-type: none"> <li>▪ Two short carries or navigate Hatchery Brook</li> </ul>	5.6 miles
4	Little Green Pond	Paul Smith's College <ul style="list-style-type: none"> <li>▪ Many short carries along the Seven Carries Route into Upper St. Regis Lake</li> <li>▪ Option to climb to St. Regis Mountain fire tower</li> </ul>	7.6 miles + 8.5 mile hike

Total: Approx :52 miles

**Features:**

- Lean-to camping
- Lake and river canoeing
- Canoe carries
- Visit the Fish Hatchery



### Nessmuk Trek: Canoeing - Old Forge to Paul Smith's

- Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Difficult to Strenuous. Many short carries and a few longer ones and lots of distance will challenge your canoeing skills.  
**Portages:** Many. Strenuous. Several shorter carries with three long carries of about a mile along Brown's Tract Road, Buttermilk Falls, Raquette Falls and the Indian carry.  
**Civilization:** Yes  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/nessmuk>

Day	From	To	Distance
1	Old Forge	Seventh Lake	15.3 miles
2	Seventh Lake	Raquette Lake	6.4 miles
3	Raquette Lake	Kelley Point, Long Lake <ul style="list-style-type: none"> <li>▪ Carry to Forked Lake</li> <li>▪ Carry around dam at the east end of Forked Lake</li> <li>▪ Carry around Buttermilk Falls</li> </ul>	24.0 miles
4	Long Lake	Upper Saranac Lake <ul style="list-style-type: none"> <li>▪ Carry around Raquette Falls</li> <li>▪ Carry via Indian Carry to Upper Saranac Lake</li> </ul>	25.0 miles
5	Upper Saranac Lake	Paul Smith's College <ul style="list-style-type: none"> <li>▪ Carry to Rat and Little Green Pond</li> <li>▪ Carry to Little Clear Pond and the Seven Carries through the St. Regis paddling area</li> </ul>	12.8 miles

Total: Approx: 83.5 miles

**Features:**

- Paddle through the historic Fulton Chain of Lakes and portions of the St. Regis Canoe Area
- Long distance challenge
- You will not return to camp until Friday afternoon
- Lake and river canoeing
- Canoe carries



## **ADK 90 Miler Classic Trek: Canoeing - Old Forge to Saranac Lake**

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 10 campers  
**Difficulty:** Difficult and strenuous. This route was a fairly common route linking the two towns back in the 1890's when the only way to get around the Adirondacks was by guide boat or canoe. This is virtually the same route used today for the Adirondack Canoe Classic, commonly known as "The 90 Miler" canoe race. You need good to excellent canoeing skills because of the distance involved.  
**Portages:** Many. Strenuous.  
**Prerequisite:** Participants must be 14 years of age or older with previous trek experience. Canoeing merit badge recommended.

**Proof of campsite reservations in the Saranacs is required to reserve this trek!**

**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/adk90miler>

Day	From	To	Distance
1	Old Forge	Raquette Lake – Big Island <ul style="list-style-type: none"> <li>▪ via Fulton Chain</li> <li>▪ Carry from 5th to 6th Lake</li> <li>▪ Carry from 8th Lake to Brown's tract</li> </ul>	28.0 miles
2	Raquette Lake	Long Lake – South end <ul style="list-style-type: none"> <li>▪ Carry into Forked Lake</li> <li>▪ Carry around the dam and Buttermilk Falls</li> </ul>	14.0 miles
3	Long Lake – South end	Raquette River – between falls and Stoney Creek. <ul style="list-style-type: none"> <li>▪ Carry around Raquette Falls</li> </ul>	25.0 miles
4	Raquette River	Lower Saranac <ul style="list-style-type: none"> <li>▪ Carry into Upper Saranac via Indian Carry</li> <li>▪ Bartlett carry</li> <li>▪ Upper locks</li> </ul>	15.0 miles
5	Lower Saranac	Lake Flower <ul style="list-style-type: none"> <li>▪ via First Pond, Second Pond, Lower Locks, Oseetah</li> </ul>	7.0 miles

Total: Approx: 91 miles

### **Features:**

- Travel through five water-based towns (Old Forge, Inlet, Raquette Lake, Long Lake, Saranac Lake)
- Day-hike opportunity up Ampersand Mtn.
- Distance challenge
- Canoe carries

### **Modifications:**

- Old Forge to Bloomingdale – add 9 miles for an even 100!

For the fourth night, reservations need to be made by the adult leader for campsites in Middle Saranac Lake, Lower Saranac Lake and Second Pond. There is a fee for these sites and you are limited to 6 people each if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need two sites for each night you spend in these areas.

Sites can be reserved **11 months in advance** of your visit by calling 1-800-456-CAMP or visiting <http://www.reserveamerica.com/usa/ny/sara/> (which also has campsite maps) for most of Middle and Lower Saranac Lakes and for the Second Pond area. To reserve Shaw Island (a large group site in Middle Saranac Lake) and/or group site 65 call 518-891-4590.

**Be sure to have your confirmation number with you on the trek.** With this, you can report to the Upper Locks and they will send someone to you for final registration. Otherwise, you might have to paddle all the way through Lower Saranac Lake to the Second Pond Boat Launch to sign in.



## Wilderness Treks

### Augustus Low Trek: Wilderness Canoeing/Hiking - Hitchins Lower Dam to Lows Lake/Bog Lake

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 7 campers  
**Difficulty:** Moderate. Requires paddling skills as the wind on Lows Lake can be tough for beginning paddlers. Map & compass skills are handy for the day hikes.  
**Portages:** One. Easy.  
**Civilization:** None  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/augustuslow>

Day	From	To	Distance
1	Lows Lower Dam	Hitchins Pond ▪ Sunset views from Hitchins Overlook	4.5 miles
2	Hitchins Pond	Lows Lake Site 27	6 miles
3	Site 27	Primitive site or Grass Pond Site 32 ▪ Daytime Bushwhack from Big Deer Pond to the Tri-County Marker or Kettle Holes	4 miles paddling 4 miles hiking
4	Grass Pond	Bog Lake ▪ Morning Bushwhack up Grass Pond Mtn.	5 miles paddling 2 miles hiking
5	Bog Lake	Lows Lower Dam	12 miles

Total:      Approx: 34 miles

**Features:**

- Sunset/Sunrise from Hitchins Overlook
- Bushwhack up Grass Pond Mountain
- Discover the natural kettle holes via a bushwhack
- Discover the Tri-County marker
- Fishing
- A huge floating bog!

This is a great trek for troops looking to build all-around Scouting skills with a solid canoeing base. Lows Lake is only accessible via float plane or 8-9 miles of paddling. Once on Lows Lake there are an abundance of camping options from sleepy coves to sweeping views from the eskers. Your crew can bushwhack to the tri-county marker, mysterious kettle holes, sunset views from Hitchins Overlook and the top of Grass Pond Mountain. You can also take in Bog Pond; with its lone campsite you have the water to yourselves! Being fairly shallow, Lows Lake offers some great fishing opportunities. It is also home to a large floating bog for those ecology lovers. The beauty of Lows Lake and its lack of motorized traffic and cabins must be seen! This is an easily modifiable itinerary to meet the interests of the crew.

For the DEC map follow this url: <http://www.dec.ny.gov/outdoor/45359.html>



## Henry Rushton Trek: Wilderness Canoeing - Little Clear Pond to Paul Smith's College

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 7 campers  
**Difficulty:** Strenuous. The paddling is pretty easy it's the many carries that add challenge!  
**Portages:** Many. Difficulty varies, but none are greater than moderate.  
**Civilization:** None  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/henryrushton>

Day	From	To	Distance
1	Little Clear Pond	St. Regis Pond <ul style="list-style-type: none"> <li>▪ Tour Fish Hatchery</li> <li>▪ Possible Lean-To site</li> <li>▪ 1 Carry</li> </ul>	3.0 miles
2	St. Regis Pond	Fish Pond <ul style="list-style-type: none"> <li>▪ Carry via Ocher Pond</li> <li>▪ Carry via Mud Pond</li> <li>▪ Possible Lean-To site</li> </ul>	3.0 miles
3	Fish Pond	Little Long Pond <ul style="list-style-type: none"> <li>▪ Carry via St. Regis</li> <li>▪ Carry via Green Pond</li> </ul>	4.5 miles
4	Little Long Pond	Lower St. Regis <ul style="list-style-type: none"> <li>▪ Carry via Bear Pond</li> <li>▪ Carry via Bog Pond</li> </ul>	6.0 miles
5	Lower St. Regis	Paul Smith's	3 miles paddling 2.5 miles hiking

Total: Approx: 25 miles

The St. Regis Canoe area is a very special destination within the Adirondack Park. Comprised of over 19,000 acres it is the largest designated canoe area in the northeast. This trek will give you the chance to see a very remote pond within the wilderness area as well as the views from the St. Regis fire tower on St. Regis Mountain. The challenging component of this trek is the number of carries. Few of the ponds are connected via anything larger than a small stream. The carries may turn some away but the opportunity for complete wilderness, empty ponds, fishing and wildlife viewing abound.

For more maps follow these urls:

<http://tupperlake.net/stregisw.htm> and <http://tupperlake.net/stregise.htm>



## Nehasane Trek: Wilderness Canoeing/Hiking – Lake Lila to Hitchins Lower Dam

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 7 campers  
**Difficulty:** Strenuous  
**Portages:** 4. Difficulty varies from easy to challenging.  
**Civilization:** None  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/nehasane>

Day	From	To	Distance
1	Lake Lila (north shore)	Mt. Frederica ▪ Sunset views from Mt. Frederica	4 miles
2	Mt. Frederica	Bog Lake ▪ Carry to Clear Pond	5 miles
3	Bog Lake	Grass Pond ▪ Hike to top of Grass Pont Mtn. ▪ Explore Bog River Wilderness area	10.25 miles
4	Grass Pond	Hitchins Pond ▪ Short hike to Hitchins overlook	9 miles
5	Hitchins Pond	Hitchins Lower Dam	2.75 miles

Total: Approx: 32 miles

### Features:

- Sunset from Mt. Frederica
- Discover the site of the former Nehasane Lodge and Train Station
- Sunset/Sunrise from Hitchins Overlook
- Bushwhack up Grass Pond Mountain
- Discover the natural kettle holes via a bushwhack
- Discover the Tri-County Marker
- Fishing
- A huge floating bog!

This trek starts in an amazing part of the Adirondack Wilderness, Lake Lila. Only controlled by the state since 2006, this area is pretty remote and offers amazing beauty. After spending a night watching the sunset or sunrise from Mt. Frederica you move via a pretty strenuous carry of about a mile into the Clear Pond for a quick paddle over to another short carry to the site of an old hunting lodge on Bog Lake. This is the only site on Bog Lake. After this night you are free to explore the Bog River Wilderness Area around Lows Lake. From here you can bushwhack to amazing geographical features called Kettle Holes, the top of Grass Pond Mountain or explore the huge floating bog. Overall an amazing wilderness experience!!



### **Bob Marshall Trek: Wilderness Canoeing - Little Clear Pond to Long Pond**

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 7 campers  
**Difficulty:** Very Strenuous. The paddling is pretty easy it's the many carries that add challenge!  
**Portages:** Many. Difficulty varies, but none are greater than moderate.  
**Civilization:** None  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/bobmarshall>

Day	From	To	Distance
1	Little Clear Pond	St. Regis Pond <ul style="list-style-type: none"> <li>▪ Tour Fish Hatchery</li> <li>▪ Possible Lean-To site</li> <li>▪ 1 Carry</li> </ul>	3.0 miles
2	St. Regis Pond	Fish Pond <ul style="list-style-type: none"> <li>▪ Carry via Ocher Pond</li> <li>▪ Carry via Mud Pond</li> <li>▪ Possible Lean-To site</li> </ul>	3.0 miles
3	Fish Pond	Slang Pond <ul style="list-style-type: none"> <li>▪ Carry via Clamshell</li> <li>▪ Carry via Turtle</li> <li>▪ Paddle to Slang</li> </ul>	3.5 miles
4	Slang Pond	Long Pond <ul style="list-style-type: none"> <li>▪ Carry via Long Pond</li> <li>▪ Late Lunch on Long Pond Mountain</li> </ul>	2.8 miles
5	Long Pond	Pick-up South End <ul style="list-style-type: none"> <li>▪ Return to camp for camp-wide games</li> </ul>	2.5 miles

Total: Approx: 15 miles

The St. Regis Canoe area is a very special destination within the Adirondack Park. Comprised of over 19,000 acres it is the largest designated canoe area in the northeast. This trek is designed for those willing to work for their wilderness adventure. With 58 ponds to explore, the opportunity for adventure is endless. The itinerary above has you covering 9 ponds or more in your boats. The challenging component of this trek is the number of carries. Few of the ponds are connected via anything larger than a small stream. The carries may turn some away but the opportunity for complete wilderness, empty ponds, fishing and wildlife viewing abound. Plus on the last night you can catch sunset from atop Long Pond Mountain!

The distances shown are the shortest paddling distance. But depending on your crew's choices, the actual distances can vary considerably.

For more maps follow these urls:

<http://tupperlake.net/stregisw.htm> and <http://tupperlake.net/stregise.htm>



## William C. Whitney Trek: Wilderness Canoeing - Little Tupper Lake to Bog River Flow

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 7 campers  
**Difficulty:** Very Strenuous. The portage trails are new and rough in places but well marked.  
**Portages:** 6. Difficulty varies from easy to challenging.  
**Civilization:** None  
**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/williamwhitney>

Day	From	To	Distance
1	Little Tupper Lake	Rock Pond	6.0 miles
2	Rock Pond	Lake Lila Lean-to <ul style="list-style-type: none"> <li>▪ Carry via Hardigan</li> <li>▪ Carry via Little Salmon</li> <li>▪ Carry via Lilypad Pond</li> </ul>	8.0 miles
3	Lake Lila	Bog Lake <ul style="list-style-type: none"> <li>▪ Carry via Harrington Brook</li> <li>▪ Carry via Clear Pond</li> <li>▪ Only 1 site on the lake!</li> </ul>	4.0 miles
4	Bog Lake	Hitchins Pond <ul style="list-style-type: none"> <li>▪ Paddle via Lows Lake</li> <li>▪ Unique Floating Bog!</li> </ul>	10.0 miles
5	Hitchins Pond	Lows Lower Dam	2.75 miles

Total: Approx: 30 miles

### Features:

- Sunset from Mt. Frederica
- Discover the site of the former Nehasane Lodge and train station
- Sunset/Sunrise from Hitchins overlook
- Bushwhack up Grass Pond Mountain
- Fishing
- A huge floating bog!

The William C. Whitney area of the Adirondack Park offers some relatively new land acquisitions that are ready for exploration. Easily one of the most strenuous treks we can offer, this paddle is not for beginners. The scenery however is amazing! Lake Lila, Bog Lake, Bog River, Lows Lake and Hitchins Pond are beautiful examples of wilderness in the Adirondack Park.

For another overview map try: <http://adirondackexplorer.org/images/home/stories/lilataversemap.jpg>



## Fishing Treks

Fishing treks are designed to have a slower pace of movement so that you can spend a portion of the days fishing, trolling, or hiking to remote ponds. Both fishing treks have side trip options of mountain peaks (Long Pond and/or Ampersand). If your crew isn't sure what they want, a shorter distance, a slower pace or to just spend time exploring, these treks aren't limited to fishing!

### Dan Emmett Trek: Fishing - Little Clear Pond to Follensby Clear Pond

**Duration:** 5 days, 4 nights

**Maximum Crew Size:** 7 campers

**Difficulty:** Easy. This trek is geared towards troops that want to spend a few days relaxing and enjoying the best fishing the area has to offer. This style of trek is designed with shorter travel distances and multiple nights spent in the same site to allow for more freedom to go after "the big one". This trek is easily modified.

**Portages:** Many. Difficulty varies from easy to moderate.

**Civilization:** Yes

**Prerequisites:** All participants age 16 or older must have a NY State Fishing License. A week-long permit can be obtained for about \$35. It is recommended that you acquire your permit prior to coming to camp, but it is possible to run into town to pick one up after you arrive in camp. Participants must provide their own fishing gear (rod, reel, artificial lures, pliers, knife, hooks, line, and net). You might consider bringing your favorite fish seasonings.

**Overview Map:** <http://www.camps.ppbsa.org/trekmaps/danemmett>

Day	From	To	Distance
1	Little Clear Pond	Fish Pond <ul style="list-style-type: none"> <li>▪ Carry into St. Regis Pond</li> <li>▪ Carry into Ochre Pond</li> <li>▪ Carry into Mud Pond</li> <li>▪ Carry into Fish Pond</li> </ul>	6 miles
2	Fish Pond	Option 1: Spend the day exploring Fish Pond Option 2: Long Pond <ul style="list-style-type: none"> <li>▪ Carry to Kit Fox</li> <li>▪ Carry to Nellie</li> <li>▪ Carry to Long Pond</li> </ul>	Varies
3	Fish Pond or Long Pond	Little Square Pond <ul style="list-style-type: none"> <li>▪ Carry to Floodwood</li> <li>▪ Take stream into Little Square Pond</li> </ul>	Varies
4	Little Square Pond	Follensby Clear Pond <ul style="list-style-type: none"> <li>▪ Carry into Follensby Clear or paddle through Fish Creek Ponds (tunnel)</li> </ul>	Varies
5	Follensby Clear Pond	Follensby Clear Pond <ul style="list-style-type: none"> <li>▪ Southern Launch</li> </ul>	0.0 miles

Total: Varies

#### Features:

- New York State Fish Hatchery tour
- Pristine Adirondack waters – chock full of fish!
- Short and easy carries – don't be intimidated by the quantity
- Hike Long Pond Mountain for a great sunset
- St. Regis Canoe Area
- Lean-To camping
- Largemouth and Smallmouth Bass
- Brown Trout
- Lake Trout
- Northern Pike (Follensby Clear)
- Land-locked Salmon (Follensby Clear)

#### Modifications:

- If your group chooses Option 2, skip over to Slang and Turtle Pond for some massive bass.
- Fishing options from Follensby Clear Pond include Horseshoe, Polliwog, and Green Ponds.



## Edward L. Trudeau Trek: Fishing and more - Hoel Pond to Follensby Clear Pond

- Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 7 campers  
**Difficulty:** Easy to Moderate. This trek is designed as a fishing trek with slower days and lots of time to explore remote ponds with better fishing! There is also the option of two mountain hikes!!  
**Portages:** At least 2. Easy.  
**Civilization:** Yes  
**Prerequisites:** All participants age 16 or older must have a NY State Fishing License. A week-long permit can be obtained for about \$35. It is recommended that you acquire your permit prior to coming to camp, but it is possible to run into town to pick one up after you arrive in camp. Participants must provide their own fishing gear (rod, reel, artificial lures, pliers, knife, hooks, line, and net). You might consider bringing your favorite fish seasonings.

**Overview Map:** <http://www.camps.ppsa.org/trekmaps/edwardtrudeau>

Day	From	To	Distance
1	Hoel Pond	Floodwood Pond <ul style="list-style-type: none"> <li>▪ Optional hike to Long Pond Mountain with carry to Long Pond</li> </ul>	5.6 miles + optional hike
2	Floodwood Pond	Saginaw Bay <ul style="list-style-type: none"> <li>▪ Good fishing on the way out of Little Square Pond</li> </ul>	8.2 miles
3	Saginaw Bay	Upper Saranac Lake <ul style="list-style-type: none"> <li>▪ Optional Ampersand Mountain hike (long day)</li> <li>▪ Optional Black Pond hike</li> </ul>	Varies
4	Upper Saranac Lake	Follensby Clear Pond <ul style="list-style-type: none"> <li>▪ Several optional fishing trips from Follensby Clear Pond</li> </ul>	Varies
5	Follensby Clear Pond	Follensby Clear Pond (Southern Launch) <ul style="list-style-type: none"> <li>▪ Southern Launch</li> </ul>	2 miles
Total:			Varies

### Features:

- Hike Long Pond Mountain
- Lots of options
- Largemouth and Smallmouth Bass
- Brown Trout
- Lake Trout
- Northern Pike (Follensby Clear)
- Land-Locked Salmon (Follensby Clear)

### Modifications:

- Fishing options from Follensby Clear Pond include Horseshoe, Polliwog, and Green Ponds.



## Backpacking / Hiking Treks

### Noah John Rondeau Trek: Backpacking - Northville-Placid Trail from Long Lake to Averyville

**Duration:** 4 days, 3 nights  
**Maximum Crew Size:** 7 campers (State limit is 3 tents)  
**Difficulty:** Moderate. No major climbs  
**Civilization:** Seldom  
**Overview Map:** [http://nptrail.org/uploads/NPTrail\\_Map.PDF](http://nptrail.org/uploads/NPTrail_Map.PDF)

Day	From	To	Distance
1	Long Lake at Route 28N	Plumleys Lean-to	8.5 miles
2	Plumleys Lean-to	Seward Lean-to at Miller Falls	7.0 miles
3	Miller Falls Lean-to	Moose Pond Lean-to	10.0 miles
4	Moose Pond Lean-to	Averyville trailhead ▪ Ends near Lake Placid	7.0 miles

Total: Approx: 32.5 miles

#### Features:

- Great views along Long Lake
- Some areas damaged by the 1950 hurricane and others more wilderness-like
- This trek can be extended to 5 days



## Verplanck Colvin Trek: Backpacking - Long Lake to Adirondack Loj

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 7 campers (State limit is 3 tents)  
**Difficulty:** Moderate. No major climbs  
**Civilization:** Seldom  
**Overview Map:** [http://nptrail.org/uploads/NPTrail\\_Map.PDF](http://nptrail.org/uploads/NPTrail_Map.PDF)

Day	From	To	Distance
1	Long Lake Route 28N	Plumleys Lean-to	8.0 miles
2	Plumleys Lean-to	Seward Lean-to at Miller Falls	7.0 miles
3	Millers Falls Lean-to	Duck Hole	7.0 miles
4	Duck Hole	Scott Clearing Lean-to	9.0 miles
5	Scott Clearing Lean-to	Adirondack Loj	7.5 miles

Total: Approx: 38.5 miles

### Features:

- Relatively level hike skirting the western flank of the High Peaks
- Indian Pass (Day 4) has been called one of the wildest passes in the east
- Adirondack Loj – a circa 1927 lodge operated by the Adirondack Mountain Club



**Seneca Ray Stoddard Trek: Backpacking - Skirt the High Peaks**

**Duration:** 5 days, 4 nights  
**Maximum Crew Size:** 7 campers (State limit is 3 tents)  
**Difficulty:** Moderate. You hike through the valleys and passes that separate the tallest peaks in New York.  
**Civilization:** Seldom

Day	From	To	Distance
1	South Meadow Campground Addirondack Loj Road	Bushnell Falls Lean-tos	6.0 miles
2	Bushnell Falls	Flowed Land	8.0 miles
3	Flowed Land	Bradley Pond Lean-to	13.0 miles
4	Bradley Pond Lean-to	Moose Pond Lean-to on the N-P Trail	7.0 miles
5	Moose Pond Lean-to	Averyville Road Trailhead	7.0 miles

Total: Approx: 41 miles

**Features:**

- Relatively level hike skirting the flanks of the High Peaks
- Indian Pass (look for the ice between boulders) and Avalanche Pass are spectacular



**Theodore Roosevelt Trek: Backpacking and Hiking - High Peaks and Passes**

**Duration:** 4 days, 3 nights  
**Maximum Crew Size:** 7 campers (State limit is 3 tents)  
**Difficulty:** Very strenuous. Climbs up Algonquin Peak, Mount Marcy and Haystack - but carrying only day packs.  
**Civilization:** Yes

Day	From	To	Distance
1	Adirondack Loj	Flowed Land (base camp)	5.5 miles
2	Flowed Land	Flowed Land ▪ via Mount Marcy and Haystack	10.5 miles + 1.5 miles vertical
3	Flowed Land	Flowed Land ▪ via Algonquin Peak	6.5 miles + 0.5 miles vertical
4	Flowed Land	Adirondack Loj	9 miles + 0.5 vertical

Total: Approx: 31.5 miles  
+ 2.5 vertical

**Features:**

- This short but challenging trek will take you to the heart of the High Peaks.
- Lean-to camping (perhaps—but bring your tents)
- Adirondack Loj – a circa 1927 lodge operated by the Adirondack Mountain Club
- 3 highest NY peaks
- This trek can be extended to 5 days



## Orson Schofield Phelps Trek: Backpacking and Hiking - High Peaks and a Ridge Walk

**Duration:** 5 days, 4 nights

**Maximum Crew Size:** 7 campers (State limit is 3 tents)

**Difficulty:** Very, very strenuous. You better be in good shape before you start this trek. Daily **horizontal** distances may be short, but the elevation changes will get you.

**Civilization:** Seldom

Day	From	To	Distance
1	Old MacIntyre Furnace	Lake Colden Shelters (Flowed Land) ▪ via Indian Pass	8.0 miles
2	Lake Colden Shelters	Lake Colden Shelters (Flowed Land) ▪ via Avalanche Pass ant Mt. Colden	7.0 miles + 1 mile vertical
3	Lake Colden Shelters	Lake Colden Shelters (Flowed Land) ▪ via Algonquin Peak	6.5 miles + 1 mile vertical
4	Lake Colden Shelters	Panther Gorge Lean-to ▪ via Mount Marcy and Haystack	9.0 miles + 1.5 miles vertical
5	Panther Gorge Lean-to	Upper Ausable Lake ▪ via Sawteeth, Gothics and the Range Trail to the Keene Valley Ausable Inn	15.0 miles + 0.5 miles vertical

Total: Approx: 45 miles  
+ 4 miles vertical

### Features:

- Climb the summits of a dozen High Peaks and some that aren't quite so high.
- Indian Pass (look for the ice between boulders) and Avalanche Pass are spectacular