

# Accessible Recreation near The Hedges on Blue Mountain Lake

## (with good ideas for anyone planning a side trip!)

Remote locations and the nature of the wilderness mean that conditions at these sites are changeable and also more difficult than in an urban/suburban environment. The notes try to point out places which are easier to use, but sturdy mobility aids and some assistance may make the experience better.

Remember to practice "Leave No Trace" and carry the "10 Essentials" when in remote areas, even with a car.

Many towns and communities in the area also have free public beaches and boat launches with accessible facilities.

### NYS On-line resources:

**NY DEC info Locator** – Interactive map for DEC roads, trails and MAPPWD routes (permit roads for handicap vehicles).  
<https://www.dec.ny.gov/pubs/109457.html> , <https://gisservices.dec.ny.gov/gis/dil/>

**NYDEC Accessible Recreation** page-Links to destinations by county and DEC contacts for motorized vehicle permits, licenses and more information. <https://www.dec.ny.gov/outdoor/34035.html>

Or contact Holly Kneeshaw NYS DEC Region 5 Office 232 Golf Course Road Warrensburg, NY 12885, 518-623-1223

### Destinations:

**John Dillon Park**- [www.paulsmiths.edu/johndillonpark](http://www.paulsmiths.edu/johndillonpark). This unique park's mission is to offer free camping for the disabled community and their friends and families. The park is managed and staffed by Paul Smith's College. The well-designed trails are also open for day use.

**The Adirondack Experience**- [www.theadkx.org](http://www.theadkx.org). A museum of the culture and history of the Adirondacks. Buildings and most of the grounds are wheelchair accessible.

**The Wild Center**- [www.wildcenter.org/visit/plan-a-visit/accessibility](http://www.wildcenter.org/visit/plan-a-visit/accessibility). An expansive nature center with many indoor and outdoor exhibits. Some trails wheelchair accessible. Reservations required 2021 season.

**Raquette Lake Navigation**- [www.raquettelakenavigation.com](http://www.raquettelakenavigation.com). 315-354-5532. Scenic and dinner cruises. Dining room is wheelchair accessible (non-motorized), bathrooms are not. Contact in advance if someone uses a wheelchair or has other special seating needs.

**NYS Campgrounds:** All offer grills and picnic areas, boat launch, swimming and restrooms. Fees for day use.

Lake Durant- [www.dec.ny.gov/outdoor/24473.html](http://www.dec.ny.gov/outdoor/24473.html) virtual tour- <http://www.nystateparkstours.com/dec/lakedurant>.

Lake Eaton- [www.dec.ny.gov/outdoor/24464.html](http://www.dec.ny.gov/outdoor/24464.html) virtual tour- <http://www.nystateparkstours.com/dec/lakeeaton>.

Golden Beach- [www.dec.ny.gov/outdoor/24468.html](http://www.dec.ny.gov/outdoor/24468.html) virtual tour- <http://www.nystateparkstours.com/dec/goldenbeach>

**Moose River Plains Wild Forest:** Enter from the west via Limekiln Lake Rd. or east via Cedar River Rd.

*Note: Moose River Rd. through the forest is seasonal, rough in places and slow going.*

A wonderful remote backcountry area which contains a significant amount of accessible infrastructure, including trails and privies, to provide access to ponds and campsites.

**Roadside Campsites**- with compacted stone dust surfaces, accessible privies, picnic tables and fireplaces, and hardened tent pads. Campsites are available on a first-come, first-served basis and cannot be reserved.

Site 1 at Cedar River entrance

Site 7 on Limekiln Lake-Cedar River Road, 6 miles west of Cedar River entrance

Site 34 on Limekiln Lake-Cedar River Road, 9 miles west of Cedar River entrance

Site 66 on Limekiln Lake-Cedar River Road, 0.5 mile north of Otter Brook Road intersection

Site 73 on Limekiln Lake-Cedar River Road, 0.9 mile east of Rock Dam Road intersection

Site 90 off Otter Brook Road near Beaver Lake access road

Site 119a on Rock Dam Road, 0.5 mile from the Limekiln Lake-Cedar River Road

Site 130 on Rock Dam Road, 2.5 miles from the Limekiln Lake-Cedar River Road

(Below are sites for fishing and non-motorized boating. Remember to disinfect boats and gear before launching!)

**Helldiver Pond Trail** has a 0.4-mile accessible path which leads to an accessible campsite and an accessible hand launch. The campsite includes an accessible picnic table, fire ring and pit privy. A hardened path from the campsite meanders one-tenth of a mile through the forest to the shore of the pond. An accessible wooden dock located there can be used for fishing or launching a canoe or kayak. Parking is available at the end of Helldiver Road right near the accessible campsite.

**Icehouse Pond Trail** has a 0.4-mile accessible path which leads to an accessible campsite. The campsite includes an accessible picnic table, fire ring and pit privy. A short hardened path leads to the shore of the pond. Parking is available at the Icehouse Pond trailhead.

**Cedar River Flow** has an accessible fishing pier and shoreline fishing area at the dam. A designated accessible parking space is available for each. The accessible campsite at Site 1 is nearby.

**Wakely Pond** Accessible Hand Launch and Fishing Dock are located right off the Cedar River Road

**Bog River Complex:** South from Tupper Lake on Route 30.

**Horseshoe Lake Site** (Route 421) has an accessible fishing pier and two accessible campsites (#7 and 8), one for a camping trailer. Both have an accessible surface, picnic table, tent pad, and fire ring and they share an accessible privy.

**Bog River Picnic Site** (Route 421) has an accessible parking space, picnic table, fireplace and privy. The picnic site is in Tupper Lake at the Bog River Falls. The surface of all features is suitable for use with mobility devices.

**Goodman Mountain Trail** (Route 30) is only partially accessible and also has an accessible parking area and kiosk. The first 1400' of the 1.6-mile long trail to the summit of Goodman Mountain is accessible. The surface of the trail is rough blacktop, as a portion of the trail is on an old roadbed to Tupper Lake. The grade reaches 10% in some locations, but level resting areas are provided along the way. The accessible portion of the trail ends overlooking a small woodland stream. The rest of the trail to the summit is a foot path.

**Tupper Lake boat launch** (Route 30) has accessible parking, accessible privy and paths to boat ramp loading docks and separate hand launching dock.

**Moss Lake Campsites:** 2 miles along Big Moose Rd. out of Eagle Bay. There are a number of popular tent campsites (some accessible) and a natural sand beach.

It's hoped that this list encourages those with mobility issues to more confidently explore other areas of the region with their family and friends. Do "plan before you go" by visiting the websites mentioned, calling the NYS DEC or intended destination, and picking up a copy of the paper maps (cell service can be spotty) from National Geographic for the area (Number 744 and 745 cover the sites mentioned here and are available in many local shops.)