

Marcy Dam: A Flatland Hike

Enter via:

Adirondak Loj road, about 1 mile SE of ski jumps form Rte 73

Park at:

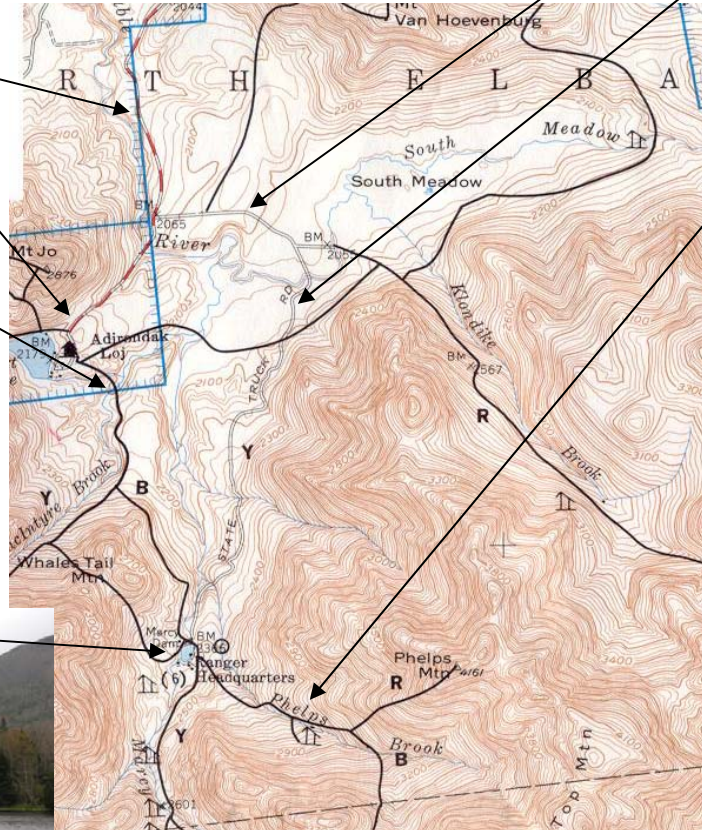
Adirondak Loj trailhead (\$ fee)

Follow:

Blue NY State trail (from east end of parking lot)

Length: 2.1 mi one way

Difficulty: Gentle; a few short uphill



Alternate trail to Marcy Dam:

Take Adirondak Loj road, turning left onto "South Meadow Road" (dirt), and traveling to its end at a gate.

This gate is the "State Truck Road", a gravel road maintained by the state for emergency vehicles. Trail is about 2.5 miles one way to the dam, with gentle up- and downhills, but much less mud than the Blue state hiking trail.

If you're up to it,

from Marcy Dam you can walk east (uphill, moderate grade) up to then along Phelps Brook, a very pretty mountain stream.

About 1/4 mile up the trail you will cross Phelps Brook on a log bridge, then work your way up an old logging tote road (look for star-shaped marks in some obviously fractured rocks) -- many places along here you will find spots where you can step into the stream, even find some natural "water slides".

If you go about 1 mile up the trail from Marcy Dam, you will notice a marked camping area to your left (uphill from the trail): look for a path going downhill to the area where there was formerly a lean-to, another nice place to stop and spend some time in the stream.



The view from Marcy Dam on a cloudy, rainswept day in May 2006