

Sequanota Adirondack Trip 2025

August 20-27, 2025

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 an 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. The second rendezvous point will be Bear Creek camp (will establish meet up time if participants from NE PA join the trip). We will pack out from the Sequanota dining hall on August 20th. Please plan to arrive between 1-2 p.m. Upon arriving in the Adirondack Park, we will camp overnight. Depending on the trip we will leave Sequanota late afternoon the 20th or early in the morning on the 21st.

The final route will be selected after consultation with the group that has registered by May/June. We will canoe 5-6 days and camp (tent, some lean-tos, or hammock) on public land. Participants can plan to paddle 4-5 hours each day. Pr. Nathan has three routes planned. They differ by level of remote travel, number of portages, and types of water. After we complete the trip, we will enjoy a few hours in a local Adirondack town for dinner and our overnight stay. Dinner will be at a local restaurant. We will leave Adirondack Park on August 27th and return to Pennsylvania.

Honest disclaimer: This is a beginner to intermediate ability trip. It is flat water 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, launch and pull out. Camping accommodations will be backcountry camping. Pr. Nathan will cook the group's meals, though participants are welcome to help. 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 camping hardships and work to overcome them. But we will absolutely help you complete this journey. We will accomplish it together!

There are a few day trips that can be added to complement the experience. The group's desires 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, participants will share in a brief reflection of the day with a Bible passage and prayers.

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 glorious trip. The cost will include usage for canoe, paddle, life jacket, portage carts, food for the canoe trip and local motel lodging (1 night). Participants can use their own equipment, recognizing Sequanota can not guarantee the safety of equipment. The group will carpool from Sequanota to Bear Creek to Adirondack Park, New York. We will seek 1-2 additional drivers and vehicles. Please consider assisting with this part of the journey.

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**Please plan an additional \$250 for participant meals during travel (2 breakfasts, 2 lunches, 2 dinners)

Cost per person: Single lodging in NY: \$900. Double lodging in NY: \$800.

Canoe, paddle, life jacket rental	\$50
Portage - Canoe carts	\$60
Food while canoeing	\$125
Traveling overnights & meals	\$65
Camping equipment & fuel	\$100
Staff, planning time & insurance	\$200
Local lodging	Single \$200; Double \$100.
Carpool gas	\$100
Total:	Single \$900; Double \$800.

**Additional \$250 for participant meals as travel (2 breakfasts, 2 lunches, 2 dinners).
Food is a little more expensive in the Adirondack Park.

Deposit at Registration: \$250/participant

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Detailed Schedule

August 20, 2025

1- 2 p.m. Arrival at Sequanota, Main Camp Dining Hall

- pack out & pack for trip
- trip safety orientation

(optional departure depending on final trip to drive to Bear Creek Camp for overnight. Possible participant additional cost for dinner and breakfast.)

5:30 p.m. Dinner out at local restaurant (participant additional cost)

7:00 p.m. Fellowship

9:00 p.m. Sleep at the Bowersox Center

August 21, 2025

6:40 a.m. Breakfast at Bowersox Center

7:00 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

6:00 p.m. Arrival in town of Long Lake, NY
Move into camp site
Dinner around the campfire
Move vehicles into public long term parking

August 22, 2025

6:30 a.m. Breakfast prep

7:15 a.m. Breakfast at campfire

9:00 a.m. Begin paddling

Trip meals will be around 6:30-8:30 a.m. - Breakfast; 11 a.m. - 1 p.m. - Lunch; 5 - 7 p.m. - Dinner. Flexibility is important depending on day's plan, weather, campsite and other factors uncontrollable by trip leader. Please plan to pack yummy snacks to hold you over in case of a delay.

11 a.m. - 1 p.m. Lunch

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Padding

- 3-4 p.m. Find campsite, 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 23, 2025

- 6:30 a.m. Breakfast prep
- 7:15 a.m. Breakfast
- 9 a.m. Canoeing

- 11 a.m. - 1 p.m. Lunch

- 2 p.m. Padding

- 3-4 p.m. Find campsite, 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 24, 2025

- 6:30 a.m. Breakfast prep
- 7:15 a.m. Breakfast

- 9 a.m. Canoeing

- 11 a.m. - 1 p.m. Lunch

- 1:00 p.m. Continue canoeing

- 3-4 p.m. Find campsite, 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

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Bedtime at your choice

August 25, 2025

6:30 a.m. Breakfast prep
7:15 a.m. Breakfast

9 a.m. Continue canoeing

11 a.m. - 1 p.m. Lunch

2 p.m. Paddling

3-4 p.m. Find campsite, 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, 2025

6:30 a.m. Breakfast prep
7:15 a.m. Breakfast

9 a.m. Canoeing to pull out

11 a.m. - 1 p.m. Lunch at Boat launch and

1 p.m. Pick up to vehicles

2:30 p.m. Tour local town

4:00 p.m. Check into evening lodging
6:30 p.m. Dinner and fellowship at a local restaurant (participant additional expense)

9 p.m. Retire as participant decides

August 27, 2025

7 a.m. Breakfast
8 a.m. Depart and drive towards Jennerstown, PA

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- 1 p.m. Lunch in PA/NY border area. (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)

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Camp Equipment:

Bear canisters (5-6)
Waterproof bags (various sizes)
Camping Trowel - Zip lock and TP x2
Water purifiers and new filters and backup - iodine tablets
Coleman stove (x2), funnel and fuel - in separate ziplock bags
Cooking pot, frying pan, water pot
Brillo pads
Sanitizing tablets
Laundry detergent for the outside of pots
Cooking utensils
Plate, cups, silverware
Paddles (one per participant plus a few extra)
Trash bags
Duct tape
Hiking bells - x2
Bear spray - can
Wilderness First Aid Kit
Biodegradable soap
Portage carts - one per canoe
Extra parts for holding wheels on
Solar charger
Solar charger battery pack
Sharp knives x3
Cutting plastic board
Coolers/crate
2 throw ropes
Life jackets - one per participant (1-3 extra)
Canoes with permits
Whistle for leaders
Matches - in waterproof containers
3 Dish pans for washing - wash, rinse, sanitize
Coolers and packing crates for transport
Copy of participant health forms
Copy of trip procedures
Ziplock bags
Aluminum foil
Heavy duty plastic reusable containers
Ice - in plastic containers frozen hard in walk in freezer
Coins to open bear canisters

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Maps & Compass

Personal: (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 (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 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+)
Light weight sleeping bag
2 Plastic water bottle (at least 1 qt. each)
Insect Repellant
Backpack or waterproof bag to carry stuff (optional) (might like backpack with trash bags to help keep things dry.)
Spoon
Plastic cup (able to hold boiling water)
Separate bag to pack for overnights while not canoeing (first night and overnight at motel in ADK, bag will remain in vehicles) - pack clothing and toiletries.
Ground pad or backpacking air pad
Ropes, ratchets 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 and a bag to keep it 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

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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Menu options: trip participants will provide input into food preferences in planning weeks before departure.

Breakfast- Eggs (cracked into a Nalgene), Bacon (shelf stable), Pancakes, Oatmeal, Poptart, Apple sauce. Syrup, butter, Tang

Lunch- Meat, Cheese and crackers, Cold cuts wraps, dried fruit, fruit, GORP, Squeeze cheese, granola bars

Dinner - Tacos, Tuna Fish and Noodle, Dinty Moore Beef Stew, S'more roll up, ramen soup with chicken chunks, onions, carrots and celery cut up, Fruit punch mix, Lipton dry tea mix, Foil pack meals - potato, hamburger, carrots, cheese, ketchup, etc., ABC Goulash, Shrimp gumbo

Salt and pepper

2025 lodging options:

2025 meal options:

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Past Lodging and meal options:

Lake Pleasant Lodge, Speculator, NY. 518.548.5253. \$180+ per room/night

Saranac Lake -

Sunday Pond B & B - 8 beds; \$366 for the whole house. 518.891.1531

Cochran's Cabins & Kiwassa Lake Suites, near Lake Saranac; 518.891.5721; \$300/.
cabin/night

Franklin Manor, 8 Franklin Ave.; \$250-300/room. Individual room. 315.869.5624

Wyndham, 250 Lake Flower Ave.; \$400/2 queen room. In village.

Hotel Saranac, 100 Main Street; \$300/2 queen room. In village

Gauthiers Saranac Lake Inn, 488 Lake Flower Ave.; \$335+/village side room

Traverse Lodge, 644 Lake Flower Ave.; \$250/room (2-3 guests per room)

Best Western, 487 Lake Flower Ave., Saranac Lake - near Sara-Placid; \$250/room

Sara Placid, Sara Placid Road - in town; \$145-207/room

Blue Line Brewery - Dinner and drinks (Pizzas, pub grub, wings, salads, sandwiches;
\$10-20 for a meal.)

Bitters & Bones - restaurant

Tupper Lake

Park Motel and Cabins, 336 Park St - 805.770.0202; \$125-150/room/night (2 beds)
Text: 315.566.5787

*Trailhead, 314 Park St. - 518.359.3384; \$200/room/night (2 beds)

Tupper Lake Motel, 255 Park Street. 518.359.3381

Northwood Cabins, 2775 Route 30. 518.359.9606; Gas grills

Red Top Inn, 1562 Route 30. 518.359.9209 \$100/motel room/night

Over the top experience - The Point - all inclusive resort