

Adirondack Kayak Camping

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Meeting times and locations:

9/23/2011

- 8:30 am -(optional) Breakfast at the long lake diner
- 9:00 am—Long lake Public beach.
- 9:30 am shuttle leaves for launch site.

If you have dietary restrictions please let me know right away!

About Our Trip

This Adirondack kayak camping trip is both class and friendly camping trip. There will be informal instruction sessions each day. These will occur when we launch, set up camp or around meal times. This will leave plenty of time to paddle, explore, relax and enjoy the lakes.

Some of your peers may be ACA instructors who are attending this trip as an additional teaching endorsement. They along with Myself will be briefly discussing topics related to kayaking, Leave No Trace, and camping at times during the trip. These discussions and demonstrations are very informative and fun to participate in.

Most discussions will



Dawn at Middle Saranac Lake

occur at the launch sites or at meal times.

There are always chores in camp and everyone will share in the work. You will help with food preparation and cleanup as well as gathering fire wood and setting up community gear.

The focus of this trip will be to learn, explore, relax and most of all **have fun!**

We will talk about trip preparations by email before the trip and if you have any question you can always call me at (609) 412-9966.

Our Destinations

We are planning to visit Middle and Lower Saranac Lakes in the Northwest corner of the Adirondack Park. Please be

aware, the weather forecast for the weekend may dictate a change in locations at the last minute in which case we may consider one of these alterna-

tives, Long Lake, Lowes Lake or Little Tupper Lake. However our meeting place will remain the same.

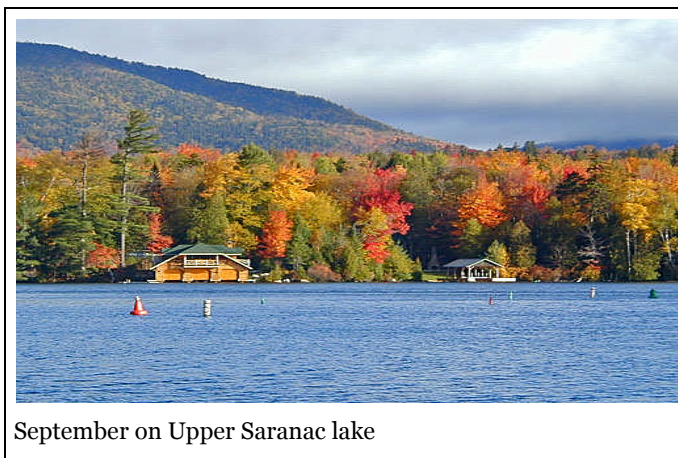
On September 14th 1901 Vice President Theodore Roosevelt received the word that President William McKinley had been assassinated. Roosevelt made his legendary night ride from the Adirondack Mountains to assume the presidency.

Weather

The weather at this time of year in the Adirondacks can be ex-

tremely variable. The days can range from warm and sunny sum-

mer conditions to cold temperatures in the low 50's during bad weather. The nights can be cool to cold with temperature ranging from the low 40's to the high 60's. My experience has been that late September is generally beautiful, in the park but be prepared for a range of temperatures.



September on Upper Saranac lake

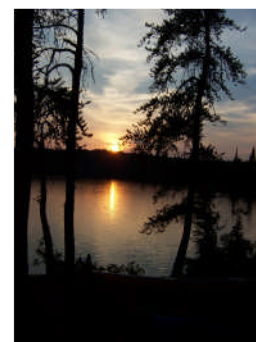
Logistics

On Friday September 23rd 2011 we will meet at 9:00 am at the public beach on rt. 30 in Long Lake New York (See directions p5.). You are responsible for your own transportation to long lake and from long lake to and from the launch sites. If you plan to drive up on Friday morning leave plenty of time for your trip as we will be leaving on time for the launch site. If you are planning to drive up on Thursday night there are camp-

grounds nearby at Lake Durant, cottages and motels in Long lake and Hotels about 1 hour away in Lake George and Warrensburg (See list of accommodations p5.).

We will be having breakfast at the long lake diner at 8:15 am on Friday if you arrive early and care to join us (Directions p5.). At 9:00 am, we will process some paper work and set out for the launch site. We will be leaving our vehicles in designated parking

areas. However, these areas may be remote and are not monitored so please secure your vehicles and possessions. When we take off the water on day three we will try to be back to the vehicles by 2pm.



Long Lake NY at sunset

Food and Personal Sundries

If you have special dietary, restrictions please let me know immediately! We will be providing breakfast on Saturday and Sunday as well as dinner on Friday and Saturday. You must provide your own lunches for Friday, Saturday, and Sunday. **There will be no coolers** on this trip so all food should be non-perishable. My suggestion for lunches is to bring a healthy variety of packable foods. Dried fruits, vegetable, and meats are great snacks, along with gorp and sweets like fig Newtons. Peanut butter is a lunchtime favorite on pita bread as well.

There are all kinds of suggestions and idea on the internet if you are looking for a more exotic lunch menu. Please keep two things in mind.

- 1) You don't want to have any extra food. It takes up valuable space. Think hard about how much you really need and don't bring extra.
- 2) **All your food and all your toiletries** such as lotions, cosmetics, medication, lip balm, sunscreen, facial wipes etc.... must be collected at night and placed in a bear proof container or hung from a tree.



Cooking in the BWCA

With this in mind there will be very limited space for these items so think hard and bring only what you absolutely need. PLEASE DO NOT BRING ANY SOAP OR SHAMPOO! We will provide what you need and show you how to use it. Each person should bring toilet paper in a plastic bag.

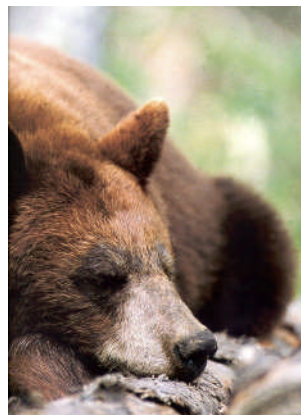
A conservationist is one who is humbly aware that with each stroke [of the axe] he is writing his signature on the face of the land."

Aldo Leopold

Black Bears

The Adirondack Park is home to many black bears. With simple precaution and ample respect, people and black bears can get along just fine. Attached are some documents

from the NY dept. of Environmental Conservation about traveling in black bear country. Please read these over and we will discuss them during the trip.



Camp Clothing & Gear

A complete list of gear and clothing is attached, . It is important and difficult to narrow down just what you need. You want to be prepared but not over packed. You should pack your gear into your boat before the trip to be sure it fits. All your gear must fit into

your hatches. **No gear may ride on top of your decks or in the cockpit with you!** In addition, **you will be required to carry some group gear in your boat** such as food, stoves, fuel, pots, or other hardware. So your must have additional space

in your boats.

We will provide all group gear needed for this trip. However, if you have a piece of group gear you want to use on the trip please let us know so that we don't have redundancies.

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul alike.

John Muir

Kayak Clothing & Gear

The water will be cool but not cold at this time of year. A light wetsuit, rash guard, and paddle jacket for cool days and a swimsuit for a really warm day should be enough. However if you get cold easily you may want a few extra paddling garments.

In addition, you will need your PFD, spray skirt, primary and spare paddles, and basic person rescue gear. A pump and

paddle float are basics and a towline is very useful. If you have a VHF radio it's

a good thing to have with you for group communication.



August in Quetico Park

Directions to Long Lake NY

- Take NY I87 North.
- Take exit 24 (Albany Montreal) and merge onto I-87 North (the Adirondack Northway)
- Go to I 87 Northway exit 23 (Warrensburg Diamond Point).
- Turn left onto Diamond Point rd.
- Take the first right on to rt 9 North
- Turn Left onto NY rt 28 towards Indian Lake
- Turn Right onto rt 30N/ 28E north towards Long Lake
- In long lake turn Left onto Rt 30 North, the diner is on the left 100 yards after the turn. The town beach is at the other end of town on the right before the bridge.

Accommodations

In Long lake:

Sandy Point Motel-

865 Deerland Road,
Long Lake - (518) 624-3871

Green Harbor Motel & Cottages-

971 Deerland Road,
Long Lake - (518) 624-4133

Adirondack Hotel-

Route 30, Long Lake -
(518) 624-4700

In Lake George:

Quality Inn

57 Canada Street, Lake Super 8
George (518) 668-3525

Best Western

2452 St. Rt 9, Lake
George, NY (800) 234-0265

3619 State Route 9,
Lake George, NY (518)
523-2811



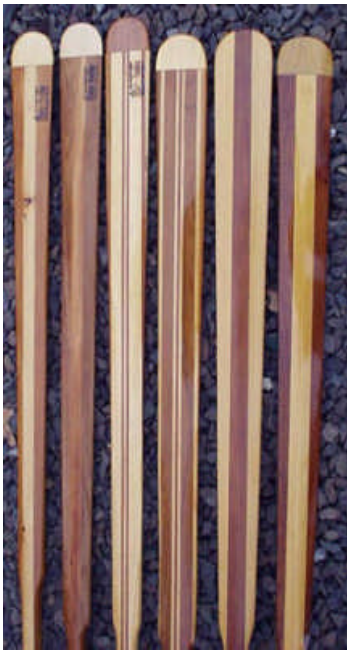
*"Only the
mountain has lived
long enough to
listen objectively
to the howl of the
wolf."*

Aldo Leopold

Tuktu Paddles

Po box 162
Oceanville
New Jersey 08231

Phone: 609-412-9966
E-mail:
tuktupaddles@verizon.net



Were on the web at
tuktupaddles.com

*Custom handmade paddles
& Sea kayak instruction for
all paddlers*

Schedule

Friday-

8:30 (Optional) Breakfast at
Long Lake Diner

9:00 Meeting at town Beach in
Long Lake NY

Unload at the launch site

Paddle to camp

Lunch

Make camp-Set up tents, tarps,
rain prep, about safe food stor-
age

Happy hour

Dinner

Food storage

Saturday-

Breakfast

Break camp-

Paddle

Lunch-

Make camp

Free time and optional on wa-
ter skills and rescue training

Northern Forest ecol-
ogy walk

Happy hour-

Dinner

Food storage

Evening paddle

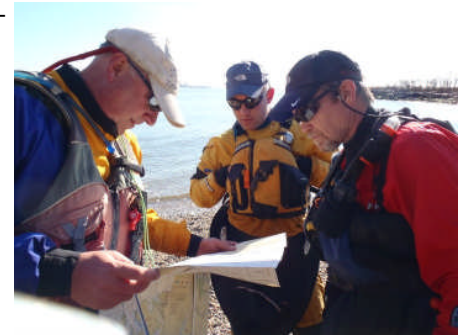
Sunday-

Breakfast

Break camp

Paddle out

Closing remarks and heading
home.
Instructional presentations
will be give throughout the
weekend both on water and
land.



Tuktu Paddles

This fall we are offering paddle making classes and skills workshops for paddlers of all levels . If you are interested in stroke development, rescues, rolling, surfing or open water paddling we have tailor made classes that fit your developmental needs.

We also specialize in custom



Paddle making Classes are held throughout the winter

hand carved paddles in a variety of shapes and designs. If you are looking for a paddle don't settle for a one size fits all pad-

dle have one custom made to your specifications. Our paddles are second to none and priced lower than any of the competition.

Visit us on the web for more de-

tails on paddle and classes or give us a call we are always happy to hear from you!

Chris Raab