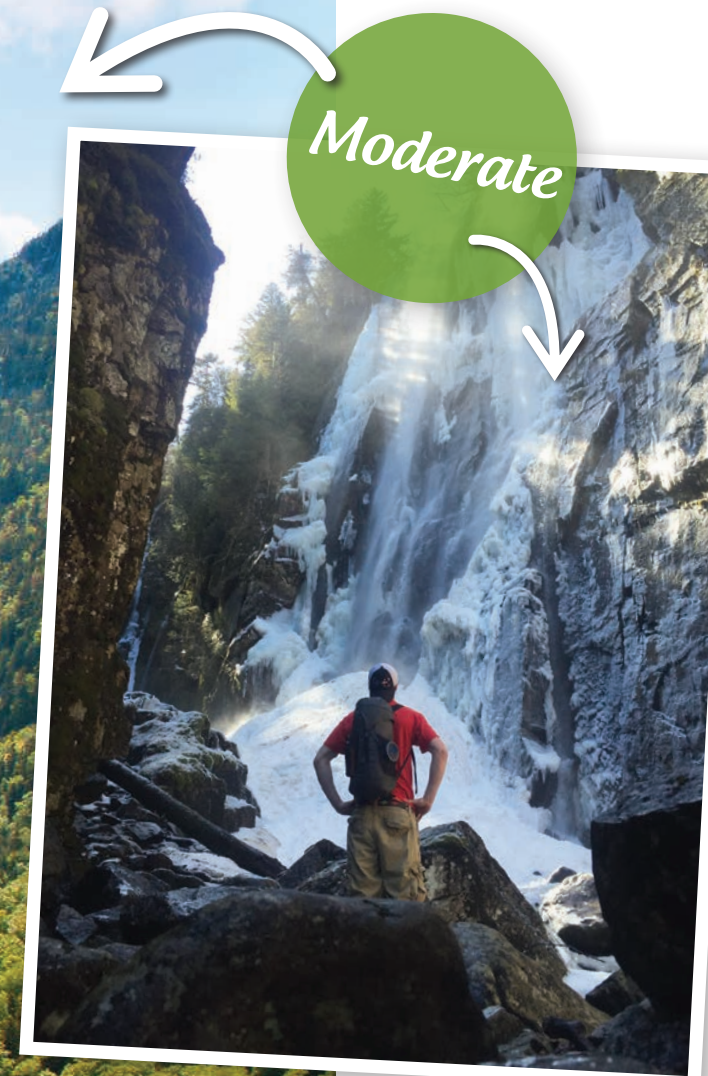


TAKE A WALK:

5 FAVORITE DAY-HIKES IN THE HIGH PEAKS

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From classic vistas and elegant waterfalls to alpine summits with panoramic views, the High Peaks region offers a rich supply of day-trip options.



Moderate

INDIAN HEAD AND RAINBOW FALLS

ROUND-TRIP DISTANCE: 11 miles
DIFFICULTY: Moderate
PAYOFF: Views of the Ausable Lakes and one of the ADK's tallest waterfalls
PARKING: Free, St. Huberts parking area/trailheads (Adirondack Mountain Reserve)

Walk up Ausable Club Road and hang a left onto Lake Road in front of the clubhouse. From here, it's a nip over three miles to your turnoff. If that sounds like a lot of dirt road, hang in there. You're headed for two of the Adirondacks' most majestic (and photogenic) features. Before you reach the boathouse, you'll leave the road and follow a short trail to the base of Rainbow Falls, where Cascade Brook tumbles 150 feet into the gorge below. Yes, you'll probably get misted. Next, head back to the road and climb 700 vertical feet to the Indian Head promontory. With Lower Ausable Lake far below and Upper Ausable Lake glistening in the distance, you're allowed at least one selfie. Rather than retracing your steps, descend via the Gill Brook trail for more waterfalls. (Hint: If you can spare the time and leg power, hike 0.25 miles beyond Indian Head to Fish Hawk Cliffs, where you'll look back at the Indian's head.)

CLEMENTS POND

ROUND-TRIP DISTANCE: 3 miles
DIFFICULTY: Easy
PAYOFF: Secluded ponds
PARKING: Free, Styles Brook Rd.

This mellow out-and-back hike is an unsuspecting gem. You'll find more beaver activity than crowds. Cut in 2010, the trail climbs gradually from Styles Brook Road (off 9N between Keene and Upper Jay) through white pines and intersecting brooks to a ridge at 1,750 feet. Enjoy a water break alongside impressive cliffs before descending switchbacks through dense trees to the peaceful alcove of Clements Pond. Brave the makeshift rowboat—complete with duct-taped leaks and coffee cans for bailing—on the pond's north end, or bask in the sun while the pup takes a dip. (Hint: Fancy yourself an angler? The 2.6-acre pond has been stocked with brook trout.)

Easy



Moderate

NOONMARK MOUNTAIN

ROUND-TRIP DISTANCE: 5.6 miles
DIFFICULTY: Moderate
PAYOFF: Vast, exposed summit surrounded by 46ers.
PARKING: Free, St. Huberts parking area/trailheads (Adirondack Mountain Reserve)

From the trail register across from the Ausable Club fairways, follow a private driveway for 0.2 miles before bearing right onto an old forest road. Gaining 2,175 vertical feet along 2.4 miles, the trail meanders through open hardwoods before climbing into cedar corridors carpeted with lush moss. Noonmark is one of the most scenic non-46ers in the region, and you'll earn the 360-degree views as you top a series of rock ramps in the last quarter mile. On the summit (3,556 ft.), claim your lunch rock and kick back. (Hint: Flat-topped boulders on the south end of the summit make prime yoga spots.)





DIX MOUNTAIN

ROUND-TRIP DISTANCE: 13.6 miles

DIFFICULTY: Advanced

PAYOFF: Possible views of the Great Range, Green Mountains (VT) and White Mountains (NH)

PARKING: Free, Round Pond/Dix Mountain Trailhead, Rt. 73

At 4,867 feet, Dix is the sixth highest High Peak, and many 46ers consider it one of their favorite summits. The trail from Route 73 climbs around Round Pond and follows the Boquet River on rolling terrain past more ponds, open meadows and myriad tree species. At 4.2 miles, the trail steepens after the Boquet River Lean-to as it heads for the slides on Dix's north face. The last 1,600 vertical feet are arduous, with eroded rock underfoot and exceedingly steep grades. When you reach it, the narrow summit ridge feels gloriously remote, and it's frequented by fewer people than some others of the highest 46er summits. Bottom line: This varied hike is a must-do if you've got the drive—and shoes—for it. (Hint: For aspiring 46ers looking to knock off all five summits in the Dix Range, approach from the south via Elk Lake Road.)



Set Your Sights On **46!**

If you're ready to take your hiking to a new level, or want to begin your 'Bucket List' keep reading...

A 46er is someone who has climbed the summits of the 46 peaks over 4,000 feet in elevation in the Adirondack Mountains of northern New York State. Climbing the 46 is about more than just receiving a patch for the accomplishment. It is a personal challenge that will reward you with memories and friendships that will last a lifetime.

The history of the 46ers dates back to the 1920s, when only twelve of the 46 peaks had trails, and when one could spend all day hiking, and not see another person. Since then over 7,000 people have registered their climbs to become Adirondack 46ers.

If you choose to take on this adventure, just remember to climb safely and respect the environment. Want to become a 46er? Go to: adk46er.org. You will be assigned a correspondent who serves as a mentor throughout your quest to become a 46er.

“If you carry it in, carry it out.”



MACINTYRE RANGE AND AVALANCHE PASS

ROUND-TRIP DISTANCE: 12.1 miles

DIFFICULTY: Advanced

PAYOFF: Two (or three) 46er summits and one (or two) lakes.

PARKING: \$10, Adirondack Loj

Follow the trail from the Adirondack Loj 3.5 miles to the 4,587-foot summit of Wright Peak. Though not a mandatory stop, Wright serves as a serene spot for a break and offers a prime portrait of the day's high point: 5,114-foot Algonquin Peak, one of only two Adirondack mountains to eclipse 5,000 feet of elevation. Less than a mile later, when you crest the state's second-highest summit, you'll find a bald expanse of curved rock and endangered alpine

vegetation to go with an up-close look at the scarred north face of Mount Colden. If you found crowds on the way up, you'll lose most of them from here—the 2.1-mile descent to Lake Colden is steep and secluded. When you reach the trail junction below 3,000 feet, hang a left and navigate the craggy shoreline of the iconic Avalanche Lake. A last photoshoot at the muddy beach on the lake's northeast side and a final climb to Avalanche Pass, and it's all downhill to the car. (Hint: Add a summit and a lake by extending your route to Iroquois Peak and around Lake Colden.)

