

# BACKPACKING ITINERARY

## THE ADIRONDACK MOUNTAINS

DAY	ACTIVITIES	INFORMATION
1	<ul style="list-style-type: none"><li>• Drive to Ampersand Trail Head</li><li>• Camp at the beach across from the trail head</li><li>• Aim to reach trail head/camp/beach at 2PM</li><li>• Set up camp</li><li>• Swim, relax, eat, collect wood for fire and mentally prepare for tomorrow's hike</li></ul>	5.5 hour drive without counting border crossing and any stops along the way
2	<ul style="list-style-type: none"><li>• Eat breakfast</li><li>• Pack up camp (unless we can leave it up. Won't know until we get there)</li><li>• Prepare for day hike (pack necessities)</li><li>• Hike the Ampersand Mountain Trail (4-5 hours, 8.7KM)<ul style="list-style-type: none"><li>• Aim to be on the trail by 10AM</li></ul></li><li>• Eat lunch at the peak</li><li>• Return back to camp and camp for the night<ul style="list-style-type: none"><li>• Aim to reach camp by 4PM, allowing time to swim and relax before tomorrow's hike.</li></ul></li></ul>	<p><b>Link to more information:</b> <a href="https://pureadironacks.com/blogs/adirondack-hiking/ampersand-mountain?_pos=1&amp;_sid=8ba99c371&amp;_ss=r">https://pureadironacks.com/blogs/adirondack-hiking/ampersand-mountain?_pos=1&amp;_sid=8ba99c371&amp;_ss=r</a></p> <ul style="list-style-type: none"><li>• A favourite of locals</li><li>• Moderately strenuous<ul style="list-style-type: none"><li>• 4-5 hour DAY HIKE</li><li>• 8.7km hike</li></ul></li><li>• 360 degree views of the Saranac Lakes, St. Regis Ponds and the High Peaks</li><li>• #2 in total elevation to other mountains in the area</li><li>• Peak is 1022m</li><li>• Elevation Gain is 541m</li><li>• Some steep sections</li></ul>

DAY	ACTIVITIES	INFORMATION
3	<ul style="list-style-type: none"> <li>• Eat breakfast</li> <li>• Pack up camp</li> <li>• Drive (20min) to Haystack Mountain Trail Head               <ul style="list-style-type: none"> <li>• Aim to be in cars by 10AM</li> </ul> </li> <li>• Hike to the summit of McKenzie Mountain               <ul style="list-style-type: none"> <li>• Aim to be on the trail for 10:30AM</li> <li>• Lunch and breaks will be taken as required along the way</li> </ul> </li> <li>• Camp at the summit of McKenzie Mountain               <ul style="list-style-type: none"> <li>• Aim to have camp set up no later than 6PM</li> </ul> </li> </ul> <p><b>INFORMATION:</b>  <b>Link to map in AllTrails:</b>  <a href="https://www.alltrails.com/trail/us/new-york/haystack-and-mckenzie-mountain-loop?u=m&amp;sh=rpwhnx">https://www.alltrails.com/trail/us/new-york/haystack-and-mckenzie-mountain-loop?u=m&amp;sh=rpwhnx</a></p> <p>The entire route up/down should be accomplished in 9-10 hours, making this a 5 hour hiking day.</p> <p>The entire route up/down is 19.2 km total.</p> <p>The entire route up will provide 1007m of elevation gain.</p> <p>The entire route up/down is considered challenging and will take approximately 10 hours to complete. We are breaking it into 2x5 hour sections.</p> <p><b>Haystack climb is easier than McKenzie climb. We can opt to hike to summit of McKenzie today, bypassing Haystack, and then on descent tomorrow get the summit of Haystack. (See link to AllTrails Map for more details) Or we can hike up to Haystack then up to McKenzie, making an easier descent.</b></p>	<p><b>Link to information on Haystack Mountain:</b>  <a href="https://pureadironacks.com/blogs/adirondack-hiking/haystack-mountain-saranac6er?_pos=1&amp;_sid=e3e0fbae3&amp;_ss=r">https://pureadironacks.com/blogs/adirondack-hiking/haystack-mountain-saranac6er?_pos=1&amp;_sid=e3e0fbae3&amp;_ss=r</a></p> <p><b>Link to information on McKenzie Mountain:</b>  <a href="https://pureadironacks.com/blogs/adirondack-hiking/mckenzie-mountain?_pos=1&amp;_sid=671d25a4d&amp;_ss=r">https://pureadironacks.com/blogs/adirondack-hiking/mckenzie-mountain?_pos=1&amp;_sid=671d25a4d&amp;_ss=r</a></p> <p><b>Haystack Mountain:</b></p> <ul style="list-style-type: none"> <li>• 6.5km to peak from starting point</li> <li>• 877m high (elevation)</li> <li>• 378m of elevation gain</li> <li>• Brooks and streams along the way for water sources and cooling off areas</li> <li>• Great views of other mountains nearby</li> <li>• Some steep sections</li> </ul> <p><b>McKenzie Mountain:</b></p> <ul style="list-style-type: none"> <li>• Highest peak of all mountains in surrounding area</li> <li>• Longest ascent of all surrounding mountains</li> <li>• Bouldering will be required in sections</li> <li>• Trail can be muddy/wet and sometimes difficult to find</li> <li>• Great views at the peak</li> <li>• An additional 5km from Haystack Mountain</li> <li>• 1164m at the peak</li> <li>• An additional 713m elevation gain from Haystack Mountain</li> </ul> <p><b>OPTION: Continue our hike and reach the summit of Moose Mountain (if we have time/energy)</b></p> <ul style="list-style-type: none"> <li>• Adds 4km one way (8km total) and 85m of elevation</li> </ul>

DAY	ACTIVITIES	INFORMATION
4	<ul style="list-style-type: none"> <li>• Eat breakfast</li> <li>• Pack up camp</li> <li>• Hike back down to the cars <ul style="list-style-type: none"> <li>• Aim to be on trail at 10AM</li> </ul> </li> <li>• Drive back to the beach at Ampersand Mountain to camp (aiming to reach cars for 4PM)</li> <li>• Set up camp/camp for the night <ul style="list-style-type: none"> <li>• Aim to be at camp for 5PM, allowing time to relax and swim at the beach before the long drive home tomorrow.</li> </ul> </li> </ul>	<p>We will take some of the same route back down to our cars, with a deviation at Haystack Mountain, making the descent easier than the ascent. (See AllTrails link)</p> <p>As per details in Day 3 - we can decide to reach the summit of Haystack on way to McKenzie, or on way back. Looking at the AllTrails map you will be able to see what this means.</p> <p>Today's hike down should be approximately 5 hours.</p>
5	<ul style="list-style-type: none"> <li>• Drive back to Toronto</li> </ul>	<p>We will all leave at the same time and stop for "real food" at a place along the way to celebrate our accomplishment and nourish ourselves with good food before heading our own way back crashing in our soft beds that night!</p>

**OTHER INFORMATION:**

- May and September average temperatures range from 7 degrees to 19 degrees
- Moose, black bears, coyotes and bobcats may be sighted
- Black fly season starts in mid-May and lasts until early June
- Mosquitos are at their worst in hot temperatures, making August the worst month
- AllTrails link to Moose Mountain Map: <https://www.alltrails.com/explore/trail/us/new-york/mckenzie-mountain-and-moose-mountain-via-haystack-mountain-trail?u=m>
  - Elevation 711m
  - Trail may not be well maintained
- Coordination of equipment will be organized so that people aren't carry too much weight
  - See Backpacking Basics PDF for more information at [www.mracx.com](http://www.mracx.com)
  - Backpack shouldn't be more than 30% of your body weight, ideally