



Adirondacks Cycling Tour

July 30 –August 6, 2011

8 days, 519 miles

29,500 vertical feet
climbed



Adirondack Park

- Is the largest park in the lower 48 states
- Is larger than Vermont
- Is larger than Yellowstone, Everglades, Glacier, and Grand Canyon National parks combined.
- Over 6 million acres
- Over 3000 lakes
- Over 2000 miles of hiking trails

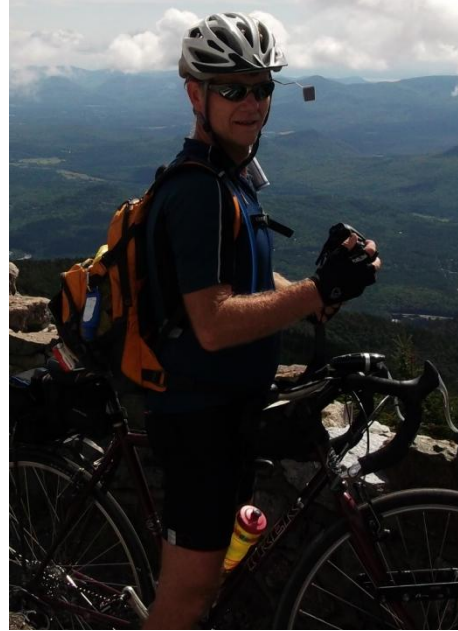
Adventure Cycling

- Has a 394-mile route called the *Adirondack Park Loop*.
- We followed their route about 80% of the time and cycled 519 miles.



Our 519-mile route

Adirondack Park



Paul – Virginia Beach, VA Dean – Bar Harbor, ME Tom – Chattanooga, TN

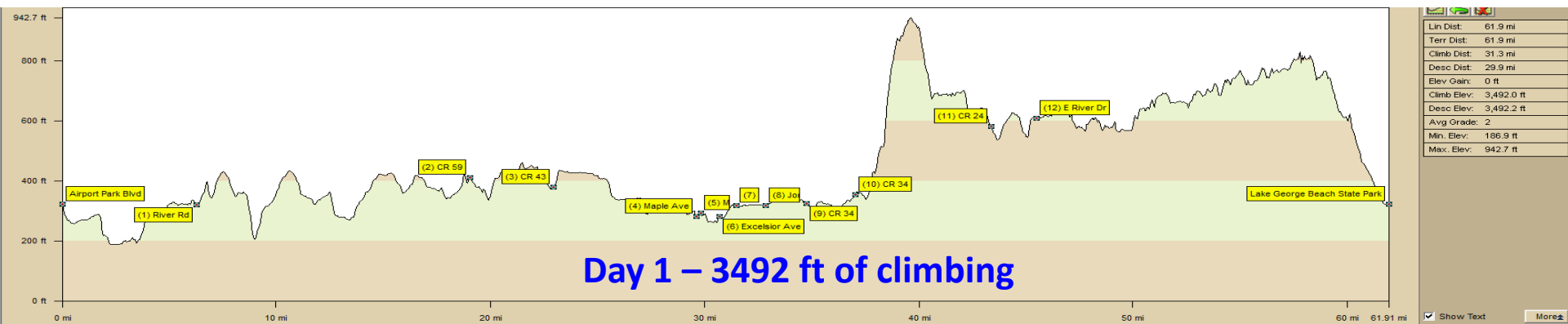
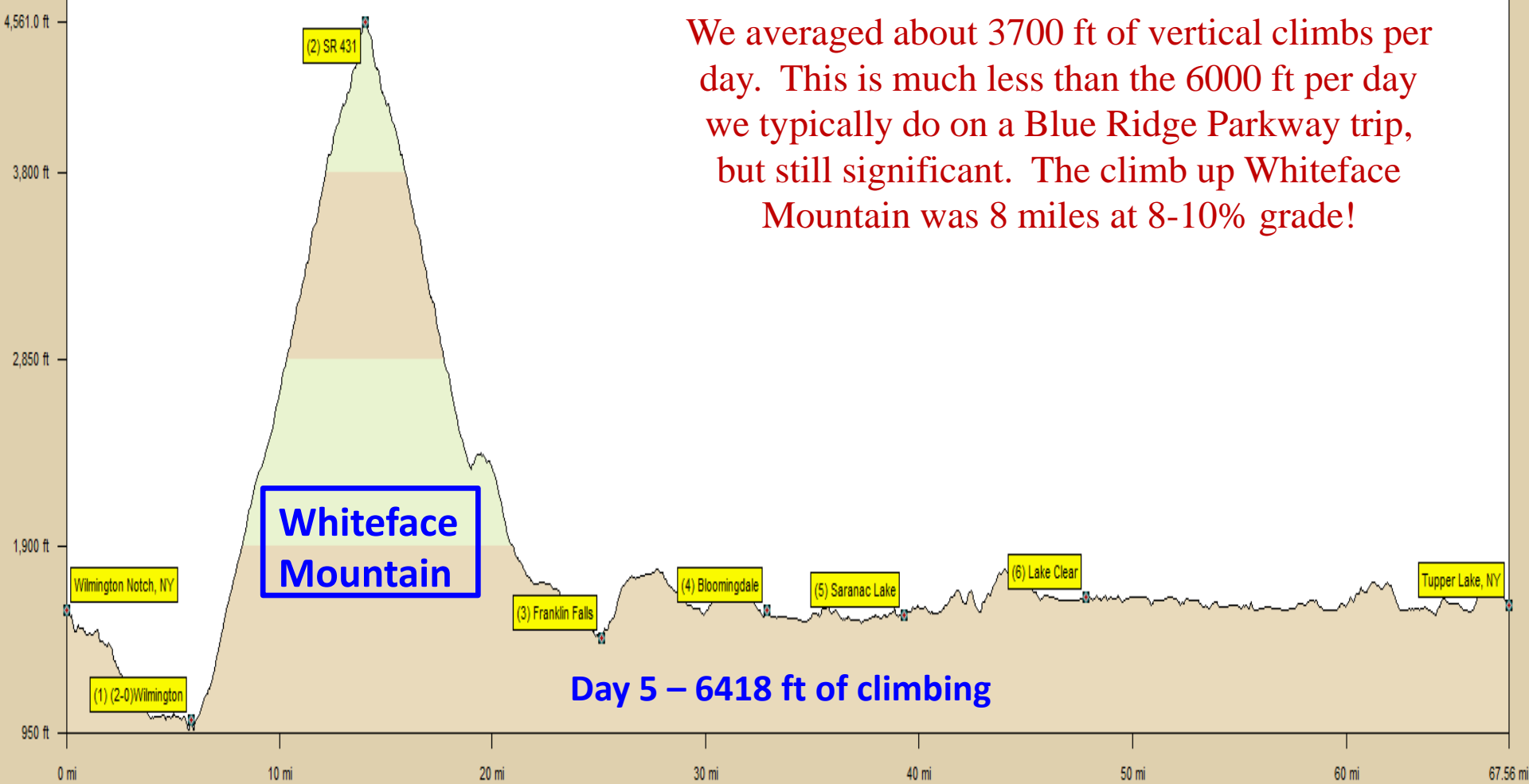


Chris – Norfolk, VA

**Carol – Chattanooga, TN Beth and John – Boone, NC
(Days 1-4 only)**



We had wide shoulders and light traffic for nearly the entire trip!





Day 1 – We met at a hotel near the Albany Airport



Day 1 – We cycled for a few miles on the Mohawk-Hudson Bikeway



Day 1 – We followed the Mohawk River on the Mohawk-Hudson Bikeway



Day 1 – We ate lunch in Saratoga and cycled through the grounds of the Saratoga Race Course where horse races were about to start.



Day 1 – Saratoga Race Course entrance



Day 1 – John and Beth stop to check out some falls below the bridge.



Day 1 – Setting up camp in Lake George Battlefield Campground



Day 1 – After setting up camp and eating dinner, we went on a steamboat ride on Lake George



Day 2 – The cue sheet didn't say anything about a gravel road!



Day 2 – We passed beautiful lakes constantly throughout the Adirondacks



Day 2 – Only Paul, Dean, and Tom made the brutal 1-mile climb at 22% grade up Mt. Defiance that overlooks Fort Ticonderoga on Lake Champlain below. Where are Tom's panniers?



Day 2 – Lake Champlain seen from Mt. Defiance



Day 2 – We visited Fort Ticonderoga overlooking Lake Champlain



Day 2 – Inviting lakes were sometimes hard to resist!



Day 2 – We camped at Crown Point Campground on Lake Champlain. A new bridge was being built across Lake Champlain to Vermont and a ferry offered temporary service. We walked from camp to the ferry and rode to Vermont and back (about 10 minutes each way).



Day 3 – Paul emailed the town of Port Henry for breakfast ideas. They told us of a little restaurant (a trailer with a porch) that served a great breakfast near a marina on Lake Champlain.

We visited about a dozen waterfalls on the trip.



Hulls Falls (Day 3)



Flume Falls (Day 4)



Austin Falls (Day 6)



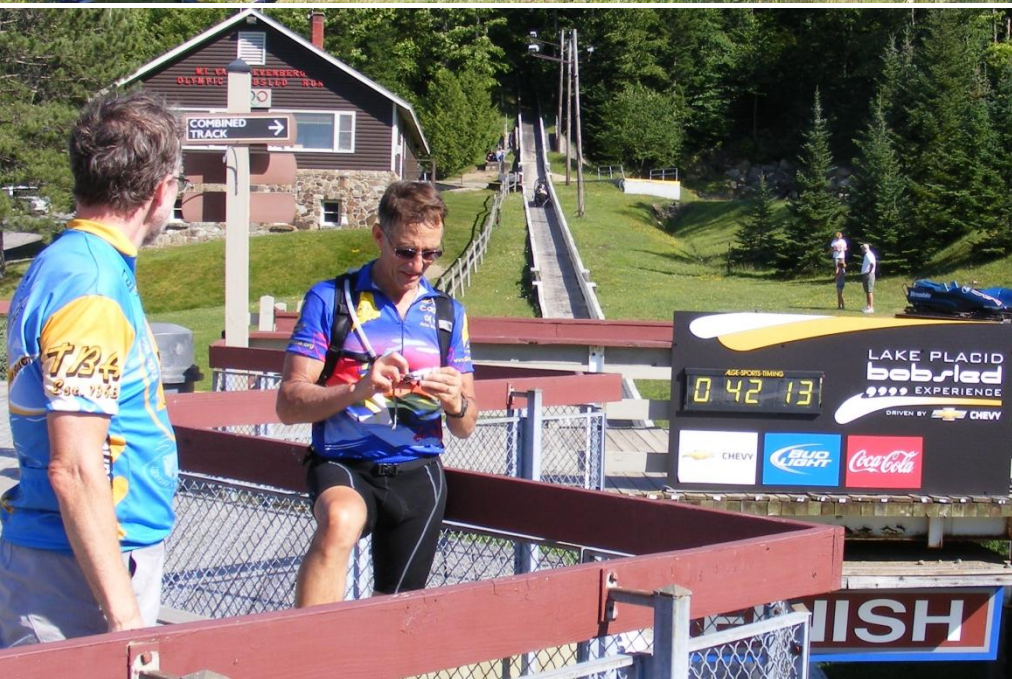
Buttermilk Falls (Day 6)



Day 3 – Lake Placid



Day 4 – We had a short day and visited several Olympic sites in Lake Placid







Day 4 – The road from Lake Placid to Whiteface Mountain is breathtaking.



Day 4 – More scenery on the road from Lake Placid to Whiteface Mountain.



Day 4 – Mindy, Chris, and Carol on the Cloudsplitter Gondola which took us from the Whiteface Mountain Ski Area to the top of Little Whiteface Mountain.



Day 4 – View of Lake Placid from Little Whiteface Mountain



Day 4 – Stormy skies over Lake Placid



Day 5 – We began the day with an 8-mile climb at an 8-10% grade to the top of Whiteface Mountain. There is a toll for the last 5 miles and we dropped off our gear at the tool booth.



Day 5 – It took about 2 hours to make the 8-mile climb to the top of Whiteface Mountain.



Day 5 – Almost to the summit of Whiteface Mountain!



WHITEFACE
CASTLE
ENTRANCE
TO: WHITEFACE PK.
(CLASSETT / MORM.)
GIFT SHOP
RESTAURANT
RESTROOMS

Day 5 – We reached the castle at the end of the road to the summit of Whiteface Mountain.



Day 5 – We hiked the last 500 yards to the summit of Whiteface Mountain (4867 ft)



el.
4867ft.
1483.5m.
WHITEFACE M



Day 5 – Lake Placid from the summit of Whiteface Mountain.



Day 5 – Getting ready for the 8-mile downhill from Whiteface Mountain.
(Note that we put jackets on – in August!)



Day 5 – We stopped for lunch in Saranac, NY



Day 5 – A gorgeous sunset from our campground on Little Wolf Lake in Tupper Lake, NY



Day 6 – A great part of touring is visiting stores in little towns like this one in Long Lake, NY





Day 6 – Entering Long Lake, NY



Day 6 – Adirondack Hotel in Long Lake, NY



Day 6 – Lunchtime in Long Lake



Day 6 – We often visit museums and visitor centers. The Adirondack Museum was outstanding.



Day 6 – Chris and Carol take a break at the Adirondack Museum in Blue Mountain Lake, NY



Day 7 – Breakfast in Caroga Lake, NY



Day 7 – Turn back because of a closed bridge? No way!



Day 7 – Bikes can often go where cars can't. We went around the barricade!



Day 5 – The Adirondacks - New York's playground.



Day 7 – You just don't find restaurants like this in Virginia Beach!



Day 8 – We stopped at Eagle Mills which featured a working apple press, bakery, and much more



Day 8 – Entrance to Eagle Mills near Broadalbin, NY



Day 8 – Saratoga
Springs, NY



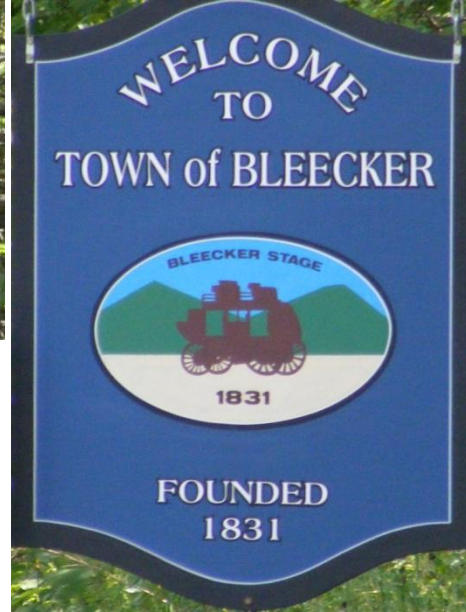
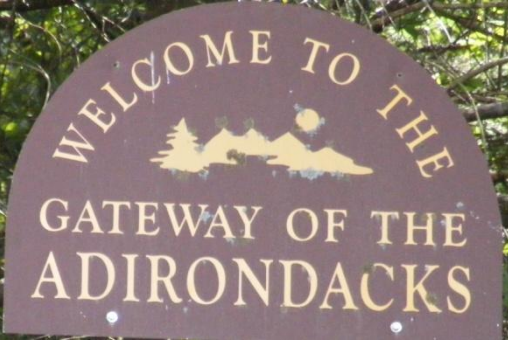
Day 8 – Lunch time!



Day 8 – We stopped at the National Bottle Museum in Saratoga Springs, NY



Day 8 – End of the trip! Back to the same hotel we left 8 days ago.



Signs of the Adirondacks