

Use this map at your own risk.

Heading to
Mount Colden
from Adirondak Loj
6.1 mi via Lake Arnold
2535' elevation gain
In 2002, our times were 3.5 h
up, 3h return by same route

Van Hovenberg Trail
from ADK Loj; mainly
flat, rolling woods walk
- 2.1 mi; 200' net
elevation gain
Watch for the trail
junction at 1 mile in: go
left, not straight
(towards Wright/
Algonquin).

Return trip options:
(a) Easiest on knees:
return via Lake Arnold
(b) Very tough on knees,
and longer route out
(allow 5-6h) descend
west side of Mt Colden to
Lake Colden, then head
right towards and
through Avalanche Lake
and Pass to Avalanche
Camps.

Marcy Dam to
Avalanche Camps,
very gentle
upslope 1.1 mi;
236' net elevation
gain

Trail to Lake Arnold is
steady climbing: watch
for treacherous footing
when wet, in the
section between the
Indian Falls crossover
trail and Lake Arnold;
1.5 mi, 1171' net
elevation gain

L. Morgan Porter trail from Lake Arnold to summit -
steep sections alternate with level stretches ; take
side trip to "north summit" but continue on to main
summit approx. 0.4 mi past the N summit

