



ADIRONDACK
HAMLETS TO HUTS



Yoga Paddle Retreat



Adirondack Wellness!

- What:** 5 days/4 nights
- When:** Saturday, June 24 – Wednesday, June 28, 2023
- Where:** Raquette Lake to Blue Mountain Lake, Adirondacks, New York
- How:** Twenty-eight miles of self-powered travel: 23 miles of paddling; 5 miles of hiking; and a 0.4-mile canoe carry
- Cost:** \$1,400.00/person/double-to-multiple-person occupancy
Private accommodations may be available upon request and at additional cost.

Adirondack Hamlets to Huts is happy to offer our second running of the Adirondack Yoga and Wellness Hut-to-Hut Paddle Retreat! This experience was a great success last year and combines excellent yoga and meditation instruction with paddling on the beautiful waterways of the Adirondacks. Included in this incredible offering are:

- Twice-daily yoga/meditation sessions
- Four nights of lodging, double-to-multiple-person occupancy
- All meals from Dinner on Saturday through breakfast on Wednesday
- Tour of Great Camp Sagamore
- All luggage shuttle services
- Travel facilitated by a certified New York State Guide

We recommend that trekkers paddle lightweight (e.g., Kevlar) tandem (C-2) or single person (C-1) canoes because they are easier to carry while portaging. Boat rental is not included in the cost of the trip listed above.

TRIP ITINERARY

DAY 1, Saturday, June 24th: Meet up with Mary, Kari, and your fellow trekkers at 3:00 PM in Raquette Lake for orientation and your first night of cozy lodging. A Meditation Movement session and dinner at the Taproom caps your first day and sets your amazing retreat fully into motion!

DAY 2, Sunday, June 25th: After a morning yoga session and breakfast, you'll paddle 5.8 miles and hike 1.7 miles to Great Camp Sagamore, a National Historic Landmark and one of W.W. Durant's Adirondack Great Camps that served as a wilderness enclave for the Vanderbilts over a century ago. An afternoon tour of this fabulous Great Camp, followed by a yoga/meditation session and dinner, leave the evening open for enjoying the sublime landscape into which you have immersed yourself.

DAY 3, Monday, June 26th: Following a morning yoga session and breakfast at Great Camp Sagamore, you'll hike the 1.7 miles back to Cascade Falls and paddle down the South Inlet and across South Bay and around Long Point to lodging at St. William's, where you will enjoy an afternoon yoga/meditation session before dinner.

DAY 4, Tuesday, June 27th: Following your morning yoga session, you will depart St. William's for your scenic travel day to The Hedges. You will paddle up the slow-moving, winding Marion River to the first and only canoe carry of the trip—a 0.4-mile portage along what was once the shortest standard-gauge rail line in the world. From the eastern end of the carry, you'll paddle across Utowana and Eagle lakes into Blue Mountain Lake, where you will spend the evening at the splendid Hedges, itself listed on the National Register of Historic Places. A pre-dinner Yoga Nidra meditation caps your active day.

DAY 5, Wednesday, June 28th: A morning yoga session and breakfast is the perfect way to start your final day as you relish the rustic refinements of The Hedges. Thereafter, you'll paddle 1.3 miles to the water landing for a trail to Castle Rock mountain, where a 1.6 mile up and down hike rewards you with fabulous views of Blue Mountain Lake and the expansive Adirondack wilderness to the south. Upon returning to the water from the modest summit, you will paddle the 1.3 miles back to The Hedges where your retreat ends following a debrief of your experience.

Here is another look at the itinerary:

June 24th – 28th, 2023

	RAQUETTE LAKE	GREAT CAMP SAGAMORE	ST. WILLIAM'S	THE HEDGES	OUT	
	Day 1/Night 1	Day 2/Night 2	Day 3/Night 3	Day 4/Night 4	Day 5	
DATE	June 24	June 25	June 26	June 27	June 28	
DAY OF THE WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	
RAQUETTE LAKE to BLUE MOUNTAIN LAKE Yoga and Outdoor Adventure Retreat 5 DAYS/4 NIGHTS	Arrive at the RL Hotel and Taproom in Raquette Lake at 3:00 PM. Meet and greet. Orientation. Movement Meditation. Dinner at the Taproom.	Morning Yoga Session before breakfast. Paddle and hike from the Raquette Lake Town Dock to Great Camp Sagamore. 1:30 PM tour. Afternoon Yoga/ Meditation Session.	Morning Yoga Session before breakfast. Hike from GCS to South Inlet Falls. Paddle from South Inlet Falls to St. William's. Afternoon Yoga/ Meditation session.	Morning Yoga Session. Paddle from St. William's up the Marion River. Canoe Carry. Paddle across Utowana and Eagle lakes to the Hedges on BML. Afternoon Yoga/ Meditation Session.	Morning Yoga session. Paddle over to and hike up Castle Rock Mountain. Paddle back to The Hedges. Debrief. End trip. OUT	
	Raquette Lake	Great Camp Sagamore	St. William's	The Hedges	OUT	
Paddling	0	5.5	4.7	9.3	3.2	22.7
Canoe Carrying	0	0	0	0.4	0	0.4
Hiking	0	1.7	1.7	0	1.6	5
Biking	0	0	0	0	0	0
Other	0	0	0	0	0	0
Total miles/day	0	7.2	6.4	9.7	4.8	28.1

Other Notes:

A 50% nonrefundable deposit is due at the time of booking. You may make your payment via check and mailed to Adirondack Hamlets to Huts, 47 Main Street, Saranac Lake, NY 12983 or via our "DONATE" button on the Adirondack Hamlets to Huts website here (www.adkh2h.org/donate).

Proof of full vaccination (two shots) is required.

Although this retreat provides comfortable lodging at the end of each day, this experience involves backcountry travel from one place of lodging to the next. You will be exposed to elements of the weather and terrain and must be clothed appropriately. Mid-June weather in the Adirondacks straddles the spring and summer seasons, meaning that the weather could range from rainy and cool to sunny and warm. Although the distances travelled each day are modest, trekkers must be sufficiently fit to ably paddle and hike the necessary distances from one place of lodging to the next. The itinerary laid out here is subject to change as per Mary and Kari's judgment in response to the whims of the weather and unforeseen circumstances.

Please call Joe at 315.657.1320 with any questions you may have.

Adirondack Hamlets to Huts will provide you with a clothing and gear list upon booking and we will facilitate your rental of a boat if needed. Given that this is a guided trip, we require that you sign an Acknowledgement of Risk/Waiver of Liability form and fill out an AHH medical history form.

Mary Bartel has shared yoga and energy cultivation practices as her full-time profession since 2000. As a yoga therapist, she has an eclectic style of teaching that is functional and practical, yet spiritual and inspiring. She incorporates traditional Yoga with Qigong and Taoist principles that emphasize energy healing through awareness of the laws of nature, symbolism of various postures and gestures, and the effect various practices have for promoting greater vitality and longevity. For more on Mary, see innerquestyoga.com/marybinfo.html

Kari Safari is a Licensed New York State Guide who has enjoyed bringing people into nature since she was a Wilderness Adventure Camp Counselor as a teenager. She is an Adirondack 46er and avid adventurer.

Reservation Policy

A 50% non-refundable deposit is required at the time of booking. We accept Visa, Mastercard, and Discover. The remaining balance is due 14 days before your trip starts.

Cancellation Policy

Cancellations made 14 days or more before the start of the trip are eligible to receive an electronic gift card valid for 12 months from the date of issuance for the amount paid to date. Refunds are not available for reservations cancelled within 14 days of the start of the selected trip.