



adirondacks, usa

## **Adirondack Mountains - Beach vs mountain vacation destination**

Do you prefer a beach vacation or a mountain vacation? It is time to settle that age-old debate; and the Adirondack region of upstate New York can help you decide. Even better, there may be no reason to choose.

The region is home to hundreds of mountains - including the 46 highest mountains in the state (known as the “high peaks”); it also boasts 3,000 ponds and lakes, with plenty of beaches.

The region’s lakes provide hundreds of miles of shoreline, many boasting sandy beaches on which to sunbathe, play, relax and explore. The freshwater lakes are clean and cool, fed by rivers and streams - perfect for a refreshing dip, a paddling adventure or simply relaxing on the shore.

The same rivers and streams that lead to the lakes also offer popular (and sometimes) hidden swimming holes with cool, fresh water often cascading over waterfalls and flowing through the twisted path carved over many years. Local residents can offer friendly advice regarding the best swimming holes in their towns - they are often happy to share information about their favorite spots.

If you’re not a beach vacation fan, the Adirondack Mountains may provide exactly what you crave. The region’s high peaks offer exceptional hiking challenges while some of the lower-elevation mountains allow those who are new to the sport the opportunity to develop and enhance their mountain skills. Many of the lower-elevation hikes are nestled among the high peaks, making for spectacular views with much less effort.

In all cases, one of the most beautiful things about the region is the proximity of the lakes to the mountains. In fact, they are as close as can be imagined. Many mountains have lakes along the trail to the summit, with rivers and streams also flowing along the trail. Many lakes in the Adirondacks are ringed by mountains that appear to rise right out of the water. As people sunbathe on an Adirondack beach, they are also soaking in the spectacular mountain views. As people hike the mountains, they discover mountain lakes along their journey.

Throughout the Adirondacks, there are hotel properties and resorts that offer both lake and mountain views - no need to decide - visitors can have both. Please don’t hesitate to reach out if you’d like any additional information about beach and mountain vacations in the Adirondacks.

