



adirondacks, usa

Adirondack Mountains - Easy Vacation Destination, So Close for So Many

The lands and waterways of the Adirondack Mountains in upstate New York are an outdoor-lover's paradise. The region offers some of the best opportunities for outdoor recreation in a beautiful, natural setting; it is within a day's drive for 25% of the entire North American population, making it an easy vacation destination for so many.

The Adirondacks are filled with natural beauty, packed with opportunities for outdoor adventure and rich with history. It comprises over 6 million acres, nearly half of which is public land, accessible to everyone. In addition to the mountains, there are numerous open spaces, thousands of miles of hiking trails, over 3,000 ponds and lakes, and more than 30,000 miles of rivers, streams and brooks. Charming towns and villages dot the landscape, with beaches, quaint shops, restaurants and attractions.

The Adirondacks are home to the highest mountains in the state with many rising to well over 4,000ft. This includes Mount Marcy, the highest mountain in New York at over 5300ft. Visitors to the high peaks region enjoy some of the most beautiful views in the country; their commitment to the care of the region underscored by their willingness to hike responsibly by "leaving no trace" of their visit. The [LoveYourAdk](#) website shares tips, answers questions and offers additional information about planning a hiking trip in the Adirondacks.

Most outdoor activities in the Adirondacks are not limited to one particular season. Outdoor enthusiasts can often take part in their favorite activities year-round, in different parts of the region, ensuring that they can experience a variety of terrain and ever-changing vistas. Outdoor activities include: paddling, mountain biking, camping, hiking, downhill and cross-country skiing, snowshoeing, rock and ice climbing, with many of the activities taking place throughout all seasons.

The culture of the Adirondacks is on full display within the small towns that comprise the region. Many towns and villages, established hundreds of years ago, welcome visitors with attractions, restaurants, unique shops, beaches, farms and events. While these villages currently provide visitors a glimpse into the unique nature of the region, their historical significance cannot be overstated. The Adirondacks provide history buffs with many opportunities to explore and learn about the history of the area, along with history about the early days of the United States.



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Other Adirondack activities and background of note:

Astrotourism

The Adirondack region boasts very little light pollution, relatively low humidity, and elevation – all important factors for viewing the stars. The Bortle scale, a nine-level scale that quantifies light pollution, used to measure the darkness of the night sky, rates most of the Adirondack region as a class 2 - a “typical truly dark site.” (Big cities are typically rated a 9.) The cool, clear Adirondack air during the fall and winter months allow for enhanced viewing, since there is much lower humidity.

Origin of the “vacation”

The word “vacation” came into existence when the Adirondack region became a popular destination in the early 12800s, as wealthy people would “vacate” the stifling heat of the city and travel to the Adirondacks, where the air was cool and clear.

- The communities along Lake Champlain, along with many in Hamilton County, were established due to these “vacations”.
- Many Great Camps were built by the Rockefeller, Durant, Post and Carnegie families - and many are still in use today.

Agritourism

The region has a number of farms, especially in the Lake Champlain region that supply local families through CSA arrangements, along with local restaurants - making “farm-to-table” options very popular. The region is also becoming known for its microbreweries, located in many of the region’s communities.

Regions within the Adirondack Park

Within the Adirondack region there are a number of somewhat distinct sub-regions, each with a unique personality.

- The Lake Champlain, Hamilton County, Adirondack Hub, Lake Placid/High Peaks, and Whiteface regions, along with the communities of Saranac Lake and Tupper Lake boast unique events, attractions, unique recreational opportunities and opportunities to visit some of the less-traveled areas in the park.