



Central Adirondack

# Outdoor Guide

2018Indian Lake • Inlet • the Moose River Recreation Area and surrounding communities



photo by Linda Erion

## Welcome to the Central Adirondacks!

Please take a few minutes to leaf through the new *Central Adirondack Outdoor Guide* for a sampling of the attractions, events and activties found in the mountain towns that surround the wild and scenic Moose River Recreation Area: Inlet, Raquette Lake, Blue Mountain Lake, Indian Lake and Sabael.

In addition to maps, trail descriptions and outdoor info, the *Guide* is filled with ads for local shops, services, dining, lodging and camping.

Take some time to visit the local shops and information offices for maps and expert advice before heading out on the trails. A few minutes spent getting a map and directions can greatly enhance your outdoor enjoyment.

This *Guide* is produced in conjunction with the Black Fly Challenge bike race. The Adirondack Mountain Bike Association (AMBA) is proud to produce both the *Outdoor Guide* and the BFC bike race. Happy Trails!

### Visit our Central Adirondack towns...

<b>Indian Lake</b> 518-648-5112 • 800-328-LAKE www.Indian-Lake.com	<b>Raquette Lake</b> 518-624-3077 www.MyLongLake.com
<b>Inlet</b> 315-357-5501 • 866-Go-Inlet www.InletNY.com	<b>Old Forge</b> 315-369-6983 www.OldForgeNY.com

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## Adirondack Happenings around Indian Lake and Inlet

The Central Adirondack region offers four-seasons of activities, events and attractions that appeal to people of all ages.

Whether you’re looking for pure adventure or a relaxing diversion, a solitary experience or one that can be shared with friends and family, you’ll find it here.

Adults and kids alike can find fun stuff to do simply by visiting the Inlet and Indian Lake websites: Indian-Lake.com and InletNY.com.

The list of events and activities is far too numerous to mention here but a few highlights will give you a glimpse of the variety.

Inlet’s annual “Arts in the Park” will be held on July 21 & 22 at Arrowhead Park where 70 artisans will be offering a

variety of handmade products (InletArtsinthePark.com).

The Rochester Philharmonic Orchestra will return for “An Evening with the Symphony” - celebrating 20 years of music in the mountains - on July 27 with a free children’s concert at 3pm in Arrowhead Park, a 4pm Benefit Cocktail Party at The Woods Inn and the full orchestra under the big tent at 7:30pm (EveningwiththeSymphony.com).

Inlet’s Fall Festival on September 15 & 16 is fun for the whole family with live music, jugglers, food, vendors, pumpkin painting and much more (InletFallFestival.com).

October 6 is the 7th annual Adirondack Kids Day featuring children’s authors and illustrators,

French Louie’s Fishing Derby, bounce house, horseback rides and more makes for a great Fall family day (AdirondackKidsDay.com).

Indian Lake events include the Summer Music Series at Byron Park, which kicks off with Wylder on July 21st, Bad Chaperones on July 28th, Willie Playmore Band on August 4th, and the 10th Mountain Division Military Band on August 16th. The Adirondack Mountains Antiques Show starts September 12th and runs through the 16th and the Great Adirondack Moose Festival is September 22nd & 23rd .

**Cool Things To Do on  
Black Fly Challenge  
Weekend - page 7**



**BLACK FLY CHALLENGE**  
Champion Profile

**2017 Women’s Champ:** Bryna Blanchard  
from East Greenbush, NY.  
(Bryna previously won in 2010)

**Age:** 43 (on race day 2017)

**Time:** 2:08:37

**Team:** BMB Racing

**Occupation:** Occupational Therapist

**Cycling & Athletic Experience:** I fell in love with cycling as a freshman at Penn State riding road and mountain bikes. After being a recreational rider for many years I met a good friend (continued on page 2)

**BLACK FLY CHALLENGE**  
Champion Profile

**2017 Men’s Champ:** Cory Kuhns  
from Victor, NY  
(Cory’s first BFC Championship)

**Age:** 39 (on race day 2017)

**Time:** 1:55:14

**Team:** Team Towpath Road Racing

**Occupation:** Service Advisor and Rental Coordinator at a Toyota forklift dealership

**Cycling & Athletic Experience:** In 2010 I quit smoking after 17+ years. I got a road bike in 2011 to start riding with my wife. (continued on page 2)



## BFC Champion Profiles *continued...*



above: Bryna racing at Pisgah.

### BFC 2017 Women's Champion Bryna Blanchard

*(continued from page 1)*

who was starting a new team, he convinced me to try a race. My first race was a cross country mountain bike race in 2002 at Garnet Hill Nordic Ski Center in the Adirondacks. I have been racing bikes in various forms ever since, primarily mountain and cyclocross. Over the years bike racing has taken me all across the country and eastern Canada. I feel very fortunate for the experiences I've enjoyed and the people I've met through the sport. With so many different ways to race bikes I discover new goals, challenges and adventures every year.

**Life over the past year:** Life changes with the seasons. Summer is busy with lots of mountain bike racing, solo training, and fun group rides with friends. Thierry and I started off the fall with a trip to France with hours of bike touring through the hills and valleys of wine country and old villages. Cyclocross racing was extra fun last year with the addition of a women's masters 40+ category at the bigger races, very competitive full fields of strong experienced women. Winter is the time to relax the training, enjoy some nordic and alpine skiing, focus on longer less intense fat bike rides and bike vacations to warmer climates. In spring I start ramping up the intensity with shorter hard efforts on the bike to prepare for the upcoming races once again. I also work 30-34 hours a week as a home care OT which I enjoy very much. My work life complements my riding and racing with a very flexible schedule.

**Any Special Training?** I generally stick to a weekly training schedule with specific work outs on and off the bike based on upcoming race plans. Twice a week I work on core and strength training which really helps with bike handling and decreased fatigue on the bike.

**Goals:** This season I have shifted my focus from the traditional cross country mountain bike race format to the longer marathon distance, stage races, and hopefully some enduro racing if the schedule allows. I plan to once again race cyclocross starting in October after the VT 50, my final mountain bike race of the year.

**Why the BFC?** The Black Fly is truly a challenge. The gravel grinder format offers a chance to combine the bike handling skills of mountain bike racing with the tactics and strategies of road racing. The huge field and mass start always generates excitement. The race promoters, volunteers, and vendors put on a first class event. The competition is strong and fellow racers provide plenty of good company and motivation throughout the course.

**How is the BFC different?** The point to point format is unique and allows for the yearly change in direction. My partner and I often take the opportunity to enjoy some easier pedaling on the scenic paved roads to retrieve the car following the race. The location is spectacular set in the peaceful beauty of the Adirondacks. Also the weather can be an interesting factor creating variable conditions and adding to the challenge.

**How can we improve the BFC?** Add more trail! I loved the final few miles of last year's race with the off road section. It would be great if you could add some sections of trail or unimproved road throughout the course.

below: Cory at BFC 2017. Photo by Pat Hendrick.



### BFC 2017 Men's Champion Cory Kuhns

*(continued from page 1)*

I began racing in 2012 and got my Cat 1 license in 2017. My experience is mostly in road racing, but I've also competed in gravel races, Cyclocross, and a few local mountain bike races.

**Cycling & Life Experience Over the Past Year:** My wife and I are expecting a daughter on May 16th, and I've been busy working with my team to get things ready for the Finger Lakes Gravel Challenge and the Mudslinger Gravel Series.

**Any Special Training?** I went to Japan with a small group in October and rode in the Japanese Alps for 7 days. We covered over 600 miles and climbed over 54,000 feet of elevation gain.

**Cycling & Other Goals:** Try to get enough sleep after the baby arrives!

**Why the BFC?** Jason Delilio talked about it CONSTANTLY! :-)) Thanks, Jason! Miss you, buddy.

**How is the BFC different?** It's not just a race. It's an event. It's a destination. It's a weekend getaway with the family. It's an icon of NY bike racing. And it's the biggest field of racers that I've ever seen. The course is a fun, interesting, and unique challenge.

**How can we improve the BFC?** More cowbell.

**Editor's Note:** Baby Katy was born to Cory & Marnie on May 15!



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156 Main Street • downtown Inlet  
315-357-2665 • [www.AdirondackReader.com](http://www.AdirondackReader.com)



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Visit Indian Lake and Inlet online: [www.Indian-Lake.com](http://www.Indian-Lake.com) • [www.InletNY.com](http://www.InletNY.com)



## “An Evening with the Symphony” Celebrates 20th Anniversary of Bringing Music to the Mountains

Since you’re in the area for the Adirondacks’ premiere athletic event: Black Fly Challenge, why not consider Inlet’s premiere social and cultural event? “An Evening with the Symphony” will take place on Friday, July 27, as the Fulton Chain of Lakes Performing Arts Council celebrates the 20th Anniversary of bringing music to the mountains.

This annual event is the brainchild of Jerry Dupuis, who still serves as Chairman of the Board of Directors of FCLPAC. Jerry gathered a group of fellow music lovers and convinced them that Inlet *could* support an annual classical music event. It debuted in 1998 featuring the Syracuse Symphony Orchestra and was preceded by a fund-raising cocktail party at the historic Holl’s Inn on Fourth Lake. The event was a smashing success and has continued to be every summer since.

The popularity of the event is in no small part due to Jerry and the FCLPAC Board of Directors, a group of dedicated volunteers who see to every single detail from contracts to tickets to the cocktail party to advertising, seating, the program, and any other necessary chore. They oversee this not-for-profit organization and annual event, and for the past 19 years, thanks to grants, sponsors and supporters, the books have balanced nicely.

In recognition of FCLPAC’s 20th Anniversary, this year’s concert weekend will be an extravaganza not to be missed. As in the past six years, the Rochester Philharmonic Orchestra will be the featured performers. However, this will not be your average concert event. Once again, the orchestra members will present a free, instructive children’s concert Friday afternoon, followed by the Cocktail Party fundraiser at Woods Inn and, finally, the symphony performance at 7:30 under the big tent in Arrowhead Park.

But that’s not all. The Board of Directors has designed a celebratory program for 2018 that is unmatched by any previous year. An American Revolution reenactment is scheduled. The US Navy Band will give its first-ever Symphony Weekend performance and a long-time favorite, the US Army Band, is also expected. The reenactment and band performances are free to the public.

Symphony tickets went on sale in early May, and can be purchased at the Inlet Information Office or the Town of Webb Visitor Center. Purchase your tickets now before it’s too late! You won’t want to miss the 20th Anniversary benefit party, symphony performance and weekend full of great music!

Visit [www.EveningWithTheSymphony.com](http://www.EveningWithTheSymphony.com)  
for more information and the full weekend performance schedule.



above: Matthew Kraemer conducts the Rochester Symphony Orchestra in 2016.  
below: FCLPAC Chairman Jerry Dupuis conducts a number with the RSO.  
photos by Dave Scranton



## Check Out Indian Lake’s Annual Great Adirondack Moose Festival

The 9th Annual Great Adirondack Moose Festival will be held Saturday and Sunday, September 22 & 23, 2018. The Moose Festival is designed to offer a purely Adirondack experience for everyone. You won’t want to miss this community-wide event, which will feature a host of Adirondack style and moose-themed family fun activities.

The Festival will include wilderness-guided hikes to OK Slip Falls, Castle Rock, Clear Pond and Rock Dam, Moose River Plains self driving tour, Utica Zoo, Crafters and Vendors in the Big Moose Tent, Old Fashion Turkey Shoot, Moose Calling Contest, Hudson River White Water Rafting, NY State Moose Research and status updates. Among the many activities planned for children are the “Moosterpiece Games”. Also, capture the Festival spirit and take your picture(s) with Bruce the Moose and Smokey Bear.

The Great Adirondack Moose Festival promises to offer everyone a purely Adirondack experience. For more info visit [indian-lake.com](http://indian-lake.com)

below: Moose photo by Carolyn Belknap



© Carolyn Belknap

## Central Adirondacks Kiwanis is Active in the Community

Kiwanis is an international service organization that has served communities around the World for over 100 years. With over 600,000 members Kiwanis stages nearly 150,000 service projects, devotes more than 6 million hours of service and raises nearly \$100-million every year for communities, families and projects.

Kiwanis youth programs pitch in another 12 million hours of service each year as well for a total of more than 18 million hours of community service each year!

Kiwanis Club of the Central Adirondacks has 36 members and in 2016-17 they contributed over 1,500 hours of community service while the Town of Webb School Key Club and Builders Club members contributed over 2,100 community service hours. Central Adirondack Kiwanis projects include:

**Adirondack 90-Miler Canoe Race** - provides volunteer safety boats

**Adirondack Kids Day** - Sponsor of annual Inlet event

**Bob Thayer Memorial** - Kids Christmas Holiday Movie

**Books for Children** - Books given to children and local libraries.

**Builders Club** - Town of Webb Middle School Service Club

**Christmas for Kids** - Gifts given to over 300 children in Woodgate, Raquette Lake, Long Lake & Indian Lake.

**Community Youth Program Donations** - Includes Kinderwood, KYAC and Ronald McDonald House.

**Food Cart** - Collection on 4th of July for Community Food Bank.

**Kamp Kiwanis Camperships** - week long overnight camperships.

**Key Club** - High School Service Club at Town of Webb School

**Key Leader/HOBY Weekend Leadership Training Scholarships**

**Kommunity Youth Activity Center (KYAC)**

**Memorial Day FREE Car Wash** fund raiser for local Kiwanis projects.

**New York District Kiwanis Scholarship**

**Salvation Army bell ringing during Christmas on Main St.**

**Sponsored One Square Mile of Hope**, Guinness World Record event

**Student of the Month and Year Scholarship Program**

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time and Central Adirondacks Kiwanis Club is proud to participate in these community service activities.

Interested in joining or donating? Contact Membership Co-Chairs  
Doc Foley (315) 794-9460 or Bob Teesdale (315) 369-5425.

Or send your donation to Kiwanis of the Central Adirondacks  
P.O. Box 1044, Old Forge, NY, 13420.

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## Indian Lake • Blue Mt Lake • Sabael

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Sept 22 & 23, 2018

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Visit Indian Lake and Inlet online: [www.Indian-Lake.com](http://www.Indian-Lake.com) • [www.InletNY.com](http://www.InletNY.com)





Complete the Challenge and get a cool patch!

## The Inlet Outdoor Family Challenge

*How about adding this to your list of Adirondack quests*



The Inlet Outdoor Family Challenge™ is a quest designed with families in mind and involves the successful completion of 12 out of 17 outdoor venues along the Fulton Chain of Lakes in the West-Central of the Adirondacks. Climb a mountain – paddle a lake– hike a trail. A brochure featuring a list of qualifying locations and activities is available on-line from the Inlet Information Office.

Some of the locations have several options. For example, you can hike around Moss Lake from its trailhead located in Eagle Bay just 3.8 miles up Big Moose Road off Route 28. Or you can take a kayak or canoe and paddle the lake.

Rondaxe (Bald Mountain) has one of the best payoffs for a modest hike up a mountain anywhere in the Adirondacks with its commanding view of First to Fourth Lakes along the Fulton Chain. Many have already climbed this popular mountain, but in order for it to count in the Inlet Outdoor Family Challenge, it must have been summited after October 3, 2015, the date when the quest was launched. What a great excuse to have to visit the mountain again!

Black Bear Mountain with its trailhead just south of downtown Inlet is a bit more ambitious, but offers a sprawling summit with many open views. The Rocky Mountain trailhead is accessible from the same parking lot, and is a much shorter hike up with a superior view of Fourth Lake.

Ferd's Bog is a great hike because it is possible during the active breeding season to see so many birds, both common and unusual. The Black-backed Woodpecker is a seasonal resident there and people from different parts of the country and world visit this bog hoping to catch a glimpse of the species in this southernmost and most easily accessible part of its range. A boardwalk reaches out into the bog area and along with bird life there are also an array of beautiful spring wildflowers.

For those who like the romance of an Adirondack waterfalls, the falls at Cascade

Lake rewards those who are willing to make the three-mile hike. Then there is West Pond Falls, also near Eagle Bay. This is a much shorter hike at only one half a mile from the trailhead.

There was a conscious attempt in the development of Inlet Outdoor Family Challenge™ to try and offer enough different venues and approaches to each venue that most folks could find 12 of the 17 locations that were within reach of their physical capabilities. Exercise wisdom and if there is any doubt as to your physical limitations, check with your doctor. There is a printed description in the brochure of each location. There are also printed guides at local bookstores that have detailed descriptions of many of these hikes, as well as maps (that everyone should have while hiking or biking or paddling) of the locations as well.

And then there is also this cool patch shaped like a hiking boot that can be obtained by those who complete the quest!

The Inlet Outdoor Family Challenge is sponsored by the Inlet Area Business Association. Questions should be directed to the Inlet Information Office 315-357-5501 or 1-800-Go-Inlet or InletNY.com. There is also some excellent information on hiking and hiking with kids on the Adirondack Mountain Club website.



## Do the Q! Be part of history!

*The inaugural sanctioned race in the United States!*

**www.DoTheQuad.com**  
.8k swim, 6.4k kayak, 30k cycle, 5k run

**Saturday June 16, 2018**  
**Indian Lake, New York**

## Don't Miss This Fantastic Sagamore BFC Weekend Special!

Great Camp Sagamore's Annual BFC Weekend Special is a great package for BFC visitors that includes two nights lodging and breakfast, a special pre-race dinner, Saturday racer transportation, post-race band, beer & bbq and Sunday brunch and guided tour of Sagamore. Check it out:

Start the weekend with a special dinner at Sagamore. Using historic menus as inspiration the chefs at Sagamore will make dinner for BFC competitors and their guests designed to provide riders with just the right mix of lean protein, fats and carbs to give you a leg up on your competitors at the next day's Black Fly Challenge.

After dinner, relax in camp and plan for a peaceful night's sleep in one of our National Historic Landmark lodges. Nestled on the shore of a small wilderness lake, Sagamore is an ideal location to rest and relax, a place to escape the distractions and noise of anything apart from loons, owls and coyotes.

Begin your race-day morning with a healthy breakfast designed to provide you with the energy you'll need during the BFC itself. Breakfast options will include cereals, oatmeal, bagels, muffins, jams and jellies and fresh fruit, along with juice, milk and coffee. We'll start breakfast a little early to give racers enough time to eat without having to rush to Indian Lake for the start of the race.

After breakfast, Sagamore will shuttle riders and their bikes to the BFC start and pick them up at the finish. Sagamore is conveniently located between Indian Lake (28 miles) and Inlet (14 miles), so non-riders can hang around camp for a later breakfast and then take a short hike or paddle before heading out.

Once the race festivities are over, return to Sagamore to celebrate your successful completion of the Black Fly Challenge. Back in camp, we'll have a good, old-fashioned, outdoor BBQ, complete a beer tasting of local Adirondack brews. While you eat and drink, be merry, listening to live music

Bed & Brunch: On Sunday morning, after another restful night at Sagamore, learn about the history of this important piece of Adirondack culture through our annual Community Day tour. Then, enjoy a scrumptious brunch back in the Sagamore Dining Hall before you check out.

As part of their Black Fly Challenge sponsorship, Sagamore is pleased to offer BFC participants and their guests the entire weekend package for a discounted rate - with your race registration ID number.

To register visit [www.GreatCampSagamore.org](http://www.GreatCampSagamore.org)



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## Cool Things To Do on BFC Weekend

The Central Adirondack Region offers a lot more than just a bike race on Black Fly Weekend.

Look at what else you can do! Spend the weekend doing fun stuff on Friday and Sunday (because Saturday you'll be at the BFC!)

**What?** Drink a 'Black Fly IPA' or a 'Bear Naked Ale'!

**When?** Saturday 12-3:30pm

**Where?** BFC finish line party at St Mary's Church, next to Indian Lake School.  
[www.bluelinebrew.com](http://www.bluelinebrew.com)  
[www.adkbrewery.com](http://www.adkbrewery.com)

**What?** Annual Hamilton County Boreal Birding Festival

**When?** Friday through Sunday  
**Where?** Events throughout Hamilton County, including Inlet, Indian Lake & Raquette Lake.  
[www.adirondackbirds.com](http://www.adirondackbirds.com)

**What?** WW Durant Dinner Cruise Part of Black Fly Challenge & Hamilton County Birding Festival

**When?** Friday, boarding 5:30-6:00pm, leaves the dock at 6:30  
**Where?** Raquette Lake Navigation  
[www.raquette-lake-navigation.com](http://www.raquette-lake-navigation.com)

**What?** Adirondack Experience is OPEN!

**When?** 10-5 pm daily. Self-guided  
**Where?** Blue Mountain Lake  
[www.theadkx.org](http://www.theadkx.org)

**What?** Tour historic Great Camp Sagamore

**Where?** Sagamore Road, Raquette Lake  
**When?** Guided tour on Saturday and Sunday at 1:30pm. A 27-building National Historic Landmark that was the wilderness estate of the Alfred Vanderbilt family from 1901-1954.  
[www.greatcampsagamore.org](http://www.greatcampsagamore.org)

**Indian-Lake.com**  
**InletNY.com**

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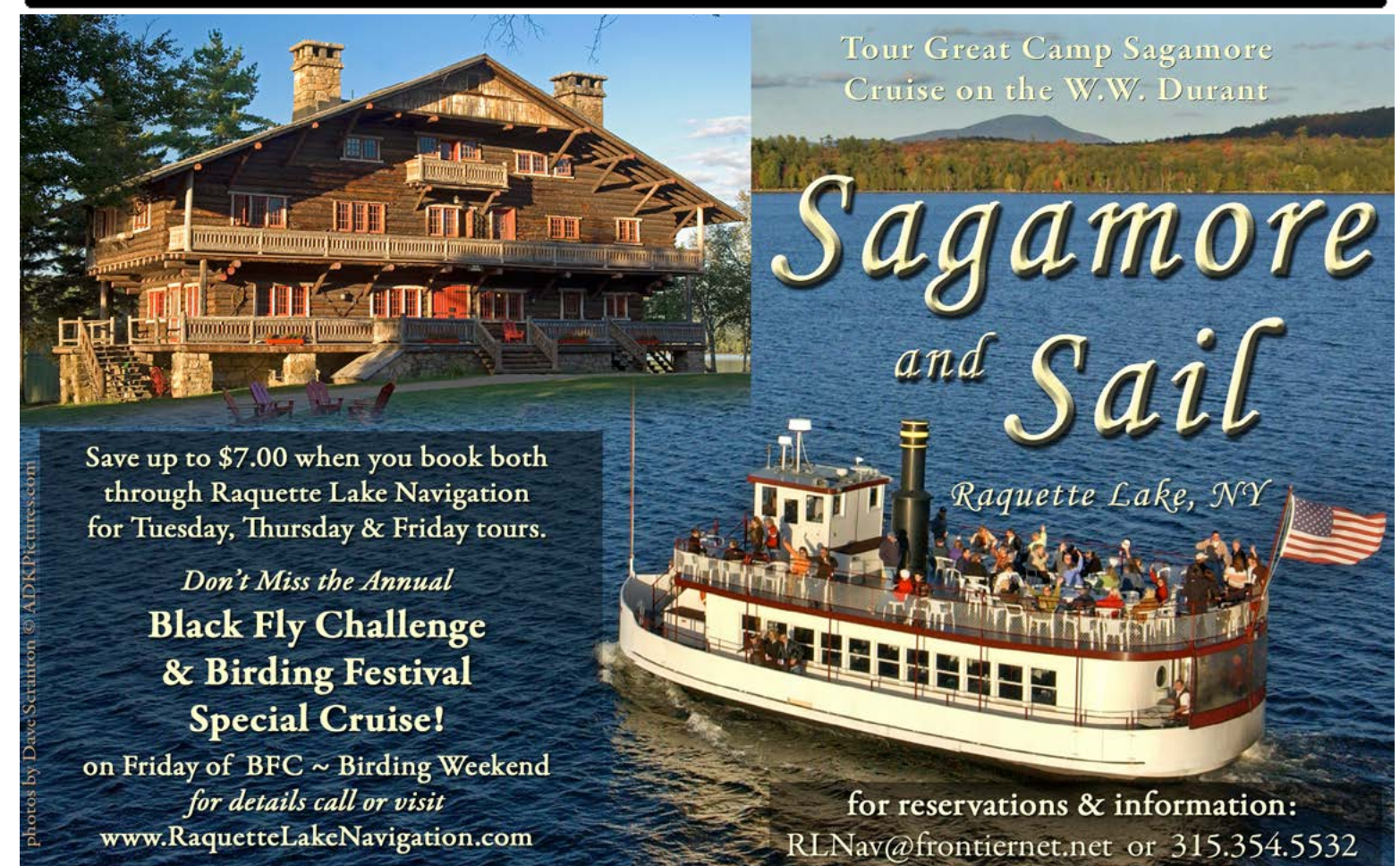
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# Inlet Area Trails



Note: Trails in Wild Forest areas are multi-use.

Trails in Wilderness areas do not allow motors or mountain bikes.

Check a proper map before you go if you plan to bike or snowmobile.

**1. Rondaxe Mountain Fire Tower (Bald Mountain):** Halfway between Inlet & Old Forge on Route 28, turn onto Rondaxe Road, travel .2 miles and the parking and trailhead are on the left. The trail is intermediate and the peak can be reached by a brisk 30-minute hike. This parking also allows access for trailheads to Fly Pond .3 miles, Carry Pond .6 miles, the old railroad bed .7 miles and the spur trail to Mountain Pond 1.7 miles.

**2. Vista Trail:** The trail is about 4.5 miles long (easy). The DEC has put in a new parking area at this location which also allows access to Bubb Lake .8 miles, Sis Lake 1.5 miles and the spur trail to Mountain Pond.

**3. Moss Lake:** Off of Route 28 turn onto the Big Moose Road in Eagle Bay, travel 3.8 miles and use the parking on the left. There are two separate parking areas. The trail around the lake is easy and 3 miles. This also serves as the trailhead to Bubb Lake 1.5 miles and Sis Lake 2.5 miles.

**4. Cascade Lake:** Off of Route 28 turn onto the Big Moose Road in Eagle Bay, travel 1.8 miles to the trailhead parking on the right. The trail to the lake is 2 miles (easy) and to Cascade Falls is 3 miles (easy). A spur trail continues to Queer Lake 4.6 miles (intermediate).

**5. Trail to Rocky Mountain Summi:** On Route 28, just south of downtown Inlet. From the trailhead to the top it is .6 miles of intermediate climb. Parking area is also used for Black Bear Mountain.

**6. Black Bear Mountain Summit:** On Route 28, just south of downtown Inlet. The trailhead is all the way to the right of the parking lot. From the trailhead to the summit is 3.5 miles (steeper intermediate) or you can take the steeper, more difficult 2.1 miles. Parking area is also used for Rocky Mountain.

**7. Uncas Black Bear Mountain Trail:** Take the Uncas Road off Route 28 near Eagle Bay, travel 4 miles parking on the right. Look for signs for the ski trail access. 2.2 to the top of the mountain (intermediate). Trail also continues to Bug Lake 3.1 miles and Eagle's Nest Pond 3.8 miles.

**8. Trail to Bug Lake and Eagle's Nest:** 5 miles north of Inlet, on Route 28, enter the Eighth Lake Campground. Trailhead is straight ahead, to the left of the beach. Trail to Bug Lake 1.5 miles (easy) and to Eagle's Nest Pond 1 mile. Look for ski trail markers to continue to Black Bear Mountain 4.5 miles.

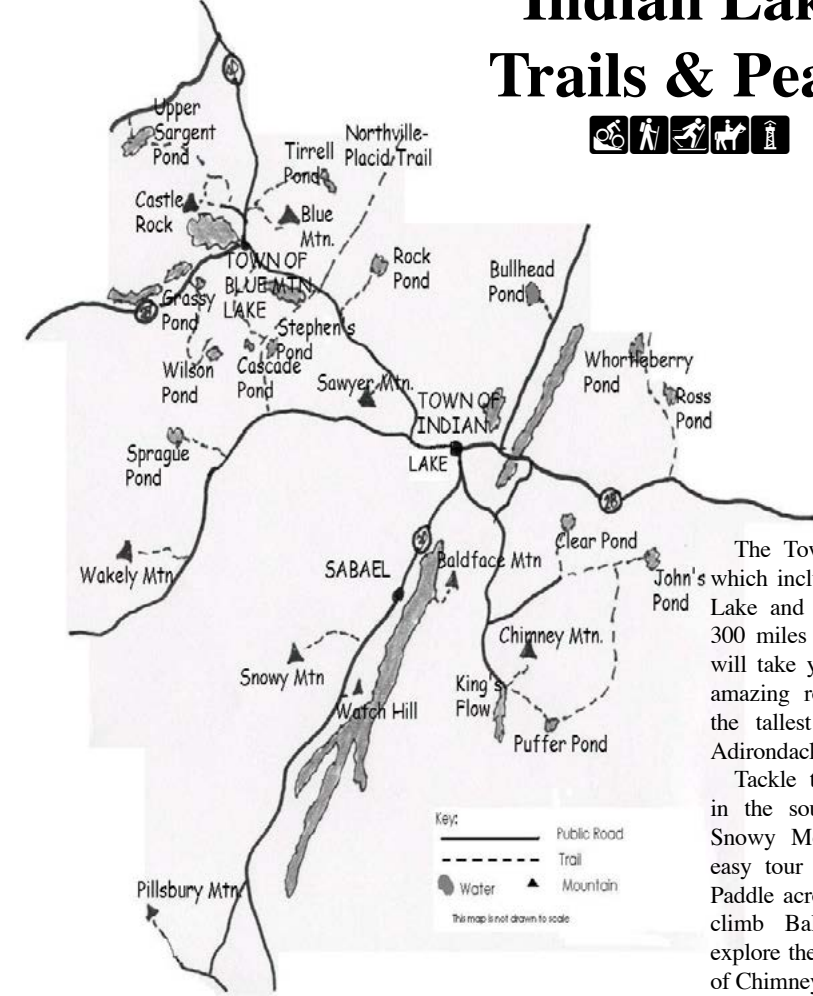
**9. Self-Guided Nature Trail:** Enter the Limekiln Road from Route 28, north of down town Inlet, travel 2 miles to the Limekiln Campground entrance. Pay the day use fee. Self-guided nature trail brochure at trail-head, 1.5 miles (easy). Also access to the trail to Limekiln Falls 3 miles (intermediate) and Third Lake, 8 miles.

**10. Cathedral Pines:** 3 miles north of Inlet on Route 28, watch for small pull off on the right at the end of a long straight stretch. Trailhead is across the road. The trail is .5 miles (easy). Trailhead may be difficult to find, it has a small worn sign.

**11. Ferd's Bog:** Turn onto the Uncas Road from Route 28 near Eagle Bay, travel 4.8 miles and use left shoulder. The trail is .4 miles - half trail, half floating boardwalk.

**12. Fern Park:** Turn on to the South Shore Road in Inlet, travel .2 miles and take a left on Loomis Road. Trails vary in range from easy to difficult. Maps are available at the trailhead and at the Inlet Information Office.

## Indian Lake Trails & Peaks



The Town of Indian Lake, which includes Blue Mountain Lake and Sabael, is home to 300 miles of hiking trails that will take you to hidden lakes, amazing rock formations and the tallest fire tower in the Adirondacks.

Tackle the tallest mountain in the southern Adirondacks, Snowy Mountain or take an easy tour around Rock Lake. Paddle across Indian Lake and climb Baldface Mountain or explore the geological wonders of Chimney Mountain.

### TRAILS

All of the following are popular hiking and snowshoeing trails in Indian Lake, Blue Mtn. Lake, and Sabael, and can be found by consulting the map provided in this brochure. The initials XC are placed after the trail if it is also commonly used for cross country skiing.

**Whortleberry Pond (3 mi.) & Ross Pond (2.5 mi.) XC,** Both of these trails start at the same trailhead. Most of the route is an old jeep road. There is a steep spot going over the height of land north of Bell Mountain.

**Bullhead Pond (.5 mi.) XC,** An easy, quick trail. This is a great fishing spot for families.

**Clear Pond (1.3 mi.) XC,** Easy trail, with nice views. This pond is known for good brook trout fishing.

**John's Pond (2.5 mi.) XC,** Popular skiing trail, with beautiful views of beaver meadows, the subtle remains of the early Little Canada settlement, and strand of plantation red pine planted in the 1930s.

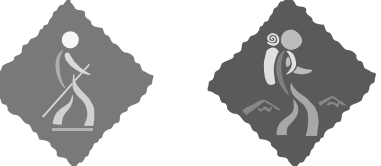
**Puffer Pond XC,** This pond has two points of access from Indian Lake. The mountain trail is marked in blue, the pond trail is marked in red. There is a beaver dam en-route. At the pond the trail continues east to 13<sup>th</sup> Lake.

**Chimney Mountain (1.4 mi.)** This is a popular trail because of the great broad views and unusual geological chimney foundation. Use caution around the maze of caves found at the top.

### WHERE YOU WILL FIND WHAT YOU NEED

- 1. The Lake Store**  
Located on Route 30 in Sabael, locally owned by Bill and Eris Thompson. Open 7 days a week, a complete general store. (518) 648-5222
- 2. The Adirondack One Stop**  
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- 3. Stewart's**  
Located on Main Street in Indian Lake. Open 7 days a week. A convenience store with full service deli. (518) 648-5992
- 4. Spring's General Store**  
Located on Main Street in Indian Lake across from Stewart's. Locally owned and operated by Dick Spring. A general store for your outdoor needs. (518) 648-6105
- 5. Pine's Country Store**  
Located at the corner of Route 28 & 30, in Indian Lake and locally owned by the Pine family. This store has "A little bit of everything." (518) 648-5580
- 6. Blue Mountain Lake General Store**  
Located at the corner of Route 28 & 30 in Blue Mtn. Lake. Open 7 days a week. A convenience store with full service deli. (518) 352-7318
- 7. Blue Mountain Outfitters**  
Located on Main Street in Blue Mtn. Lake. This is a store that pleases many outdoor enthusiasts. (518) 352-7306

### WELCOME TO OUR TRAILS



Indian Lake,  
Blue Mountain Lake  
&  
Sabael Areas

### What you will find inside:

- A map and brief description of local hiking, XC skiing, and snowshoeing trails.
- What you will need to be prepared and safe in the wilderness.
- Where you can purchase these supplies locally.

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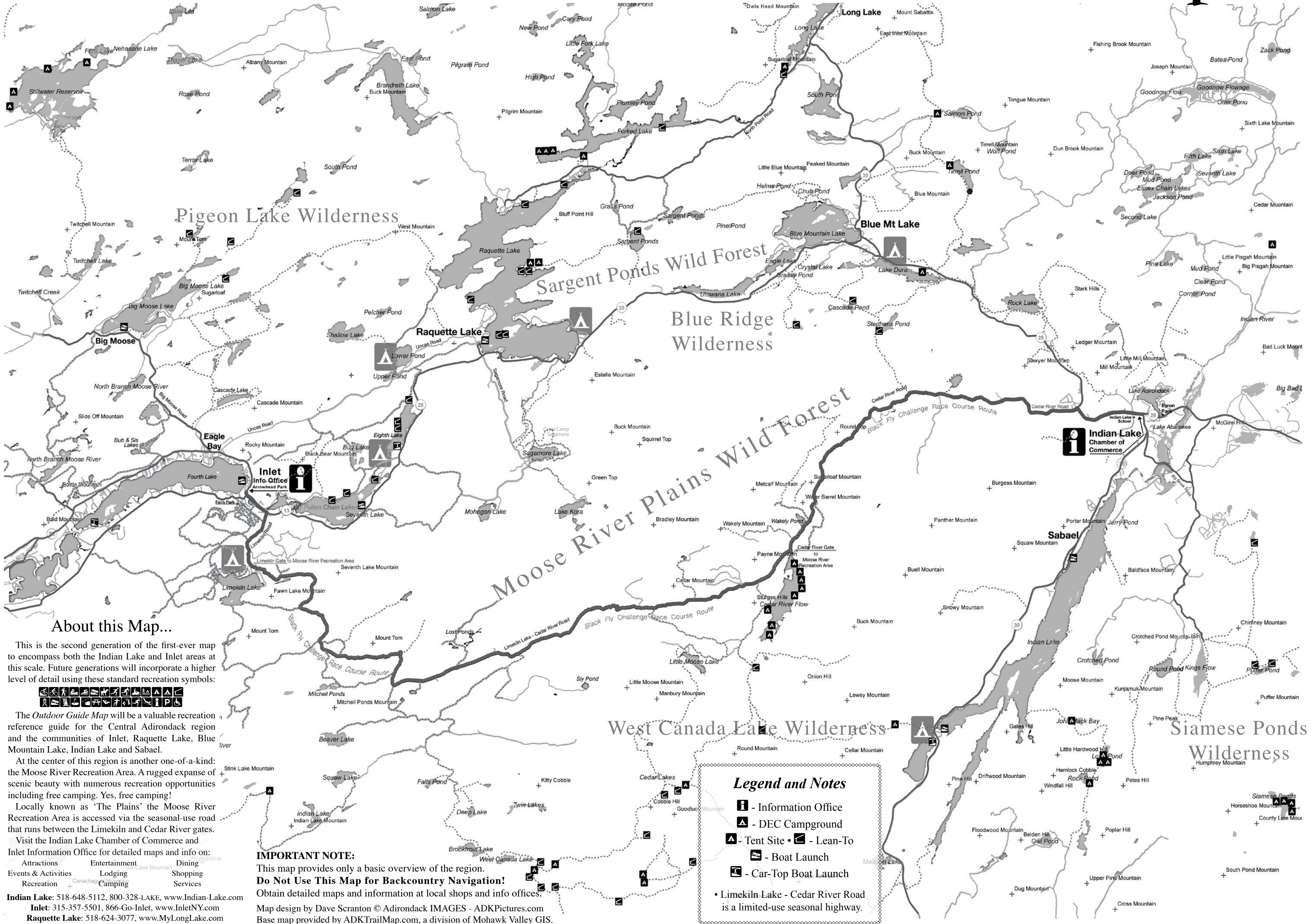
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# Central Adirondack Outdoor Guide Map



## About this Map...

This is the second generation of the first-ever map to encompass both the Indian Lake and Inlet areas at this scale. Future generations will incorporate a higher level of detail using these standard recreation symbols:



The *Outdoor Guide Map* will be a valuable recreation reference guide for the Central Adirondack region and the communities of Inlet, Raquette Lake, Blue Mountain Lake, Indian Lake and Sabael.

At the center of this region is another one-of-a-kind: the Moose River Recreation Area. A rugged expanse of scenic beauty with numerous recreation opportunities including free camping. Yes, free camping!

Locally known as ‘The Plains’ the Moose River Recreation Area is accessed via the seasonal-use road that runs between the Limekiln and Cedar River gates.

Visit the Indian Lake Chamber of Commerce and Inlet Information Office for detailed maps and info on:

- Attractions
- Entertainment
- Dining
- Events & Activities
- Lodging
- Shopping
- Recreation
- Canoeing
- Camping
- Services

**Indian Lake:** 518-648-5112, 800-328-LAKE, [www.Indian-Lake.com](http://www.Indian-Lake.com)  
**Inlet:** 315-357-5501, 866-Go-Inlet, [www.InletNY.com](http://www.InletNY.com)  
**Raquette Lake:** 518-624-3077, [www.MyLongLake.com](http://www.MyLongLake.com)

## IMPORTANT NOTE:

This map provides only a basic overview of the region.  
**Do Not Use This Map for Backcountry Navigation!**  
Obtain detailed maps and information at local shops and info offices.  
Map design by Dave Scranton © Adirondack IMAGES - ADKPictures.com  
Base map provided by ADKTrailMap.com, a division of Mohawk Valley GIS.

## Legend and Notes

- Information Office
- DEC Campground
- Tent Site
- Lean-To
- Boat Launch
- Car-Top Boat Launch

• Limekiln Lake - Cedar River Road is a limited-use seasonal highway.



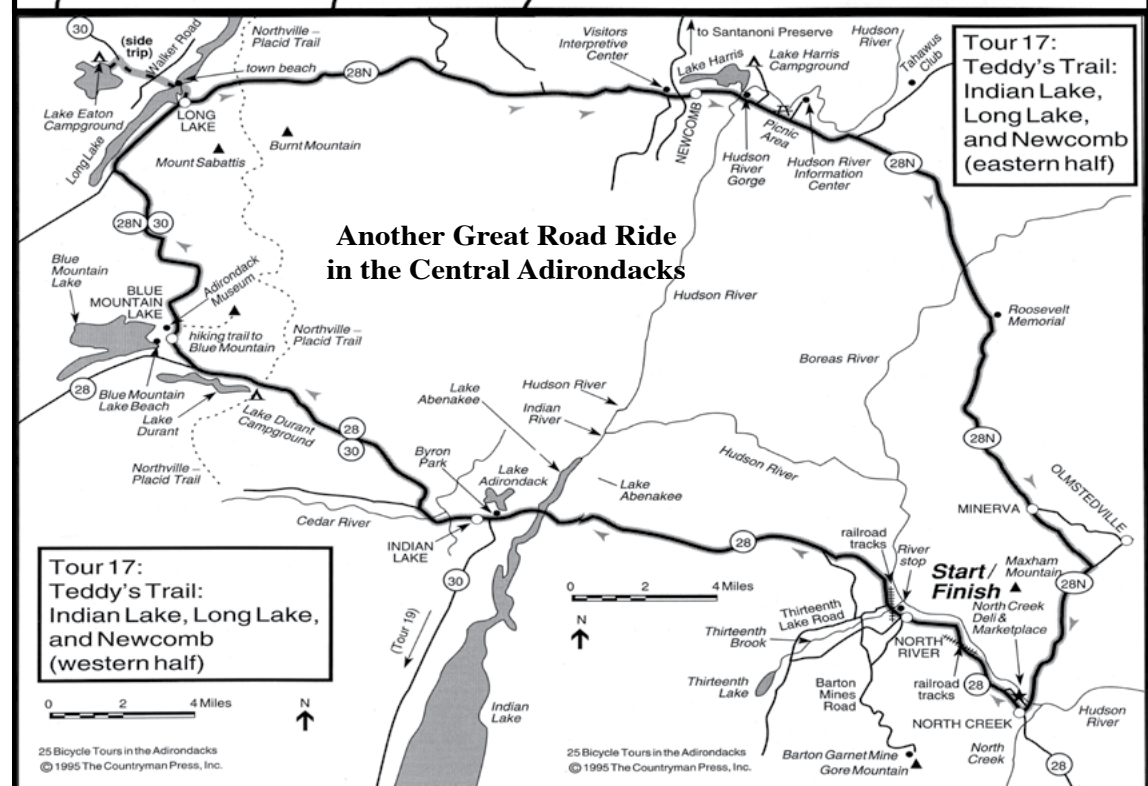
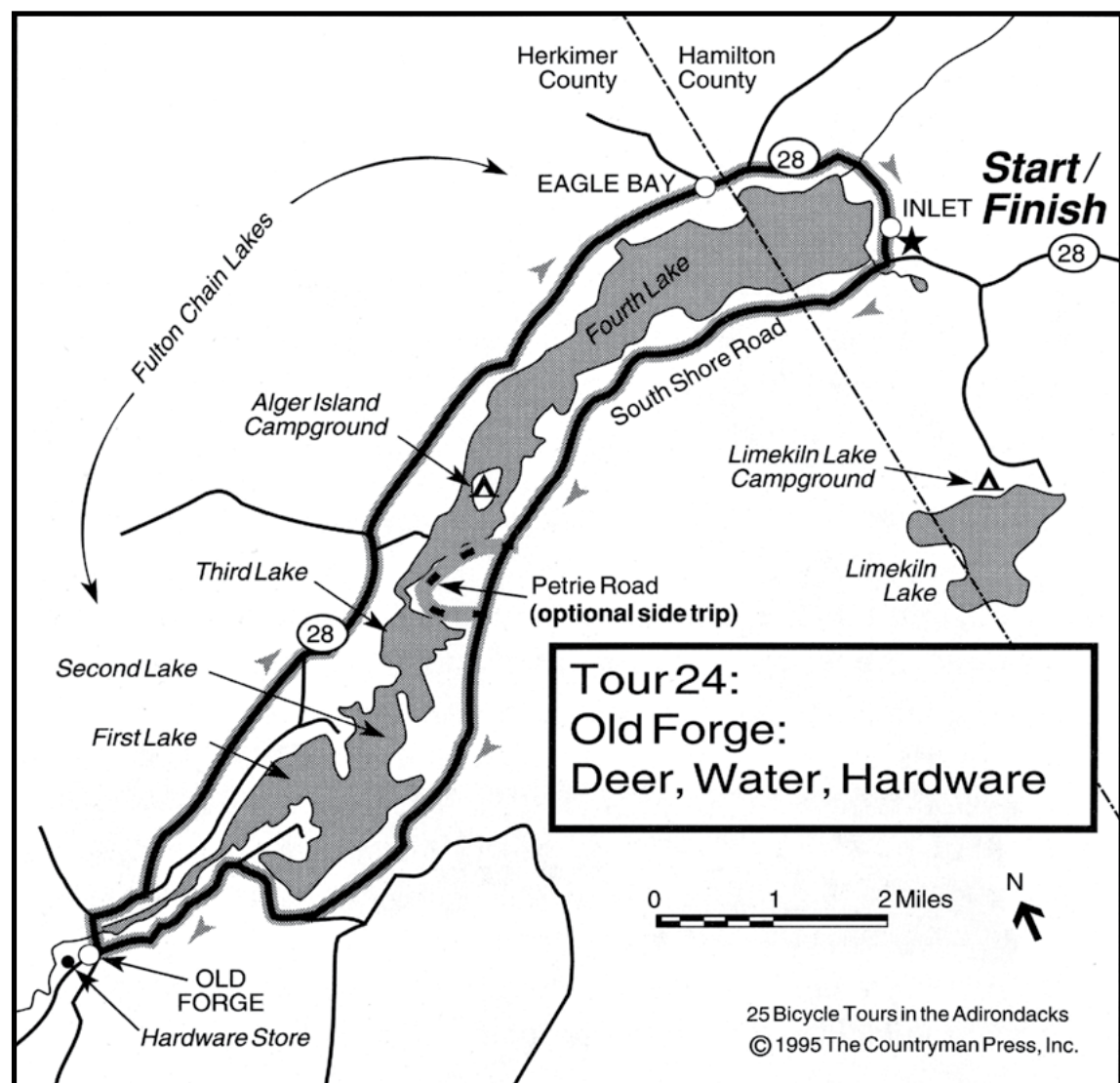


### Moss Lake Loop - easy to intermediate - 2.5mi w/ optional 1mi spur

A scenic circuit trail, this short loop is best done counter-clockwise so head N/W from the parking area(s) on the W side of Big Moose Road (2mi from SR 28.) The wide, flat trail winds past campsites and the few remains of a Girl Scout camp that occupied the site decades ago on the L then narrows to singletrack and ascends the N side of the lake. Roots and rocks on the following descent may present a small challenge to beginners but it's the only technical spot on the loop. At the bottom is a bridge over the lake outlet and a great spot for a scenic break. Continuing S and E the Bubb Lake trail spur is on the R and well worth the extra 1mi (round trip.) Heading E and N back to the parking area(s), a weather station is in the field on the R and more campsites are on the L.

### Don't Forget the Roads!

Cyclists touring Adirondack roads will find hundreds of challenging miles and be rewarded with truly spectacular views. The maps shown here in the 2009 Central Adirondack Cycling Guide are from the definitive (but now out of print) Adirondack road touring guide, *25 Bicycle Tours in the Adirondacks*. The maps below are excerpted from this excellent old reference book.



## Inlet Area Rides

The West-Central Adirondack region has some of the best bike routes in the Adirondack Park. Here and on page 6 are brief descriptions and maps for some of our favorite rides

### TOBIE (Trail 5), Rondaxe-Carter Station Loop



easy - various mileages

These trails follow roads, old railroad beds and snowmobile trails with gentle grades and many scenic views making this fun for beginners and a great aerobic workout for serious riders. You can ride all or part of this ride from Inlet, Eagle Bay or Rondaxe. Here, we'll start in downtown Inlet and all distances will be from Arrowhead Park.

From Inlet, take the paved TOBIE trail to Eagle Bay along SR 28, which at 2mi reaches a parking area on the NE corner of Big Moose Rd. From the NW corner of Big Moose Rd, TOBIE trail follows a gravel road W through a commercial area for .3mi and abruptly transitions to a wide, smooth trail under a tall forest canopy. TOBIE continues along the NW side of SR 28 past an access point across from The Brookside and begins turning away from the highway toward Cary Lake. At 6.5mi on the L a primitive campsite at Cary Lake makes a nice rest stop. TOBIE continues N ascending the E toe of Bottle Mt before turning E then N then SW and beginning a long descent to Rondaxe Rd at 8.7mi.

The trail turns R and heads NW between Rondaxe Road and Rondaxe Lake. Here is another scenic break spot and parking as well. Staying R, the trail continues NW onto Carter Road, past a closed sand pit, over the North Branch of the Moose River and past North Shore Rd on the R at 9.5mi. Smooth and wide, Carter Rd continues N then W through mature forest and a rock cut, then past a private camp and a spur to the railroad track on the R before coming to Carter Station on the L.

Carter Road turns R across the railroad track, crosses the Clear Pond outlet and continues straight but our route turns immediately L onto snowmobile trail 89. Heading SSE is the Little Safford Lake outlet at 12.5mi from downtown Inlet. This is a great scenic break spot and if you're there on a Summer morning you can wave to the passing Adirondack Railroad train and passengers. Continuing SSE 200' the trail turns L over the railroad tracks, and heads E ascending and descending two hills. At the bottom of your second descent the trail goes straight through two intersections with other snowmobile trails, flattens out and at 13.6mi crosses a steel bridge over the North Branch of the Moose River. This is a favorite put-in spot for canoeists and kayakers paddling to Old Forge.

From here the trail ascends L onto the road and continues E to an intersection where you can choose to bear R and then turn L onto the paved Rondaxe Rd, or bear L and after 500' turn R through some very loose sand onto Carter Rd. Either of these choices will bring you back to the Rondaxe Rd - TOBIE (Trail 5) intersection.

**TOBIE Trail Rondaxe-Carter Station Loop:** distances from downtown Inlet

- to Eagle Bay, 2mi
- to Cary Lake campsite, 6.5mi
- to Rondaxe Rd., 8.7mi
- to North Shore Rd. 9.5mi
- to Little Safford Lake, 12.5mi
- to Moose River bridge, 13.6mi
- back to Rondaxe Rd/TOBIE Trail, 14.7mi
- round trip: Inlet to Carter Station & back - 23.3mi

Inlet Area Rides  
continued on page 16

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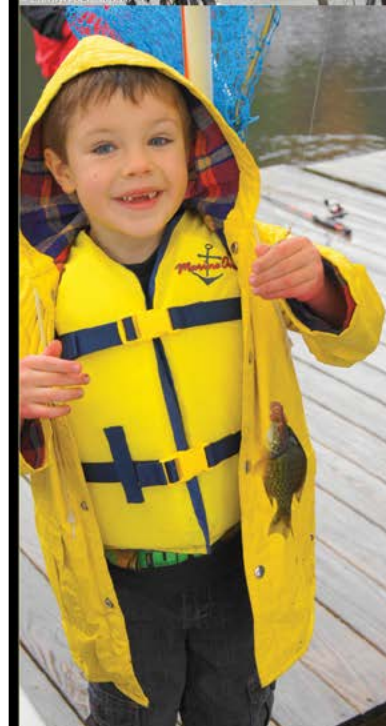
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# Essex Chain Lakes Complex Offers Outdoor Recreation Opportunities Near Indian Lake and Newcomb



The 19,600-acre Essex Chain Lakes Complex is part of the Adirondack Forest Preserve. It is comprised of the lands and waters of the Essex Chain Lakes Primitive Area, the Pine Lake Primitive Area and the recently classified portions of the Blue Mountain Wild Forest. Located in the central Adirondacks, it contains the eight lakes of the Essex Chain, a number of other ponds & lakes, and the Hudson River forms its eastern boundary. The lands are mainly low lying hills.

## Featured Activities

**Paddling:** The Essex Chain Lakes Complex contains 18 water bodies totaling 785 acres that range in size from 3-acre Chub Pond to 216-acre Third Lake. Ten miles of the Hudson River on the eastern boundary and four miles of the Cedar River in the southern section make this a paddler’s paradise.

**Camping:** There are 32 designated primitive tent sites currently available in the Essex Chain Lakes Complex. The campsite on Fifth Lake has accessible features for people with disabilities.

**Horseback Riding:** Nearly 22 miles of administrative roads in the Complex are open for horseback riding.

**Biking:** Nearly 20 miles of administrative roads in the Complex are open for bicycling.

**Hunting & Trapping:** Hunters and trappers may use the parking areas, roads, seasonal access roads, trailheads, and trails used by hikers, boat launches and hand launches used by boaters and paddlers to access the lands and waters in this area.

**Fishing:** Anglers can fish for landlocked salmon, rainbow trout, brook trout, native lake trout, smallmouth bass, northern pike, panfish, walleye and an occasional largemouth bass.

**Hiking:** The Essex Chain Lakes Complex has a network of old logging roads that are open to hiking and trails that include the Upper Hudson Loop, Elm Island Trail and Goodnow Mountain Trail.

**Fire Tower:** The 60-foot tall Goodnow Mountain Fire Tower is listed in the National Historic Lookout Register. The cab of the fire tower is open to the public and provides a 360 degree view of the Central Adirondacks.

**Cross-country Skiing & Snowshoeing:** The network of many miles of former logging roads in the Essex Chain Lakes Complex is open to the public for cross-country skiing and snowshoeing.

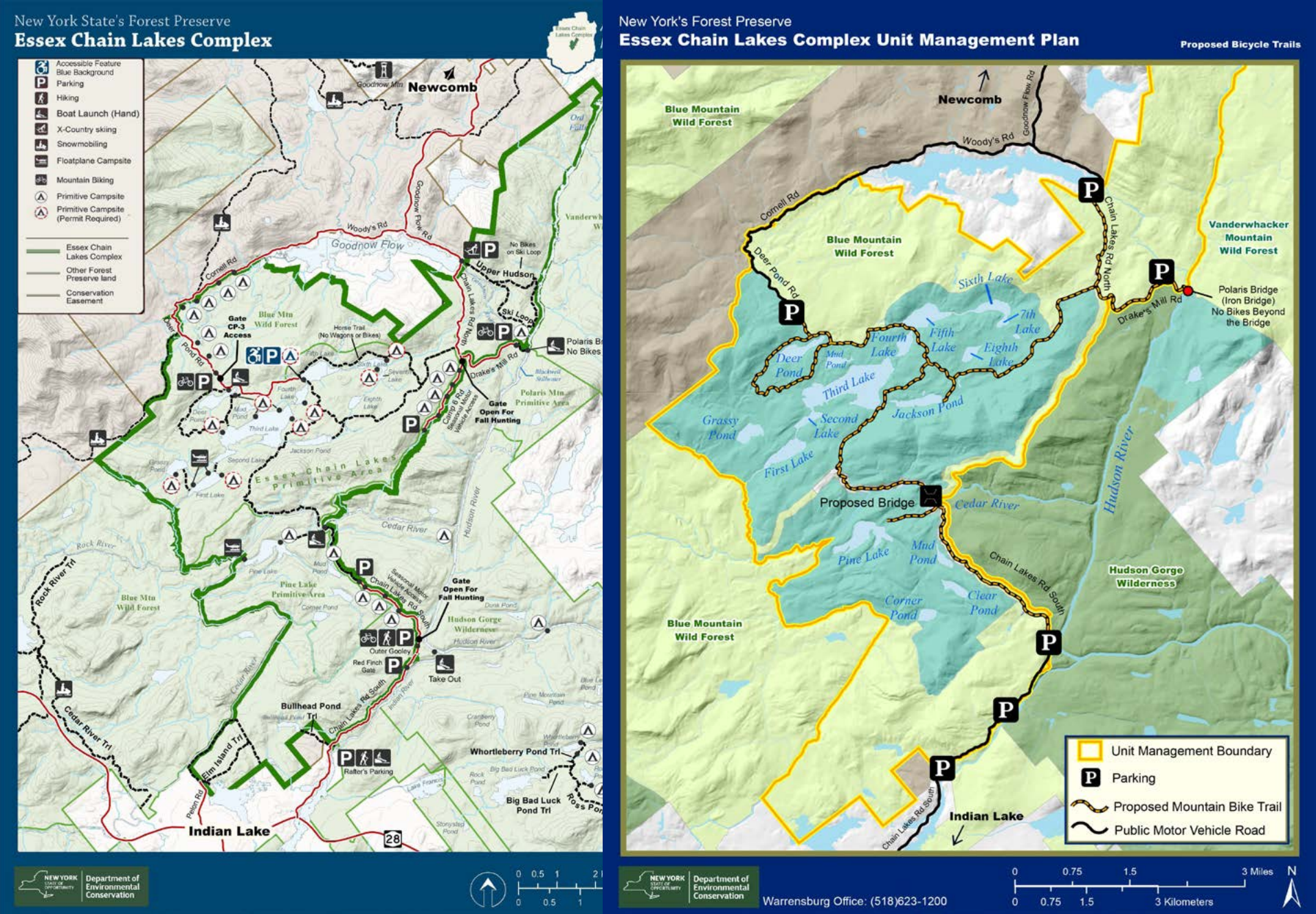
**Accessible Recreation:** A designated accessible parking area, an accessible campsite and an accessible hand launch are located at Fifth Lake.

**Wildlife Viewing:** The Adirondacks contain large tracts of wildlife habitat with some boreal, bog, alpine and other unique habitats. Many birds (Common Loon, Peregrine Falcon) and mammals (Moose, Black Bear) are unique to the Adirondacks or are mainly found here. Over 50 species of mammals and hundreds of species of birds inhabit or pass through the Adirondacks at one time of the year or another.

**Directions:** The northern entry to the Essex Chain Lakes Complex is by the Goodnow Flow Road which is reached by turning south onto Pine Tree Road, a short loop off State Route 28N in Newcomb. The main point of entrance to the southern portion of the Essex Chain Lakes Complex is the Chain Lakes Road South off Route 28 in Indian Lake.

**Maps & Information:** Visit the DEC website [dec.ny.gov](http://dec.ny.gov)

Maps below and some article information from [dec.ny.gov](http://dec.ny.gov)



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It sounded easy when we were first brainstorming over a couple of beers but we quickly learned that it takes a ton of work to do it right. We had to become experts in many areas including carbon molding, stainless steel tube welding, investment casting, and ISO fatigue testing to name a few. Along the way we developed a new patent-pending adjustable dropout system and frame design.

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## Support Multi-Use Recreational Trails!

Many Adirondack visitors don't realize that mechanized recreation of any kind is prohibited in Adirondack Wilderness areas - that means snowmobiles and mountain bikes are not allowed.

Within the Adirondack Park mountain bikes are permitted on New York State lands designated as Wild Forest but *not* on State lands designated as Wilderness. In recent decades the majority of land added to the Adirondack Forest Preserve has been designated as Wilderness.

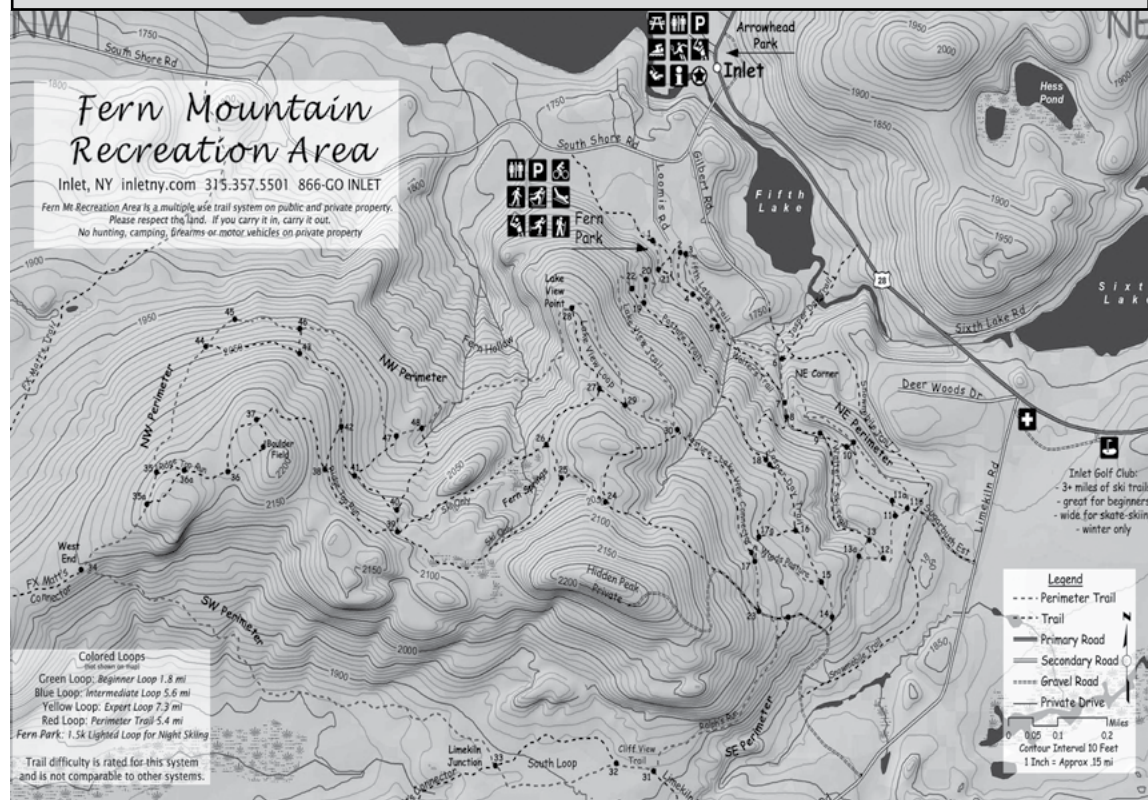
***This is not good for mountain bikers and snowmobilers!***

If New York State keeps buying up every available acre in the Adirondacks and designating it as Wilderness we will soon have no forestry jobs, dwindling towns and few places to ride mountain bikes and snowmobiles within the Adirondack Park.

**You can protect current and future recreational trails by telling your local State legislator and the New York State DEC that you want MORE Wild Forest and LESS Wilderness!**

***Be an Advocate for More Wild Forest and Multi-Use Trails!!!***

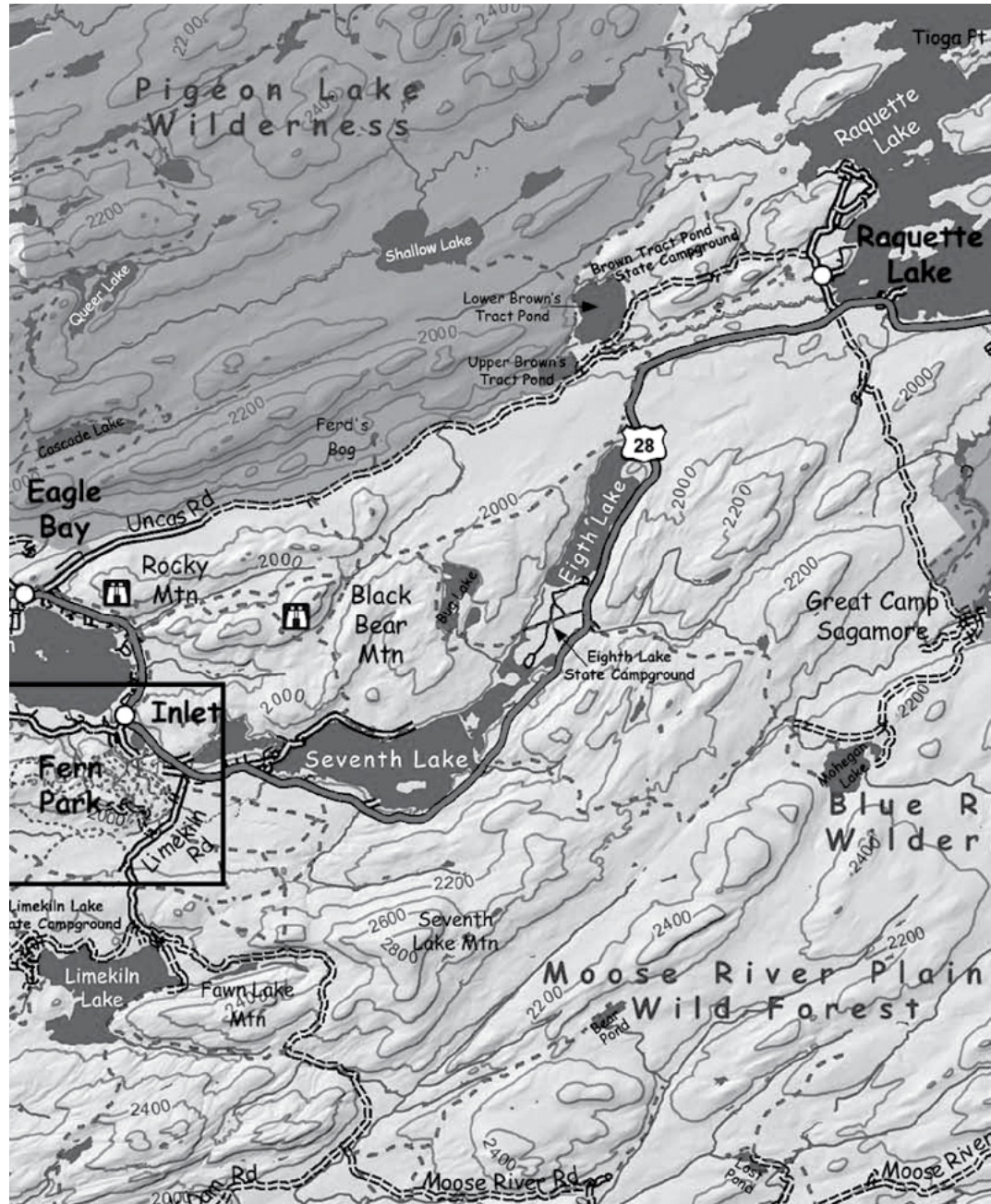
Region 5 - [r5info@gw.dec.state.ny.us](mailto:r5info@gw.dec.state.ny.us) Region 6 - [r6info@gw.dec.state.ny.us](mailto:r6info@gw.dec.state.ny.us)



### Bug Lake Trail (Old Uncas Road)

easy to intermediate - 3mi one way

This trail is, in fact, the old Uncas Road that went from Eagle Bay to Camp Uncas on Mohegan Lake. From the parking area on the S side of Uncas Road (3mi from SR 28) the wide trail ascends gently through the forest, past a couple of meadows to the Black Bear Mt trail at .9mi on the R. Continuing L the old road descends and crosses No Luck Brook, the inlet to Upper Brown's Tract Pond, and gently ascends about .4mi before beginning a short descent to Bug Lake. The trail along the lake is very scenic with several nice spots to stop for a break and catch a glimpse of the ever-present loons. Continuing S the trail descends and at the bottom the side trail to Eagles Nest Lake is on the L - a nice diversion but the roots and rocks make it a better hike than ride. Continuing E along the old road, a bridge over the Seventh Lake inlet brings you to the end of the trail at Eighth Lake Campground.



## Inlet Area Rides

(continued)

### Fern Mt. Recreation Area easy to expert



*Note: The East end of Fern Mt is a mix Town and private property. Logging operations on private lands have created many skids trails that can be confusing... So make sure to look for trail markers! The Western half of Fern Mountain, which is NY State land, remains undisturbed.*

Some sweet singletrack trails are found on Inlet's Fern Mountain. So sweet in fact that BIKE magazine was inspired to claim that the Inlet area has "the best trails you've never ridden" on the cover of the Spring 2003 issue. The Fern Mt system has a few smooth easy trails but is mostly intermediate to expert with lots of roots, rocks and technical riding.

This is a large system with miles of intersecting trails so it is strongly suggested that before heading out, you obtain a map from Pedals & Petals, the Inlet Info Office, or the trailhead register in Fern Park. Talk to the experts that ride there and tell them what you're looking for. In a few minutes they can mark up a map and give you the local scoop on the best ride(s) for your level of ability and sense of adventure.

By quadrant, the NE section, which includes Fern Park, has the most trails and is generally easy to intermediate with some experts spots. The SE section is easy to intermediate and has access from Limekiln Road. The SW section Perimeter Trail is intermediate to expert. The NW section has the second-most trails, including the highly technical Rock Garden, and is almost exclusively expert trails.

The Fern Mt system is marked by numbered intersections with some named trails and USSA ski signs that closely approximate the level of difficulty for biking. The Town of Inlet is currently in the process of making and posting new trail name and intersection signs throughout the system. The three Fern Park trailheads are:

Trailhead 1) Pasture Trail - to Lakeview Trail & Lakeview Loop, Woods Pasture, Ralph's Run and SE trails; Trailhead 2) Walter's Ski Trail (not recommended in Summer); and Trailhead 3) Fifth Lake Trail - to the NE Corner (intersection #6), Jasper Day Trail and Snowmobile Trail.

### Sucker Brook Bay Trail

easy to intermediate - 6mi round trip



The trailhead is a gate on the E side of Upper Brown's Tract pond. From Eagle Bay go NE on Uncas Road 6mi from SR 28. From Raquette Lake go W on Brown's Tract Road 2.7mi from Antlers Road. This trail, the old Sucker Brook Bay Road (a.k.a. West Mt Road) is a mostly wide, smooth and enjoyable trail that is slightly easier on the return. The trail starts along a sandy beach on the E shore of Upper Brown's Tract Pond and crosses a bridge over the Pond's outlet before a short ascent into the forest and along the W shore of Lower Brown's Tract Pond. Shortly after the Lower Pond are intersections with the Shallow Lake trail\* on the L and the Brown's Tract Campground trail on the R. The trail continues along easy grades another 1.4mi, where the Raquette Lake-West Mt trail comes in on the R just before the old road descends to Beaver Brook. The bridge is gone but the intermittent stream is often dry and easy to cross. Ascending through an open area thick with ferns the West Mt trail goes L and the Sucker Brook Bay trail continues R another .25mi to a sandy beach that's great for swimming and sunning.

\*Shallow Lake is a beautiful remote Wilderness lake and well worth the 2.2mi round trip hike - bikes are not allowed in NYS Wilderness areas.

### Red River

easy - 15+ mi

This ride has low technical difficulty so it's great for sturdy beginners but the long steep climbs make it a good training ride for any cyclist. Starting from downtown Inlet, follow SR 28 N .8mi and turn R onto Limekiln Rd. (Intermediate+ mt bikers can access Limekiln Rd via the Fern Mt trails, if desired.) Go 2mi S on Limekiln Rd, turn L onto the access road at the Moose River Recreation Area entrance and sign in at the register.

The gravel road goes SE then turns E making a steep ascent of the saddle between Fawn Lake and Seventh Lake mountains. After cresting the saddle the road turns S and begins a gradual two-mile descent to the Moose River Plains. Be careful how much speed you carry into the corners - two sharp rights are full of loose gravel and can be hazardous if you're out of control.

Turning SW the road begins to level off, the Red River comes into view on the L and you arrive at Red River intersection (app 7.5mi from Pedals & Petals.) There are several campsites nearby that, if unoccupied, are good spots for a rest break. At this point you have options, which include turning around and going back to Inlet, or exploring a bit of the Plains first.

From the Red River intersection you can continue SW on Rock Dam Rd nearly 4mi to its dead end terminus and the Rock Dam trailhead. Less taxing and maybe more fun is to turn L over the Red River onto Moose River Rd, go .25mi SE and turn L following the snowmobile trail through a gravel pit and into the woods. This shady little trail loops back to Moose River Road where you'll take a R to get back to Red River (adding only 2mi to your trip.)

The riding, hiking and camping opportunities available in the Moose River Recreation Area are far too numerous to mention here but suffice to say that it could take you years to explore them all. Two caveats to remember: 1) If you cycle into the Plains, head back out before sunset - those roads are too fast and too loose to do in the dark; and 2) Stop at a bike shop to get a map and some directions - a few minutes there could save you wasted hours in the Plains.

## Branding the Black Fly and Beyond

by the Trampoline Staff

"Trampoline was founded by four people who wanted to do more in the area. We wanted to strike out for the wilderness or the lake, take our bikes to work and our work to the park.

We also wanted to help organizations and destinations get the attention they deserved. As designers, strategists, wordsmiths, builders, and why-the-heck-not'ers, we have a lot to offer backed by a willingness to go the extra mile, on foot or in the studio, to make the creative sing.

Over the course of our 15 years in business we've supported, through both design and participation, outdoor events and destinations like Churney Gurney, Brant Lake Bike Park, Tour of the Battenkill, and of course, the Black Fly Challenge.

We've created maps for Paul Smith's College, suggested hikes and rides for Fountain Square Outfitters, and designed merchandise for 5k runs, the Hike-a-thon, and events at West Mountain and Gore, not to mention print designs for the love of the land.

As a result our team has grown, as have our options. New trails to explore, new gear to test, and new places to crow about. We're proud to be here today, in some of the materials you see, and on the BFC 2018 raffle bike."

Logos by Trampoline:



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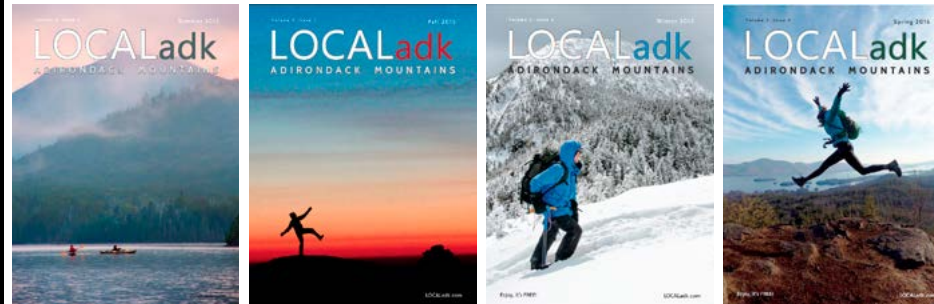
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**READ:** By locals and visitors alike, looking for the latest and greatest on fun, food, photography, good times, events, and activities of all kinds, inside the Blue Line. LOCALadk really is a magazine for anyone who loves the Adirondacks, and in some way calls this great place home. We work and play here, and we're getting the word out about what happens here everyday. We're more than birch bark and Adirondack chairs, we're about the people of this amazing 6 million acre park who have a story to tell. LOCALadk is all about people out doing and making things happen. Legendary Olympic ski coach Larry Stone says it best. "... while this place is undeniably beautiful, nobody ever said it was the easiest place to live." We know that all too well. We're just like you; working hard to make things happen, feeling lucky to be able to live in this beautiful place, and we're committed to delivering fresh new content you just can't find anywhere else, reaching a demographic on the move. Get ready, there's a lot more coming...

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## Seventh Lake Mountain Community Connector Trail



The Seventh Lake Mountain Community Connector trail was completed in 2013 and was built as part of the New York State Department of Environmental Conservation Community Connector Trail Network.

The 12.8-mile multiple use trail connects Raquette Lake to Inlet and Indian Lake via the Moose River Plains Wild Forest trail system (in Hamilton County) which is the center of a larger trail system that connects Newcomb (in Essex County) to Old Forge (in Herkimer County)

The new trail provides multi-season and multi-use recreational opportunities for the public to snowmobile, hike and bike.

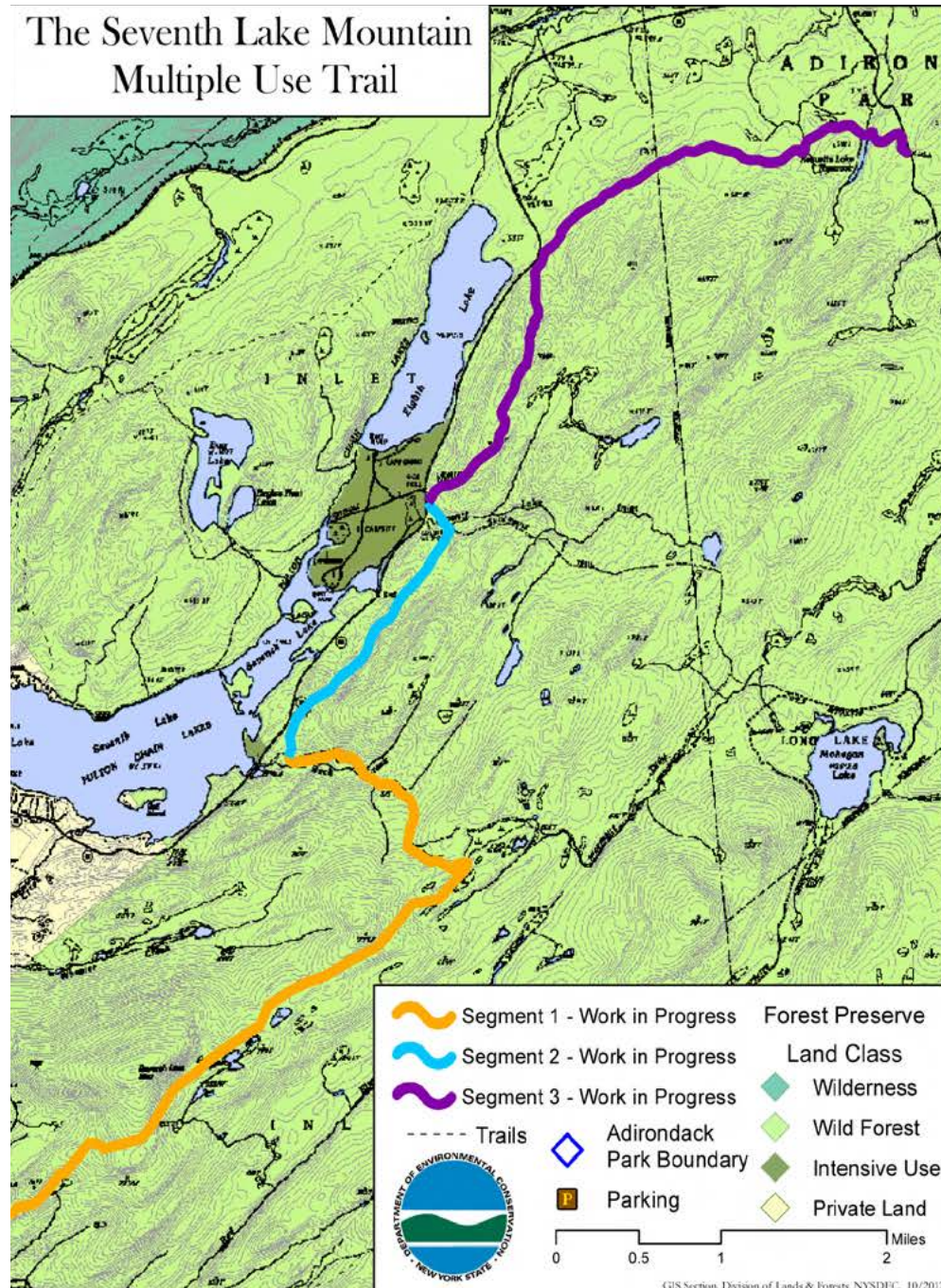
While it's a snowmobile-only trail in Winter the trail is open for hiking and biking in other seasons. The trail passes through the saddle between Fawn Mountain and Seventh Lake Mountain so there are no summit vistas but the dense forest is known to be a great location for spotting Boreal birds.

The trail is generally eight feet wide but the rugged terrain lends itself more to singletrack use than side-by-side riding. This is a trail for sturdy hikers and is in the intermediate-to-expert level of difficulty for mountain bikers.

DEC crews, with assistance from the Student Conservation Association, the towns of Long Lake, Inlet and Indian Lake, the New York State Snowmobile Association and local volunteers worked tirelessly to construct what is the most significant trail project to be undertaken in the Central Adirondacks in decades.

The trail was built following 'Management Guidance' criteria intended to protect the Forest Preserve resource while ensuring the safety of users along the route. Efforts were made to minimize the cutting of trees, removal of rocks and altering terrain. Proper drainage was installed and trail crews made every effort to return the trail and adjacent areas to natural conditions on a daily basis.

The trail can be accessed from four different locations: the southern terminus is near the 3-mile marker of the Moose River Plains road (coming from the Limekiln gate); the northern terminus is near the 1-mile mark on Sagamore Road; the trail can also be accessed near Seventh Lake Boat Launch and Eight Lake Campground. Maps are available at the Inlet Info Office.



*This turn-of-the-century transportation route includes flat dirt roads that are appropriate for beginners as well as more challenging off road trails for the advanced rider. Ride a section of the trails or do a 14 or 22 mile loop.*

### #6 – 7. Old Railroad/Dillon Road - Distance: 2.5 miles

Description: On the right, across the road from the beach access, there is a dirt road. This is the old railroad. At this point you have two options, to keep on the old Uncas Road and go over Fox Mountain (#7) or to take the old railroad (#6). The railroad is an easier route into Raquette Lake which is reached in 2.5 miles. The end of the old railroad becomes Dillon Road. Once you pass the small library to your right, be on the lookout for a foundation on your left. After you see the foundation, turn right on the pavement and curve past the Raquette Lake Supply building.

### #8. Sagamore Road - Distance: 4 miles

Description: If you follow the paved road through Raquette Lake Village and on towards Route 28 you will find the Sagamore Road for the final 4 miles of the bike route. This road can have heavy traffic, so be aware.

### Sargent Ponds (#9 & #10)

The Sargents Ponds trails offer an excellent opportunity to bike through the woods on well marked, fairly level, pathways. Separate trails lead to Upper and Lower Sargents Ponds with a connecting trail between them. The trailheads are reached by taking Route 28/30 south from the village of Long Lake to the intersection with the North Point Road (Buttermilk Falls Road) continue on the North Point Road past Buttermilk Falls (stop and view this area attraction) and the Forked Lake Campsite. The trailhead to Upper Sargent Pond is 6.3 miles from the intersection of Route 28/30 and Lower Sargent Pond trailhead is 7.9 miles from the same intersection. There are a few steep grades and the loop, if taken, is best from Lower Sargent Pond.

### #9. Upper Sargent Pond - Distance: 3/4 mile

Description: This trail is well marked with snowmobile trail markers and with hiking trail markers. The trail leads south through a strand of hardwood and then skirts an evergreen marsh. The trail comes to an intersection. The left fork will lead you to Upper Sargent Pond.

### #10. Lower Sargent Pond via Grass Pond - Distance: 1 mile

Description: This trail, marked with both snowmobile and hiking trail markers, leads primarily through hardwood stands with occasional stands of softwoods. As you near Grass Pond, the trail turns marshy and veers to the west around beaver flows. There is a lean-to on Lower Sargent Pond which is available on a first-come, first-served basis.

### #9 & 10. Sargent Pond Loop - Distance: 3.5 miles

Description: It is possible to make the Upper and Lower Ponds into a loop by way of the trail via Middle Pond. Use the marked snowmobile trail north of the ponds to make this connection.

## Morgan's Miles Mountain Bike Routes

Sagamore Road • Eighth Lake Campground • Uncas Road Loop  
Map available at Inlet Information Office

### #1. Sagamore Road toward Uncas Road - Distance: 2 miles

Description: Leaving Sagamore, go left on the dirt road. At .2 miles the road splits with both forks gated. Go through the one on the right. It says private drive, but it is open to bike and foot traffic. After 1.6 miles of mostly uphill travel on the road look for a brown and yellow sign pointing to the right. Veer to the right as the road turns to the left.

### #2. Bear Pond Hunt Club Road/Uncas Road Distance: 1 mile

Description: As your turn right off the road from Sagamore you will come to a gate that can be ridden around on the left. Follow this rocky road for a while and you come to a bridge. As you climb up a slight incline away from the bridge look for a TRAIL sign on the left side of the road pointing to the right. The trail on the right is flagged at the beginning with yellow and red tape. Keep a look out for this junction. It is frequently missed. The road is rocky as you approach and right turn off is sharp.

### #3. Old Uncas Road - Distance: 3 miles

Description: As you leave the hunt club road you enter a great section of single track that brings you out on to the old Uncas Road, which is a snowmobile trail. This is a very easy trail to follow that goes through mud, rocks and over fallen logs. The trail is maintained, but trees come down often. There are several bridges out, but they all can be navigated while carrying your bike. The last one you come close to it. Be careful here because the washed out bridge is abrupt after a good section of downhill trail. Soon after you cross this last bridge you come to a gate that can be ridden around. Then you will be at Route 28. At this point you can turn right on Route 28 towards Raquette Lake to complete the 14 mile loop. Take a right onto Sagamore Road when you come to it. Another option is to cross Route 28 and enter Eighth Lake Campground to make your ride about 22 miles.

### #4. Eighth Lake Campground/Uncas Road - Distance: 3.5 miles

Description: Follow the main road through the campground. At the point where the road takes a left, turn a wide trail starts straight ahead of you. Take this route and you soon pass over a bridge. At the first fork you come to, bear left. The right is a spur trail to Eagle's Nest Lake. At 2.7 miles you come to a trail junction for Black Bear Mountain. Follow the signs to Uncas Road, a.k.a. Brown's Tract Road. At 6.5 miles from Route 28 you meet a dirt road, Uncas Road.

### #5. Uncas Road/Brown's Tract Road - Distance: 3 miles

Description: Take a right onto the dirt road and after about 3 miles you will reach Upper Pond on your left. This is a great place to cool off and take a dip. There is a beach close to the road.



# CYCLEADK

At Cycle Adirondacks, our mission is to grow and support bicycle tourism in the Adirondack Park. Our flagship event, the Ultimate Cycling Vacation, was created in 2015 and has become an annual award winning, fully supported weeklong road cycling tour of the Adirondacks and surrounding region.

In order to continue growing the brand and cycling advocacy, CycleADK introduced a three-day family friendly tour early summer tour, the Weekender, in partnership with Paul Smith's College and a two-day fall agritourism fall ride, the Harvester hosted by Fulton County.

Additionally, CycleADK continues our partnership support of other cycling events throughout the region including Ride for the River, a July event supporting the Ausable River Association.

We pride ourselves in telling the stories of this special place through community engagement and the power of providing our guests with an instant and lasting sense of place. The result is an event that celebrates Adirondack communities, culture and nature at every opportunity.

Thanks to a special partnership with the Adirondack Mountain Club, CycleADK events feature unique conservation programs designed to connect our guests to the landscape and communities like never before. For example, a rest stop isn't just a place to fill your water bottle.

It's an opportunity to learn about the natural landscape from conservation professionals working locally to help protect the Adirondacks. As a result, our guests form a deeper connection with the landscape and continue to stay engaged in helping to protect it.

Event Details & Registration:  
[www.CycleAdirondacks.com](http://www.CycleAdirondacks.com)

above right: Riding along the Hudson River  
right: Friends taking photos  
photos by Cycle Adirondacks

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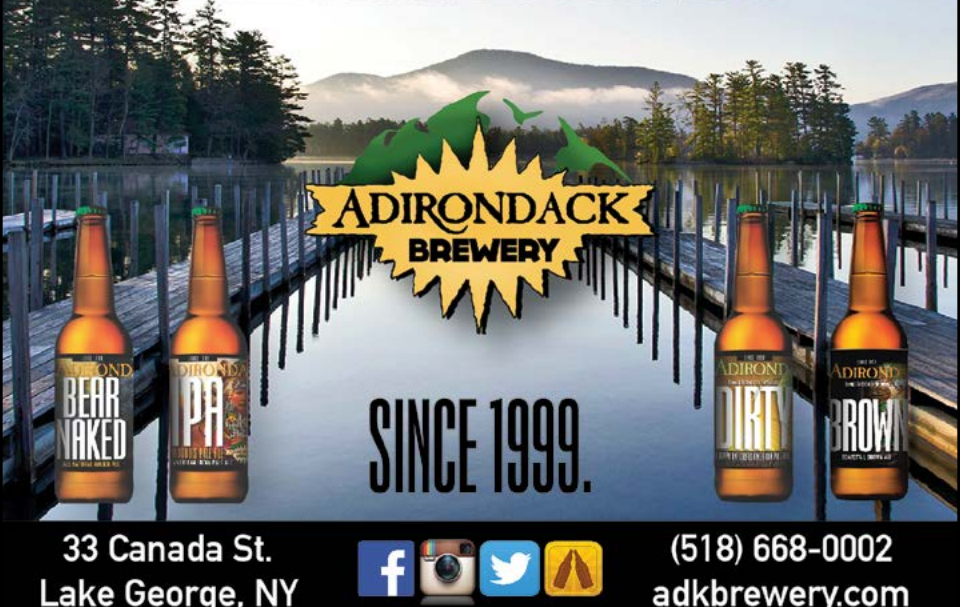
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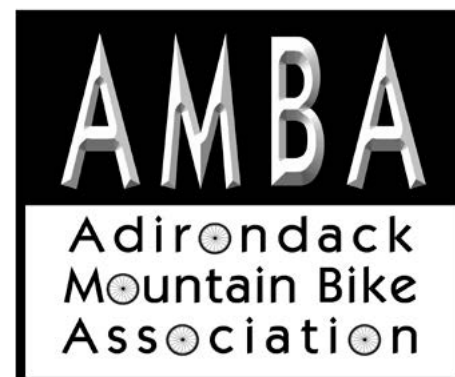
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When: October 6, 2018

Where: Pedals & Petals, downtown Inlet

Registration: In advance at [PedalsandPetals.com](http://PedalsandPetals.com) then at Pedals & Petals on the weekend of the event.

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