

# New York

## ADIRONDACK MOUNTAINS ESCAPE

HIGH PEAKS & LAKESIDE RETREATS

August 15-21  
September 12-18  
September 26-October 2, 2021

### TRIP ITINERARY



1.800.941.8010 | [www.boundlessjourneys.com](http://www.boundlessjourneys.com)

*How we deliver*

# THE WORLD'S GREAT ADVENTURES

**A passion for travel.** Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

**Unique, award-winning itineraries.** Our flexible, hand-crafted journeys have received accolades from the world's most revered travel publications. Beginning from our appreciation for the world's most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

**Insider connections.** There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru's Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

**Small groups.** Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

**Flexibility to suit your travel style.** We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

**Customer service that goes the extra mile.** Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.



Multi-year recipient of *Travel + Leisure* magazine's "World's Best Tour Operator"; and recognized by the editors of *National Geographic ADVENTURE* magazine as one of the **Best Adventure Travel Companies on Earth**.



# New York

# ADIRONDACK MOUNTAINS ESCAPE

Thank you for your interest in this fantastic journey to New York's Adirondacks. We have hand-crafted this tour from our own experience and hope you fall in love with the area—as we have!

## THE INSPIRATION FOR THIS JOURNEY

Beloved for centuries by avid Northeastern hikers looking to delve into a vast and rustic wilderness, the Adirondack Mountains are a patchwork of primitive forests, preserved wildlands, and rural towns that spring to life in the warmer months. Once threatened by deforestation, the Adirondack Park is now the largest publicly protected area in the contiguous United States deemed “forever wild” by the State of New York.

It's no wonder that the North Country endears itself to visitors and New Yorkers alike with its variety of landscapes, including boulder-strewn babbling brooks, glassy lakes, towering pine trees, and bedrock walls. On this itinerary, we explore two distinct areas of the park—the lakes of the central region and the High Peaks, known for its 46 challenging summits. From the loon calls at dusk echoing from our lakeside lodgings, to the celebrated Olympic history, to the cushion of dried pine needles on the trail, after a week in the “ADKs,” you'll understand why this destination has been a long-cherished respite from city life.

## HIGHLIGHTS

- Hiking through deciduous forests to impressive, panoramic views
- Experiencing Adirondack culture at classic lakeside accommodations and in charming villages
- Enjoying afternoons at your leisure either hiking, kayaking, fishing, or simply relaxing by the lake
- Embarking on a historical sunset lake cruise with a 3rd-generation local skipper
- Learning about North America's first Winter Games at the Lake Placid Olympic Museum and Ski Jumping Complex

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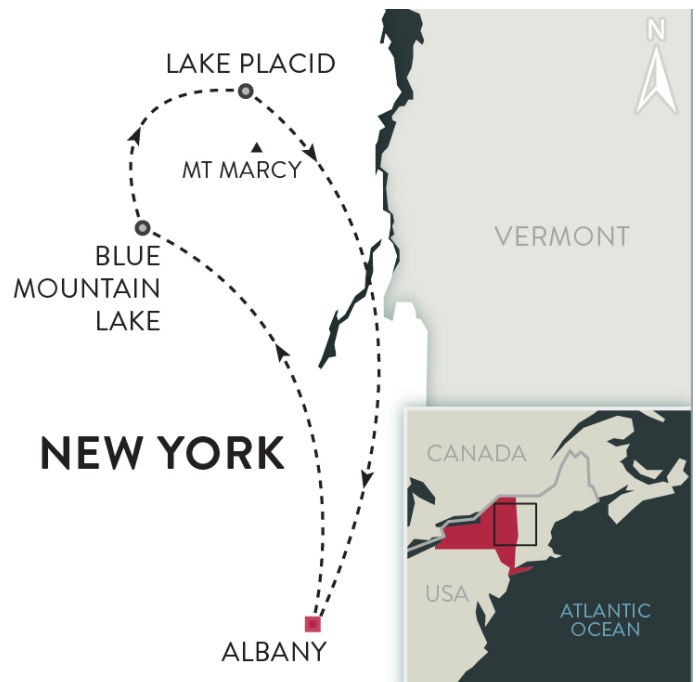


# TOUR OVERVIEW



## THE BASICS

Duration:	7 days / 6 nights
Tour start/end:	Albany, NY
Accommodations:	Charming lakeside lodges and inns
Trip rating:	1 <b>2+</b> 3     4     5 Easy .....Strenuous
Land cost:	\$3,795 per person
Single Supplement:	First two reserved on each departure: \$275*; Additional singles: \$775 *Must reserve at least 120 days ahead



## WHAT'S INCLUDED

Just pack your bags – we've got you covered! When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Put your wallet away, leave your travel books behind, fold up your maps, and BE there. Your Boundless Journeys adventure includes:

- Expert leadership
- All accommodations
- All meals as noted in the itinerary
- Local wine and beer with included dinners
- All activities and park entrance fees as noted in the itinerary
- All on-tour transportation
- All gratuities except for those for your guide(s) and driver, which are at your discretion
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)

Airfare to and from Albany is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Boundless Journeys directly at (800) 941-8010 for a referral to our partners who will best fulfill your needs.



## ITINERARY AT-A-GLANCE

### DAY 1

Transfer from Albany to Blue Mountain Lake for a hike and lunch.

### DAY 2

Hike to Tirrell Pond and afternoon at your leisure to enjoy the lake. Sunset lake cruise and hors d'oeuvres.

### DAY 3

Hike Castle Rock and afternoon at your leisure to enjoy the lake.

### DAY 4

Transfer to Lake Placid. En route, visit The Wild Center museum and outdoor education center for a treetop skywalk. Head to the High Peak region for a hike to Marcy Dam.

### DAY 5

Hike to Indian Head summit overlooking the Ausable Lakes and afternoon and dinner at your leisure.

### DAY 6

Hike Mt. Van Hoevenberg and visit the Lake Placid Olympic Museum and Ski Jumping Complex.

### DAY 7

Return to Albany for departure.



# THE JOURNEY



## DAY 1: Arrival; Sawyer Mountain

**Activity Overview:** Driving and hiking

**Activity Level:** Easy to moderate, 630' elevation gain/loss

**Activity Length:** 2 hr-drive; 2.2 miles, 2 hours hiking

We meet in Albany and leave the city behind as we head west into the serene Adirondacks to Blue Mountain Lake, our home for the next three nights. Our lodging is a former boathouse built in 1886 for steamboats that brought passengers and freight to the lavish hotels that once existed here. We enjoy lunch on the shore as our guide orients us to the region and prepares us for the afternoon hike.

Our first hike leads us up Sawyer Mountain to breathtaking views of the central Adirondacks, with sparkling ponds and lakes dotting the landscape below—an idyllic introduction to the only mountain range in the eastern US that is not geologically part of the Appalachian range (instead, it is a southern extension of Canada's Laurentian Mountains).

This evening, we delight in dinner overlooking the shimmering waters of Blue Mountain Lake.

**Accommodation:** Steamboat Landing, Blue Mountain Lake

**Meals:** L, D

## DAY 2: Tirrell Pond & Sunset Cruise

**Activity Overview:** Hiking and lake cruise

**Activity Level:** Easy to moderate, 790' elevation gain/loss

**Activity Length:** 6.6 miles, 4-5 hours; optional pre-breakfast hike - 1.2 miles, 45 minutes

Early risers may set out on a short walk to secluded Rock Pond before we enjoy a hearty breakfast, after which, we begin our walk to Tirrell Pond, a mountain-ringed pond in

a classic Adirondack setting. This trail is a section of the Northville-Placid trail, a 138-mile hiking route crossing the Adirondacks. We enjoy a picnic lunch by the lean-to on the sandy shore looking out at the reflection of the steep bedrock slabs of Tirrell Mountain. After soaking in the scenery and tranquility of the wilderness, we venture back to Blue Mountain Lake.

This afternoon is at our leisure for some R&R—kick back in an Adirondack chair, take out a canoe, or stroll the shores of the lake in search of bald eagles. In the evening, we are in for a treat—a private sunset cruise captained by a local skipper from a 3rd generation boat livery. He brings alive the history of the region as we watch the evening sky change colors and enjoy hors d'oeuvres and wine. We can recap our glorious day at dinner before retiring to our lodge.

**Accommodation:** Steamboat Landing, Blue Mountain Lake

**Meals:** B, L, D

## DAY 3: Castle Rock; Optional Kayaking

**Activity Overview:** Hiking and optional activities

**Activity Level:** Easy to moderate, 640' elevation gain/loss

**Activity Length:** 4 miles, 3-4 hours

This morning, we set out on a favorite local hike to Castle Rock, which juts out 200' above the surrounding forest like a medieval castle. For a modest hike, this summit offers magnificent views of both Blue Mountain Lake and Blue Mountain (3,750').

In the afternoon, we are once again free to choose among several activities including guided kayaking on the lake (no experience necessary), unwinding at our lodge, exploring the hamlet of Blue Mountain Lake, enjoying an additional



short hike, or trying your hand at fishing! We gather again to savor dinner at the area's best restaurant, Longview Lodge, serving comfort food with a gourmet twist.

**Accommodation:** Steamboat Landing, Blue Mountain Lake  
**Meals:** B, L, D

## DAY 4: The Wild Center & Marcy Dam

**Activity Overview:** Hiking and walking

**Activity Level:** Easy to moderate, 416' elevation gain/loss

**Activity Length:** 4.2 miles, 3-4 hours

We bid adieu to the soothing surroundings of Blue Mountain Lake as we depart this haven for an exciting adventure. Heading north, we arrive at the The Wild Center, a museum and outdoor education center showcasing the splendors of the Adirondacks, including the Wild Walk skywalk, which takes us through the treetops for a unique perspective of the natural world and beauty. Look out for bald eagle nests!

We continue into the High Peaks region that was originally conceived in a 1927 book based on their elevations being over 4,000'. Later surveys revealed several of them are not quite that high, but they have remained a cohesive unit for those seeking the challenge of hiking all 46. As an introductory hike, we head to Marcy Dam, nestled in the heart of the High Peaks. The scenery here is a striking example of Adirondack landslides on the emblematic peaks of Mt. Colden and Wright Peak.

Later in the day, we settle into our accommodations for the remainder of the trip. Quite a change from the rustic style of our former lodging—at elegant Mirror Lake Inn, we embrace the numerous amenities of one of the finest lakeside resorts in the park. It's a short walk to the bustling village of Lake

Placid, host of the 1932 and 1980 winter Olympics—the only town in the Western Hemisphere to host two games. We enjoy a casual dinner at the inn overlooking the lake and captivating ridgeline of the Great Range, a contiguous ridge of eight peaks over 4000'.

**Accommodation:** Mirror Lake Inn, Lake Placid  
**Meals:** B, L, D

## DAY 5: Indian Head

**Activity Overview:** Hiking and optional activities

**Activity Level:** Moderate, up to 1,722' elevation gain/loss

**Activity Length:** 10-11 miles, 6-7 hours

Today, we embark on our longest hike with even more commanding scenery, as difficult as it is to imagine. After three miles of peaceful walking on a gentle dirt road of the reputed Ausable Club, we arrive just below the foot of Lower Ausable Lake. Here, we take a more rugged yet short trail to the open summit of Indian Head. For a summit less than a mile from the lake and at only 730', the views are remarkable—both Upper and Lower Ausable Lakes and the iconic ridges and peaks of the Great Range. On the return, we may decide to take a side trail to Rainbow Falls, a towering 150' waterfall that cascades through the mountainside.

We welcome the opportunity for a free afternoon and evening to soak in the luxury of Mirror Lake Inn or stroll through Lake Placid with its many shops, cafes, and restaurants. Our guide is happy to make recommendations for dinner on your own.

**Accommodation:** Mirror Lake Inn, Lake Placid  
**Meals:** B, L





## DAY 6: Mt. Van Hoevenberg, Olympic Complex

**Activity Overview:** Hiking and walking

**Activity Level:** Easy to moderate, 892' elevation gain/loss

**Activity Length:** 4.3 miles, 3-4 hours

We savor our last full day in this enchanting region. Our final hike takes us up Mt. Van Hoevenberg, yet another modest summit offering boastful views of the High Peaks and village of Lake Placid to the north. To the south, we see majestic Mount Marcy, New York's highest peak at 5,344', an impressive final view to close out the week. First summited in 1837, this remote peak is not only popular today, but it is also historical—as Vice President Theodore Roosevelt was on his way to the summit when he had to turn back after learning President McKinley (having been shot) had taken a turn for the worse.

This afternoon, we experience the story of North America's first winter Olympics with a visit to the Lake Placid Olympic Museum and Ski Jumping Complex. Those up for a thrilling vantage point may opt for a gondola and elevator ride up to the Skydeck of the 120-meter jumping tower for a panoramic bird's-eye view of the village and High Peaks. Those up for a more calming experience may return to the inn to relax.

**Accommodation:** Mirror Lake Inn, Lake Placid

**Meals:** B, L, D

## DAY 7: Departure

We enjoy the final morning at our leisure, embracing the lasting views and impressions of this sylvan wilderness. Our departure from Lake Placid takes us through Keene Valley, and if timing allows, we may stretch our legs at the iconic gems of Chapel Pond or Roaring Brook Falls before exiting the wilds of Adirondack Park and returning to Albany where our journeys home await.

**Meals:** B

**PLEASE NOTE:** *This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events, and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.*



# ACCOMMODATIONS



## NIGHTS 1-3

### Steamboat Landing

Blue Mountain Lake, NY

Tel 518-352-7323 | [steamboatadk@gmail.com](mailto:steamboatadk@gmail.com)

Enjoy peaceful mornings, afternoons of exploring, and spectacular evening sunsets in the heart of the Adirondack Park. Originally built in 1886 as a boathouse for steamboats, Steamboat Landing was converted in 1930 to a seasonal lodge. The cottage-style lakeside lodging is modest, cozy, and exudes the traditional Adirondack style and history.



## NIGHTS 3-6

### Mirror Lake Inn

Lake Placid, NY

Tel 518-523-2544 | [info@mirrorlakeinn.com](mailto:info@mirrorlakeinn.com)

One of the most stunning hotels in the region, Mirror Lake Inn is a gem and makes for a truly authentic Adirondack experience. Enjoy award-winning dining options, the renowned spa, and well-appointed ensuite rooms that combine rustic elegance with a classic Adirondack feel.

# WHAT TO EXPECT



## TRIP RATING

Boundless Journeys' trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. This trip is rated 2+, easy to moderate, on a scale of 1-5 (with 5 being the most strenuous). The hikes on this trip have minimum vehicle support and average 3-4 hours with one longer day of 6-7 hours on wooded trails. While many of the trails we use are well-maintained, the terrain is rooty and rocky throughout, requiring good balance, sure footed-ness and agility. As we approach summits, trails often become more rocky with uneven footing. Please also refer to the daily descriptions of the activities on the trip.

## PREPARING FOR THIS TRIP

It is very important that you realistically assess your physical condition with regard to the demands of this trip. The more well-prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in easy to moderate aerobic activities (such as walking, hiking, jogging, or cycling) for at least 30-45 minutes several times a week for 4-6 weeks before the trip. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability (consult your doctor before undertaking any new fitness program). If possible, find some local trails to hike on to adapt to rocky and rooty terrain. Please contact us if you have any doubts regarding your physical match with this tour.

## WEATHER

As they say in the mountains, "There is no such thing as bad weather, just inappropriate clothing." Mornings can be

cool and average high temperatures are quite comfortable for hiking. Dressing in layers is essential to your comfort throughout the day. Rain is possible at any time, and weather conditions can change rapidly in the mountains, so having rain gear on hand is also advisable.

Daily highs in summer months are in the low 70s °F, while lows range in the 40s. You may obtain more detailed weather information on [www.weatherbase.com](http://www.weatherbase.com).

## WHEN TO GO

May through October are wonderful months to visit the Adirondacks. As you might expect, summer is the warmest season when the greenery is at its most vibrant. By early September, a few trees may already start changing their colors and mornings are cool and misty. The late September trip will offer early phases of vibrant foliage in the central Adirondacks, with more color in the High Peaks region.

## TRAVELER'S RESPONSIBILITY

As a trip participant, you have responsibilities to Boundless Journeys, your fellow travelers and guide, and the local people you encounter. This includes understanding and preparing for the conditions described in the itinerary, ensuring it meets your interests and abilities, and following the health and safety guidelines of Boundless Journeys, local authorities, and/or the CDC. At their discretion, a guide may ask a guest to leave the trip if further participation may be detrimental to the individual or other participants.

We strongly urge any guest feeling ill shortly before departure to cancel their trip. To help cover your investment, we highly recommend purchasing travel insurance with supplemental "Cancel for Any Reason" coverage. If you feel unwell during





the tour, please immediately inform your guide, who can help take the appropriate next steps. We appreciate your cooperation.

### SMALL GROUP TRAVEL

Small group travel affords us the opportunity to seek out the most remote and exotic destinations on the planet. Often we are exploring these locales with just 6-12 guests. The nature of active group travel is such that not all participants have the same ability level or interests. Traveling at a pace that is comfortable for the entire group, with a spirit of flexibility and adventure are all part of this intimate experience.

### DRINKS WITH MEALS

At Boundless Journeys we believe group dinners are a time to celebrate our day, while enjoying the best of local cuisine, and good company. In keeping with this spirit, we typically include local beer and wine with group dinners. If you prefer premium wine, or liquor, please feel free to order what you like, and you may settle your tab at the end of the meal.

### DRINKING WATER

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where safe to do so. This will be the case in Vermont, where tap water is safe to drink.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge, too, and learn more about TAP's efforts at [www.travelersagainstplastic.org](http://www.travelersagainstplastic.org).

### CUISINE

The rural regions of upstate New York are proud of their agriculture and dairy traditions. There is an abundance of fresh, local ingredients that is crafted into everything from hearty comfort food to innovative, modern dishes. The restaurants at which we eat on this trip reflect this and offer seasonal specials based on the local harvests.

Please inform us of any specific dietary restrictions by completing your guest paperwork, and we will do our best to accommodate you. Please call our office with any questions or concerns about our ability to meet your needs.

# OUR ADIRONDACKS TEAM

## TRIP MANAGER



### **Michelle Cournoyer**

Originally from Rhode Island, Michelle spent many years guiding cycling tours in Vermont and France before moving into a Destination Manager role. She joined Boundless Journeys in 2014 and her portfolio includes Slovenia, Scotland, the Dolomites, the Haute Route, the Tour du Mont Blanc, and Argentina. Michelle is our office Francophile and speaks fluent French. She is most at home in the mountains (no matter the continent) and runs, skis, hikes, and cycles with her family.

## GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own.

Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure.

### **Sonny Young**

Sonny has been an Adirondack Park resident since 1989. He has been heavily involved in outdoor recreation and conservation for many years as a certified instructor for Cornell University's Sportfishing and Aquatic Resources Education Program, a hunter safety and bowhunter safety program instructor, a New York State citizen's advisory council member, a licensed wildlife rehabilitator, as a founding member of the Search and Rescue of the Northern Adirondacks team, and as a New York State Department of Environmental Conservation (NYSDEC) Invasive Species Citizen scientist. He has served as president of the New York State Outdoor Guides Association (NYSOGA) and been awarded Master Guide status and Life Membership in the organization.

In addition to all that, he is also an instructor for the NYSDEC Becoming an Outdoorswoman program, volunteering map and compass instruction since 1994 to a program that has taught wildlands skills to more than 3000 students to date.

With all of that life experience, knowledge, and intense interest in the area he calls home, Sonny is a delight to have on the trail.



# NEXT STEPS



## TO MAKE A RESERVATION

You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of \$500 per person and the payment of internal airfare, payable by check or credit card.

## ONCE YOU RESERVE

As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

## CANCELLATION & REFUND POLICY

Please check our Terms & Conditions page on our website for our comprehensive cancellation and refund policies: [www.boundlessjourneys.com/terms-and-conditions](http://www.boundlessjourneys.com/terms-and-conditions).

## TRIP CANCELLATION INSURANCE

In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. Boundless Journeys strongly recommends purchasing Trip Insurance.

## QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?

Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at [info@boundlessjourneys.com](mailto:info@boundlessjourneys.com). Our travel experts look forward to helping you select the perfect adventure.

# BOUNDLESS BEYOND



## RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

## WE ARE COMMITTED TO

**Making connections.** Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

**Going local.** Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

**Respecting people and the environment.** We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

## HOW YOU CAN HELP

**Give back.** Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

**Learn more.** Visit [boundlessjourneys.com/responsible-travel](https://boundlessjourneys.com/responsible-travel) to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

**Join us.** Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge at [travelersagainstplastic.org](https://travelersagainstplastic.org).

## CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

