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Hiking, camping, paddling, and fishing are only a few of the many outdoor activities you can enjoy in the Adirondacks. While recreation is highly encouraged, it's up to all of us to do our part in preserving these pristine lands. By following the seven Leave No Trace Principles, you can help ensure your own safety and the longevity of the Adirondacks.

1. **Plan and Prepare Ahead**
   Whenever you embark on an outdoor adventure, make sure you are well prepared. Not just for the trip you have planned, but for the unexpected as well. Each trip has its own list of needs, but there are some standard supplies that should accompany you on every trip, including food, water, a first aid kit, a flashlight or headlamp, a compass, and a map of the area you’re headed to. Being prepared also means wearing appropriate clothing and footwear for the activity and weather, researching the area you’ll be in, sharing your trip plans with an emergency contact, and signing in and out of all trail registers.

2. **Travel and Camp on Durable Surfaces**
   When it comes to wilderness adventures, there’s nothing wrong with taking the beaten path. In fact, it’s much friendlier to the environment. When hiking, stick to existing paths as opposed to forging your own way. Your footsteps will cause less damage on a well-trodden, compact path than they would on loose, fresh soil. The same goes for setting up camp. Designated camping spots are more durable than surrounding land and are often structurally enhanced to lessen the effects of erosion.

3. **Dispose of Waste Properly**
   No matter how much we try to minimize our waste, we will always generate some! Bring waste bags on your outdoor excursions so you can pack away recyclables and trash for proper disposal once you return home. When it comes to human waste, dig a 6- to 8-inch hole, away from trails, put all waste in the hole, and fill the hole back in when you’re done.

4. **Leave What You Find**
   Let memories and photographs be the only souvenirs you take with you. While it can be tempting to pick wildflowers or pocket smooth pebbles, nature belongs in nature, not on a shelf. Leave all organic matter where you find it. This helps preserve the local ecosystem and lets others enjoy the sights as well.

5. **Minimize Campfire Impacts**
   Campfires aren’t just cozy - they can be practical for warmth and cooking, too. That said, they must be managed with care. Build fires in a contained environment away from flammable debris, keep fires small, and have water on hand to douse rouge flames. Before you turn in for the night, make sure your fire has completely died out and spread the ashes to avoid rekindling.

6. **Respect Wildlife**
   Encountering animals in the wild can be an exciting experience. Just remember you are a stranger in their home. Show wildlife neighbors the same respect you would human neighbors. Give all animals generous space and leave their habitat as you found it. After all, good visitors are more likely to be invited back!

7. **Be Considerate of Other Visitors**
   The Adirondacks are for everyone to explore and enjoy responsibly. Help your fellow adventurers have the best experience possible by respecting their space, keeping noise to a minimum, cleaning up after yourself, and sharing trails. By respecting each other and the land, we can enjoy the Adirondacks of today and preserve it for future generations.
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On The Cover:
Overlooking Heart Lake by Jonathan Zaharek

Correction: In our summer issue we regret to say we made a few factual mistakes in the article about Peter Hornbeck. We apologize and happily stand corrected. The shop was built with seed money from Ann Hornbeck’s earnings as a teacher. The name “Lost Pond Boat” comes from Hornbeck, not Rushton. Rushton built the Sairy Gamp for Nessmuck. The Hornbecks moved to the Adirondacks a few years after their marriage, his grandparents did not live in the park. With these corrections we aim to make the story more accurate and apologize to the Hornbeck family and our readers.
Message From The Editor

The Adirondacks make the change from summer to fall in style and color. Shades of orange, red, yellow, and green create a gorgeous quilt-like effect over the park. The temperature begins to drop and mist slowly swirls and rises from the surfaces of our favorite lakes.

Fall in the Adirondacks is full of amazing opportunities and in this issue we again share stories and photos about different ways people are enjoying and exploring the park. We hope these encourage you to try something new, or explore a location in the park that you have yet to visit.

Last fall I tried something different and joined the Bike the Barns ride sponsored by Adirondack North Country Association (ANCA). ANCA is an independent nonprofit organization that works to build dynamic local economies that sustain thriving communities in northern New York. The event was in its second year and offered the rider three route choices depending on how long you wanted to ride.

I chose the 32-mile “medium” route. This route took us from the Whallonsburg Grange to our first stop, Juniper Hill Farm, where we had a guided tour. The day was beautiful and the chosen route was perfect for enjoying the scenery. Our next stop was the 150-acre DaCy Meadow Farm near Westport, where they raise cattle, pig, and oxen. We enjoyed a delicious lunch served at a long table overlooking the pasture. I’m not sure if we were watching the cows or if they were watching us.

Back on the bikes, we peddled along Lake Champlain to Sunset Farm. This farm was impressively clean and neat and the owner was happy to chat with us about the daily chores that go along with running the farm. Our last stop was the Boquet Valley Blooms & Vineyard near Essex.

What I remember the most was how much fun the riders had. They were engaged during the farm tours and chatted with newly-made friends as they enjoyed lunch on the farm, taking in all the beautiful scenery. ANCA did a great job planning the route and supporting the riders along the way.

This year Bike the Barns will take place on September 30th. Asgard Farm in Au Sable Forks will be the host for both the start and finish of the ride. Proceeds from the event will go to ANCA’s Farm Share Fund to help support and promote a sustainable regional food system. If you like to bike (there are four routes to chose from), eat healthy, learn about locally produced food, and meet some fun people—then sign up today.

The fall recipient of our “Keeping it LOCAL” campaign is Adirondack North Country Association (ANCA) and their event Bike The Barns which raises money for the Farm Share Fund. The fund supports a regional food system that benefits not only our farms but communities and the environment. Sign up to ride Bike the Barns on September 30th.

Enjoy the latest issue and have fun trying something new.

Happy fall,

Anne Brewer
**UP & COMER:**
The Next Generation: Student Conservation Association ADK Corp.
A 10-day hitch is what it’s called. What it entails is for a group of young volunteers living in tents, hauling heavy packs, eating meager meals, getting rained on, and most of all working incredibly hard at trail building. This is a tough job, but you will hear from these young adults just how empowering it is.

**TOBIE TRAIL:**
Fall is the perfect time to explore the Adirondacks by bike. There are many options for group rides as well as enjoying an established route on your own. The Town of Webb offers the TOBIE trail for bikers as well as walkers. The trail is about 14 miles and goes from Old Forge to Inlet. The trail is a mix of dirt road and pavement and is well marked.

**CATCHING THE WAVE:**
Soaring the fall skies of Lake Placid to catch a thermal and ride the “wave” confirms why author Rick Hackett learned to fly. Gliders from neighboring towns converge at the Lake Placid airport and take to the skies to enjoy the perfect conditions created by the surrounding mountains. Tow planes bring the gliders up to about 3000 feet then release them, leaving them to find lift and catch the wave.

**CROWD CONTROL:**
More and more people are discovering the Adirondacks and the many hiking opportunities within the Blueline. On some trails it is becoming a battle between nature and hikers. Certain routes are seeing an increase in erosion and suffering other impacts too, from hundreds of hikers. Perhaps a solution to protect involves those same hikers?

**GREEN GODDESS GRATITUDE:**
Fall recipes call for a more hearty list of ingredients, food that will sustain and warm you during your crisp autumn adventures. Try these two recipes and let us know how delicious they were.

**SOUTHERN ADIRONDACK GEMS:**
The Southern Adirondacks offers a variety of hikes, ample paddling on lakes and rivers, miles of great biking, and some unique stores. Caroga Lake is the hub and very lively in the summer; visiting in the fall means you might enjoy less crowded trails and waterways.
EPIC JOURNEY: NEWFOUNDLAND:
This issue we head to Canada and share the travel adventures of a 10-day journey around “The Rock.” For anyone who has wanted to travel to Newfoundland, this story may help you learn when and where to go and how to find the best adventures. Enjoy the journey.

MAGIC ON THE MOOSE:
Paddling on an Adirondack river in the fall is one of the best ways to see the changing colors. On the Moose River however, you’ll not only have the leaves to enjoy but also the many colorful whitewater kayaks. Moosefest is three days of whitewater kayaking, ranging from class II to V. It’s also a great spectator event and there are several access points from which to watch kayakers run the rapids and drop off waterfalls.

LOCAL ROOTS: ADIRONDACK FOOD STORIES:
Food grown locally plays an important role in the Adirondack economy as more and more farms are sprouting up in the region. We aim to bring you stories about local farmers, local chefs, and local restaurants that are creating menus that focus on the Farm to Table philosophy.

WRITING IN THE WOODS:
The Adirondack Writing Center hosts the Anne LaBastille Writing Residency for a few chosen authors each fall. This residency creates a quiet, inspirational, and even “magical” setting in which writers can focus on creating their written art. Twitchell Lake Lodge, surrounded by woods and water, played host last year and we asked two writers to share their experience.

FESTIVAL OF LIGHTS, CAMERAS, ACTION!:
The Lake Placid Film Festival is getting a fresh start with new dates, October 25-28, and a focus on diversity. This year’s films will cover culture, class, gender, and race. The Festival has evolved in order to encourage a wide range of people to take advantage of the many great films and discussions that will be featured.
Who’s Who

Anne

ANNE BREWER lives in Lake Placid with her husband, Peter Evans, his daughter Ellie, and their dogs Juni and Luna. She is an avid outdoor sports enthusiast, kayaker, hiker, skier, photographer, and traveler. She has a passion for Central and South America and enjoys visiting places that are off the beaten path. Anne earned a degree in International Business and Communications from SUNY Brockport. In addition to being the Managing Editor for LOCALadk, Anne guides for Adventures in Good Company, and operates her own summer business: Placid Waters Kayaking.

Eric

ERIC ADSIT can’t cross a bridge without looking for a river beneath it. While his mailing address is in Lowville, he lives on the rivers, trails, and mountains of the Adirondacks and beyond, taking photos, climbing things, and writing about his experiences. Contact him about creating content for your website or business at eric.adsit@gmail.com

Sarah

SARAH GRIFFIN has loved writing for as long as she can remember and loved the Adirondacks ever since her first encounter when she was 12 years old. Sarah currently lives in Central New York with her husband, daughter, and their host of animals. In addition to editing for LOCALadk, Sarah is managing editor of the online literary magazine, The Elephant (theelephant.press).

Jeremy

JEREMY BURNS has spent most of his career working in wild spaces with youth and young adults. He’s had the privilege of exploring while working with different Conservation Corps, National Service programs, government agencies and not-for-profits. He has a deep admiration and respect for folks who volunteer and work to serve the environment and their communities. In addition to managing the SCA ADK Corps he owns and operates Split Rock Stonework & Trails, which provides dry stone masonry and trail consultation (splittrockstoneworkandtrails@gmail.com). He lives in Westport, NY with his wife, Camille, their two young kiddos, and sheepdog, Moo.

Linda

LINDA GRACE lives in Okara Lakes in the Town of Webb, a west-central Adirondack community. She is an avid hiker, x-country skier, and kayaker. She occasionally blogs about her outdoor adventures for the town’s promotional website (www.oldforgeny.com). Linda works for the Old Forge Visitor Information Center and is the activities coordinator for the area’s senior program. She is passionate about the beauty and recreational opportunities of the Adirondack Mountains.

Rick

RICK HACKETT is a recently retired nurse who finally pursued his lifelong ambition to learn to fly when he was in his mid-fifties. Intrigued by using the power of nature rather than an engine, he learned to fly gliders and now spends his time hopping from one cloud to the next looking for lift that will get him back to home.

Timothy

TIMOTHY BEHUNIAK chases golden-hour light in the Adirondack Park and beyond. His appreciation for the Park’s vibrant community and natural world grew while hiking the 46 and working for the Adirondack Mountain Club’s Professional Trail Crew. More about Tim can be found at www.timothybehuniak.com
KEITH and NICOLE BANTA live just south of the Adirondacks. Keith is a wedding, landscape, and portrait photographer who explores in the woods any chance he gets. Nicole is a freelance fiction and non-fiction writer, artist, and nature-inspired crafter. They like to wander in the great outdoors with their toddler, Kip, and dog Dacks.

HILARY and EVAN WILLIAMS met in 2005 while attending Clarkson University. During Hilary’s childhood, she spent summers camping with her family in the park. Evan grew up as an Adirondack native and called Wilmington, NY his home. Both of them quickly discovered their common interests and passion for outdoor adventures, so today they’re often found exploring the Adirondack Mountains or far off places around the globe. As the founders of the lifestyle brand, PureADK, they create ADK-inspired apparel and goods, which can be found on their website, PureAdirondacks.com. In addition, their site also serves as a source of recommendations for adventure in the Park.

WYNDE KATE REESE and TAMMY LOEWY, owners of Green Goddess Foods in Lake Placid, stay busy with their multiple locations. Their Natural Market, Café & Deli offers organic groceries, a sit-down café, and catering services for events large and small. Their Market on Main St. offers a grab-and-go deli and salad bar, plus organic grocery options, and their Nordic Café, Bar, and Waffle Hut at Mt. Van Hoevenberg provides skiers with healthy food and drinks in the winter. When not enhancing the health of their community, Wynde and Tammy enjoy volunteering for Farm to School and Global Arts organizations and exploring in nature with their families.

PAUL SORGULE is a long time Adirondack chef, culinary educator, restaurant consultant and trainer, and author. Culinary Olympic Gold Medal winner, 2001 National Culinary Educator of the Year, and author of two novels, Paul is passionate about good food and its sources. His blog: www.harvestamericacues.com has been viewed and shared by nearly 1.5 million readers. He lives with his wife, Sharon, in Saranac Lake, where they raised three children and now enjoy visiting their six grandkids.

BETSY KEPES lives in Colton, NY in a homemade, off-grid, solar house. She teaches piano lessons, writes, and goes exploring in the Adirondacks and around the world. Check her website for more information and to learn about her new novel. www.betsykepes.com

NOAH STETZER’S poems have appeared/will appear in various places including Horsethief, Vinyl, Bellevue Literary Review, and the New England Review. He is the author of Because I Can See Needing A Knife (Red Bird Chapbooks, 2016). Noah Stetzer is the poetry editor at A&U Magazine and an associate editor at Bull City Press. Born and raised in Pittsburgh PA, Noah now lives in the Washington DC area and can be found online at www.noahstetzer.com.

In addition to serving as Operations Manager for the Adirondack Film Society, FRED BALZAC is the Editor of Northern Home, Garden & Leisure magazine, published in Plattsburgh, NY, by Studley Printing and Publishing, and a contributor to the trade magazine Neurology Reviews. His work has won awards in journalism, essay writing, and playwriting.
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**The world we depend on depends on us.**

### Fall Events

#### Glens Falls
- **September 20-23**
- Adirondack Balloon Festival, 45th Annual. This event is not-for-profit and offered FREE of charge. Come support this fantastic and unique event.

#### Schroon Lake
- **September 22-23**
- Adirondack Marathon Distance Festival. Marathon, half marathon, 10K, 5K, and kids race.
  - [www.adirondackmarathon.org](http://www.adirondackmarathon.org)

#### Lake Placid
- **September 29-30**
- Oktoberfest hosted at Whiteface Mountain. Saturday 12pm-8pm and Sunday 10am–5pm. German music, food, and beer will be available. Adventure zone for kids and craft vendors.
  - [www.whitefacelakeplacid.com](http://www.whitefacelakeplacid.com)

#### Asgard Farm, Au Sable Forks
- **September 30**
- Bike the Barns, a casual bike tour that highlights and celebrates the agricultural diversity and locally produced products of the North Country. This year there are 4 route options from 13 to 79 miles. Contact Jacob at jvennie-vollrath@adirondack.org
## Fall Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>October 5</td>
<td>Old Forge</td>
<td>Quilts Unlimited exhibition at VIEW.</td>
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<td>The original Lake Placid/North Elba Half Marathon and 10K. A charitable event to support local youth organizations. Register at <a href="http://www.active.com">www.active.com</a></td>
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<tr>
<td>October 5-7</td>
<td>Lake George</td>
<td>Oktoberfest and Fall Festival. Fall, fun and food. Try your skills at yodeling then enjoy a cold beer and authentic German food. <a href="http://www.lakegeorge.com">www.lakegeorge.com</a></td>
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Fall Events

October 6
Long Lake
Octo-BEAR-Fest, Hoss’s Country Corner Benefit.

October 6-7
North Creek
Gore Mountain Harvest Fest. Complete with craft vendors, gourmet food, gondola rides and kids activities. www.visitnorthcreek.org

October 7
Essex
5th Annual Essex Cheese Tour at Asgard Farm. This self-guided tour highlights three Adirondack farms that are producing some of the finest artisanal cheeses in New York.

October 26-28
Lake Placid
Lake Placid Film Fest. Adirondack Film Society, a parent organization, is happy to be working along the forum to bring Lake Placid the best movies.

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Fall Events

November
23-25
Inlet
Adirondack Christmas on Main Street. Music, tree lighting, and much more.

December
7-9
Old Forge
Annual Snodeo, Dealer representatives show the latest in snowmobile equipment and clothing. Music, fireworks, and more.
www.oldforgeny.com

December
7-9
Gore Mountain, North Creek
Nordic Fest. Three exciting days of community and competitive events at the Ski Bowl.

December
18-19
Lake Placid
Holiday Village Stroll. Come celebrate the holiday season with shopping, family fun, arts and entertainment.
In the heart of the Pharaoh Lake Wilderness, early morning sun bathes a campsite just coming to life with waking campers. Food is retrieved from bear bags hanging like ornaments on nearby trees; a simple breakfast is eaten and lunches are prepared and packed for the long day. Six young adults shoulder packs and head for the trail.

They are not here to recreate; they are here to work.

After a short hike from the campsite, they arrive at a long, muddy, and wet section of the Pharaoh Lake Trail. Before the day is over they will have rolled more than 350 pounds of rocks by hand through the forest, swung 10-pound sledge hammers to crush stone, and carried countless buckets of mineral soil to the trail.

With increasing use of its trails, the Adirondack Park has a long list of pressing conservation projects to complete. That’s where the Student Conservation Association (SCA ADK Corps) comes in.

The SCA ADK Corps, partnered with the Department of Environmental Conservation (DEC) and AmeriCorps (which is a network of national service programs), have developed the perfect formula for addressing high-priority needs of the Adirondack Park while also providing participants a life-changing experience. The DEC often has difficulty keeping up with the endless work. Led by three seasonal staff, the results that SCA ADK Corps crews produce each season are impressive.

The ADK Corps is in its 20th year this year; its members have contributed hundreds of thousands of volunteer hours to the Adirondack Park to date (and many go on to pursue education and careers in the environmental field). See below for a summary of work done in 2017, which is typical of an SCA ADK Corps field season.

16,958 total hours served in the Adirondacks since 1998

Other Project Highlights*

23 Spanning Bridges & 27 Bog Bridges Built
Azure Mountain Fire Tower Re-Painted
Over 200 feet of Hitch Up Matilda Bridging replaced in Avalanche Pass
One Lean To constructed in Cedar Lakes Easement Area

Trails by the Numbers*

New Trail Constructed: 38,174ft (7.23mi)
Stepping Stones/Stone Stairs and Water Bars Installed: 40
Trail Tread/Corridor Maintained: 111,936ft (21.2mi)
Blowdowns Removed: Over 400

*2017 ADK Corps Annual Report
The first five months of the SCA ADK Corps program is spent building community and technical skills, both integral to a successful season. The rest of the season is spent on ‘Hitches’. A Hitch is a five- or 10-day period when crews work on a specific project, often in the backcountry. This part of the season is dedicated to improving trails and other facilities in the Adirondacks. Completing incredibly challenging projects while living with the same group of people in a backcountry setting 24-7 is at the heart of what makes the experience meaningful. The skills of navigating and resolving conflict are often as important as those of building bridges and setting stone.

Trail maintenance may be condensed to the following adage: ‘Get the trail out of the water or get the water out of the trail.’ The ADK Corps Crew that is currently working on the Pharaoh Lake Trail is building a stone turnpike to elevate the trail tread above a long and muddy section on the popular trail in the Pharaoh Lake Wilderness. When trails become muddy, users often walk around the muddy section, not through it, resulting in a wider trail and additional environmental degradation.

The project, like most backcountry trail work, presents challenges:

• Packing in all the necessary tools, food, and gear for more than two miles. The packs are usually 60-70 pounds, and crew members often have to carry a tool in each hand, too.
• Bugs of biblical proportions. Nighttime in the tent is the only real respite. Picture eating lunch with your long sleeve shirt and work gloves still on, only lifting up your bug net quickly to take a bite.
• Working with the same crew, in the backcountry, for 10 straight days. The only ‘escape’ is sleep (in a shared tent).
• Food quality and quantity. Feeding six hard working adults for 10 days takes a lot of food. But even when you’re hungry, dinners consisting of some combination of rice, lentils, quinoa, pasta, and veggies can eventually lose appeal.
• Putting on wet and impossibly dirty pants, socks, and boots day after day.
• Missing friends and family.
• Leaky tent seams.
• Day after day of incredibly demanding physical labor.
• No raincoat is waterproof if you are doing trail work in it.

Packing in all the necessary tools, food, and gear for more than two miles. The packs are usually 60-70 pounds, and crew members often have to carry a tool in each hand, too.

The Pharaoh Lake Trail crew spent much of the 10-day hitch moving materials—largely stone and mineral soil. Granite, a stone commonly found in the Adirondacks and useful for building trail structures, weighs about 170 pounds per cubic foot. The crew moved countless tons of granite to address this stretch of muddy and wet trail. Their days were spent performing incredibly demanding physical labor rearranging and reshaping stones and soil. The result is a sustainable section of trail that requires very little maintenance and will be there until the next glacier comes along.

At the end of their 10-day hitch the crew had the satisfying experience of watching hikers use the newly built stone turnpike, a structure that blends so well with the environment that hikers often don’t even notice it. Trail users often stopped to thank the crew while they were working on the project. After learning that the crew was there volunteering to do such demanding work, their gratitude for and curiosity about the crew often grew. When the crew was asked some version of the question “Why did you sign up for this!?” The replies varied but were usually along the lines of, “I want to give back to the environment,” “I have been in school my whole life and want to do something tangible and get my hands dirty,” “I want a challenge,” or “I want to work and live in a wilderness setting.”

The two-plus mile hike back to the trailhead gave the crew time to reflect on the work and experience, and consider how a season of challenging work in remote settings on a close-knit team has changed them.
This transformation is best described by members themselves:

“At the beginning of the summer, the head of the SCA Adirondack trail crew program told us that this experience would be one of the hardest that we have had, that it would challenge and push us in ways we had not yet been, and that it would change the way we saw the world around us. At the time I did not believe that a five-month job could do all these things, but now that we are approaching the end of the summer, I do. I learned how to push myself until I was completely and utterly exhausted, how to embrace the differences I found in my five crew mates instead of fearing them, how it feels to complete a job that I had initially written off as impossible, and how to find a rhythm and peace in the wilderness. I have learned more than I could have imagined from my experience working as a crew member for the SCA, and these were all lessons that I will not forget.”

Hannah Brigham, ADK Corps 2017

“No one signs up for a summer of remote trail building with the intent to learn people skills, but sometimes these things sneak up on you. As a member of the Adirondack Corps I learned any number of concrete work skills that I intend to continue putting to good use in my future career. But I also gained a lot of skills that will not only make me better at my job, but a better friend and a better human. I learned what kind of leader I am and what kind of leader I want to be. I learned how and when to make myself heard and when it’s most important to listen. I learned how far I can make it on my own and how to accept a helping hand when it’s offered. I’m immensely grateful to all of my fellow crew members and so proud of everything we accomplished.”

Amanda Ross, ADK Corps 2016

“I drove up to the Whitney Headquarters in May unsure of what I was getting myself into. It turned out to be one of the best decisions of my life. Over my five months in the Adirondacks, I met life-long friends, built trails, and camped in gorgeous wilderness areas, and got more black fly bites than I thought possible. It was rewarding to be a central part of the efforts that make Adirondack trails sustainable as well as enjoyable to hike, and the thanks from the hikers who passed us illustrated just how important that work is. The SCA taught me how to build bridges, turnpikes, stairs, and new trail, but along the way I also discovered much about my personality, strength, and creativity.”

Ann Mills, ADK Corps 2016

“My time in the Adirondacks was one of the most difficult times I have ever experienced, but I would not trade the experience for anything in the world. Whether it was digging ditches for eight hours or building bridges out of trees I had just felled, the sense of accomplishment I felt when I could finally put down my tools and look upon my finished work cannot be put into words. I was able to experience these accomplishments alongside my peers, and eventually close friends, from across the country, who I would have never been given the chance to meet otherwise. I developed and learned skills ranging from first aid to rigging and leadership in harsh conditions. However, the most important thing the Adirondack Corps showed me as I worked and persevered with my friends, is that I have the strength and determination that will carry me on as I continue on in my career.”

Matthew Ng, ADK Corps 2016

“Coming into the SCA position, I had recently graduated from college. I felt that the transition from university to SCA was very natural. The Adirondack Corps began to make me think more about conservation and other topics that had slid by as I went through school. Additionally, this program has taught me many different skills that simply cannot be taught through the traditional education system. The work in the Adirondacks is also very hands-on which was very good for me and not something you can find in every job. In addition to this, the program has taught me many different skills that will help me to become a more engaged citizen.”

Halle Harlau, ADK Corps 2015

“I feel I am part of a legacy and tradition of national service and service to the environment that echoes back through AmeriCorps, the Civilian Conservation Corps, the Parks Service, back to the skill and appreciation of early Americans for the land around them. Especially in the Adirondack Park, one of the oldest wilderness parks in the country, it is an amazing feeling to work on trails built many decades ago, and to see how important they still are to so many people.”

Rebecca Kambic, ADK Corps 2014

SCA’s mission is, “To build the next generation of conservation leaders and inspire lifelong stewardship of our environment and communities by engaging young people in hands-on service to the land.”

If you spend much time on trails in the Adirondacks, you have likely hiked past an ADK Corps crew and experienced their hands-on service first hand. Thanks to the successful formula of partnership between the SCA, the DEC, AmeriCorps, and dedicated young adults, SCA ADK Corps will hopefully serve the Adirondacks for generations to come. With each new season comes a group of young adults that commit to five months of service to each other and the Adirondacks, shaping both their own future, and the future of the Adirondack Park.”
One sunny day in mid-September, I set out to ride my bike the entire length of the TOBIE Trail, which winds through the Towns of Webb and Inlet, in the west-central Adirondacks.

TOBIE is an acronym for the communities that it connects: Thendara, Old Forge, Big Moose, Inlet and Eagle Bay. The trail begins in west Thendara, south of the Adirondack Scenic Railroad, and travels approximately 14 miles ending at Inlet’s Arrowhead Park. The majority of the trail runs along a multi-use back-country dirt road, which functions as a snowmobile trail in the winter. There are multiple access points, so the trail can be done all at once or in sections. It is well-marked and well-maintained for hiking and biking throughout its entire length. The trail connections were completed in 2012, with the help of a multi-year federal grant. There are many places along this trail to enjoy the beauty of nature and also this area's intriguing history.

As I rode over the trail bridge that connects Thendara and Old Forge, my imagination carried me away to the late 1800s and early 1900s. In the days of the area’s early travelers, there were very few roads and those that existed were muddy, rocky, and rutted. It must have been a rough ride for those who traveled on horseback or rode in horse-drawn carriages. The most convenient means of travel was by the steamer ships that ran up and down the Fulton Chain of Lakes. The best way for people to get to the steamboats was by train, but even those that traveled by train were not exempt from discomfort. There are accounts of trains struggling over the terrain in the early days of the railroad. On occasion, passengers had to get out and help push the train up hills.

The railroad brought travelers from the south to Minnehaha Station, where they would transfer to the steamboat ferry known as The Fawn, which navigated up the Moose River. The Lock and Dam in Thendara was built to raise the river level to accommodate the steamer. Upon reaching where the Moose River now flows beneath the NYS Route 28 overpass, passengers had to transfer from the Fawn to wagons, called buckboards, to finish their trip to Old Forge Pond, where they could again board a steamer ferry.

In 1896, a railroad spur was built from the existing railway to allow a more direct connection to the lakes. The current TOBIE Trail Bridge was built on the same footprint where that connecting rail line used to cross over the river.

The trail begins at the corner of State Route 28 and Sequoia Road in Thendara, heads northeast to Forge Street past the Thendara train station and connects back to the side of Route 28. It follows Route 28 for about a half mile, turns right onto Hemlock Lane, then left over the TOBIE Bridge. I stopped to get off my bike to view the Moose River which never fails to offer a beautiful photo opportunity.

From the Old Forge side of the bridge the trail runs along Railroad Avenue, which turns into Park Avenue and then skirts the base of Maple Ridge Mountain. Beginning in 1939, this wide ridge was a ski mountain with a rope tow that was a rope attached to the axle of a truck's wheels after the truck was mounted securely at the top. As someone ran the truck, the wheel axle would turn: the pulley for the tow rope. Many generations of schoolchildren learned to ski on this hill and it even produced a few Olympians.

Part of the ridge also served as the town's premier sledding hill. Although Maple Ridge is no longer a winter sports hub, the hull of an old truck still sits atop the mountain today. Hiking and mountain biking trails have been constructed in some of the most heavily wooded areas of the ridge and can be accessed directly from the TOBIE trail. The bottom section of the trail system passes a fitness loop. It weaves along the edge of the woods and offers multiple stations including a chin-up bar, a sit-up plank, a balance beam and parallel bars.
I peddled to where the TOBIE trail crossed South Shore Road, then glided along Lakeside Road and the lovely Old Forge Pond waterfront park with its grassy, bench-lined shore and two oversized docks. This was where the connecting railroad spur, built in 1896, ended. During those early years, as the area became popular with tourists, trains regularly arrived full of passengers who had been loading and unloading luggage and goods from one train to the next and now finally could load onto a steamer ferry to travel up the Fulton Chain of Lakes.

Next, the TOBIE trail passes behind the Visitor Information Center where TOBIE trail maps are available, as well as other biking and hiking trail maps, area information pamphlets, and local newspapers. The trail continues over the Old Forge dam through the iconic covered bridge which has been a permanent fixture since July 1987. This spot is the beginning of the Fulton Chain of Lakes. The lakes were once a main branch of the Moose River. In 1799, a man named John Brown built a log dam here to make a waterfall to operate his sawmills. This dam caused the water to back up and formed the Old Forge Pond.

Later, the dam was improved and raised to create more water for moving felled logs. The river became a series of eight lakes in addition to the pond. Currently, it is possible to traverse from the Pond through Fifth Lake, in the town of Inlet, by boat without interruption. That stretch is the first leg of the annual 90-Miler classic canoe and kayak race.

After crossing Route 28, the trail heads down North Street and after about a mile of residential stretch, past the town’s recreation area and pavilion, the paved road ends. The trail continues on a gravel road to a small bridge that spans the north branch of the Moose River and continues on a dirt road, which doubles as snowmobile trail #1. I stopped to take in the eye-catching charm of the Moose River again as it winds its way through trees and brush with mountains in the backdrop. The TOBIE Trail signage points the way through the woods along snowmobile trail #3. Soon, it passes pretty little Wheeler Pond. This leads to the section of the TOBIE trail that runs parallel with the Adirondack Scenic Railroad tracks, so an occasional train may rumble by. The trail eventually turns right onto trail #8 and goes over a steel bridge spanning the Moose River once again and takes a right turn onto what is known as snowmobile trail #5. Soon I was pedding on an embankment with Rondaxe Lake on the left and West Lake on the right, with pleasant views on both sides.

The trail continues onto another lovely, quiet back-country road that used to be part of the Raquette Lake railroad line. It’s been written that some trains had to leave half of their freight cars at Rondaxe Railroad Station on this line to make it up the grade. They would then leave that load to go back and retrieve the first half and reattach the rest at the top before continuing the trip.

I slowed to take in the awe-inspiring, classic Adirondack scenery of Carry Lake. Because of the way the trail divides the lake and how the lake wraps around, it can be easily mistaken for being two or three different lakes. Then the path passes a pretty little creek that is an outlet from the eastern side of the lake. This is the last stretch of the back-country woods, before the TOBIE trail runs parallel to Route 28 the rest of the way to Eagle Bay.

As the TOBIE trail runs alongside Route 28, it passes by the site of the Great Pines Resort on 4th Lake. There is a marker there commemorating the 1913 train wreck. At that time, a work train traveling on the Raquette Lake Railroad hit a downed tree. Three crew men were killed in this accident.

There are enough trees between the trail and the roadway that it feels like being in the woods, except for the sound of highway traffic. After several miles, the trail enters the tiny hamlet of Eagle Bay and the Eagle Bay Information & Rest Area, which I thought would be a convenient place to stop. The trail crosses Route 28 at this point and continues as a quaint paved path running just beside the highway to the town of Inlet. It’s a pleasant ride of less than two miles, offering some promising glimpses of Fourth Lake, the largest of the Fulton Chain of Lakes, and once the northern terminus of the old steamer boat tours.

Finally arriving at Inlet’s lovely Arrowhead Park, the expansive views of the lake and the mountains beyond were a rewarding conclusion to my ride on the TOBIE trail.
If you’ve ever stood on the top of a mountain and wondered what it would feel like to spread your arms out and fly across the valley, then soaring just might be the sport for you. Sailplanes, or gliders, are motorless airplanes that rely on the energy in the sky to stay aloft for hours on end, and fly for hundreds of miles. Not to be confused with hang gliders, sailplanes have an enclosed cockpit that can sit one or sometimes two and have the same controls as an airliner, only on a much smaller scale.

My interest in flying gliders goes back to my teenage years and my participation in the Civil Air Patrol. In fact, my wife has told me that one of the first things she knew about me when we met in high school was that I wanted to learn to fly. It just took me 40 years to get around to it. But in 2009, after taking lessons with a soaring club in Saratoga, I received my private pilot’s license for gliders.

Flying gliders is as much a mental challenge as it is a physical one, and the first part of that challenge is just getting into the air. Since most gliders don’t have an engine (some do have a small engine for “self-launching”), we need to get towed into the sky by an airplane. At Adirondack Soaring, the club that I fly with, our tow plane is a Piper Pawnee, originally built as a crop duster; it is a sturdy, reliable airplane that gets the job done.
Once the tow plane and the glider are ready to go, they are connected with a 200-foot-long nylon rope, and when both pilots are ready the signal is given and a wing runner levels the wings of the glider, holding them level as the tow plane gains speed. In practically no time at all, the wing runner is left behind and now, with the air moving over the wings, the glider lifts off of the runway. A few moments later the tow plane lifts off and together they climb, the glider pilot making minute adjustments with the stick and rudder pedals in order to stay directly behind the tow plane. Although it looks easy enough from the ground, it is often the most challenging part of a flight. Strong winds and updrafts and downdrafts do their best to knock the glider out of position, challenging the glider pilot’s skills and, sometimes, the tow pilot’s nerves.

When they reach an altitude of about three thousand feet above the ground, the glider pilot releases the tow rope by pulling a yellow handle in the cockpit. As the rope falls away the glider banks and turns to the right and the tow plane turns to the left, ensuring a safe distance between the two of them. The tow pilot then heads back to the airport for his next tow, and the glider pilots begins his never-ending search for lift.

The only thing that a glider can do is go down, so in order
to stay up the pilot must find air that is going up faster than he or she is going down. It's not obvious from the ground, but there is a lot of energy—and movement—in the sky above. Thermals are the most common source of lift. Simply put, the sun heats the ground, the ground heats the air above it, and as that air warms it rises like a hot air balloon. The glider pilot needs to find that rising air and stay in it. Not a simple task, but like everything else, there are clues and tricks to the trade.

The most obvious clue to where the lift is, is where the clouds are. Clouds are formed when the rising warm air cools enough that the moisture in it condenses and becomes a visible cloud. For the glider pilot this means that wherever there is a cloud there is, or was, a thermal. Now all he or she has to do is get into that thermal and stay there, circling like a hawk or an eagle, climbing up to the bottom of the cloud, sometimes slowly, sometimes at a thousand feet a minute. Then it’s on to the next cloud, connecting those dots in the sky for miles and miles.

Thermals are the strongest and most reliable source of lift during the spring and summer months, but in the fall, the atmosphere above the Adirondacks begins to settle down a bit. The air begins to cool and become more stable and the thunderstorms and the big, beautiful cumulus clouds that come with summer thermals disappear and are replaced by flying saucer-shaped lenticular clouds formed not by warm air rising but by the wind blowing across the mountains, a telltale sign of mountain wave. It’s time to bundle up and head to Lake Placid.

Flying in a mountain wave is one of the more thrilling and sometimes more dangerous ways to experience motorless flight. As a strong wind blows across a mountain range it gets deflected up, much like water rushing over a boulder in a fast moving river. When the conditions are right a “wave” forms that can take a glider to incredible heights. In September 2017, two pilots flying a specially designed sailplane flew to 52,172 feet over the Andes Mountains in Argentina. To put this in perspective most airliners cruise between 30,000 and 40,000 feet. The goal for this sailplane, called the Perlan Project (www.perlanproject.org) is to fly to 90,000 feet: the edge of space.

In Lake Placid our goals are a bit more humble, but flights to 20,000 Feet and better are not uncommon and that’s why, starting in mid-October, glider pilots start gathering at the Lake Placid airport. One of our club’s tow pilots flies our tow plane up from Saratoga while the glider pilots drive up with our ships in specially designed trailers. You may have seen long white trailers with a bump on the end and wondered what was in them. Well, now you know. Most of us set up camp on the airport grounds with the permission of the airport manager, while a few seek the comforts of local motels.

In the morning the gliders are assembled and lined up, ready for take-off. The tow plane taxis onto the runway and is connected to the glider with the tow rope. Once everyone is ready the tow plane and the glider take off, flying in formation. Depending on the direction of the wind, the wave may be forming over Whiteface Mountain, Mount Marcy, Algonquin, or just about anywhere. With so many mountains to choose from, if the wind is strong and the atmosphere stable there will probably be wave somewhere, and the tow pilot will take us to it.

But there is an entry fee. In order to get to the wave we first have to fly through its nasty cousin, rotor. This byproduct of wave formation is a layer of violent updrafts and downdrafts that tests the skills of both the tow pilot, the
back down, especially with mountains hiding in those clouds. If the clouds start to close in below, the pilot has to get down quickly. Spoilers—metal panels that come out of the wings with the pull of a handle in the cockpit—increase the drag of the glider, allowing it to go down rapidly. The spoilers are also used in landing the glider.

Another reason to descend is to warm up. Without an engine there is no source of heat, and the temperatures at 10 to 20 thousand feet in October are often below zero. Puffy jackets, hats, and gloves only go so far when you’re sitting still for a couple of hours in those temperatures.

Back near the ground the pilot announces his intentions to land over the radio and flies the same pattern as powered aircraft, past the ski jumps, then turning left to land on the grass runway that runs parallel to the paved runway, quickly pulling to the side in case there is another glider also trying to land. Unlike powered aircraft, gliders don’t have the option of circling.

Flying gliders is about as close as you can get to soaring like an eagle. In fact, it’s not uncommon to encounter hawks and eagles thousands of feet above the ground. A few years ago while flying over the Sentinel Range, near Whiteface Mountain, I was joined by two eagles. They seemed to decide that I was an amateur and soon flew off, vanishing into the distance just as I was beginning to think I was getting pretty good.
CROWD CONTROL

By Timothy Behuniak
Sifting through childhood memories, I stumble upon more hiking and lakeside-filled days in the ‘dacks than I do of moments from my home in the outskirts of suburban Albany. Frequent family trips to the Blue Line essentially made the Park my home and I remember countless days spent walking in the woods with my brother, sister, mom, and dad.

We started hiking the High Peaks when I was nine. Initially, I was afraid of heights and my childhood blubber hated the difficult task of ascending the 46 tallest mountains in New York. Eventually though, I fell in love with spending time in the woods and found tranquility on summits over 4,000 Feet. “Trails” like those found in the Seward, Santanoni, and Dix Range were rugged but quiet—a welcome change from suburban Albany, which was a busy and noisy place.

Though I could never abstain from the place that has made me who I am today, I’ve become increasingly bitter each time I head into the Adirondack High Peaks. Sometimes I’m irri-
tated before I even leave the house. Perhaps it’s the crowded parking lots that contribute to my new acidic feelings, or maybe I’m already thinking of the peace and quiet that I won’t have. Maybe it’s the thought of mistreated hiking trails or litter scattered about the mountains. Or, maybe I’ve just become a snob.

In 2006, when my family hiked Cascade and Porter—our first High Peaks—the total number of recorded 46er finishers was 5,964. Seven years later when my mom, a family friend, and I finished the challenge with a happy summiting of Saddleback mountain, that number had risen by over 2,000 people. In 2017, the total number of finishers was 10,871.

These numbers are powerful—they reveal that more and more people every year are getting outside and enjoying nature. But the question now arises: are we loving our trails to death? If so, what are the true causes and how can we mitigate the damage?

Having spent many hours in the woods before and during the adventurous 46er journey, my land ethic had ample time to form. I realized the power of quiet places where nature rules rather than man. In the mountains, we are merely visitors entering someone else’s home. But it has become apparent that as hikers, backpackers, and adventure-seekers, we are ill-mannered guests.

For two summers I was fortunate to find myself working in the mountains I loved so much. I felt that by working for the Adirondack Mountain Club’s Professional Trail Crew, I was giving back to the trails that had given me so much. But during our days in the High Peaks, our crew witnessed improper Leave No Trace practices and the mistreatment of the mountains. While building a ladder on Colden we saw human feces and toilet paper in the middle of the trail. In Avalanche Pass the trail was extremely wide around sections of mud. Sometimes even after we’d finished new bridges or stairs, hikers would still go around the structures, paving new paths off the main trail.

If you take a drive from the Ausable Club and Giant Mountain parking areas down to Loj Road and beyond, overcrowd-
Trailhead Stewards at the base of Cascade mountain. The Stewards collaborate with the Department of Environmental Conservation (DEC) and the Adirondack Mountain Club to provide education regarding conservation and proper practices to the general hiking public.

Influential photographers in the region and marketing companies are helping to educate hikers and promote other areas in the Park, too. “I do take care not to post photographs online of out-of-the-way locations that could be easily trampled,” Adirondack Photographer Carl Heilman II said. “Or I leave off the ID of places that people are already traveling to but have noticeable, current overuse issues.”

The Regional Office of Sustainable Tourism (ROOST), a marketing organization based in Lake Placid, has worked with the DEC and outdoor companies in the past to tackle the issue. But it’s always a challenge to divert attention away from the High Peaks region. “The 46 High Peaks have a sense of allure to them and are a well-recognized brand,” said ROOST’s Director of Marketing, Michelle Clement. “If someone were to ask you to name a beach in South Carolina, Myrtle Beach or Hilton head may be top of mind; however, there are many beautiful, yet less well-known beaches along 180-miles of South Carolina coastline. The Adirondacks are similar in that there are hundreds of miles of wonderful trails beyond the High Peaks.”

So how can we realistically manage the overcrowding issue? In May 2018, the DEC released an amendment to the existing 1999 High Peaks Wilderness Complex Unit Management Plan (UMP) in an effort to promote sustainable tourism and address public safety in the Adirondacks. However, the UMP is at risk even before being instituted. Scott Van Laer, a Forest Ranger for 19 years in the High Peaks district and delegate of the union that represents the forest ranger of NYS said, “We, the [rangers], support the DEC’s UMP Amendments for the High Peaks, but it can’t be implemented without staffing increases.”

Brendan Wiltse, Adirondack photographer and Adirondack Wilderness Advocate co-founder, shared similar sentiments. “The state needs to make investments in DEC staff and resources, so they can staff the forest ranger force to a level that allows them to return to [one of their main roles] as educators.” He was referring to the fact that forest rangers are now more than ever a reactionary force for incidents and searches, rather than a stewardship and police force.

An increasing number of people are flocking to the 46 each year, meaning there are more people now than ever who would be willing to consciously take action to protect the places they’ve grown to love. More hikers in the High Peaks region means more people realizing their beauty and potentially understanding that these mountains need protecting. After some time in the High Peaks, new users hopefully will become the new summit stewards, forest rangers, trail crew members, conservation photographers … new voices for the mountains.
Every year, Green Goddess sells locally-pastured turkeys for Thanksgiving. When customers come to receive their bird, they get a recipe for bone broth to go with it. That’s because the broth from the bones of an animal raised in its natural environment are so chock full of nutrients we feel like it’s our obligation to inform our customers. After all, this added bonus is more nutritionally valuable than the meat. It would be a shame to waste it.

First of all, the protein extracted from the bones during the broth-making process is in a form your body can use immediately without digestive effort. Bone broth is a wholesome source of collagen, needed to maintain strength and flexibility in all our hard (bones and teeth) and soft (muscles, joints, skin, arteries, etc.) tissues. Collagen basically holds us together. Trace minerals found in bone broth keep us hydrated on the cellular level, and provide our endocrine system, immune system, and nervous system with the raw materials necessary to function optimally.

This recipe is for half the bones from your Thanksgiving bird. Keep the other half in a plastic bag in the freezer and make the next batch when needed. In addition, we’ve included a recipe for a Thanksgiving meal using bone broth to cook your grains. When grains are cooked in bone broth, they absorb the protein and nutrients from the broth and give your meal a richness that would be lacking if you used only water. We hope these recipes inspire you to choose a local, pastured turkey this season and get the most out of your investment. In gratitude....

**Turkey Bone Broth Recipe**

**Ingredients:**
- ½ the bones from a local, pastured turkey
- 1 gallon water
- ¼ cup raw apple cider vinegar
- 4 carrots, roughly chopped
- 1 medium onion—quartered
- 4 stalks celery—roughly chopped
- ½ bunch parsley
- 1 tbsp. Celtic Sea salt

**Directions:**
1. Place bones, water, vinegar, salt, and all veggies except parsley in a large crock pot.
2. Cover, turn on high, and cook for 2 hours.
3. Skim anything that has floated to the surface. Then turn to low and cook for 24–48 hours, adding water as necessary to keep the crock pot full.
4. One hour before finishing, add parsley.
5. When done, strain broth through a fine sieve. Any meat left can be eaten. The vegetables will be tasteless.
6. Store broth in containers and freeze what you can’t use within a week.
7. Broth can be consumed as is, or used as a base for soups, grains, gravies, and sauces. Be creative!
Ingredients:
- 2 cups long grain brown rice
- 2.5 cups turkey bone broth
- 2 cups filtered water
- 1 cup sweet potato—peeled and diced
- 1 cup lacinato kale—thinly sliced
- 1 cup dried cranberries
- ½ cup slivered almonds
- ½ cup green onion—thinly sliced
- ¼ cup Italian parsley leaves—finely chopped
- 2 tbsp. extra virgin olive oil (EVOO)
- 1 fresh lemon—the zest and juice
- 2 tsp. Celtic Sea salt
- ½ tsp. freshly ground black pepper
- 1 cup roasted turkey—roughly chopped (optional)

Directions:
1. In a medium saucepan, bring bone broth, water, and 1 tsp. Celtic salt to a boil.
2. Rinse rice to remove excess starch and add to boiling liquid.
3. Cover and simmer for 45 minutes.
4. While rice is cooking, prepare the rest of the ingredients.
5. When rice has finished cooking, turn off heat, quickly add diced sweet potato on top of the rice.
6. Cover, and let rice and sweet potatoes rest for 15 minutes.
7. Transfer sweet potatoes and rice to a large mixing bowl. Gently fold in veggies, cranberries and turkey.
8. In a small bowl, zest lemon, squeeze lemon juice, add EVOO, and add 1 tsp. Celtic salt and freshly ground pepper. Mix until combined, then pour over salad.
9. Serve as a warm or cold salad. Garnish with fresh parsley and green onions.
Long View Lodge  
681 Deerland Road  
Long Lake, NY 12847  
518-624-2862  

The Long View Lodge is a historic hotel and restaurant that is proud to be bringing back a tradition of outstanding dining. Stop in for lunch or dinner and enjoy our Chef’s creations from the wood-fired grill, or try one of a selection of handcrafted flatbreads fresh baked in our wood fired oven...seasonal local toppings change with availability, New York Cheddar is a staple. Or try family made maple syrup in the ‘Uncle Marty” at the bar!

Mis Amigos  
2375 Saranac Ave.  
Lake Placid, NY 12946  
518-523-3452  

Mis Amigos offers traditional Mexican cuisine and nightly savory chefs specials, all dishes are prepared to order using only the best local and imported ingredients. With a warm and inviting atmosphere, cozy outdoor patio dining with views of Mirror Lake and some of the best margaritas in town. Mis Amigos, in the heart of the Adirondacks, is a must visit.

Salt of the Earth  
5956 Sentinel Road  
Lake Placid, NY 12946  
518-523-5956  

A quaint, affordable family owned bistro serving twisted foods from traditional roots. Menu changes with the weather and utilizes locally sourced seasonal produce as well as game meats. Staying small and only serving dinner allow the chef to prepare eclectic plates that will leave you sated but craving more. Let your palate travel the world without ever leaving Lake Placid.
Gather 'round at the freshest addition to the region's dining scene, within the wholly-reimagined and renovated Hotel Saranac. Top-quality, locally sourced comfort fare, a selection of craft beers, and signature cocktails are met by a warm, sophisticated atmosphere with a deep appreciation for our Adirondack heritage. At Campfire, savor the chance to share some community and camaraderie at the end of your day, no matter where your Adirondack adventures many have taken you.

Generations is proud for being one of the first restaurants in Lake Placid to fully embrace the many wonderful products that are grown, raised, and cultivated in the Adirondack Park. The menu features deliciously fresh entrees for every meal of the day. Be sure to stop in for daily happy hour from 3pm to 7pm.

Taste Bistro at Mirror Lake Inn is well known for its warm, friendly, and casual atmosphere. Taste Bistro features local and regional comfort foods, fine wines, craft beers, and a large selection of whiskeys. You can also hear live music every Friday and Saturday.
Autumn is here. That means our forest's fiery-bright colors are out and so are hikers. Lots of them. We get it – everyone wants to enjoy the fleeting beauty of fall in the Adirondacks, but some of our most beloved trails are getting loved to death by overuse. Fortunately, there are hundreds of miles of trails to explore, and many offer a side of solitude with that stellar view. Consider hiking the following paths this leaf-peeping season, and remember to take nothing but photos, leave nothing but footprints, and if you carry it in, carry it out. To learn more about these hikes, go to AdirondacksUSA.com/HikeThis.

**AZURE MOUNTAIN**
A short, steep little hike that ends with an amazing view from a fire tower. Explore the summit to find a neat balanced boulder.
*Good for: families, dogs, elevation junkies*

**JENKINS MOUNTAIN**
See an Adirondack forest sampler – wetlands, brooks, and hardwood forests – on the way to Jenkins' scenic summit.
*Good for: elevation junkies, day hikers*

**FLOODWOOD MOUNTAIN**
Follow an old forest road, then take the path as it moderately climbs to Floodwood’s peak. Continue for another quarter mile and enjoy the view.
*Good for: families, dogs, elevation junkies*

**COBBLE LOOKOUT**
This gentle path gradually gains elevation for 1.1 miles and ends at a broad ledge with outstanding views of Whiteface Mountain and distant High Peaks.

**SARGENT PONDS LOOP**
Have fun exploring the many side paths, or stick to the 6.8-mile loop as it winds its way to Lower Sargent Pond.
*Good for: families, dogs, day hikers*

**WATCH HILL**
A relatively easy loop hike that offers two views: one of Griffin Brook Slide on Snowy Mountain, the other overlooks Indian Lake.
*Good for: families, dogs, elevation junkies*

**COOT HILL/BIG HOLLOW TRAIL**
An easy half-mile hike that ends at an overlook with views of the Lake Champlain Bridge, Crown Point peninsula, and Green Mountains of Vermont.
*Good for: families, dogs, casual explorers*
THIS FALL TAKE THE PATH LESS TRAVELED
AND HELP PROTECT OUR FORESTS.

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But let’s face it — some of us can’t wait to get out there and explore. So here are some of the best hikes for this fall season.

**ROUND MOUNTAIN**
This 2.3-mile hike is steep in places, but it’s also one of the lesser-visited trails in the High Peaks. Good for: elevation junkies, day hikers

**TREADWAY MOUNTAIN**
Trek through the Pharaoh Lake Wilderness Area and pass the beautiful Putnam Pond en route to Treadway’s 2,208-foot summit. Good for: elevation junkies, day hikers

**COOT HILL/BIG HOLLOW TRAIL**
An easy half-mile hike that ends at an overlook with views of the Lake Champlain Bridge, Crown Point peninsula, and Green Mountains of Vermont. Good for: families, dogs, casual explorers

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**HIKE THIS!**
Tear this poster out and hang it anywhere!
SOUTHERN ADIRONDACK GEMS

STORY BY NICOLE BANTA  PHOTOS BY KEITH BANTA
Just inside the Adirondack Park’s southern border, outdoor enthusiasts will find plenty to do in the Caroga Lake region. The area boasts three major lakes, many smaller waterways, and an abundance of trails. After a hard day’s fun, take in the music scene and grab a bite and a drink at one of the local eateries. Looking to beat overcrowded trails? This town offers the appeal of the Adirondacks, on a modest—but not to be missed—scale; plus a good dose of solitude.

Hiking in the area features generally shorter, moderate hikes leading to hidden bodies of water. One of the best loved trails is a one-mile hike to Nine Corner Lake, easily accessed at a pull-off just above Pine Lake on NY 29A. The trail follows a stream and traverses several wooden bridges on a mostly gentle, but sometimes rocky, incline. Pack a picnic lunch for this family-friendly trail leading to a crystalline lake perfect for swimming. Or, bring a tent and stay at one of the primitive campsites.

At the top, the trail splits—continue straight to the back side of the lake on a lesser used trail with a few tent sites, or turn right for lake access. Across a rock dam lies more campsites and a rock climbing site. There is a high concentration of boulders for climbing in the Southern Adirondacks, and Nine Corner Lake has a prolific boulder field. This is a popular weekend destination so plan a weekday hike to avoid the crowds.

The best view in the area can be gleaned from the Kane Mountain Fire Tower. Also suitable for families, this is a short hike with two routes, at either 0.6 or 1.2 miles. Part of the fire tower challenge, the 60’ metal tower offers sweeping 360-degree views of the surrounding lakes. A parking lot is available off of Green Lake Road on NY 29A in Canada Lake. Because this is a fairly easy hike with a spectacular payoff at the top, the lot can fill up quickly; so plan to arrive early as parking on the road is discouraged.

The fire tower lot shares a trailhead with two other trails—Stewart Lake (1.3 miles) and Indian Lake (2 miles)—both with remote forested lake views. All three hikes can fit into a single day. Visit the Canada Lake Store and Marine, just across the highway and to the right, for lunch, boat rentals, groceries, local products, and Adirondack gifts. Enjoy a de-
licious deli sandwich on the front porch. In the summer, the attached Lake Effect Cafe serves specialty coffee drinks and homemade treats.

For more hiking, take NY 10 north at Pine Lake and enjoy a ten-mile stretch of winding, scenic highway to the town of Arietta. The drive follows a meandering stream with wildlife, vibrant marshes, and seven marked trail heads. Find Good Luck Lake and Cliffs a few hundred yards past the second bridge over the West Branch of the Sacandaga, traveling north on NY 10. This 3.4 mile round-trip hike leads to dramatic cliffs that are scarce in the southern foothills. Past Good Luck Lake, the trail becomes steeper and unmarked. A guidebook may be helpful. The top showcases an expansive view of Spectacle Lake.

Paddlers don’t have to look far in the Caroga Lake region. The area has three major lakes—Caroga, Pine, and Canada—along with other smaller bodies of water. Perhaps the most bang-for-your-buck paddle is the West Branch of the Sacandaga with up to 9.5 miles of paddling. Barbara McMartin, guidebook author, says, “The river has everything: remoteness, surrounding small mountains, meanders through marshes and fields of flowers and butterflies.”

The book Adirondack Paddling: 60 Great Flatwater Adventures, advises that the best way to explore is via an eight mile stretch between a bridge and a takeout. The put-in is north of Caroga Lake on NY 10 after the second bridge over the West Branch, or 2.9 miles after crossing into Hamilton County. The take-out lies 6.4 miles north on NY 10 just south of Shaker Place Road.

From the put-in, options abound. Paddle eight miles to the take-out and explore Chubb Lake, Trout Lake, and Little Trout Lake (adds a 1.5 mile detour). Chubb Lake is a hidden gem for amazing sunsets, and can also be accessed by a five minute walk from an unmarked pull-off, located 5.5 miles north on NY 10 after leaving NY 29A in Pine Lake. Paddling to the three ponds and back is an eight-mile round trip, or, travel upriver to Good Luck Lake. Any route along this lazy river will provide plenty of solitude, relaxation, and wildlife viewing.
For cyclists, Town of Caroga board member Jeremy Manning recommends the often empty roads of the nearby town of Bleecker for road biking. He is working on a mountain bike trail system called “Wheelerville Trails” to be located on town-owned land in Caroga. He hopes to open it next year.

The area is also home to a lively and unique music scene. Part of the Caroga Arts Collective, The Caroga Lake Music Festival is a five week summer concert series. It features prestigious musicians from genres that run the spectrum from pop to classical, and from small ensembles to orchestras. Concerts are held at area venues, including the historic and recently restored Sherman’s Amusement Park, on the shore of Caroga Lake. More live music can be taken in at local restaurants—such as The 19th Hole at Nick Stoner Inn or The Lodge in Pine Lake—as well.

From dramatic views to remote lakes, live music to solitude, paddling through marshes, and climbing a fire tower, see what the Caroga Lake region has to offer you.
EPIC JOURNEY: NEWFOUNDLAND
Story by Hilary Williams
Photos by Evan Williams
When we told people that our next adventure was trekking around Newfoundland, many of them asked, “Where is that again?” or “Why Newfoundland?” Before the trip, our best answer was something along the lines of, “Well, we’ve seen some pretty amazing photos.” Now, though, we can wholeheartedly say that Newfoundland is a place to discover natural wonders, explore rugged coastal trails, meet some of the nicest people you’ll ever encounter in your travels, and wrap yourself up in a culture with a fun Irish influence and a history that includes the early Vikings.

Newfoundland is a large island off the coast of the Canadian mainland. Along with Labrador, it is Canada’s most easterly province. Being an island surrounded by craggy coastal shorelines and hosting the northernmost portion of the Canadian Appalachian Mountains, Newfoundland is fondly referred to by locals as “The Rock.”

Our 10-day journey around The Rock began on May 25th in the capital city of St. John’s. Arriving to some cool weather, we decided to set up our tent at Pippy Park Campground, then head into town to enjoy poutine, seafood chowder, and a few brews at Yellowbelly Brewery: a great way to kick off our Canadian adventure!

Bonavista Peninsula
The next morning, we woke up to a slushy snow on the tent. Having left temperatures in the 80s back home in New York, snow was a bit of a rude awakening, but we were prepared for all varieties of weather. The day started with brunch at Mallard Cottage, a highly raved-about spot in the St. John’s neighborhood of Quidi Vidi. The brunch menu was extensive, but we finally settled on breakfast sandwiches, accompanied by excellent coffee and a sampling from the dessert table full of delectable goodies to-go, including massive cinnamon buns, peanut butter cookies, and chocolate fudge brownies.

We then started out from St. John’s toward Trinity and Port Rexton, where a tiny house we found on AirBnB would be our home base for the next two nights. Later that evening, we hiked the Skerwink Trail, one of the most popular coastal trails in Newfoundland. The Skerwink Trail skirts Skerwink Head, a rocky peninsula that separates Trinity’s harbor from Port Rexton’s. Sights included sea stacks, arches, lighthouses, and some pleasant pebble beaches. Evan may have also had his first moose sighting along the trail too, but we’ll never know if his eyes were just playing tricks on him.

After a dry and warm night in the tiny yellow house, our first stop the following morning was Elliston, the self-declared “root cellar capital of the world.” We scoped out a few public root cellars that were once used for the storage of root vegetables like potatoes and carrots, and then made our way to the puffin viewing site. A quick trail leads to the edge of a cliff that overlooks a little island where there are hundreds of nesting puffins. We spent a good hour just sitting cliffside and watching the puffins pop in and out of their burrows or fly off to go fishing.

We continued the drive around the peninsula, stopping
at the Bonavista Lighthouse and Dungeon Provincial Park where we had an iceberg sighting! One of the reasons we wanted to visit Newfoundland was to experience the annual float of icebergs from Greenland, so when we spotted this one in the distance, we were excited to know that they had started drifting into the area. When we finally made it back to the tiny house that evening, we walked down to the Port Rexton Brewery to get a flight and sample some of the great options they had on tap, including the T-Rex Porter, which was definitely a favorite.

Twillingate

With a weather system moving in across the northern and eastern coast of Newfoundland, we knew that we would have to decide to either try to make the most out of rain and fog in Twillingate (the “iceberg capital of the world”) or keep moving west toward Gros Morne, arriving there ahead of schedule. We headed out to the Fox Island coastal trail near Port Rexton to take a hike and do some thinking before the rain hit. We kept watching the weather, and ultimately decided to head up to Twillingate to see what we could because we had read such great things about the region.

Unfortunately, we encountered rainy weather and fog the whole drive, and while what we could see looked beautiful, we ended up just grabbing some dinner, briefly checking out the lighthouse, and then moving on to Notre Dame Provincial Park. Considering the attendant knew our names when we pulled in, we were probably the only ones at the campground that night – the only ones crazy enough to be tenting in the incessant rain.

Gros Morne

The next morning, we packed up the tent in the rain, took hot showers in the nice heated campground bathrooms, and started toward the west coast, where we saw the weather forecast was much better for the next couple of days. On the way to Deer Lake, we saw our first moose crossing the road right in front of us. With a population estimated at well over a 100,000 moose, we had to see one eventually!

We continued through Deer Lake and Corner Brook, making our way to Lark Harbour to check out the Blow Me Down Provincial Park area. When we arrived, the park was still closed for the season (the only downfall of traveling in the shoulder season), so we drove a little further to Lark Harbor and the Cedar Cove trailhead. Cedar Cove ended up being a great surprise find. It was super windy, but the sun was out, and the trail led us to a driftwood-laden beach that made for great beach combing. We made a stop at a grocery store in Corner Brook to restock, and then we were on our way to the KOA in Gros Morne.

After a much warmer and drier night in the tent, we started the day by stopping at the visitor’s center to pick up our Gros Morne National Park Pass. The Tablelands Trail was our first walk of the day. The geology in the Tablelands reveals when the continents of Africa and North America collided, pushing
the reddish orange rocks, which were originally beneath the ocean, to their present visible position. The next hike that day was the Green Gardens Trail, a longer trail that provides a mix of scenery: coastal sea stacks, volcanic rocks, secluded coves with waterfalls, and beautiful forests with lots of moose scat and tracks. We topped off the day with moose burgers in Rocky Harbour at the Fisherman’s Landing Restaurant. When in Rome, right?

The next day, Evan and I made our way north toward Western Brook Pond for one of the most anticipated parts of our trip. The weather was fantastic – warm and sunny – perfect for a boat trip through an incredible old fjord! After about a two-mile walk over coastal bogs and low limestone ridges, we arrived at the lakefront where BonTours offers two-hour interpretive boat tours through Western Brook Pond. The waters of the “pond” (which is more like a huge lake at 10 miles long and just over 50 ft deep) are pristine, having had very little impact from human activities. The interpretive tour also included entertainment with traditional Newfie music and interactive wooden spoon playing—guests included!

Feeling hot for the first time on the trip, we continued further north to The Arches Provincial Park and then circled back to Shallow Bay—a big beach with shallow water that warms up for swimming in the summer (definitely not warm enough when we were there!). It was in the parking lot at Shallow Bay that we had our best moose encounter. We had just pulled into the lot and opened the rear hatch when Evan hushed me—“Moose!” he said. A lone female moose wandered through the field next to the playground, crossed the road, and paused in a meadow next to the tree line. We approached slowly, watching to see if she felt comfortable, and she just kept munching away at the greens. Evan and I watched her for around 20 minutes, until she wandered into the trees.

After, we ate dinner on the beach and stopped at a pair of red Adirondack chairs sitting on the coast to catch the sunset. Parks Canada has strategically placed Adirondack chairs throughout the province in spots where they encourage you to sit down and just take in the scenery.

Making the most of the limited good weather the following morning, we packed up our campsite and then went to Green Point, a geologist’s dream come true. The cliffs at Green Point hold fossils that define the boundary between the Cambrian and Ordovician periods, making the area an internationally recognized geological benchmark. Later that morning we made our way to Deer Lake, where we decided to give ourselves a bit of a rest day. We went to the Holiday Inn to relax and watch some playoff hockey.
St. John’s

On Day 9 of our trip (June 3) we woke up to snow on the ground! Since we had decided to end up back in St. John’s that evening to catch some live music at O’Reilly’s pub, the day was full of driving. We hit rain and snow most of the morning until we reached Terra Nova National Park; then the rain let up a bit. After a quick hike at Cupid’s Haven on the Dildo peninsula to get our legs moving, we continued to St. John’s. We went to O’Reilly’s as planned, but unfortunately, the scheduled entertainment—Fergus O’Byrne, a founding member of the popular Irish-Newfoundland band trio, Ryan’s Fancy—called in sick. While we were bummed to miss out on some authentic Newfie music, the pub was still a fun experience.

Our last full day in Newfoundland was iceberg hunting day! We fueled up with some breakfast from Tim Horton’s (a must when in Canada), and journeyed north to Pouch Cove, where there had been an iceberg sighting recently. We walked along a very windy part of the East Coast Trail, but didn’t see anything, so we moved on to try our second location, La Manche Provincial Park. South of St. John’s, we tried another section of the East Coast Trail near the park. We met a hiker on the trail who told us he that had just seen a big iceberg—we finally were in the right spot! Excitement built as we found the LaManche Suspension Bridge. Following the trail to Money Cove, we could see the iceberg floating offshore. We kept hiking toward the peninsula it was sitting next to. When we got to the edge, we looked over the cliff and there it was! We nestled ourselves in on the cliffside and watched. While still quite large, the iceberg’s rounded edges told us this one was near the end of its journey. The iceberg slowly drifted, and the crashing waves worked their erosive magic on the blue-hued ice. At some point the erosion was enough to cause part of the iceberg to calve. It was incredible to hear and watch—the loud crack, and then the slow re-equilibration of the massive chunk of ice. Eventually we pulled ourselves away from the show and started back up the trail.

We drove back to St. John’s where we checked into our AirBnB, a cozy and bright place close to the downtown. For dinner, we went to Ches’s Fish and Chips, a traditional spot for locals and tourists alike. Before flying out the next day, we wandered back into town to check out some of the shops, including the Newfoundland Chocolate Co., where we taste-tested some chocolate and picked up a few bars to bring home for our families (and ourselves, of course). To get one last sweeping view of St. John’s and the Atlantic Ocean before leaving, we drove up to Signal Hill to sit and breathe in the salty air. Our time on The Rock had come to an end, but Newfoundland carved itself a nice little spot among our favorite travel adventures.
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MAGIC ON THE MOOSE

STORY AND PHOTOS BY ERIC ADSIT
Perhaps it's the killer end-of-season deals at Mountain-man Outdoor Supply Company, or the promise of one more get-together with friends before the long winter sets in; whatever the reason, Moosefest always draws a huge crowd. The longstanding whitewater festival has always been based in Old Forge, coinciding with the annual drawdown of the Fulton Chain of Lakes on the second weekend of October.

Old Forge is a perfect location. Not only is there a surplus of bars and warm motel rooms available during the shoulder season, but the Moose River offers 20-plus miles of nearly uninterrupted whitewater, ranging from beginner-friendly Class II-III on the Middle to hair-raising Class V on the Bottom. This is where the magic happens. Out on the water people face fears they didn't know they had, develop bonds with each other closer than some families, and immerse themselves in nature – often literally.

There's no doubt the Moose is one of the most popular whitewater rivers in the state. During Moosefest, brightly colored kayaks and canoes drift down the river much the same as fallen leaves after a windstorm. The Singing Waters section offers a scenic float with plenty of catch-on-the-fly surf waves and one Class IV test piece called Nelson's Falls. The Singing Waters section constitutes a full day on the water, winding five miles through a gorgeous forest, only crossing under a handful of bridges.

The next section, the Middle Moose is much shorter, but condenses the action into a series of short pools with Class II-III rapids in between, giving beginners a chance to catch their breath (or gear). Both of these sections are popular with beginner-intermediates, teaching them important skills of how to read water and catch eddies.

As the river continues downstream, the rapids build in intensity throughout the Lower Moose, a nine-mile section filled with Class IV ledges and sticky hydraulics with names like Froth Hole and Mixmaster. As a paddler, it can be difficult to determine which is scarier: the stories about the river or the rapids themselves.

Below the Lower lies the Class V playground known as the Bottom Moose. The Bottom takes every element of the Lower and magnifies it. The drops are taller, the holes are stickier, and the pools, well, they might as well be called ponds. Despite the significant stretches of flatwater, the Bottom is undoubtedly the most popular section for those who have the skill. The run starts with a 40-foot natural waterslide, traveling through slots and over vertical waterfalls until it reaches Crystal, a huge cascade with a complex web of lines for the experienced paddler to follow. Two bonus rapids, Magilla and Spine Compressor, require specific water levels but offer thrills for even the best paddlers.

Perhaps the greatest aspect of the Bottom is its accessibility. Several rapids are easily reached by a short walk through the woods. Fowlersville Falls is a popular viewing area right near the start of the run, easily located by following the Fowlersville Road to the bridge over the river. From there, just follow the river to the falls for a seemingly endless parade of paddlers. Double Drop and Knife's Edge are also easy
viewing areas. They are located near the corner of Lyonsdale and Lowdale Roads. But the most popular viewing area is Agers Falls, which is also a popular swimming area during the summer. With ample parking, historic ruins, and a picture perfect view of an 18-foot waterfall, it's easy to spend an entire day here alone. A trail leaves the downstream end of the parking area and parallels the river past Shurform and Powerline.

Don’t miss the downriver race that begins at Agers Falls on Saturday of Moosefest. While it’s seen many formats over the last 23 years, the Class V race seems to have hit its stride as a mass-start sprint from Agers to the end of Crystal. Dedicated racers have been known to take touring kayaks over the falls in the hopes of outpacing the more maneuverable whitewater boats in the flatwater.

This year’s race will mark the final event of the 2018 Emperor’s Cup, a new points series in New York. Building on the popular King of New York series, the Emperor’s Cup awards points to the top 10 finishers in several events throughout the summer and fall on the Black, Beaver, Raquette, and Moose Rivers. Mountainman Outdoor Supply co-hosts the awards ceremony and kicks off an unofficial bar crawl through Old Forge where paddlers season their stories from the day with a little hyperbole and a lot of booze.

The weather at Moosefest is notoriously frigid, with the first snowflakes of the year almost always being spotted by some poor southern boater leaving the bar a little too late on Saturday night. Sunday morning usually brings with it a late start to the days activities, but eventually people find their way to the put-in once again, eager for redemption or nervously hoping to pull of another clean run. It's a great way to spend a weekend celebrating one of the best rivers in the state.
LOCAL ROOTS: ADIRONDACK FOOD STORIES

By Paul Sorgule

Chefs clockwise from top left: Kim Scarpa of Scape Cafe, Jarrad Lang of Mirror Lake Inn, Andrea DeGain of Salt of the Earth Bistro, Anne Alsina of Left Bank Cafe, and Tim Loomis of Liquids and Solids.
Over the past decade the food landscape within the Adirondack Park has changed dramatically. From Warrensburg to Elizabethtown and Lake Placid, there is a new, exciting, full-flavored evolution that includes farmers, chefs, cheese makers, bread bakers, craft brewers, distillers, and masters of curing and fermenting who are making the Adirondack Park a true food destination. This column will take a look at the people behind this movement and the impact that they have on what and how we eat.

ADIROPONACK CHEFS AND FARMERS HAVE A SHARED PHILOSOPHY

Well before the sun rises in the Adirondacks, bakers, breakfast line cooks, and chefs are already busy at work.

Farm to Table is more than a statement that’s trendy to promote—it is a philosophy. And for restaurants that are truly Farm to Table, it means a total commitment to that philosophy. Everyone in the restaurant needs to buy-in to what it takes to be in partnership with farmers and the regional producer community.

Chefs know that as hard as their work is, it still pales in comparison to a farmer’s daily routine. Becoming a farm-connected restaurant means that everyone shares a high level of respect for farmers and the ingredients they plant, nurture, and harvest.

The way that a partnering restaurant operates is quite different than those that choose a different route. Many of the ingredients that are used in a farm partnering restaurant do not come off the back of a large-scale commercial truck; they probably arrive in a pick-up truck while still warm from the morning sun—they were, after all, just picked a few hours ago. Some restaurant chefs may even visit the farms to pick up their own product.

Farm to Table restaurants need to be responsive to the seasons, to weekly weather patterns, and to the impact of local terroir (soil, climate, and topography). A chef’s menu might not be written in stone—in fact it will likely change weekly and sometimes daily. A Farm to Table restaurant builds a menu that reflects what the farmer is able to produce. The advantage is freshness and ripeness that is lacking in many items produced on single crop, centralized farms and then shipped from coast to coast.

What we now call Farm to Table cooking and eating is not a new phenomenon—in fact it dates back more than 100 years to before America began moving away from decentralized farms and towards sectionalized selective farming that focused on volume production. In much of Europe, eating almost exclusively regional and seasonal food continues to be a way of life. The farmer connections that are the trend in all 50 U.S. states are still going strong after hundreds of years in France, Italy, Germany, Austria, Spain, Greece, and the Netherlands.

As the sun begins to rise, bakers are pulling crusty fresh-baked breads and light, airy pastries from their ovens. Line cooks are cracking farm-fresh eggs and serving up rashers of Adirondack bacon from Oscar’s in Warrensburg, and chefs are planning out menus that reflect the best ingredients expected at their receiving doors any minute. More often than not the day’s menus are yet to be fully determined. The chef and his or her cooks wait to see what arrives from the farms before definitely deciding on the menu. Will it be swiss chard and baby beet greens from Ian Ater and Lucas Christenson from Fledging Crow in Keeseville? Or sugar snap peas, leeks, and late spring garlic scapes from Adam Hainer at Juniper Hill in Wadhams? In the fall will the harvest bring brussels sprouts, rutabaga, and parsnips from more than a dozen great organic farms within 50 miles for braised menu items—or maybe pumpkin, butternut and spaghetti squash?

For a long while, The Adirondacks, was considered very difficult terrain for varied crops. Aside from potatoes and early summer strawberries there was little to depend on. This is no longer the case as more and more “new generation” farmers are pushing their shovels into the soil and finding ways to maximize a diverse yield of crops, sometimes for very short seasons. There are more than ample numbers of chefs who are willing and excited to make the connections, learn to understand the farmer, and find ways to make Farm to Table work within the Park.

This new generation of chefs and cooks are deeply passionate about these Farmer connections—they are talented, energetic, and quite knowledgeable when it comes to building menus around availability rather than forcing that availability through tapping into the centralized system.

Chefs Jarrad Lang from the Mirror Lake Inn, Andrea Degain from Salt of the Earth Bistro, Tim Loomis from Liquids and Solids, Kim Scarpa from Scape Café, Anne Alisina from the Left Bank Café, and Alan Sventusky from the Olympic Training Center all spent a season in France, where Farm to Table and a respect for the source is the only way to operate. They know that a chef is only as good as his or her ingredients and the passion with which a restaurant staff handles them.

Just a few hours south of Paris in the rolling hills of central Burgundy lies a sleepy little town called Entrains sur Nohain. This was the center of activity for a French Internship that well over 150 culinary and hospitality students called home over a 10-year period. In this agriculturally focused community with its bolangerie, patisserie, butchery, fromagerie, and local connection to area vineyards, these students became one with the origins of Farm to Table. The beneficiaries of this knowledge are the communities of Lake Placid and Saranac Lake because a few of these energetic cooks established their roots in the Tri-Lakes area. With this philosophy of regional partnerships fully ingrained into their way of operating, a fresh crop of inspired menus began to flourish in our Adirondacks.

These are some of the chefs who are in their kitchens...
when the sun rises and oftentimes still there when it sets. These are a sampling of the chefs who look at their menus as changeable canvases to be painted each day with the colors of sun-ripened crops, grass-fed regional beef, organically-raised animals, excellent local cheese and a splash of Adirondack honey or maple syrup. Chef Jarrad Lang of the Mirror Lake Inn summed it up:

“When I was growing up on my grandparents farm in Crown Point, local food was just regular food. We had gardens, chickens and pigs, my uncle kept bees, our neighbors had orchards and still produced milk. That was just what was normal at that point in my life. That was lost in the years after moving off the farm through my early days in the kitchen and I didn’t experience food in that way again until going to France and seeing farmer’s markets, meeting and working with local artisans, and again having the experience of truly knowing where the food comes from. It’s all of these memories and experiences over the years that have solidified my beliefs in the importance of using local and regional foods whenever possible and supporting our small local farmers and artisans.”

Today, the Left Bank Café is home base for the French Connection, but the disciple chefs, who spent three months in France, years ago, remain active ambassadors of their acquired connection to quality ingredients. Their passion is shared by a growing number of restaurants and chefs and farmers who are just as passionate and connected. In the coming seasons I will visit, interview, and share many of the philosophies that these people refer to as their stakes in the ground.

The following farms and restaurants were listed in this article and represent a small sampling of Adirondack Food People who are building relationships and creating a perfect environment for a community focused on eating well.

Fledging Crow Farm: www.fledgingcrow.com
Juniper Hill: www.juniperhillfarmcsa.com
Oscars Smokehouse: www.oscarsadksmokehouse.com
The Mirror Lake Inn and Spa: www.mirrorlakeinn.com
Green Goddess and Scape Café: www.greengoddessfoods.com/eat
Liquids and Solids: www.liquidsandsolids.com
Salt of the Earth: www.saltoftheearthbistro.com
The Left Bank Café: www.leftbankcafe36.com
## CLINTON

**Plattsburgh**  
Pavilion downtown by Bridge, Durkee and Broad Streets.

**Date**  
Saturdays, May 12 through Oct. 6, 2018 9:00-2:00 & Wednesdays, late June through end of September, 2018 10:00-2:00.

## ESSEX

**Elizabethtown**  
Behind the Adirondack History Center Museum.

**Date**  
Fridays, June 1 through Oct. 5, 2018 9:00-1:00

**Keene**  
Marcy Airfield between Keene and Keene Valley on Route 73.

**Date**  
Sundays, June 17 through Oct. 7, 2018 9:30-2:00

**Lake Placid**  
Jewtraw Park, Station St.

**Date**  
Wednesdays, June 27 through Oct. 17, 2018 2:00-6:00

**Ticonderoga**  
Near Walmart entrance 1114 Wicker St.

**Date**  
Saturdays, July 7 through October 13, 2018 10:00-1:00

**Westport**  
Westport Heritage House, 6459 Main St.

**Date**  
First Saturday of Jan. through May, 2019 10:00-1:00

## HERKIMER

**Old Forge**  
Park Ave., behind the Old Forge Hardware Store.

**Date**  
Fridays, June 22 through October 5, 2018 1:00-5:00 *+

## LEWIS

**Lowville**  
Forest Park Pavilion, Main Gate, Lewis County Fairgrounds.

**Date**  
Saturdays, June 2 through Oct. 27, 2018 8:00-2:00

**Lyons Falls**  
Village Park, Laura Street.

**Date**  
Tuesdays, June 19 through Oct. 9, 2018 12:00-5:00
Of course I knew of Anne LaBastille. I grew up in the northwestern Adirondacks and read her first memoir, Woodswoman, when I was a teenager. The cover showed a beautiful blonde woman with a German shepherd, and the pair lived in the middle of nowhere on an Adirondack lake. To protect her privacy LaBastille gave her lake a fictional name, and as the Adirondacks are filled with ponds and lakes, I didn’t speculate long about where exactly she lived.

And then there I was, years later, on a gloriously warm and sunny Columbus Day Weekend, driving down a long, dead-end road to Twitchell Lake, the real name of LaBastille’s hide-away. Next to me, Liz Wycoff, a fiction writer who had flown to the Adirondacks from Wisconsin, leaned forward as we turned the last corner and a long narrow lake stretched out in front of us. The golds and reds of autumn reflected on the dark water.

Both of us were incredibly excited to be at the lake and when we saw our living quarters, the Twitchell Lake Lodge, we looked at each other and grinned. Nathalie Thill, the director of the Adirondack Writing Center (AWC) as well as our cook and “house mother,” took us into the big, newly renovated kitchen and then the enormous living room—a dark place with a massive fireplace and heavy wooden chairs and a generous amount of Adirondack décor: animal heads on the walls, birch bark furniture, and artwork featuring loons, ducks, and bears. A covered front porch had rocking chairs and a hammock; a path led to a dock with canoes and kayaks.

We would not be roughing it. Anne LaBastille’s simple cabin could have fit inside the living room of the Twitchell Lake Lodge. I felt slightly guilty for having this luxury—each writer had a bedroom with a private bath—but in a building so large all six of us would have room to work without disturbance. A writing residency is a gift of time for writers – time to work without the usual distractions of day jobs, families, and all the obligations of busy lives. This residency would give us two weeks of work time and the bonus of the quiet beauty of an Adirondack lake when the summer season is over.

The six writers met as a group that evening at dinner in the smaller of two dining rooms. Nathalie had prepared the first of a series of superb meals, and we began to know one another. Glenn had flown in from Colorado but he spoke with a soft British accent. Madeline had a quick smile and long, dark hair that hung smoothly to her waist. Noah was more youthful than his graying beard implied, and Caitlin and Liz were in their 30s, smart and beautiful.

I had expected that the quiet Adirondack location would inspire my writing, and it certainly did, but even more inspiration came from my fellow writers. Noah got up early every morning, started the coffee pot, and sat at his corner table, producing poems with such rich imagery that listening to him read felt like eating expensive dark chocolate. Glenn would rush into the kitchen with his teapot to get more hot water for his English tea then rush back upstairs to write for hours. After I went canoeing one misty morning with Madeline she...
produced a couple of exquisite poems with lines that mentioned geese and sunlight.

Magical. The LaBastille Writing Residency was for me like being in an Adirondack fairy tale, one with a happy ending. We lived in a castle with a giant fireplace, porches everywhere, and rooms so large we could have invited guests to a ball. Every morning I jumped out of my high bed made of twigs and branches and ran outside to a world filled with as many colors as a box of crayons. I’d glide along the quiet waters of Twitchell Lake in a kayak or explore a trail to a remote pond then come back to the lodge and sit and write for hours and hours. It was truly a writer’s dream.

During those two enchanted weeks at Twitchell Lake I revised one short story, wrote a new one, and did a complete overhaul on a Young Adult novel that I’ve been working on for years. The formal dining room had a wooden table that was almost as long as a bowling alley and I used that length to lay out a pattern of 3x5 cards, each card representing one of the 32 chapters in my book. I rated the intensity of each chapter on a scale of one to 10 and placed the higher numbers at the top of the table. I added colored cards for each character and put them in the chapters where they appeared. With that long visual aid I could see which chapters didn’t have enough tension and which characters needed to show up more often.

Though we didn’t have the distraction of our 9-to-5 jobs we did have one deadline. On the weekend in the middle of the residency we all participated in a reading open to the residents of Twitchell Lake and anyone else who wanted to come. Nathalie asked us all to read something from our new work, and that fired up our creativity. In the evenings before the reading we sat together in front of the fireplace and tried out our fresh writing, asking for comments. I loved those discussions and found them as valuable as the solo writing time.

I’m an active person and discovered that I could go for a hike or a run in the morning, write for most of the day, and still have time to go for a sunset paddle on Twitchell Lake before dinner. After I left the dock I’d paddle past the last of the summer camps to a secluded bay where beaver had a lodge. At dusk they swam around their watery territory, their heads poking above the water and their tails whacking the surface if I got too close.

Next, I’d paddle past a dark stretch of woods to the land where Anne LaBastille found such peace. The property is now part of the Forest Preserve and her cabin was dismantled one cold winter and re-assembled at the Adirondack Experience in Blue Mountain Lake. I’d glide past the dock that marks the place where her home once stood and nod my head in an imaginary greeting. I was often close to euphoria, totally delighted to have received the gift of two weeks on an Adirondack lake with five kindred spirits.

When darkness edged out the sunset I’d turn around, heading back toward the bright lights of our lodge. I knew Nathalie would be inside making dinner while Noah set the table and Caitlin leaned against the counter to chat. Soon our little writing community would sit down for a meal, talk about our day, and laugh together while we ate a hearty home-cooked supper. In a few days we would scatter, back to our regular lives, fast Internet, and contact with the rest of humanity. But as I brought my kayak up to the dock, the plastic bow knocking against the wood, the outside world was far away.
When I left the Virginia suburbs of Washington DC, late summer was still lingering: green trees and warm days and windows left open. When I think of the Anne LaBastille Writing Residency what I first recall is the day I arrived at Twitchell Lake. After hitting the empty roads early on a Sunday morning, taking the gray highways north for overcast hours, turning off onto the smaller two-lane roads and winding my way into the Adirondacks, it seemed like someone suddenly switched on all the lights. I stared at the trees on the lake’s far side lit up in russet and red, umber and brown, yellow and rust. I had driven north and found fall putting on its amazing show by the side of a still lake hidden in the mountains: it was like finding a secret.

I didn’t know much about the Adirondacks beyond some general ideas of trees and mountains, skiing and hiking. Someone on my Facebook wall posted the call for applications from the Adirondack Center for Writing (ACW) and I was drawn to the idea of two quiet weeks to work out the kinks in a manuscript of poems I had been putting together. I needed to get the poems in an order that might make some sense. I knew I would end up pulling out poems that no longer fit, and that process might lead to drafting new work. I knew if I got the ACW LaBastille residency then I wouldn’t have any excuse not to get this manuscript finalized. I could put it on my calendar and having that time set aside would help me to get the work done. What I didn’t count on was that time is different in the mountains.

Mornings began early with coffee but then seemed to stretch for hours of just drafting work while the other writers went about their own schedules. This quiet time would ease up around noon when we’d all gather in the kitchen for lunch. But then again afterwards the day would stretch itself out into long hours until dinner would bring us back together again. Spotty wifi, no cell phone service, and six other people, seven at the most, quietly moving to their own rhythms – compared to my regular, highly-connected existence full of work and appointments and family, the world of the residency was like sinking into still water. I found myself not only finalizing my manuscript, but also drafting new work, reading books of poems I had packed “just in case,” hiking in the woods, and spending time on the Twitchell Lodge dock listening to sounds of the lake.

If you’re lucky, you sometimes encounter a place that stays with you long after you leave. The wooden rooms and the furniture, the lake views through the windows and the way the sun hit the pines out back—Twitchell Lodge surrounded by the Adirondack woods shifting from summer into winter is a place I will never forget. But the people I was with while at Twitchell Lodge have also left a mark on me. The residency invites fellows from both inside and outside the Adirondack area. They also choose writers of various disciplines: poetry, fiction, and nonfiction. And so there was always more to learn from every writer: their ways of writing, their experiences from back home, their stories behind the stories they were writing. Along with the memorable writers I met were our hosts Nathalie Thill and Baylee Annis from the Adirondack Center for Writing. Because they are writers and storytellers themselves, Nathalie and Baylee seemed to know in their bones how to make the residency run in such a way that brought out the best in every single day.

I’ve always been attracted to between places—airports and waiting rooms—places we linger but rarely stay for long. They feel magical to me in some way—I think maybe we are all more ourselves in such spaces. Home maybe is too comfortable and can lull the senses, let us go on auto-pilot. Strange places, of course, need watching and so elicit a certain wariness. But the in-between space is just comfortable enough to let a person slow down and look around—and still different enough to keep a person’s senses alert and awake. This I believe is the ideal setting for writing. This is how I remember Twitchell Lodge and the LaBastille Residency.

I also remember finding myself often staring across the lake at the trees. During our time there, I watched their colors fade and their leaves fall. In my mind there is a picture of the lake just after sundown. The sky is still bright with light from a sun that has dropped behind the mountains. The lake and the shore are dark in the gloaming that has come up, as if night time has drifted up from the water and the rocks. This is the twilight time at the end of a day’s writing, the moment after hours spent alone chasing some thought across the page but before the warm chatter of dinner and good company. You can stand on the dock at the lodge and watch the whole thing: the long day rushes out and a cool night eases in with owl calls and a smell of snow.
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Hornbeck Boats
A funny thing happened on the way to the Forum—the 2018 Lake Placid Film Forum, that is.

The event was started in 2000 by one of the most colorful cast of characters you’re ever likely to encounter on the streets of Lake Placid. It included novelist Russell Banks, former New York Daily News movie critic Kathleen Carroll, North Country nonprofit organization mainstay John Huttlinger, New Jersey movie-house impresario Nelson Page, Lake Placid cultural affairs stalwart Naj Wikoff and one of the area’s leading benefactors of arts and cultural groups, the late Robin Pell. In its early years (2000-2004), the Film Forum—unlike many nascent arts events of its kind—succeeded beyond the wildest dreams of its producers, who also formed the core of the nonprofit organization, the Adirondack Film Society (AFS). The AFS presents year-round programming, and the festival as its main annual event.

It drew large, appreciative audiences; attracted the financial support of major corporate funders such as American Express, Chrysler, and Ralph Lauren; and brought to the rural and remote Adirondacks some of the top Hollywood and independent filmmakers of the young new millennium. The festival culminated in 2004 with an in-person appearance by Academy Award-winning director Martin Scorsese, whose presentation of a restored version of Visconti’s Italian-language classic, The Leopard, is still talked about among Film Forum devotees with the kind of reverence one might expect to be paid to a visit by the Pope or the Dalai Lama.

However, by the following year—with the North Country economy tanking and the legion of corporate sponsors deciding to look elsewhere to invest—mounting red ink led the Film Forum organizers to postpone the festival until 2006, when it reemerged as a smaller, less ambitious event. The years 2006 through 2013 still featured a wide-ranging selection of cutting-edge films attendees were not likely to see in their local multiplex, as well as appearances by many first-rate filmmakers who filmgoers could see, hear, and even meet in intimate settings—two of the Film Forum’s calling cards—but the festival, one could say, was “evolving.”

By the end of 2013, the festival organizers were expending much of their limited resources on activities related to the worthy and—with respect to the very existence of the region’s independently owned movie theaters—undoubtedly indispensable “Go Digital or Go Dark” campaign. The decision was made, albeit reluctantly, to forgo producing the Film Forum in 2014. In 2015, the organizers regrouped. For the past three years the organizers have been in “rebuilding” mode, with each successive year marked by increased screenings and a more robust filmmaker guest list than the year before.

That organizing model of small, incremental change and slow steady growth, is, however, out the window for 2018. After assessing the successes of the 2017 Film Forum, along with the aspects in need of improvement, members of the board and staff of the AFS realized the time was ripe for big, bold changes…and reels and reels of them.

Many of the changes represent “firsts” for the 19-year history of the festival. For starters, the AFS board decided the event needed a single Festival Director, rather than a committee, to oversee it, and named board member Gary
Smith to the position. He, in turn, felt strongly that the festival needed a “story” to give it more cohesion—and to give prospective filmgoers a compelling reason to check out the event in the first place—and eventually settled on the theme of diversity. For this year’s event, the organizers would make a conscious effort to select films that reflected a wide range of racial, religious, gender, class, and cultural diversity.

Timing of the event was also a major subject of discussion coming out of 2017. The Film Forum had always been held in early June, but that’s when one can safely assume winter in the Adirondacks is finally done and people are eager to be out in the mountains or on the water. Sitting in a darkened movie theater is just about the last place a lot of outdoor enthusiasts want to be in early June, so the board voted to move the Film Forum to the fall (October 25-28 this year), when thoughts turn from exterior activities like leaf-peeping to decidedly interior ones such as cuddling by a warming fire—or the warming glow of hot buttered popcorn and a movie screen.

But that’s not all, folks. Arguably the most radical change of all this year involves the event’s name itself. “Film Forum” has long been an issue for some of the festival’s participants. When the LPFF was founded, a major focus of the event was on live filmmaker introductions of their work, typically followed by Q&A sessions with the audience, as well as non-screening programs such as panel discussions, master classes, and various types of workshops. The AFS, it likes to say of itself, “doesn’t just screen films—it analyzes and curates them,” helping to educate its audience members about “the art of film and filmmaking.” But because so many potential attendees do not know what a film “forum” is, but do know what a film “festival” implies, the board voted to rechristen the event the “Lake Placid Film Festival.”

The 2018 edition will still retain many of the non-screening programs that made its predecessors a “forum,” but this year the organizers are aiming to walk the fine line between respect for the event’s celebrated traditions and trying out so many innovations and festival firsts that, according to Gary, the Lake Placid Film Festival could almost be re-branded as a brand-new event. “Having a 19-year history to build off can be both a blessing and a curse because so many of us think [the festival] should be what it was 18, 19 years ago,” he said. “Others felt it had to change with the times, like so many other things. We are in the process of making some of these changes happen, and we think the event will be better for it.”

But everything comes down to ‘location, location, location,’ here it’s about the programming,” he said. “We have slots for over 30 different new films and the opportunity to fill them with all the colors of the cinematic spectrum… something that’s tough to do when you’re only showing a handful of new films.”

The person responsible for that programming is Dylan Skolnick, a long-time LPFF participant and, more recently, an AFS consultant who is co-director of one of Long Island’s top art houses, the Cinema Arts Centre. He’s promising far-reaching scale, selected by a sole professional programmer, so it’s not just a local event,” he said.

Vice-Chair Nelson Page is especially excited about content this year. “Like in real estate, where everything comes down to ‘location, location, location,’ here it’s about the programming,” he said. “We have slots for over 30 different new films and the opportunity to fill them with all the colors of the cinematic spectrum… something that’s tough to do when you’re only showing a handful of new films.”

Board Member-at-Large Amy Quinn is someone who—in stark contrast to the current trend of viewing films on smaller and smaller devices—prefers to watch movies only on the big screens “It’s a completely immersive experience, like going to live theater,” she said. She is excited about all the changes occurring with this year’s festival and is especially looking forward to the classic film and the Latin American film that will again be curated by Jeremy Arnold, a Turner Classic Movies contributor and author of the TCM tie-in

A Diverse Array of Films Stemming from a Multiplicity of Voices

So what can prospective filmgoers expect from the 2018 Lake Placid Film Festival? There will likely be some 30 distinct new films shown in probably twice as many time slots over four days at three main venues—the beloved historic Palace movie theater, the culturally indispensable Lake Placid Center for the Arts, and the tourism-anchoring High Peaks Resort. As with any public event of this magnitude, it takes many hands to make it happen and thus a multiplicity of voices to convey what the festival is all about.

For AFS Board Chair John Huttlinger, the 2018 incarnation represents something of a “rebirth” of the Film Forum. “This year’s festival will be bringing quality films and related programs on a larger, more far-reaching scale, selected by a sole professional programmer, so it’s not just a local event,” he said.

Vice-Chair Nelson Page is especially excited about content this year. “Like in real estate,
book, The Essentials: 52 Must-See Movies and Why They Matter. “I loved watching Roman Holiday [last year’s classic] on the big screen at the Palace, and the Cuban film Jeremy selected for us, Esteban, was tremendous,” she said. “Seeing the two of them together, back-to-back, was like a great double feature.”

This year’s festival includes a very special event that will kick things off on Thursday evening, October 25: a gala tribute to Kathleen Carroll, co-founder and the artistic director of both the AFS and the film festival. In the view of John Huttlinger, the tribute is long overdue and, as Nelson Page put it, a fitting honor for “someone who has given so much and asked for so little in return. Kathleen is without a doubt our greatest artistic resource, and it’s safe to say without her there never would’ve been a film forum/festival.”

It’s a sentiment shared by Susan Willnus, who volunteered at the very first Film Forum and every one following it. She recalls, for example, the year one of the high-powered panel discussions included acclaimed novelists John Irving and Francine Prose and was moderated by Russell Banks, who continues to serve as AFS Artistic Consultant. There was Kathleen, who waded right into the conversation and more than held her own. “Her knowledge of the whole film industry and her enthusiasm for it are so impressive,” Susan said. “The film festival probably wouldn’t have happened at all if it wasn’t for her.”

Single tickets to the 2018 Lake Placid Film Festival are $15, and all-session passes (excluding single-ticketed events such as the gala tribute on October 25) are $79. To learn more, please contact AFS Operations Mgr. Fred Balzac at 518-523-3456 or visit lakeplacidfilmfestival.org or adirondackfilmsociety@gmail.com.

LOCALadk would like to dedicate this article in memory of Reg Clark. Reg and his family have owned the Palace Theatre in Lake Placid since 1961. They have played host to the Film Festival since 2000. We are sure almost anyone who has gone to the movies in Lake Placid has had the pleasure of seeing Reg. So many will miss handing their ticket to Reg and having him smile and kindly direct you to the right theatre. Reg passed away on July 30th 2018.
Book Shelf: Review by JT Hall

Upwards by Laurie Apgar Chandler

Midway through her epic journey, Laurie Apgar Chandler paused to reflect on the issues at hand. "I would embrace the philosophy of common sense," she mused in her memoir, *Upwards*, "of doing what worked to travel in the simplest manner possible. At face value she is talking about what she carried, the stuff that would fit in her diminutive canoe for her 53-day journey. It's not hard to imagine, however, that Chandler's commitment to simplicity also suggests larger, underlying priorities.

A woman of unassuming stature, Chandler was on her way up the Northern Forest Canoe Trail, the longest continuous canoe trail in the U.S. It begins in Old Forge, NY and terminates in Fort Kent, Maine. Carried by her buoyant prose, *Upwards* flows easily along this patchwork of rivers, lakes, and portages. Traveling 740 miles total—125 miles of portages, 150 miles upstream—Chandler keeps careful track of the geography, weather, scenery, and the redundant challenges of extended wilderness travel.

Equally important, Chandler's narrative frequently spills over the banks and berms of her odyssey to explore the adjacent history and culture she encounters. And there is help along the way from supportive "angels," enabling her in her quest to become the first woman to thru-paddle the NFCT solo. And there are undercurrents of faith and the spirit of her late husband to stay her resolve, and the traditions of earlier wilderness travelers and their observations—George Washington Sears, aka "Nessmuk," in the Adirondacks, and Henry Withee and Henry David Thoreau in the Allagash in Maine—as inspirations. And although much of the journey takes place in other states—Vermont, New Hampshire, Maine and even Quebec—*Upwards* has deservedly earned a space on the shelf of Adirondack literature, somewhere between Nessmuk and Anne LaBastille. More importantly, for the author at least, Chandler has succeeded in writing "the kind of book that I would want to read."
If after reading Upwards by Laurie Apgar Chandler about paddling the 740 mile Northern Forest Canoe Trail you feel overwhelmed at the distance you may prefer to consider section paddling. Most of us do not have 2 months where we can leave our busy lives behind to enjoy a big adventure. It is more likely that we may get a weekend or perhaps a string of 3–4 days for which to dedicate to an outdoor adventure. The Planning and Paddling Log is designed to be a tool to assist in choosing which section to paddle. It is also designed to allow you to document your journey. It can help you record what the weather was like, how many miles you traveled, what kind of wildlife you encountered as well as your personal observations.

We recommend this book as a tool to help you learn about, plan and record your paddling adventures along all or sections of the beautiful Northern Forest Canoe Trail.
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