



Adirondack Great Camp Yoga and Meditation Hut-to-Hut Paddle Retreat



Back to the Healing Woods and Waters

- What:** 5 days/4 nights
- When:** Thursday, June 16 – Monday, June 20, 2022
- Where:** Raquette Lake to Blue Mountain Lake, Adirondacks, New York
- How:** Twenty-nine miles of self-powered travel: 23 miles of paddling; 5 miles of hiking; and a 0.7-mile canoe carry
- Cost:** \$1,250.00/person/double occupancy

Adirondack Hamlets to Huts is happy to offer its first ever Adirondack Great Camp Yoga and Meditation Hut-to-Hut Paddle Retreat! This one-of-a-kind experience combines excellent yoga and meditation instruction with paddling on the beautiful waterways of the Adirondacks and overnight stays at two Adirondack Great Camps. Included in this incredible offering are:

- Twice-daily yoga/meditation sessions
- Four nights of lodging, double occupancy
- All meals
- Tours of Great Camp Sagamore and Camp Huntington
- 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. Trekkers with heavier canoes and recreational kayaks may wish to consider the use of wheels for the Marion River carry. Boat rental is not included in the cost of the trip listed above.

DAY 1, Thursday, June 16th: Meet up with Mary, Kari, and your fellow trekkers at Quiet Time for orientation and your first night of cozy lodging. A meditation session after dinner caps your first day and sets your amazing retreat fully into motion!

DAY 2, Friday, June 17th: 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, Saturday, June 18th: 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 to SUNY Cortland's Camp Huntington on Long Point. Here you will enjoy a tour of W.W. Durant's first Adirondack Great Camp, formerly known as Camp Pine Knot, as you immerse yourself into the bygone glory days of the Gilded Age. After the tour, you will paddle around Long Point to your lodging at St. William's, where you will enjoy an afternoon yoga/meditation session before dinner.

DAY 4, Sunday, June 19th: Following your morning yoga session, you will depart St. William's for the biggest travel day of the trip. You will paddle up the slow-moving, winding Marion River to the first and only canoe carry of the trip—a 0.7-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, June 20th: 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 1.9 miles to the public beach at the east end of Blue Mountain Lake, where your retreat ends following a debrief of your experience.

Here is another look at the itinerary:

June 16th – 20th, 2022

| | QUIET TIME | GREAT CAMP SAGAMORE | ST. WILLIAM'S | THE HEDGES | OUT | |
|---|--|--|--|---|---|------|
| | Day 1/Night 1 | D2 / N2 | D3 / N3 | D4 / N4 | DAY 5 | |
| DATE | June 16 | June 17 | June 18 | June 19 | June 20 | |
| DAY OF THE WEEK | Thursday | Friday | Saturday | Sunday | Monday | |
| RAQUETTE LAKE to BLUE MOUNTAIN LAKE Yoga and Outdoor Adventure Retreat 5 DAYS/4 NIGHTS | Arrive at Quiet Time in Raquette Lake at 3:00 PM. Meet and greet. Orientation and meditation after-dinner. | Morning Yoga Session before breakfast. Paddle and hike from Quiet Time 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 to BML Beach. End trip. OUT | |
| | Quiet Time | Great Camp Sagamore | St. William's | The Hedges | OUT | |
| Paddling | 0 | 5.8 | 4.7 | 9.3 | 3.2 | 23 |
| Canoe Carrying | 0 | 0 | 0 | 0.7 | 0 | 0.7 |
| 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 | 7.5 | 6.4 | 10 | 4.8 | 28.7 |

Other Notes:

A 50% nonrefundable deposit is due at the time of booking. You may make your payment 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 in order 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.