

Sequanota Adirondack Trip 2024 **August 21-28, 2024**

Whatever the reason - this trip might be for you! Maybe you need to get away from everything for a week. Maybe you are looking for adventure. Maybe you need to be reminded that you are connected to the earth and creation is connected to you. Maybe you want to challenge yourself in a new way. Join Sequanota on our trip to Adirondack Park as we canoe and camp our way through the beautiful wilderness park.

The trip will begin and end at Sequanota's site in Jennerstown, PA. We will pack out from the camp dining hall on the 21st and head north early on Thursday, August 22nd. Upon arriving in the park we will stay overnight in a local motel or lodge.

Beginning August 23rd we will launch our canoes onto Floodwood Pond and begin our canoeing and camping adventure. The final route will be decided upon in April after consultation with the group desiring to travel. We will canoe 4-5 days and camp (tent, some lean-tos, or hammock) on public land. Participants can plan to paddle 4-5 hours each day. The route has one portage (move canoe across the land - 1.3 miles - canoe on carts with wheels). Route may include Floodwood Pond, Little Square Pond, Fish Creek, Fish Creek Ponds, Upper Saranac Lake, Indian Carry Path (portage), Stony Creek Pond, Raquette River and Tupper Lake. After we complete the trip we will enjoy a few hours in a local town. We will enjoy the evening in a local motel or lodge. Dinner will be at a local restaurant. We will leave Adirondack Park on August 28th and return to Sequanota.

Honest disclaimer: This is a beginner to intermediate ability trip. It is flatwater paddling. We welcome anyone 18 years and older. Participants must be able to sit and paddle a canoe for 4-5 hours each day of the trip. We will also be hiking and carrying luggage during the portage, pack in and pack outs. (1.3 miles or less on dirt path) Camping accommodations will be backcountry camping. Pr. Nathan will cook the group's meals. Participants need to recognize there will be no rest rooms or modern conveniences along the travel route. Sequanota will help make this trip a success no matter your ability level - that is why we are leading the trip. You, as the participant, have to be willing to encounter some hardships and work to overcome them. But we will absolutely help you during this journey. We will accomplish it together!

There are a few possible day trips that can be added to compliment the experience. The group's desires will help to set the final route. (Add a day hike to a mountain vista, or additional paddle trips to see waterfalls or other remote scenic settings). Days will be leisure enough to fish, swim, nap or read during each day of the canoeing trip. The tentative schedule below has more specificity. Each evening

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participants will share in a discussion reflecting on their experience and Brene Brown's book, *Braving the Wilderness*.

There is a limit of 7 participants. A detailed packing list and preparation letter will be shared to help novice participants plan to have a great trip. The cost will include rental for canoe, paddle, life jacket, canoe carts, food for the canoe trip and local motel lodging (2 nights). Participants can use their own equipment recognizing Sequanota can not guarantee the safety of equipment. The group will carpool from Sequanota to Adirondack Park in New York. We will be seeking 1-2 additional drivers and vehicles, please consider assisting with this part of the journey. **Additional \$250 for participant meals as travel (2 breakfasts, 2 lunches, 2-3 dinners)

Cost per person: Single lodging in NY: \$1,250. Double lodging in NY: \$950.00

Includes:

Canoe, paddle, life jacket rental, Portage - Canoe carts, Food while canoeing,
Sequanota meals & night, Seq. Camp equip, tents & fuel, Staff time & insurance,
Local lodging

**Additional \$250 is recommend for participant meals as we travel (2 breakfasts, 2 lunches, 2-3 dinners) is NOT included.

Deposit: \$250/participant

Because of the limited number of trip participants' reservation spots will be held once the deposit has been received by the camp office. After the registration list has reached 7, the camp office will maintain a waiting list.

Note: Registration will be online. After registration, you will receive a packet of forms (ie medical form, liability waiver etc). These forms must be completed to be eligible to attend the trip.

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Personal Equipment To Bring

(remember space is limited, and you have to portage what you take)

- Swimming suit/shorts for canoeing (or clothing that will get wet)
- 2 pairs of sneakers/water shoes (one for canoeing - will get wet and muddy - might consider water shoes) one pair for evening around the campsite.
- 2-4 T-shirts (1-2 for canoeing) (1-2 for campsite)
- 1 lightweight, waterproof jacket or rain poncho
- 1 warm shirt - polartec fleece or wool. Wool is warm when wet, fleece dries faster.
- 1 pair of long pants for evening if it gets cool at campsite
- 1 pair of woolen socks - for evening wear in camp
- Hat/bandana
- Sunglasses
- Toothbrush and paste
- Biodegradable soap
- Towel
- Comb/brush
- Sunscreen (30 SPF+)
- Lightweight sleeping bag
- Plastic water bottle (at least 1 qt.)
- Insect Repellant
- Backpack or waterproof bag to carry stuff (optional) (might line backpack with trash
- bags to help keep things dry.
- Spoon
- 2 plastic cups (able to hold boiling water)
- Separate bag to pack for overnights while not camping (1 night at Sequanota, 2 overnights at motels in ADK) - pack clothing and toiletries.
- Ground pad or backpacking air pad
- Ropes, ratchets straps or bungee cords to attach gear to canoe
- Head lamp with extra batteries
- If you plan to bring your phone, a way to charge it if necessary & bag to keep it all dry.
- Gloves or knit hat if you get cold easily
- If group has decided to hike as optional trip - may want hiking boots or sturdy shoes packed.
- Fishing pole and tackle (will need to purchase fishing license in NY when arrive)
- Tent if you have one and want to use it
- Hammock if you have used it for camping
- Small, lightweight folding chair for campsite (kind of expensive - Helix is nice)

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Tentative Schedule

August 21, 2024

- 1- 2 p.m. Arrival at Sequanota, Main Camp Dining Hall
 Pack out and Safety Orientation
- 5:30 p.m. Dinner at Sequanota
- 7:00 p.m. Evening Prayer & Fellowship
- 9:00 p.m. Sleep at the Bowersox Center

August 22, 2024

- 7:00 a.m. Breakfast at Bowersox Center
- 8:00 a.m. Depart Sequanota for drive to Adirondack Park (carpool to NY)
- 12:15 p.m. Lunch around Corning, NY (participant additional cost)
- 1:30 p.m. On the road again
- 6:30 p.m. Arrival in town of Saranac Lake, NY
 Check in to lodging
 Restaurant for dinner
 Tour town optional

August 23, 2024

- 8:00 a.m. Breakfast in town or at lodging
- 9:00 a.m. Depart for canoe launch at Floodwood Pond Access
- 10:30 a.m. Launch canoes into Floodwood Pond and begin canoeing and camping trip

Trip meals will be around 7-9 a.m. - Breakfast; 11 a.m. - 1 p.m. - Lunch; 5 - 7 p.m. - Dinner. Flexibility is important depending on the day's plan, weather, campsite and other factors uncontrollable by trip leaders. Please plan to pack yummy snacks to hold you over in case of a delay.

- 11 a.m. Lunch
- 2 p.m. Paddling
- 3-4 p.m. Find campsite (Buck or Green Island on Upper Saranac Lake), set up camp, build a fire, meal preparation
- 5-7 p.m. Dinner and fellowship
- 7 p.m. Debrief
- 8 p.m. Discuss next day's plan, Campsite clean up, evening preparations
 Bedtime at your choice

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August 24, 2024

- 7-9 a.m. Breakfast
- 10 a.m. Continue canoeing
- 11 a.m. Lunch
- 2 p.m. Paddling
- 3-4 p.m. Find campsite (Numbered campsites (16,18-20) on Upper Saranac Lake),
set up camp, build a fire, meal preparation
- 5-7 p.m. Dinner and fellowship
- 7 p.m. Debrief
- 8 p.m. Discuss next day's plan, Campsite clean up, evening preparations
Bedtime at your choice

August 25, 2024

- 7-9 a.m. Breakfast
- 9 a.m. Canoe to portage area (Indian Carry path - 1.3 miles - use canoe carts
- 11 a.m. Lunch
- 2:00 p.m. Place canoes on Stony Creek Pond and continue canoeing
- 3-4 p.m. Find campsite (Axton Landing: Numbered campsites (9-12) or (add-on
option campsites 5-8 on Raquette River), set up camp, build a fire,
meal preparation
- 5-7 p.m. Dinner and fellowship
- 7 p.m. Debrief
- 8 p.m. Discuss next day's plan, Campsite clean up, evening preparations
Bedtime at your choice

August 26, 2024

- 7-9 a.m. Breakfast
- 10 a.m. Continue canoeing on Raquette River
- 11 a.m. Lunch
- 2 p.m. Paddling
- 3-4 p.m. Find campsite (Numbered campsites (19-24) on Raquette River),
set up camp, build a fire, meal preparation
- 5-7 p.m. Dinner and fellowship
- 7 p.m. Debrief
- 8 p.m. Discuss next day's plan, Campsite clean up, evening preparations
Bedtime at your choice

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August 27, 2024

7-9 a.m. Breakfast
10 a.m. Continue canoeing
11 a.m. Lunch on Tupper Lake
2 p.m. Pull canoes out at Moody Access in Tupper Lake
3:00 p.m. Check into evening lodging
4-6 p.m. Tour Tupper Lake
6:30 p.m. Dinner and fellowship at a local restaurant
9 p.m. Retire as participant decides

August 28, 2024

7 a.m. Breakfast
8 a.m. Depart from Tupper Lake and drive towards Jennerstown, PA
1 p.m. Lunch in Corning, NY. (Participant additional expense)
Trip Debrief
2 p.m. Back on the road
6 p.m. Arrive in Jennerstown, PA
Participants can head for home OR
Stay one more night at the Bowersox Center, dinner would be an
additional expense for participant (eat local)