

Marcy Dam: A Flatland Hike

Enter via:

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

Park at:

Adirondak Loj trailhead (\$)

Follow:

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

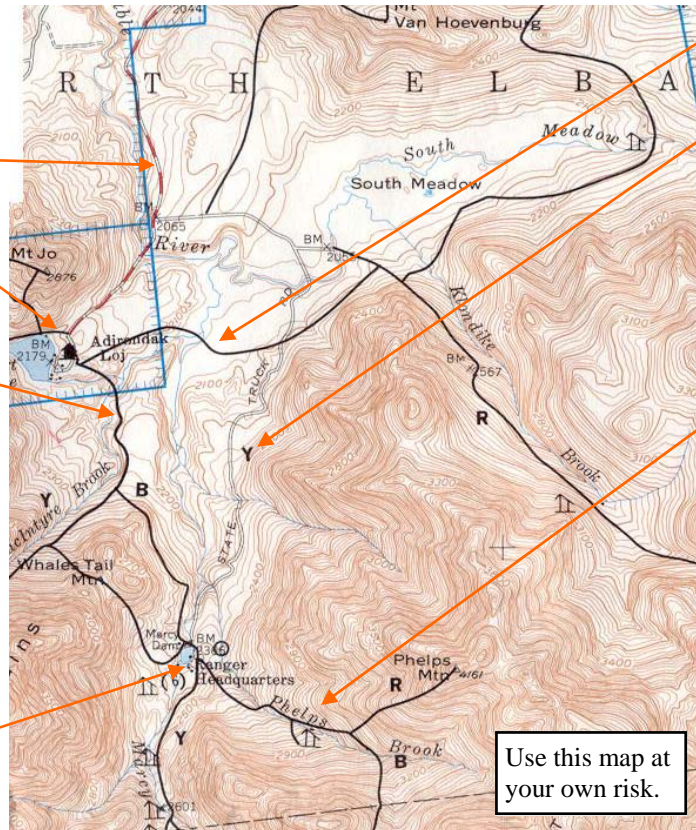
Length: 2.1 mi one way

Difficulty: Gentle; a few short uphill; several stream crossings on bridges.

Follow BLUE markers all the way in - watch for junction with yellow trail to Algonquin Mt., about half way in to dam.



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



Due to the ravages of Hurricane Irene in 2011, the dam was breached. This necessitated the construction of a new crossing just downstream from the old dam, and the draining of the impoundment. Watch for signage at each end of the remaining dam structure, particularly when returning to Adirondak Loj. There are no plans to replace the dam.

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 formerly 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 on the Blue trail (uphill, moderate grade) along Phelps Brook.

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 -- 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 (your right) to the area where there was formerly a lean-to, another nice place to stop and spend some time in the stream.