

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Transfer from airport, Prepare and pack gear, Welcome dinner

Our trip begins today at the Albany, NY airport where we'll pick you up at 12:00 p.m. After loading our gear into the van we'll drive 2.5 hours to the west central part of the Adirondack State Park. This State Park is unique: bigger than Yellowstone and Yosemite combined, it is a mix of publicly and privately-owned land which means that state owned access and campgrounds co-exist with towns, summer cottages, and motorboats.

We'll only see a small section on our way to the town of Lake Saranac Village. We'll spend the afternoon sorting our gear and getting packed up for an early start tomorrow. After finishing up we will go out to dinner and watch our first Adirondack sunset over the lake.

Overnight: Saranac Lake (D)

DAY 2

Put in Middle Saranac Lake, Paddle to camp, Explore area

We start the day with a shuttle from Saranac Lake Village to our put in spot on Middle Saranac Lake. After getting our gear loaded and reviewing some basic principles for kayaking efficiently, we'll set off for a paddle to our designated campsite. Middle Saranac Lake is the smallest of the Saranac Lakes, and tonight and tomorrow night we'll camp at a campsite that is accessible only by water. "Wild" camping isn't allowed here, which is a good thing because the beauty of the area would result in it being overrun with paddlers.

After setting up our camp, we'll have time to explore the lake further. After having our fill of paddling, we'll return to our campsite for the first delicious camp dinner. Tonight, we'll be lulled to sleep by the sound of waves lapping the shore.

DAY 3

Paddle and explore Middle Saranac Lake

Waking up to the haunting call of the loon and the mist slowly rising off the lake, the beauty of the area seeps into our bones. After a hearty breakfast we'll continue to explore Middle Saranac Lake, including an excursion to explore Weller Pond. Weller Pond, connected to Middle Lake by a 1000-foot-long channel, is nestled at the foot of Boot Bay Mountain and is dotted by two small islands. It was made famous by Martha Reben's memoir, The Healing Woods, which recounted her experiences camping on its shore in 1931 while attempting a self-cure of tuberculosis.

DAY 4

Paddle down Saranac River to campsite on Lower Saranac Lake

We'll pack up this morning and continue our paddle, down the Saranac River to Lower Saranac Lake. In contrast to the open lakes we've been paddling, the Saranac River twists and winds through a wide and marshy channel to the Upper Locks. Yes, locks! Not too many wilderness areas have the convenience of being assisted through a three-foot drop and this one is definitely a holdover from an earlier time. Once through the lock, we continue through the channel that gradually opens onto Lower Saranac Lake. We'll be paddling and exploring most of the lake tomorrow, so we'll camp overnight and have some time to explore further.

DAY 5

Layover days are a marvelous thing in the wilderness - no packing up, no destination, just a chance to do as you please and really soak in the wilderness. After the previous few days we will be delighted to have one, and a more relaxing start to the morning. There are many choices for how to spend the day exploring Lower Saranac, we'll let the weather and our energy dictate our final choices. This will be our last night of camping and we'll take time to savor the beauty and quiet of the area.

DAY 6

Return to Saranac Village and hot showers, Farewell dinner

Our last day of paddling is an excellent sampler of river, lake and mountains. We'll paddle through First Pond, Second Pond, Oseetah Lake and into Lake Flower, arriving back at the same place we started five days ago. Really, could it only be five days since we were here? But this time we'll suffer the inevitable re-entry shock that occurs after a week of quiet without cars or Wi-Fi. At the same time, we'll also deeply appreciate the hot showers and soft beds. After cleaning up we'll head into town for a final farewell dinner, celebrating our accomplishments and our camaraderie.

DAY 7

Depart after 1:30 p.m. by plane or any time if you drove

The Adirondack State Park really is a unique area and we hope you have gained an appreciation of it, but unfortunately, it's time to leave. If you drove to Saranac Lake you can leave any time after breakfast, otherwise we will pack up for the two-and-a-half-hour drive back to Albany. We'll have you back by noon and you can plan to fly out any time after 1:30 p.m.