

BERRY TREASURE BACKROAD BIKE BLISS WORST-CASE SCENARIOS

TRAIL OF BEERS CAST YOUR TROUBLES AWAY LEAVE NO CHILD INSIDE

# ADIRONDACK

## L I F E

# 2008

## ANNUAL GUIDE TO THE GREAT OUTDOORS

US \$5.95 / CAN \$6.95

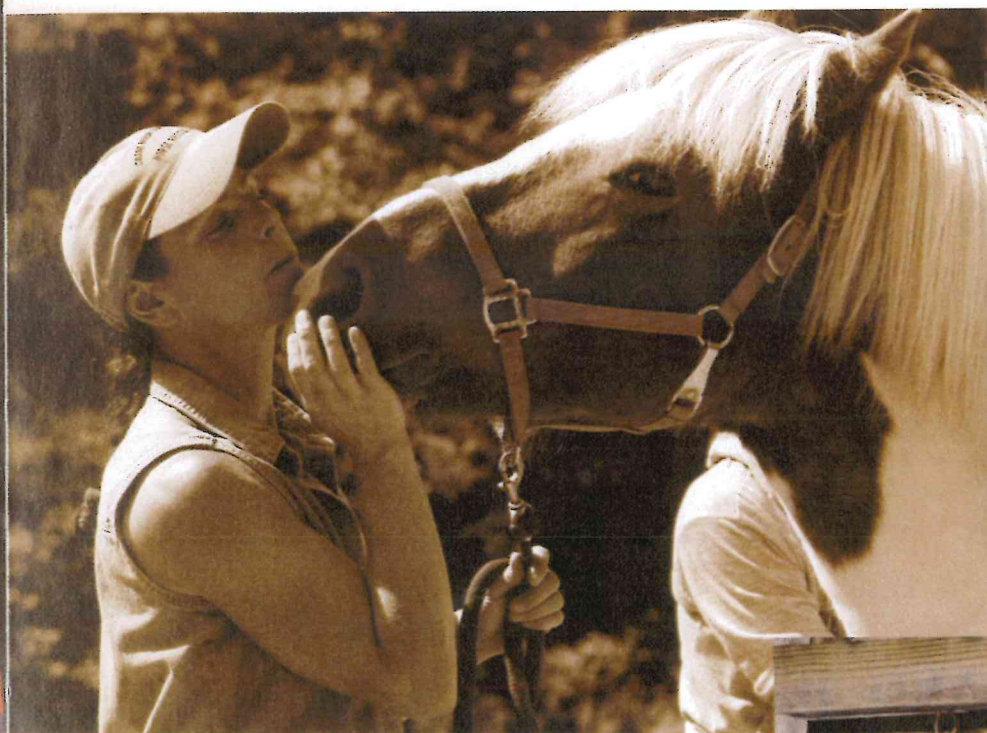


SCRATCH AND SNIFF: SKUNKS, PORKIES & POISON IVY

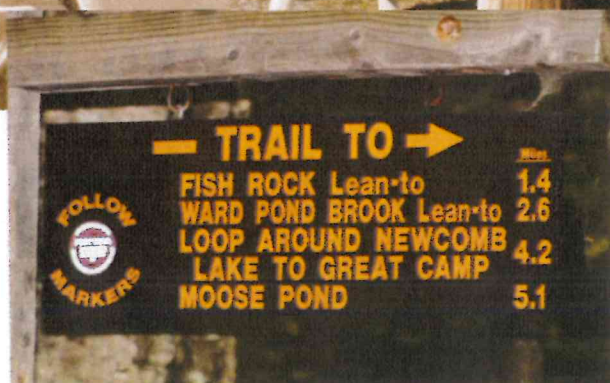


# SANTANONI BY SADDLE

THIS CAMPING ADVENTURE IS MORE THAN  
JUST HORSING AROUND



Left to right: Nancy Van Wie bonding with Starri, one of the author's two Icelandic horses. A Department of Environmental Conservation sign points the way to the Santanoni Great Camp and surrounding trails. The author with Starri, who shares the load. Starri and Stigandi graze while a camp meal is prepared. Riding along a wooded trail in the Santanoni Preserve. Photographs by Melody Thomas (5)





BY ELISABETH WARD

## IS THERE ANYTHING BETTER THAN NESTLING INTO A TENT UNDER AN ADIRONDACK SKY FRAMED BY PINES, THE REMNANT OF WOOD SMOKE CURLING ABOVE YOUR SLEEPING BAG, AN OWL CALLING ACROSS THE SOUGHING WIND, A DOZING DOG WARM AGAINST YOUR LEGS?

Yes. Add this: you snuggle down, roll onto your side, ear almost to the ground, and hear the soft tread of your horses as they graze nearby. A night under the Adirondack stars, or even clouds, is a primal experience. The presence of a horse, nearly as primal, heightens that sensation.

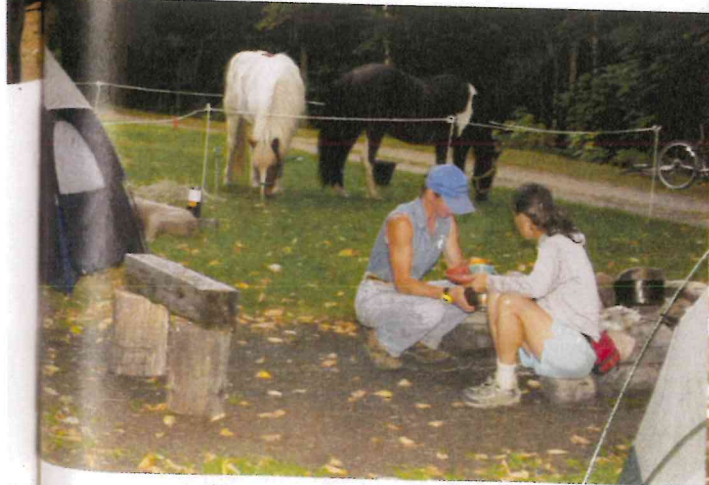
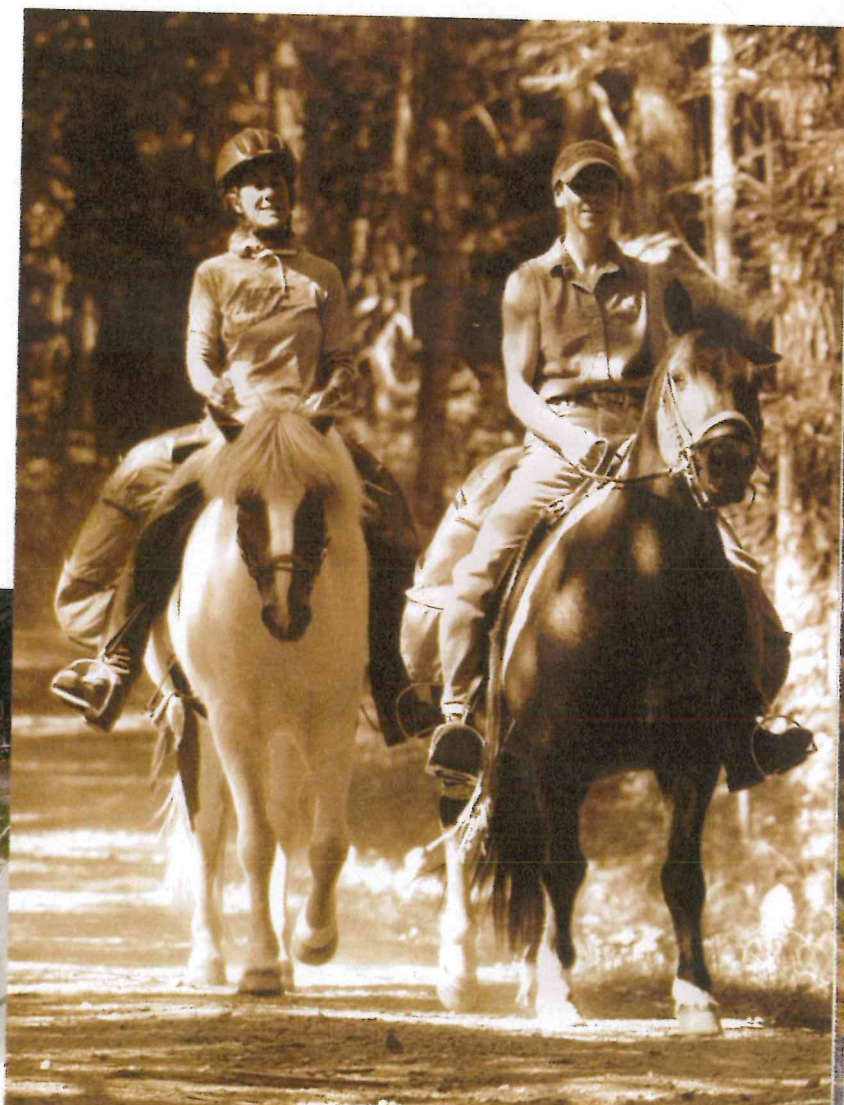
Envisioning this pioneer scene—and an ideal intergenerational vacation—I planned a horse expedition to Santanoni Preserve, in Newcomb. The trip would accommodate grandchildren for whom a ride of more than 20 minutes would be 10 minutes too long. They could maintain contact with horses by riding aboard one of High Peaks Stables' two Percheron-drawn wagons, which transport travelers and gear five miles into the preserve, where motorized vehicles are prohibited. The youngsters could explore a Gilded-Age Great Camp while we riders set up our tents.

Instead of my extended family (aligning summer plans isn't easy) a much smaller party joined me on the Newcomb Lake trail shortly after Labor Day: Nancy Van Wie, a kindred spirit with built-in horse sense; my two geldings, Starri and Stigandi; and my two Weimaraners.

We took a leisurely pace. My horses are Icelandics, which means they are calm, friendly, curious, adaptable and sure-footed. Burdened with camping equipment, they trekked deliberately along the pleasant path. (Once camp was set up there were plenty of opportunities for trotting, cantering or for the Icelandics' signature gait, the tölt—a running walk of exceptional smoothness.) The trail contains one section of fairly sharp rocks that caused discomfort to Starri, even with his new shoes, though it didn't bother the more macho Stigandi. The only thing that bothered him was an encounter

on our outbound ride with one of the wagons, packed with passengers and a canoe, when a swinging buckboard surprised him into veering off the trail for a better look.

The ride into Santanoni's campsites is along a mostly wooded, wide and well-cleared trail that was once a wagon road. Neat stone bridges are reminders of the gracious living at the historic camp, where fine carriages drawn by matched teams were the order of the day. Now the lovely path with its architectural relic brings in hikers, mountain bikers, horseback riders and cartloads of tourists who share the route amicably. A high, relatively long, wooden bridge with graceful metal railings crosses from the mainland to the island, where Santanoni Great Camp and its





rustic outbuildings hug the shoreline at trail's end. Since the campsites there don't cater to horses, we avoided the bridge and continued along the south shore of Newcomb Lake.

Water is available along the trail where a stream cuts under the turnoff to Moose Pond. We dismounted to make it easier for the heavily laden horses to maneuver the downslope and also took them to one of several places on the shore of Newcomb Lake accessible to thirsty horses. A loon took interest in our party as the animals drank, calling and drifting toward us across the morning-misted lake.

The day before we arrived, the team of white Percherons, driven by Doug Alitz, delivered to our campsite—instead of children—a bale of hay, two water buckets and a portable electric fence. The battery-powered line with its fiberglass uprights proved indispensable, allowing the horses to graze the open hillside above Newcomb Lake. Near our campsite, down a slight dip and in the trees, were hitching rails, but they were beset by a multitude of biting insects.

Nancy exudes such calm comfort that a mouse settled upon her lap as we ate supper. Our vegetarian cooking didn't offer much interest for a carnivore, but this sign of wildlife encouraged us to string the dog food from a high limb using a 20-foot rope. (Come morning we learned the mouse did not stray far from Nancy's lap, but slept in a pack among the potatoes and apples.)

**STEPPING BACK IN TIME TAKES TIME.** Traveling with horses today is filled with obstacles unimaginable a century ago.

We'll start with the horses. I am fortunate to live on a farm, but the very pressures of the 21st century that push us into the wilderness often prevent us from owning horses instead of cars. Even for those of us who do own these animals—and are therefore limited in vacation opportunities by chores—daily rides, or even trekking from farm to farm or inn to inn, are not the same as camping in the woods. These longer rides are, however, necessary in pre-trip conditioning.

I began acclimating my horses for camping by setting up a tent and sleeping beside their pasture fence. Stigandi's initial surprise did not keep him from trying to chew on a flap. He and Starri quickly accepted the concept of people, and dogs, disappearing and reappearing through this peculiar soft and billowing cave.

A friend with many years of horse camping experience loaned me his horse packs, which, on my Santanoni trip, proved as indispensable as my other friend's portable electric fence. These were not saddlebags, but tied behind the saddle and hung along the horses' flanks. Each long nylon or canvas sack can hold a tent, sleeping bag, change of clothing, kitchen gear and food, plus first-aid/repair kits for horses, people and tack. I practice-packed the horses back at the barn.

The horses' vet suggested I make sure thunderstorms wouldn't send them into panic, so as the spring sky darkened and the wind swirled with the weight of rain, I rushed to my barn, bargaining in during a simultaneous flash of lightning and crash of thunder. I startled Stigandi, who raised his head from the hay he munched only long enough to see that I was all right. Starri, the pasture boss, stood outside leaning into the wind and

soaking up what rain didn't blow past him. As subsequent storms proved this response to be the norm, I stopped bargaining in.

Be sure your horses are not afraid of fire. Most are smart enough to recognize that smoke keeps bugs at bay and are happy to follow it. Loading and unloading trailers might also require training or, at the least, review.

Most well-trained horses, especially those accustomed to being trailered, will stand quietly when

*(Continued on page 85)*

## TO THE TRAIL



The Adirondack Park offers many miles of routes open to horses and two styles of camping: backcountry trails like Santanoni and those accessible to trailers outfitted for camping. The latter allows campers to wait out inclement weather indoors; horses can be tied or staked directly to the trailer. Camping in this fashion requires no packs, so riders are free to spend their days in the saddle at any gait the terrain permits. The following is a sampling of both types of trails within the park:

### BACKCOUNTRY

**Cold River horse trails**, out of Coreys, include difficult 13- and 32-mile dirt routes, and connect with the easier Moose Pond, Raquette Falls and Santanoni trails. There are a few lean-tos.

**Pharoah Lake Wilderness Area** has 12 miles of trails, including the 5.8-mile Sucker Brook trail and the 6.5-mile ride around Pharoah Lake.

**The Ward Brook trail**, also out of Coreys, is a lovely, soft route very much like the one to Moose Pond, with which it connects in Newcomb.

### TRAILER-ACCESSIBLE

**Meacham Lake trails**, three miles north of Paul Smith's College. Ten miles of trails that are generally wide and well maintained with good footing; horses should be able to take crossing a bridge in stride.

**The Lake George horse trail system** on the old Knapp estate, west of Fort Ann, has 41 miles of carriage roads. Lean-tos are also available.

**Luzerne Campground**, off Northway Exit 21, has corrals and standing stalls, but pre-paid reservations are required; call a couple of months ahead. Five miles of trails on state land connect to an extensive network on private land.

**Otter Creek in Lewis County** offers more than 50 miles of well-maintained trails along a mix of open and forested lands, with picnic and camping accommodations for people and horses.



Continued from page 71

tied. If you don't have access to portable fencing, it's best to practice tying for long periods of time. A picket line might serve better than the hitching posts, especially with a larger group. Tying horses directly to trees is discouraged, but a picket line between trees does not create the wear and tear on the bark or churn the ground around the roots. The line also offers companionship for the horses at safe distance from one another. (Horses, like dogs, cats and children, bicker.) Advance work on the animals' acceptance of your form of restraint is a must.

Also, many Adirondack paths have bridges, so it's a good idea to train your horses to cross them before venturing out.

### HORSE CAMPING AT SANTANONI

Two Newcomb stables offer horse-drawn wagon service at Santanoni Preserve: High Peaks Stables (518-582-2260) and Kenny Helms (518-582-4191). Both will transport parties of up to 10 (children and dogs must be accompanied by adults), and any assortment of equipment not easily packed onto the back of a person, horse, dog, mule, donkey, goat, llama or bicycle. The wagons require advance notice. For those who would rather sleep under a roof and explore the trails by day, Aunt Polly's Bed & Breakfast (518-582-2260; [www.auntpollysbb.com](http://www.auntpollysbb.com)), in Newcomb, provides a corral and trailer parking with its rooms.

### YEAS & NEIGHS ON THE TRAIL

- > Sign in and out at the trailhead.
- > Set up camp at least 150 feet from any water source.
- > Be respectful of others on the trail.
- > Don't go alone.
- > Groups of 10 or more, and all organized rides or events, must call 518-457-2500 to register in advance with the Department of Environmental Conservation (DEC).
- > Campsites are on a first-come, first-served basis, so sharing may be necessary at some of the facilities with stalls. Phone ahead to be sure your destination is open.
- > The DEC requires a negative Coggins test for equine infectious anemia; the



Normandie Beach Club, a resort for young and old on the shores of Lake Champlain in Westport, New York. Dedicated to please, where Happiness and Joy are our main product. Stay for a night or weeks at a time. Continental cuisine. Lounge by the pool or lie on our 1000 feet of waterfront. Restaurant open to the public.

• Tennis • Golf (1 mi.) • Waterski/Wakeboard • Canoe • Kayak • Rowing • Beach • Pool • Sail • Windsurf

~ A comfortable place for comfortable people ~

96 Furnace Point Lane, Westport, NY 12993  
(518) 962-4750

[www.normandiebeachclub.com](http://www.normandiebeachclub.com)



KEENE, NEW YORK

**DARTBROOKLODGE.COM**  
RUSTIC COMFORT IN THE HEART OF THE ADIRONDACK HIGH PEAKS - 518.576.9080

### SANDY POINT MOTEL

A deluxe lakefront motel with private patios.  
Efficiencies • Wireless Internet Access



**Fodor's**  
All Color CATV  
Private Beach  
Boat Rentals

Owner-Managed  
**ART and CARMELLA LYONS**  
**518-624-3871**

[www.sandypointmotel.com](http://www.sandypointmotel.com)  
e-mail: [sandypoint@frontiernet.net](mailto:sandypoint@frontiernet.net)  
Rte. 30, Long Lake, NY 12847  
(In the heart of the Adirondacks)

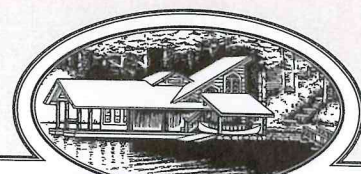


### GREEN HARBOR MOTEL & COTTAGES



Ken & Ellen Schaeffer  
Box 235, Route 30, Long Lake, N.Y. 12847

[www.greenharbormotel.com](http://www.greenharbormotel.com)  
For Reservations  
1-800-845-LAKE (5253)



### WHITE PINE CAMP

#### AN ADIRONDACK "GREAT CAMP" Cabin Rentals

Enjoy a quiet retreat, romantic getaway, or family vacation in a beautiful setting on secluded Osgood Lake. Distinctive lakeside cabins with fireplaces, living/dining area, 1-3 bedrooms, kitchen and full bath. Year-round. Swimming, boating, hiking, cross-country skiing. 10 miles to Saranac Lake.

— Celebrating 100 Years! —



### WHITE PINE CAMP

P.O. Box 340, Paul Smiths, NY 12970  
518-327-3030

Website: [www.whitepinecamp.com](http://www.whitepinecamp.com)  
E-mail: [info@whitepinecamp.com](mailto:info@whitepinecamp.com)



NEW YORK STATE



# THE MORIAH BUSINESS PARK

Essex County, New York State



- Located 11 miles to I-87
- Businesses may qualify for **Empire Zone program**
- Lots 3, 4, 5, & 6 **pre-permitted for immediate construction**
- Municipal water and sewer (Town of Moriah) services on-site
- High speed internet access, fiber optics & 3-phase power available at park
- Road infrastructure



A healthy place to  
grow a business

A healthy place to  
grow a family

A healthy place to be

For more information:

[www.essexcountynyida.com](http://www.essexcountynyida.com)

Tel: 518-873-9114 / Fax 518-873-2011

## SANTANONI BY SADDLE

test is good for two years but does require some lead time for the lab results to come back.

> Riders should dismount, if necessary, to better control horses.

> Don't tether horses to live trees.

> Cleaning up after your horses is a given at crowded sites, but may not be possible in the High Peaks. There, a general spreading and/or partial removal of manure away from the campsite reflects decency toward the next campers.

> Finally, the DEC requires that sick, injured or unruly animals be removed from public campgrounds and trails.

> For more information visit the DEC Web site: [www.dec.ny.gov](http://www.dec.ny.gov).

## THINGS TO BRING

### For Horses

- > Vet's phone number
- > Current Coggins report
- > Hoof pick
- > Bug dope (I mix Skin-So-Soft and a bit of vinegar in a small spray bottle. As Icelandic are susceptible to bite-induced eczema I include a tube of herbal salve to cover open scratch marks.)
- > Ace bandages and a couple of sanitary napkins to wrap gashes
- > Disinfectant (hydrogen peroxide is sufficient for short trips for both people and animals)
- > Rubber curry mitt, which requires less space than a brush and works just as well for sweat and trail dust
- > Clean hand towel for washing wounds or eyes irritated by dust or abrasions
- > Bute (butazolidin) in case of injury-induced swelling
- > Two strong 20-foot ropes
- > Fly sheets, fly masks in season
- > Some riders recommend equine rain gear, an embarrassment to an Icelandic

### For People

- > Riding helmet
- > Bug dope and sunscreen
- > Band-Aids, gauze and an Ace bandage, tweezers, needle
- > Vaseline
- > Pain reliever
- > Rain gear can be worn or used for first aid in wrapping

### Adirondack Life Peanut Butter Pack

From our friends at Saratoga Peanut Butter Company: a pair of delicious and healthful spreads in a burlap sack. Maple peanut butter is made with local syrup as well as honey and vanilla; Adirondack Jack combines peanut and almond butters, plus flaxseed, sunflower seeds, cranberries and honey.

2 16-oz jars PB 26S \$25.00

### Adirondack Life Peanut Butter Sampler

These tasty treats from Saratoga Peanut Butter Company are the right size for your backpack. Four delicious, healthful spreads in 8-ounce jars: Chillin Chocolate (dark chocolate PB), Blizzard Butter (white chocolate PB), Monkey Boy (banana PB with raisins) and Maple. Burlap sack makes a great gift; unbreakable jars are perfect for any adventure. SB 04P \$25.00

**ADIRONDACK LIFE**

Shipping & Handling included. See page 125 for order form & information.  
For more products call 800-328-4461 or go to [www.adirondacklife.com](http://www.adirondacklife.com)





**Quarriers of  
Natural Building  
& Landscaping Stone**

8986 US Route 4, Whitehall, NY  
(518) 499-0602 p/f  
[www.adirondacknaturalstone.com](http://www.adirondacknaturalstone.com)

*"Real Stone...  
Nature's  
Elegance"*



ADIRONDACK  
NATURAL STONE

## SANTANONI BY SADDLE

### For Tack:

- > Leather thongs in varying lengths and strengths
- > Leatherman or other knife-tool combination
- > Baling twine

### STABLES

For a taste of backcountry riding, several stables offer a wide variety of trail rides:


**Bennett's Riding Stables** (518-696-4444), in Lake Luzerne, open year-round, has been in business continually since 1942. Larry and Bonnie Bennett conduct hour-long rides on the Lake Luzerne trails, as well as dinner rides, and half-hour rides for youngsters. They hope to start offering overnight trips again soon.

**John Evans at Adirondack Saddle Tours** ([www.adkhorse.com](http://www.adkhorse.com); 877-795-7488), in Eagle Bay, near Old Forge, offers guided rides of up to five hours to Cascade Lake, Cascade Falls and Moss Lake. Trips often include a BYO lunch for the riders and a swim for both riders and horses.

**Loon Lake Stable** (518-494-5168), in Chestertown, directly across from the lake, offers one-hour rides for ages six and up, half-hour rides for those younger or much older, and is open daily during summer, and weekends until school's out.

**Circle B Ranch** ([www.circlebranch.net](http://www.circlebranch.net); 518-494-4888), at Friends Lake, in Chestertown (turn left before reaching Loon Lake), is open daily Memorial Day through Labor Day and on weekends year-round for one- to three-hour trail rides for those seven and over; children under six stick with the pony rides. Reservations encouraged.

**Flatrock Mountain Ranch** ([www.flatrockmountainranch.com](http://www.flatrockmountainranch.com); 315-369-2657), in Old Forge, is open daily in summer for trail and pony rides. Open weekends in fall and by reservation in winter or during the week in fall. 🌿




Preserving  
the  
Craftsmanship  
of a  
bygone Era

Wooden Boat Specialists  
Antique • Classic • New

- Custom Designs
- Replicas
- Restorations

Sales • Service • Storage



**SPENCER**  
BOATWORKS

[www.spencerboatworks.com](http://www.spencerboatworks.com)  
518.891.5828  
956 NYS Route 3  
Saranac Lake, NY 12983

**SECURITY** You May Be On Vacation,  
But We Aren't.



We design, engineer, and install our own security systems to fit your needs.

So take your family on that trip to the lakes of the Adirondacks and feel secure. You're leaving your home with us.

Free Security Consultation **(518) 793-7788**



**Mahoney Alarms**  
Low Temp - CCTV

[www.mahoneynotify-plus.com](http://www.mahoneynotify-plus.com)


**ADIRONDACKS  
NATIONAL EXHIBITION OF  
AMERICAN WATERCOLORS**

FOR ALL AGES

- Exhibitions • Performances
- Workshops • Adirondack Talks

New facility opening 2008  
Events schedule: [www.artscenteroldforge.org](http://www.artscenteroldforge.org)

**AUGUST 23—OCTOBER 5, 2008 • THE ARTS GUILD AT OLD FORGE, NY**



*The Arts  
Guild of Old Forge Inc.,  
• An Arts Center for All Seasons •*

Rt. 28 at Whistle Creek • Box 1144, Old Forge, New York 13420 • (315) 369-6411  
2008 Poster: "Adirondack Gold: Poppels Quaking in the Sunshine;  
Trout Frying in the Pan" Limited Edition \$35 incl. tax & postage