

# EXCURSIONS (occur off Camp property) – SAMPLE FOR SUMMER 2017

Sign up for the events below on Monday from 10:30 a.m.-Noon in the Sonju Sports Complex (SSC). Sign-ups will continue throughout the week whenever the Rec Office in the Sonju Sports Complex is open (see hours in main packet).

If you cannot attend an activity that you signed up for, please notify the Rec Office (518-548-4311 x239). No refunds for white water rafting trips. Most activities are free.

<sup>+</sup> indicates an event requiring advanced sign-up Monday from 10:30 a.m. -Noon @ Sonju Sports Complex

<sup>1<sup>st</sup></sup> indicates first-come/first-serve sign-up for Monday afternoon events only

<sup>\$</sup> indicates an event that **must** be paid for in advance when signing up at the Rec Office in the Sonju Sports Complex Lobby or at the venue

<sup>#</sup> indicates that a liability release form is required and signed by an adult – provided at the activity

- OAK MOUNTAIN: CHAIRLIFT RIDE (\$5.00) & DISC GOLF & MOUNTAIN BIKING:** Chairlift ride is Sunday from 1:00 p.m. – 4:00 p.m. Drive to the four corners in Speculator and turn right on Elm Lake Road. The turn for Oak Mountain Ski Center is less than a half mile down the road on the left. Pay \$5.00 @ Oak Mt. office for chairlift ride. You can choose to hike down or ride the chairlift back. Disc Golf can be played for free anytime Thurs – Sun. Just check in at the main office or if it is closed stop in at the Chamber of Commerce @ the Lane Emporium @ the 4 corners and pick up a score card and rent discs if needed. Tournament is on Thursday 1 – 5 p.m – get score cards either from the rec office in SSC or at Oak Mt. main office – turn in completed cards to rec office. Use your own mountain bike to ride the trails at Oak Mt. You may stop in at the rec office in the SSC @ Camp to get a trail map or disc golf score cards.
- SACANDAGA RIVER WALK <sup>+</sup> 1<sup>st</sup>: NOVICE** Mon. 1:30 – 3:30p.m. Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive caravan-style a half mile to the town park on the right, just past the bridge. A delightful & informative 1.5 mile guided roundtrip slow-paced nature walk/stroll. You will enjoy the wooden boardwalks and excellent trails along the Sacandaga River. The pathway begins at the village ball field and is wheelchair-accessible. **We recommend that you wear long pants and long sleeves and bring insect repellent.** SIGN-UP LIMIT: 16
- WATCH HILL HIKE <sup>+</sup> 1<sup>st</sup>:** Monday at 1:45 – 4:45 p.m. Guests meet at the SSC parking lot lined up in front of the tennis courts with their own cars to drive caravan-style to Watch Hill trailhead, just over 16 miles from Camp up Rt. 30. Over a mile hike to two small rocky summits. Although this is a **MODERATE** hike with two great vantage points looking up to Snowy Mt. and south to Indian Lake. SIGN-UP LIMIT: 18
- ELM LAKE MORNING CANOE TRIP WITH BREAKFAST <sup>+</sup>:** Tuesday & Wednesday @ 5:30 – 8:30a.m. Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive caravan-style over 3.5 miles to a secluded canoe put-in nearby. Guests will experience beautiful scenery as they paddle less than a mile up the Kunjamuk River to Elm Lake and back, followed by a hearty breakfast prepared by the Rec staff. This is a **NOVICE** canoe trip. SIGN-UP LIMIT: 16
- SNOWY MOUNTAIN FIRE TOWER CHALLENGE HIKE WITH LUNCH <sup>+</sup> #:** Tuesday 10:30a.m. – 5:00p.m. For ages 8 & up. Guests meet at the Sonju Sports Complex in their own vehicles at the outdoor basketball parking lot across from Demarest. Line up cars facing the pavilion in one or two rows, then follow the COTW Rec Van and drive caravan-style to Snowy Mountain, approx. 18 miles away, for a 7-mile (round trip) hike with a very steep grade for about an hour to the summit. Snowy @ 3,898' is the highest peak in the southern ADKs, just short of being categorized as a "High Peak". This is a **STRENUOUS** hike that requires a good level of fitness. Enjoy a picnic lunch (provided) at the top with excellent views (weather permitting) from the summit fire tower or overlook. If you summit this peak you have climbed the highest of all the ADK fire tower peaks and are on your way to completing the fire tower challenge of 18 in the ADKs and 5 in the Catskills to get your patch (ask @ rec office for details). A daypack (small backpack) with water and a rain jacket is recommended. SIGN-UP LIMIT: 18
- INDIAN LAKE CANOE TRIPS <sup>+</sup> #:** Five trips: Tuesday and Thursday at 10:30 a.m. and 1:00 p.m. and Wednesday only at 1:00 p.m., meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts. Morning trips include lunches. Guests drive their own cars caravan-style 20 miles (25 - 30 minutes) to Indian Lake, where they will launch from Indian Lake marina and paddle a mile across beautiful Indian Lake to a secluded cove for swimming and cliff-jumping (8'-20'). Return to Camp around 2:30 or 5:30 p.m. depending on start time. This is a **MODERATE** canoe trip, requiring strong canoeing skills to negotiate open water with potentially strong wind and waves. SIGN-UP LIMIT: 18
- PANTHER MOUNTAIN HIKES & RAPPEL OPTION <sup>+</sup> #:** Two trips: Tuesday and Wednesday. Depart at 1:15 p.m. Guests meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts, then drive their own cars caravan-style to Panther Mountain, approx. 10 miles from Camp off Old Piseco Road. This 1.5 mile hike (round trip) offers excellent views of Piseco and Spy Lakes. Although this is a **MODERATE** hike, the last .2 miles before reaching the summit is a steep, strenuous finish, but worth the view. Rappelling (ages 10+) from the 50' cliff below the summit will be made available for those interested. Return by around 5:00 p.m. All equipment is provided. SIGN-UP LIMIT: 17.
- GOLF TOURNAMENT <sup>+</sup> \$:** At Lake Pleasant Golf Course, Tuesday 1:15 – 4:00 p.m. \$12/person, paid at golf course. Guests must sign up in advance and are assigned a tee time. Prizes for longest drive, closest to the pin, and low score. SIGN UP LIMIT: 48
- KUNJAMUK or SACANDAGA RIVER CANOE TRIP <sup>+</sup>:** Tuesday 1:30 p.m. Meet at the SSC parking lined up in front of the tennis courts and drive their own cars caravan-style to the put-in a little over a mile east on Route 30 & 8. A birdwatchers delight! Begin paddling through Kunjamuk Bay and explore a mile or more up the Kunjamuk River. This is a **MODERATE** level canoe trip as it requires ability to navigate many tight turns and current. Return back to Camp by 4:45 p.m. SIGN-UP LIMIT: 17
- FAWN LAKE HIKE <sup>+</sup>:** Tuesday from 2:00 – 4:30 p.m. **NOVICE.** Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts in cars. Guests drive caravan-style about 5 miles west. Hike a mile trail with slight hills out to a secluded wilderness lake. A short family hike. (2 miles round trip) SIGN-UP LIMIT: 18

11. **MASON LAKE “NATURE” CANOE TRIPS WITH BREAKFAST<sup>+</sup>**: Two trips: Wednesday and Thursday @ 5:30 a.m. Guests meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive their own cars caravan-style just over 9 miles north to Mason Lake to explore at their own leisure then to enjoy a hot breakfast on shore. Return back to Camp by 8:30 a.m. This trip is for those who prefer a quiet, peaceful experience in a beautiful natural setting not far from Camp. This is a great lake for small mouth bass for those who have a fishing license. A **NOVICE** canoe trip. SIGN-UP LIMIT: 16
12. **CHIMNEY MOUNTAIN HIKE & CAVING ADVENTURE WITH LUNCH<sup>+</sup> \$#**: Wednesday 10:30a.m. – 5:00p.m. \$2/vehicle for parking – pay at the trailhead parking lot. For ages 8 & up. Guests meet at the Sonju Sports Complex in their own vehicles at the outdoor basketball parking lot across from Demarest. Line up cars facing the pavilion in one or two rows, then follow the COTW Rec Van and drive caravan-style to Chimney Mountain, approx. 33 miles away, for a 3-mile (round trip) hike with a fairly steep grade. This is a **STRENUOUS** hike that requires a basic level of fitness. Enjoy a picnic lunch (provided) at the top with excellent views (weather permitting) from the summit or chimney formation, and 30-45 minutes of spelunking (cave exploring). Note: Exploring the caves includes crawling, climbing and descending through tight spaces and some scrambling over rocks – you will get dirty, bring appropriate clothing. A daypack (small backpack) with water and a rain jacket is recommended. SIGN-UP LIMIT: 17
13. **WHITEWATER RAFTING TRIPS<sup>+</sup> \$#**: **COTW Discounted Prices of more than 25% off!**  
**SACANDAGA RIVER**: Class II rapids, 3 miles (Novice-Intermediate). Wednesday 12:30 p.m. \$22/person, paid at sign up (preferably by check), and gratuities for guides (optional). Must sign up on Monday. Minimum age is 5. Guests meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive their own cars caravan-style to Lake Luzerne, where they board busses and are taken to the river to run the rapids and swim. Pregnant women in 2<sup>nd</sup> & 3<sup>rd</sup> trimesters not allowed. Guests return to Camp in time for dinner. Drive time is 1 hr, 20 min. each way. Whitewater Rafting is provided by *Wild Waters Outdoor Center*.  
**THE HUDSON RIVER GORGE**: Class III-IV rapids, 17 miles (Advanced) Tuesday, Thursday or Saturday. Must sign up in advance, directly through *Wild Waters Outdoor Center* (518-494-4984) for the COTW discounted (non-refundable) price of \$58/person which includes lunch, or \$65 which includes lunch and dinner. Gratuities for guides is recommended. Depart on your own @ 7:40 a.m. to drive 45 minutes to *Wild Waters* (get directions from Recreation Office), where you will be outfitted and board a bus and taken to the river. For ages 9 & up. Pregnant women in 2<sup>nd</sup> & 3<sup>rd</sup> trimesters not allowed.
14. **AUGER FALLS HIKES<sup>+</sup>**: Wednesday @ 1:30 p.m. or Friday @ 1:15 p.m. **NOVICE**. Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts in cars. Guests drive caravan-style just over 7 miles to the turn out on the left side of Rt. 30. Hike a half-mile trail with slight hills out to a spectacular waterfall and gorge. Return 2 ½ hours later - a short family hike. (1 mile total) SIGN-UP LIMIT: 18
15. **MOXHAM MOUNTAIN HIKE WITH LUNCH<sup>+</sup>**: **MODERATELY STRENUOUS**. Thurs. 10:30 a.m. depart, return around 5:00 p.m. Meet at the Sonju Sports Complex parking lot lined with vehicles lined up in front of the tennis courts, then drive cars caravan-style about an hour (42 miles) to the trailhead. This newly developed trail (2012) climbs up 2.5 miles along open ridges to a gorgeous rocky summit overlooking the Hudson River Valley and Gore Mountain/North Creek area. Enjoy a scenic lunch at or near the top. SIGN-UP LIMIT: 18
16. **AERIAL ZIP ADVENTURE or PAINTBALL<sup>+</sup> \$#**: Thursday 1:00 – 5:30 p.m. at White Water Challengers base in North River. For paintball, meet in front of SSC @ 12:45 to depart following Teen vans. Guests can get directions from the Recreation Office and depart with their own cars from COTW between 12:50 and 1:00 PM to the *White Water Challengers* base at North River (55 minute drive). Paintball game starts @ 2:00 p.m. for all who sign-up. **SIGN-UP LIMIT FOR PAINTBALL: 15** . . . Or test your skills and courage by traveling through an 11-element obstacle course high in the trees including a few zip lines. Sign up Monday to take advantage of COTW discounted group rate (\$20.00 for either activity) to get in on these fun activities. Pay at *White Water Challengers*. Guests will able to return to Camp by 5:30 p.m.
17. **TENNANT CREEK FALLS HIKE**: Thursday @ 1:15 p.m. meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts. Drive 40 minutes to the trailhead. A **NOVICE** 15-20 minute hike (less than a mile) in to the beautiful 30’ cascade. Wading/swimming is possible in the shallow pool at the base of the falls. Return by 5:00 p.m. SIGN-UP LIMIT: 18
18. **BIG BAY CANOE TRIP<sup>+</sup>**: Thursday 1:30 – 4:45 p.m. Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts. Guests drive caravan-style 15 miles to a nearby canoe take-out, then are shuttled a few minutes to the put-in on Piseco Lake. The group explores the southwest shores of Piseco Lake (Irondequoit Bay) then ventures south on the Piseco Outlet to Big Bay, a wonderful wilderness lake, to finish back at their cars. This is a **MODERATE** canoe trip, requiring strong canoeing skills. SIGN-UP LIMIT: 18
19. **SUNRISE SACANDAGA RIVER CANOE TRIP<sup>+</sup>**: Friday. Meet at the SSC parking lot @ 5:45 a.m. lined up in front of the tennis courts and drive their own cars caravan-style over a mile east to the put-in on Route 30 & 8. A birdwatchers delight! Begin paddling through Kunjamuk Bay and explore up the Kunjamuk River. Return back to Camp by 8:00 a.m. for breakfast in the dining halls. This trip is for those who prefer a quiet, peaceful experience in a beautiful natural setting close to Camp. This is a **MODERATE** level canoe trip as it requires ability to navigate many tight turns and current. SIGN-UP LIMIT: 17
20. **OUTDOOR ROCK CLIMBING SESSIONS<sup>+</sup> #**: Friday, Session 1 includes hot dog roast lunch (10:30 a.m.-1:00 p.m.). Leave from the Sonju Sports Complex (SSC) by 10:30 a.m. Session 2 (1:00 p.m.-3:15 p.m.) leave the SSC @ 1:00 p.m. Session 3 (3:00 p.m.-5:15 p.m.) depart @ 3:00. For ages 8 and up. Youth 14 & under must be accompanied by an adult. Check in with Rec Staff personnel in front of the SSC before the departure time listed above, then drive caravan-style to a climbing area just west of Lake Pleasant (6 miles) to climb variety of beginner to advanced climbs. SIGN-UP LIMIT: 15 per session

**More information on other local hikes or canoe trips, attractions, or activities may be found at the recreation office in the Sonju Sports Complex.**

Three great family day-trip options ranging from 1-2 hour drive from COTW: 1) The Adirondack Museum in Blue Mountain Lake, <http://www.adkmuseum.org> 2) The Wild Center & New Wild Walk in Tupper Lake, <http://www.wildcenter.org> or 3) Winter Olympic Venues in Lake Placid, <http://www.whiteface.com/activities/summer-jumping-series>, <http://www.whiteface.com/activities/bobsled-experience>