

# Sabattis Adirondack Treks

## *Seton Wilderness Outpost Trek Options*



The Seton Wilderness Outpost (SWO), at Sabattis Scout Reservation offers a wide range of adventures for units to test their Scouting and outdoors skills on. From branching off the basecamp program in our “Abenaki’s Edge” trek, canoeing the Oswegatchie River, to hiking in the great range of the Adirondack High Peaks!

The memories of a lifetime are waiting!

For more information contact the Longhouse Council office at (315) 463-0201 or email Ron Hill ([ronald.hill@scouting.org](mailto:ronald.hill@scouting.org)).

\*The Adirondack Park limits public outing groups to 8 (7 participants + 1 guide) people; however, special permits may be available to SWO groups. More information available when talking with our Trekkies!

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## Hybrid Treks

Morning adventures that return to troop activities for the afternoon & evening.  
Provisional scout groupings are optional and encouraged.

### **“Abenaki’s Edge” (provisional)**

**Trek Difficulty Rating:** Low Intensity

**Total Milage:** Customizable, typically under 35 miles

**Maximum Crew Size:** 7 (with guide, total 8) \*

### **Trek Description:**

Participants will spend their mornings adventuring to the furthest reaches of the camp property and the wildest corners of the Lows Lake region. The crew itinerary is completely customizable and features a mix of the best Sabattis adventures: mountain biking, paddling, hiking, rock climbing and more. This is the perfect trek for older scouts looking to grow their outdoor leadership skills and test their wilderness camping as they move towards high adventure activities. Designed as the capstone experience of Sabattis basecamp, participants will start their week off right with a Leave No Trace focused overnight that puts their scouting skills to the test and shapes their skills for the entire week. Following days will include scouts’ choice of all our camp property has to offer. Participants return to basecamp each afternoon to rejoin their troops’ adventures as a unit.

## Low Intensity Treks

### “Philo Scott” Lows Lake West Trek

**Trek Difficulty Rating:** Low intensity

**Total mileage:** 20-44 miles/ flatwater paddling with some hiking

**Maximum Crew Size:** 7 (with guide, total 8) \*

**Trek Description:**

Explore the greater reaches of Lows Lake on this perfect beginner trek. Visit the islands, trail-less mountains, and the Virgin Timbers as you go further from base camp than ever before. Adventure south through the Bog Lake and into Lake Lila and its wild shores. Explore the stomping grounds of the hermit of these parts, Philo Scott, as you hike by the location of his blacksmithing shop on Big Deer Pond and take his trail to civilization North to Cowhorn Pond. Visit the Ice Caves and Climb Grass Pond Mountain before following the wind home to Sabattis Scout Reservation.

### “Gus Low Sportsman’s” Bog Flow Trek

**Difficulty Rating:** Low intensity

**Total Mileage:** 37.9- 49.31 Flatwater Paddling and optional hiking

**Maximum Crew Size:** 7 (with guide, total 8) \*

**Trek Description:**

The perfect outing for a group of beginners, relaxed paddlers, or anyone looking to get in some quality fishing. This scenic trek takes you along the Bog River Flow, populated with eagles, beavers, and some of the best bass fishing in the state. After a short passage around the lower floating bog and a small portage into Hitchens Pond you will explore the Eastern expanse of A. A. Low's historic forestry company. Easily tack on side hikes to Trout Pond, Low's Ridge, and Tomar Mountain along your path West to Moose Bay and the Bog Lake. Round out the week by meandering the Northern shores of Lows Lake along your way back to Sabattis Scout Reservation.

## Canoeing Treks

### **“Whitney Wilderness Path” Whitney Launch to Lows Lower Dam**

**Difficulty Rating:** Advanced/Expert

**Total Mileage:** 34.75- 52.45 Paddling, Portaging, and Optional Hiking

**Maximum Crew Size:** 7 (with guide, total 8) \*

**Trek Description:**

The longest full wilderness paddle in the park and arguably the most strenuous, this trip will take you along the paddling journey of a lifetime. Your crew will set out from the Whitney Headquarters and travel the length of Littler Tupper Lake where a series of ponds, brooks, and portages winds its way to the beautiful Lake Lila. Enjoy an evening hike of Mt. Frederica before launching North and connecting to the Southern reaches of the secluded Bog Lake. After navigating the flow into the familiar waters of Lows Lake, the classic hikes of Graves Mountain and Lows Ridge reward your group with expansive views of your journey. This trip finishes up with a peaceful paddle down Hitchens Pond to Lows Lower Dam providing ample time to enjoy the end of your wilderness excursion.

### **“The Marmaduke” Oswegatchie Traverse**

**Difficulty Rating:** Advanced/Expert

**Total Milage:** 40 Paddling, and Portaging

**Maximum Crew Size:** 7 (with guide, total 8) \*

**Trek Description:**

This trek emulates the legend of James Seton “Marmaduke”. Begin your trip with a scenic paddle across the western reaches of Low’s Lake. The headwaters carry trail awaits your crew upon reaching the head of the lake. Chip away at the three plus mile portage before enjoying your first evening on the shores of Big Deer Pond. Finish off the remainder of the carry after a rejuvenating rest before exploring the wild origins of the Oswegatchie River. Follow this ribbon of water through the remote Five Ponds Wilderness pursuing its waters until it forms Cranberry Lake. Your Crew will pass through the historic forest town of Wanakena with its Forest Ranger School before ending in the town of Cranberry Lake.

**“H.H. Murray” Blue Mountain Lake to Stoney Creek Ponds****Difficulty Rating:** Moderate/ Experienced**Total Mileage:** 55.5 Miles // 51.5 Paddling, 4.5 Miles Portaging**Maximum Crew Size:** 7 (with guide, total 8) \***Trek Description:**

This classic Adirondack route follows the flow of the Marion and Raquette Rivers, the major North/South waterway in the Adirondack Park. Your crew will start their trek on Blue Mountain Lake, the site of the famous W.W. Durant Great camp and the current museum, The Adirondack Experience. After hopping into Eagle and Utowana Lakes your first night will be spent along the river just prior to the vast Raquette Lake. After exploring yet another historic lake your crew will portage North into Forked Lake before following the outlet into the Raquette River. From here on you will be following the major trade and transport route used by the Native Americans to traverse the great expanse that is the Adirondack Park. Passing through the widening of the river that is named Long Lake, the path continues North through the village of Long Lake and into the forests of the Western High Peaks Wilderness. Round out this adventure paddle by passing through the peaceful Stoney Creek Ponds and finishing up just shy of the Saranac Lakes.

## Hiking treks

### Mountain Routes:

#### **“The Henderson” High Peaks Hiking Trek**

**Trek Difficulty Rating:** Advanced/ Expert

**Total mileage:** 41.4 - 50 miles // 17 miles hiking with packs // 11,566 feet of vertical ascent

**Maximum Crew Size:** 7 (with guide, total 8) \*

#### **Trek Description:**

A High-Difficulty, High-Reward trek following both the roots of the McIntyre Iron Works in the historic town of Adirondac, and the rugged scenery of the solemn High Peaks Wilderness. As with much of the Adirondack Park, this trek explores the intermingled stories of private industry and public wilderness as it makes its way to some of the steepest and tallest points in the Northeast. Setting out from the southern gateway of the High peaks, you will trek North into the mountain-locked Lake Colden for base camp. Your week will be filled by summiting the surrounding peaks of Mt. Marshall, Mt. Marcy, Skylight, Algonquin, Iroquois, and Mt. Colden before packing out along the flume of Hanging Spear Falls. Follow the headwaters of the mighty Hudson River back to the trailhead and reminisce in your accomplishments of traversing the two highest Mountains in New York State as well as 4 other high peaks as you make your way back to Sabattis Scout Reservation.

### Thru-hike Routes:

#### **“Noah John Rondeau” Long Lake to Lake Placid**

**Trek Difficulty Rating:** Moderate/Experienced

**Total Milage:** 36 miles

**Maximum Crew Size:** 7 (with guide, total 8) \*

#### **Trek Description:**

This thru-hike style trek covers the Northernmost and most impressive section of the 100-year-old Northville-Placid Trail. Beginning in the quaint mountain town of Long Lake, your crew will hike along the shore of this aptly named lake for your entire first day. After a beautiful night along the secluded Northern section of shoreline the trail banks East towards the wild Cold River Valley. Following this scenic river, you will pass the most remote point in New York State, a stone’s throw from the famous hermitage of Noah John Rondeau. Your trail continues Northeast to Duck Hole and an abandoned Interior Outpost before swinging North to secluded shores of Moose Pond. Your group will finish their trek at the Northern Terminus of the Northville-Placid Trail on Averyville Road in the Olympic Village of Lake Placid.

## Combination Treks

### **“Heart of The Wilderness” Five Ponds Thru-Hike and Paddle**

**Trek Difficulty Rating:** Moderate/ Experienced

**Total Mileage:** 36.8- 50.8 miles // 30.8- 40.8 miles hiking, 6-10 miles flatwater canoeing

**Maximum Crew Size:** 7 (with guide, total 8) \*

**Trek Description:**

An exploration deep into the most pristine wilderness in the Adirondacks, this trek takes your crew West into the heart of the Five Ponds and the largest virgin forest on the East Coast. Start out from Low’s Lake Landing and paddle its entirety before shouldering your packs and setting out on foot for Cowhorn Pond. Follow the trail as it joins the Cranberry Lake 50 and approaches High Falls, summiting Cat Mountain along the way. Upon reaching the spur trail to the Five Ponds your crew will head South along the least used trails in the park, passing the Five Ponds themselves and continuing to the secluded and serene Sand Lake lean-to. On your return trip explore the virgin timbers along the eskers and Wolf Pond before heading back to the Five Ponds lean-to for a night’s stay. On your last day, your crew will pack out to the forest town of Wanakena for an ending celebration at its one and only store “Otto’s Abode.

### **“The Mitchell” Upper Works/ High Peaks to Bog Falls Thru-hike and Paddle.**

**Trek Difficulty Rating:** Moderate/ Experienced

**Total Mileage:** 40.3 – 54.5 Miles // 26.5 - 33.3 miles hiking, 21.4 miles paddling// 4,441 ft vertical ascent

**Maximum Crew Size:** 7 (with guide, total 8) \*

**Trek Description:**

A combination trek that takes your group from the heart of the Southern High Peaks to the outlet of the Bog River. Begin with a jaunt up Mt. Adams and enjoy its fire tower before heading North to camp on Lake Henderson. A remote hike past Preston Ponds, Duck Hole, and the flanks of Seymour Mtn. (optional side hike) accompany you on day two before you begin your paddling adventure. Following the winding Raquette River and spanning Tupper Lake your crew will make its way to Bog River Falls. Cap off the trip with a hike up Goodman Mtn. and take in its beautiful overlook over the Western Adirondacks. This adventure spans the Hudson River watershed, Seward Mtn. Range, and the Raquette River in one do-it-all adventure!

## Other Options Available:

So many adventures to be had! If none of the above treks with descriptions spark the flames of excitement for your unit, we have more below you can try out, or you can develop your own unique experience!

For more information contact the Longhouse Council office at (315) 463-0201.

## Canoe Trek Routes:

- Cranberry Lake Canoe
- Long Lake to Tupper
- St. Regis Canoe Wilderness
- Nessmuk/92 miler Old Forge to Paul Smith's

## Hiking Trek Routes:

### *Mountain Routes:*

- The Orson "Old Mountain" Phelps/ Great Range

### *Thru-hike Routes:*

- Cranberry Lake 50 Miler

## Combination Trek Routes:

- St. Regis with St. Regis Mountain
- Bob Marshall 66 Miler