



Adirondack Region, NY



The Adirondack Mountain Region encompasses more than 6 million acres in Northeastern New York State. The region's boundaries include Canada's Québec Province to the north, Lake Champlain and Lake George to the east, the St. Lawrence River valley to the west, and the Mohawk River valley to the south. The region includes 100 mountain peaks, 3,000 lakes and ponds, 30,000 miles of rivers and streams, and 105 towns and villages.

New York preserves 2.6 million acres of the Adirondack region as a state park. The additional 3.4 million acres are privately owned and land use is regulated by the Adirondack Park Agency. The Adirondack Region includes all or part of a dozen New York counties: Clinton, Essex, Franklin, Fulton, Hamilton, Herkimer, Lewis, Oneida, Saratoga, St. Lawrence, Warren, and Washington. The mountains are only sparsely settled, and much of the area exists in a primitive, natural state.

In 1609, the French explorer and navigator Samuel D. Champlain became the first European to travel in the region. Two Native American tribes, the Iroquois and Algonquin, used the mountains mainly for hunting and war but never settled there. The word Adirondack means "those who eat trees" in the Iroquois language and was a derogatory term given to the Algonquin people.

The Adirondack Mountain Region has many historic landmarks. The area around Lake Champlain and Lake George were prominent during the 1700s as battlefields of the French and Indian Wars and the American Revolutionary War. Remnants of these wars include Fort St. Frederick, His Majesty's Fort at Crown Point, Fort William Henry, and Fort Ticonderoga. The capture of Fort Ticonderoga in May 1775 was America's first victory of the Revolutionary War.

Many historical home museums can be found in the region, including the John Brown Farm State Historic Site, Kent-Delord House Museum, Dean Homestead Museum, Chapman Historical Museum/Zopher DeLong House, Mennonite Heritage Farm, and Frances G Kinnear Museum of Local History.

The Lake Placid Olympic Museum celebrates the history and heritage of winter sports in the area with artifacts, photographs, and videos. The 1932 Winter Olympics, the first held in the United States, and the 1980 Winter Olympics were held in Lake Placid. Athletes continue to train and compete daily at the Olympic Center.

Exhibits at The Adirondack Experience, The Museum on Blue Mountain Lake include the region's iconic boats, Native American arts, rustic furniture, sporting equipment, and art inspired by the mountainous landscape. The museum also offers hands-on traditional workshops.

The Hyde Collection Art Museum and Historic House contains over 3,300 objects that span the history of Western art. The Marcella Sembrich Opera Museum displays artifacts, photographs, and memorabilia of the life and career of Metropolitan Opera singer, Marcella Sembrich. Akwesasne Cultural Center is known for its Mohawk black ash and sweetgrass basketry collection. Bolton Historical Museum features an exhibit of antique pleasure boats. Great Camp Sagamore was the summer and winter vacation retreat for the Vanderbilt family. Other museums include Champlain Valley Transportation Museum, Clinton County Historical Museum, Lake George Historical Association & Museum, North American Fiddlers Hall of Fame and Museum, Hague Historical Museum, Six Nations Indian Museum, World Awareness Children's Museum, and North Star Underground Railroad Museum.

A viewing platform with interpretive information has been constructed under the Cooper's Cave Bridge to learn about James Fenimore Cooper, author of *The Last of the Mohicans*, and the Mohican Tribe's legacy in this region.

The Adirondacks Region offers many opportunities to enjoy performing arts: Seagle Music Colony, Adirondack Shakespeare Company, Adirondack Theatre Festival, Broadway Upstate, de Blasiis Chamber Music, Glens Falls Community Theatre, Glens Falls Symphony Orchestra, Lake George Community Band, Meadowmount School of Music, Depot Theatre, Soundwaves, Essex Theatre Company, Ticonderoga Festival Guild, Indian Lake Theater, Lake George Theater Lab, Lake Placid Center for the Arts, Lake Placid Sinfonietta, Lake Placid Center for The Arts, Our Town Theatre Group, The Lake Theatre at Holiday Inn Resort, Upper Hudson Musical Arts, and Youtheatre.

RECREATION

Among the Adirondack's many peaks and foothills, 46 have an elevation higher than 4,000 feet. The highest peak in the region is Mount Marcy, with an elevation of 5,344 feet. Algonquin Peak, Haystack, Skylight, Whiteface, Dix, and Giant are some of the other major

peaks in this mountain belt. Whiteface Mountain is part of the Lake Placid Olympic complex and has the greatest vertical drop of any lift-serviced mountain in the east. Other Olympic spaces include Gore Mountain and Belleayre Mountain ski areas, Mt. Van Hoevenberg cross country ski trails, the Olympic Sports Complex, the Olympic Jumping Complex, the Olympic Speed Skating Oval, the Conference Center at Lake Placid, and the Olympic Center. Not just a winter destination, these areas offer gondola rides, mountain biking, festivals, and hiking during the non-snowy seasons.

Since 1870, Ausable Chasm has provided many opportunities to explore nature trails with scenic vistas and waterfalls. Rafting, tubing, rappelling, rock climbing, camping, horseback riding, biking, and disc golfing are also available.

The many lakes, rivers, and streams offer opportunities for various summertime water sports, including swimming, boating, fishing, rafting, kayaking, canoeing, waterskiing, wakeboarding, jet skiing, tubing, and relaxing on a beach; snowmobiling, cross-country skiing, snowshoeing, and ice fishing are popular winter activities. Lake Champlain is the largest lake in the region. Several lighthouses and parks can be found along the shore, including Point Au Roche State Park, Ausable Point State Park, and Cumberland Bay State Park. Raquette Lake is known for its historic camps that include Great Camp Sagamore and Camp Pine Knot, which was the first of the Adirondack Great Camps. Upper Saranac Lake is also known for its once great camps. Tupper Lake is home to The Wild Center, an interactive indoor/outdoor Natural History Museum. Schroon Lake is the summer home of the Seagle Music Colony, as well as host to the Adirondack Marathon. Three ships in Lake George cruise the lake offering views of the historic mansions along the shore and the numerous islands found on the lake.

Sports include the Adirondack Thunder (hockey) and Glens Falls Greenjackets (semi-professional football).

EDUCATION

Higher education is available in the Adirondack Region. Three campuses of the State University of New York are located in the Adirondack Region: SUNY Plattsburgh, SUNY Canton, and SUNY Potsdam. Three private universities are also located in the region: Clarkson University located in Potsdam; Paul Smith's College located in Paul Smiths; and St. Lawrence University located in Canton.

Community colleges in the region include North Country Community College, with sites in Saranac Lake, Malone, and Ticonderoga; SUNY Adirondack in Wilton; Fulton-Montgomery Community in Johnstown; Clinton Community College in Bluff Point; and SUNY-ESF Ranger School near Wanakena.

HEALTH CARE

The following hospitals are located in and around the Adirondack Park:

- Adirondack Medical Center, Saranac Lake: 95 licensed beds
- Faxton St. Luke's Healthcare—Luke's Division, Utica: 370 licensed beds
- Glens Falls Hospital, Glens Falls: 410 licensed beds
- Lewis County General Hospital, Lowville: 31 licensed beds
- Little Falls Hospital, Little Falls: 25 licensed beds
- Moses-Ludington Hospital, Ticonderoga: 15 licensed beds
- Nathan Littauer Hospital, Gloversville: 74 licensed beds
- Rome Memorial Hospital, Rome: 130 licensed beds
- St. Elizabeth Medical Center, Utica: 201 licensed beds
- Saratoga Hospital, Saratoga Springs: 171 licensed beds
- The University of Vermont Health Network—Alice Hyde Medical Center, Malone: 76 licensed beds
- The University of Vermont Health Network—Champlain Valley Physicians Hospital (CVPH), Plattsburgh: 300 licensed beds
- The University of Vermont Health Network—Elizabethtown Community Hospital, Elizabethtown: 25 licensed beds