

Avalanche Pass:

A lowland and/or rainy day hike
from ADK Loj

round trip from Loj to North end of Avalanche
Lake, 3.5-4h

- Blue trail (Van Hoevenberg) to Marcy Dam is an easy trail: net gain of only 300 ft vertical in 2.1 miles;
 - from Marcy Dam, take Yellow trail heading to "Avalanche Camps"; this, too, is easy with a fairly steady, gentle slope;
 - you will cross Marcy Brook just before the fork in the trail - bear right to stay on the yellow trail;
 - this trail will soon begin to climb fairly steeply and first bears left, then dog-legs to the right after about 200 meters;
 - the height of land in Avalanche Pass is quite self-evident - there is a waterfall here (on the left) whose waters actually flow both north and south into two different watersheds;
 - moderately descend to the north end of Avalanche Lake, after first passing over the scree slope of a recent avalanche.
 - If there's time, continue along Avalanche Lake to cross over the two wooden walkways bolted to the side of Avalanche Mtn: these "Hitch-Up Matildas" have an interesting and colorful tale behind them, found in many Adirondack books
- When returning, retrace your route back through Avalanche Camps and Marcy Dam: DO NOT take the yellow trail (71) up towards Algonquin. This trail has a well-deserved reputation as being one of the toughest, most heart-breaking trails anywhere in the high peaks.

