

## WEEK 5 EXCURSIONS (Activities occurring off Camp property) – SUMMER 2017

Excursions Summary: 12 canoe trips, 2 white water rafting trips, 1 walk/tour, 9 hikes, 1 trail run, 3 climbing sessions

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). Events that fill up by noon will go to a lottery selection and be announced at lunch on Monday. Come back to the recreation office after 2:00 p.m. on Monday to see if your name was selected for the trip that went to lottery. Monday events only are on a first-come, first-serve basis. 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.

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

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

\$ 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

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

1. **OAK MOUNTAIN: DISC GOLF & MOUNTAIN BIKING:** 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. Disc Golf can be played for free anytime Thurs – Sun. Just check in at the main office to pick up a score card. Discs are available to sign out at the COTW Rec office. Use your own mountain bike to ride the trails at Oak Mt.
2. **WATCH HILL HIKE** + 1<sup>st</sup>: Monday, 1:30 – 4:45 p.m. Meet at the SSC parking lot lined up in front of the tennis courts with your car 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. This is a **MODERATE** hike with two great vantage points looking up to Snowy Mt. and south to Indian Lake. SIGN-UP LIMIT: 18
3. **MOUNTAIN TRAIL RUN** + # 1<sup>st</sup>: (For active runners) Monday, 2:00 – 4:30 p.m. Meet at the SSC parking lot to get a ride in COTW van to the trailhead. This is a **STRENUOUS** 4-6 mile out-and-back run on one of the local trails. It may involve long and steep ascents/descents, stream crossings, muddy and slippery conditions. The choice of trail depends on the weather, current trail conditions, the group's fitness levels and their desires. Prerequisite: Must currently run a minimum of 3 times per week with a minimum total distance of 13 miles per week, maintaining a minimum pace of a 9-minute mile (on roads). Must have good running shoes and a small water bottle to carry or use a running pack/belt. The running pace will be around a 10-minute mile on the trails. It is encouraged to have a running partner who will run at your pace. SIGN-UP LIMIT:10
4. **ELM LAKE MORNING CANOE TRIP WITH BREAKFAST** +: Two Trips: Tuesday and Wednesday 5:30 a.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
5. **INDIAN LAKE CANOE & CLIFF JUMPING & SWIMMING TRIPS** + #: Four trips: Tuesday and Thursday at 10:30 a.m. and 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 the 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: 17
6. **KANE MOUNTAIN FIRE TOWER HIKE WITH LUNCH** +: Tuesday at 10:45 – 3:00 p.m. Meet at the SSC parking lot lined up in front of the tennis courts with their own cars to drive caravan-style about 33 miles (45 minutes) to Kane Mnt trailhead. Just over a half-mile hike to a summit with a fire tower, providing great panoramic views of the southern Adirondacks. This is a **MODERATE** hike. SIGN-UP LIMIT: 18
7. **HISTORICAL TOUR OF NORTH CREEK VILLAGE** +: Tuesday @ 1:00 meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive their own cars caravan-style about 50 minutes to North Creek to visit the historic railroad museum and shops in the village.
8. **PANTHER MOUNTAIN HIKES & RAPPEL OPTION** + #: Two trips: Tuesday and Thursday. Depart at 1:15 p.m. 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. Thursday you can choose to rappel (ages 10+) from the 50' cliff below the summit. Return by around 5:00 p.m. All rappel equipment is provided. SIGN-UP LIMIT: 17.
9. **GOLF TOURNAMENT** +\$: 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
10. **WEST BRANCH OF THE SACANDAGA & GOOD LUCK LAKE TRIP** +: Tuesday @ 1:15 p.m. meet at the SSC parking lined up in front of the tennis courts then drive cars caravan-style for about 40 minutes to the put-in west on Route 10. Guests drive their own cars caravan-style to the put-in and then canoe along the West Branch of the Sacandaga River to Good Luck Lake. Leisurely explore the lake and an optional swim. This is a **MODERATE** level trip, requiring ability to navigate many tight turns and current to paddle upstream and usually against a headwind to Good Luck Lake. Return back to Camp by 5:00 p.m. SIGN-UP LIMIT: 17

11. **MASON LAKE “NATURE” CANOE TRIPS WITH BREAKFAST +:** 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. **INDIAN LAKE CANOE & BALDFACE HIKE TRIP WITH LUNCH + #:** Wednesday only at 10:30 a.m., meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts. 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 Norman’s Cove to the trailhead. This is a **MODERATE** canoe trip & hike, requiring strong canoeing skills to negotiate open water with potentially strong wind and waves and a 1.2 mile climb to the spectacular summit of Baldface Mnt. Return to Camp around 5:30 p.m. SIGN-UP LIMIT: 17
13. **TENNANT CREEK FALLS HIKE WITH LUNCH+:** Wednesday @ 10:30 meet at the Sonju Sports Complex basketball court parking lot. Drive 45 minutes to the trailhead. A **MODERATELY STRENUOUS** 30-minute hike (one-way) in to the beautiful 30’ cascade slide then the option of an additional 45-60 minute hike to the upper second and third falls with great swimming. Bring a swimsuit to hike in if you intend to swim. Total hike is 4 miles and can be very tiring for small children and seniors. Wading is possible in the shallow pool at the base of the first falls. SIGN-UP LIMIT: 18
14. **MOXHAM MOUNTAIN HIKE WITH LUNCH+:** **MODERATELY STRENUOUS – TOTAL OF 5 MILES.** Wednesday @ 10:45 a.m. 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 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
15. **WHITEWATER RAFTING TRIPS + \$#:** **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 by dinnertime (5:30). 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.
16. **AUGER FALLS HIKES +:** Wednesday & Friday @ 1:00 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 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 20’ waterfall and gorge. Return in 1-2 hours, a short family hike. (1 mile total) SIGN-UP LIMIT: 18
17. **KUNJAMUK RIVER CANOE TRIP +:** Thursday 1:00 p.m. Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive their own cars caravan-style a few minutes to park @ the take-out, then get a 10-minute ride in one of the COTW passenger vans to the put-in. Paddle about 3 miles (1 ½ - 2 hours) - down the Kunjamuk River through its numerous serpentine turns to the Kunjamuk Bay. Drive cars back to Camp. This is a **MODERATE** level canoe trip as it requires ability to navigate many tight turns and current. Return back to Camp by 5:00 p.m. SIGN-UP LIMIT: 18
18. **SUNRISE SACANDAGA RIVER CANOE TRIP +:** 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 Sacandaga River. A great trip for bird watching! 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
19. **OUTDOOR ROCK CLIMBING SESSIONS + #:** 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 10 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>