



adirondacks, usa

The Adirondack region in upstate New York is a premier destination for paddling. With more than 3,000 lakes and ponds, and 30,000 miles of rivers and streams, the Adirondacks offers a lifetime of paddling destinations to keep you exploring on the water for a very long time. The region offers exciting trips for the novice, intermediate and advanced paddler with remote multi-day camping options or stunning day trips. And even for less experienced people, a day trip with a paddling guide is one of the best ways to enjoy the spectacular scenery in the Adirondacks.

3 New Paddling Challenges

Hiking challenges around the country are nothing new, but paddling challenges are a fresh take on the idea. Paddling challenges offer an exciting way to encourage people to explore waterways and try a new sport. Few places in the United States provide paddle challenges, and the Adirondacks have three. The three challenges are in Saranac Lake, Schroon Lake, and Tupper Lake, and they are all comprised of three routes and offer patches upon completion. All the routes are beginner and family-friendly, and more experienced paddlers can enjoy the routes. For those looking to elevate the challenge, paddlers can complete all three routes in one day as part of the Ultra.

[Saranac Lake Paddle Challenge](#) - In June, a new paddling challenge is coming to Saranac Lake to help kick off [Celebrate Paddling ADK](#) month. The route covers 19 miles of the esteemed Northern Forest Canoe Trail, the longest inland waterway in the United States. You will experience some of the best paddling in the area, all within easy access from downtown Saranac Lake. The routes have many highlights, including opportunities for island camping, boating locks between Lower Saranac Lake and Oseetah Lake, and a combination of lake and river paddling.

[Schroon Lake Paddling Challenge](#) - The Schroon Paddle Challenge was created to celebrate the 50th anniversary of the Environmental Protection Agency's Clean Water Act and Adirondack Water Week in early August 2022. All of the paddles are around 4.5 miles (one-way), so you can either set up a shuttle for a one-way trip or paddle back to your starting point.

[Tupper Lake Paddling Triad](#) - The Tupper Lake Paddling Triad was established in 2020. The triad comprises three paddling routes and combines winding creeks and rivers with the expansive lakes of the Tupper Lake area. Two routes are 3.25 miles one-way, making it an approachable objective for families. The third route is 7.25 miles on the Raquette River, so while the trip is longer than the other two, the current will assist you.