

Adirondack Ostrich (-fern)...Paul Smiths...June 8...\$75

Explore ferns & fern allies, flowering plants, trees and shrubs. Where do they grow? Why do they grow there? Walk on well-maintained trails with lots of opportunities to study and photograph flora.

Enjoy varied ecology, forest solitude, and scenic vistas on 3000 acres and 6 miles of interconnecting interpretive trails. Visit the Paul Smiths Visitor Interpretive Center (VIC) while you're there!

Hike Safe...Deer Pond, Route 3, Tupper Lake...June 22...\$75

Become familiar with back-country safety preparedness and basic survival techniques; methods of setting up safe and environmentally sound emergency camps; gear and clothing selection; food preparation and safe handling; nutrition and hydration requirements; fire starting; water purification; and personal and camp sanitation.

Back-Country Navigation - Map and Compass...Tupper Lake...June 29...\$85

Adventure "off-road"! Become familiar with maps and orienteering compasses. Develop skills that let you hike a trail, visit a remote pond, or bushwhack to a summit. Classroom desktop learning is combined with outdoor team activities. No prior experience needed.

Wilderness First Aid...Arkville...July 13...\$120

This is a first aid certification class with learning centered on common back-country illnesses and/or injuries, and suggestions and demonstrations for first aid care for one day or a few days. Emphasizes risk assessment, accident prevention and emergency preparedness. Limited registration.

Paddle the Raquette River...Tupper Lake...Aug 17...\$100 (plus optional canoe/kayak rental)

Paddle with a gentle current down this glacial bottom-land wilderness river. The Raquette River, at 170 miles long, is the 2nd longest river in New York State. It is the deepest, broadest watershed in northwest New York, running between Blue Mountain Lake and the Saint Lawrence River. Flora and fauna abound! Limited registration.

Camping at Copperas Pond...Wilmington...Aug 14-15...\$120

It's not a long hike, but it's a beautiful wilderness spot with great swimming. Set up a safe and environmentally sound tent camp; review gear and clothing selection; practice food preparation and safe handling; practice fire starting and water purification. Limited registration.

High Peaks...Phelps from Lake Placid...Aug 31...\$100

Become familiar with land-use classifications, environmental laws, and rules regulating the High Peaks. Become familiar with basic emergency preparedness, development of checklists, handling emergencies, dealing with critters in a safe and effective manner, and hiking in special environments. Develop group leadership skills. Limited registration.

Adult CPR/AED & First Aid certification...Tupper Lake...September 7...\$135

This is a first aid certification class with learning centered basic First Aid and Adult CPR/AED. Acquire basic knowledge, skills and attitudes necessary to care for emergencies – from breathing and cardiac emergencies, to caring for bleeding, sudden illness and injuries.

Hike Tongue Mt...Lake George...September 28...\$100

A steep little hike, 5.6 miles round-trip, with an ascent similar to that of the Adirondack High Peaks. From Clay Meadow, the hike takes us to open ledges with views to the east across Lake George and several summits. A resting spot and lunch at Fifth Peak Lean-to is reached at the turn-around point. There are awesome views here, and the Adirondack lean-to is authentic.

Elemental Adirondacks; a Naturalist Field Guide and Elemental Particulars

Chapters include hiking & camping; clothing; nutrition; navigation; fauna; tracking; flora; invasive species; illness; wilderness first aid; survival; cold weather survival; Adirondack High Peaks geology; and more!
Flash-drive edition \$30