

Prepared for Discover with Nature, TNC

ADIRONDACKS

September, 2025

The Nature
Conservancy



WELCOME TO THE ADIRONDACKS!

A singular mountain landscape that offers lessons in conservation, resilience and hope.

Covering one-fifth of New York State, the six million-acre Adirondack Park is unlike anywhere else in North America. Larger than Yellowstone, Yosemite, Grand Canyon and Glacier National Parks combined, this mosaic of private and public lands is typified by soaring peaks, sprawling wilderness areas and flowing fresh water. The Adirondacks' biologically important lands and waters include 3,000 lakes, 30,000 miles of rivers and streams and abundant populations of wildlife—but their future was not always so certain.

In the 1800s, logging practices devastated the Adirondacks. One naturalist visiting in 1884 wrote that the land he once knew was now “ashes and ruin.” The Adirondack Park was established in 1892 due to concerns about timber and water resources and now, the Adirondacks are sometimes called “the second chance wilderness” in reference to how the land has recovered and the healing that can happen when people commit to prioritizing nature.

With 102 towns in the area, this landscape also shows how people and nature are linked. These communities rely heavily on clean water and access to natural landscapes to support their thriving economies, rooted in outdoor recreation and sustainable forestry. From canoeing and kayaking pristine waterways, to biking forested trails and hiking in the High Peaks, the Adirondacks offer it all. Together with The Nature Conservancy, explore the conservation efforts that aim to preserve these lands for the wildlife and communities that depend on them.

Your journey begins in Albany, New York, where you will meet your Iconic Leader and stay overnight before continuing to Lake Placid. A two-time host of the Winter Olympics, this small village in the Adirondacks is a hub for outdoor pursuits. Spend your time discovering Keene Valley, hiking with a naturalist on Whiteface Mountain, meandering around Mirror Lake, and kayaking on the rarely visited Follensby Pond. Immerse yourself in the outdoors while SUPing, and don't forget your hiking poles to explore local trails!

CONSERVATION HIGHLIGHTS

CLIMATE

The Appalachian landscape, which includes the Adirondacks, has been identified by The Nature Conservancy as one of the most globally significant areas for conserving the rich variety of life on our planet—and a critical place to protect in the face of climate change. As the climate changes, rising temperatures, extreme weather events and other impacts are altering and destroying habitats. Evidence of the Appalachians' resiliency to climate change dates back to the age of woolly mammoths and saber-toothed cats, when the region provided refuge from the most recent ice age. The Appalachians' rich variety of species and natural resiliency put it alongside the Amazon Rainforest and the Kenyan grasslands as one of the most globally important landscapes for tackling climate change and conserving biodiversity.

The Adirondacks contain one of the last great wilderness areas in the Appalachian corridor and one of the last intact temperate deciduous forests in the world. Our vision for continental conservation involves stitching together large swaths of lands and corridors across the Appalachian expanse to mitigate climate change, bolster biodiversity and support communities.

The Nature Conservancy recently established a groundbreaking freshwater research preserve that will be a reference site for monitoring and addressing the impacts of climate change while protecting refuge for cold-water fish and other aquatic plants and animals. Freshwater ecosystems are some of the most threatened on Earth—monitored freshwater populations have declined by an average of 83% since 1970. Follensby Pond, located deep in the heart of the Adirondacks, is a freshwater marvel boasting cold, deep, and highly oxygenated waters that support exceptionally diverse populations of freshwater fish. Its mineral-rich bedrock, diverse surrounding forest and over 1,400 acres of wetlands further contribute to its ecological richness. It is one of the few remaining intact lakes in the lower 48 states that still supports a rare, old-age population of lake trout, and it ranks among the five most climate-resilient trout lakes in the Northeast. This rare ecosystem will serve as a “living laboratory” for research and a lifeboat for these cold water species.

CONNECTIVITY

Nature is on the move—and it is seeking refuge in the Appalachians and Adirondacks. As climate change warms temperatures and habitats are destroyed, plants and animals are forced to find new homes. Scientists at The Nature Conservancy have mapped a network of landscapes with unique topographies, geologies and other characteristics that help them withstand climate impacts and shelter biodiversity.

CONSERVATION HIGHLIGHTS

To help wildlife persist, The Nature Conservancy is working to protect this connected landscape of climate resilient lands, corridors and waters in the Appalachians. Forming a critical link in this vast landscape, the Adirondacks are a central hub for this biodiversity superhighway.

COMMUNITY

The Nature Conservancy has been working with Adirondack communities for more than 50 years. Together, they have protected over half a million acres of forests, lakes, rivers and critical wildlife habitat in the region.

As the climate changes, rising temperatures are producing more frequent and intense storm events that put communities at risk for flooding and flood damage. The Nature Conservancy catalyzed a statewide collaborative to share data and best practices, has reconnected over 120 miles of rivers and streams with another 100 miles expected in the next year, helped survey almost 3,000 road-stream crossings in the region, and raised millions of dollars in direct project funding to build climate-smart infrastructure.

Discussions on climate resilience, fisheries, as well as sustainable lands and waters promise to offer even greater insight into the challenges and successes TNC has had in the Adirondacks that impact the larger Appalachian landscape.

ITINERARY OVERVIEW

Adirondacks

Sep 7 SUNDAY

Your journey begins at noon in Albany, New York. Upon arrival, you will meet your Iconic Leader and transfer to your lodging at High Peaks Resort in Lake Placid, New York. Take in the rolling hills, high peaks, sparkling lakes, and fresh air of this classic mountain town. Settle into your comfortable room-with-a-view before enjoying a cocktail reception and dinner.

Overnight at The Stockade Inn, Albany, NY

Sep 8 MONDAY

Following a short jaunt to and from breakfast, pack your bags for a two-hour drive to The Nature Conservancy's office in Keene Valley. Here, join local TNC staff who will provide an overview of The Nature Conservancy's work in the Adirondacks. Stretch your legs on a short walk down to the river before enjoying lunch on the scenic front porch. Following lunch, learn how TNC is reconnecting rivers to streams and bolstering climate resilience for fish and people through an interactive presentation. Afterwards, we will continue our drive to Lake Placid.

Upon arrival in Lake Placid, check in to The Grand Adirondack Hotel, our home for the next three nights. Soak in the mountain air this evening on a walk around Mirror Lake, before heading to dinner at a local favorite.

Overnight at The Grand Adirondack Hotel, Lake Placid, NY

Sep 9 TUESDAY

ITINERARY OVERVIEW

Adirondacks

After breakfast, we will begin traveling east to explore the surrounding landscape. Our first stop is The Wild Center, a renowned natural history museum located a mile from Follensby Pond, known for its leadership in climate change education.

By collaborating with The Wild Center and other organizations, The Nature Conservancy is developing educational and interpretive opportunities to inspire future advocates for nature.

Following our visit to The Wild Center, continue on to Follensby Pond, a 1,000-acre lake surrounded by northern hardwood forests and wetlands. A freshwater marvel, it is one of the few remaining intact lakes in the lower 48 states that still supports a rare, old-age population of lake trout, and ranks among the five most climate-resilient trout lakes in the Northeast. In near solitude, explore the area by both foot and canoe. A pontoon boat will be available for those who feel more comfortable exploring this way. Enjoy lunch on the beach, followed by a discussion on the fishery work being done in the area.

Return to Lake Placid mid-afternoon and freshen up before dinner in town.

Overnight at The Grand Adirondack Hotel, Lake Placid, NY

Sep 10 WEDNESDAY

Fuel up with a hearty breakfast before heading to Whiteface Mountain, New York's 5th highest mountain, where we will spend the day exploring the vast beauty of the Adirondacks on foot, by gondola, and by vehicle. Our adventure kicks off at the mountain's base, meeting with a local naturalist for a ninety-minute guided hike along the West Branch of the Ausable River and the scenic Stag Brook Falls trail. At the end of the hike, hop on the Cloudsplitter Gondola for a scenic 15-minute ride to the top of Little Whiteface Mountain. Your Iconic Leaders will join you at the summit to enjoy a scenic lunch with breathtaking views.

There will be additional time to hike amongst the landscape before heading back to Lake Placid. Freshen up at the hotel, and in the early evening, meet at the scenic Cloudsplitter Rooftop Bar for appetizers, drinks, and reflections, with dinner in town will follow.

ITINERARY OVERVIEW

Adirondacks

Overnight at The Grand Adirondack Hotel, Lake Placid, NY

Sep 11
THURSDAY

Pack your belongings and enjoy breakfast at leisure. The remainder of the morning leaves you to choose your own adventure; meander around the walkable downtown into shops and galleries, sit and read a good book along the shores of Mirror Lake, or choose to paddle via kayak or SUP on the water. Lunch will be provided before returning to Albany, an approximately two hour drive. Departure flights may be booked for anytime after 5pm.

Costs

Total per person based on 13 guests in shared accommodation: \$5,725 USD

Notes:

Single Occupancy Cost: \$6,415

This cost includes:

- Accommodations
- All ground transportation
- All meals beginning with dinner on Day 1 and ending with breakfast on Day 5
- All activities
- All gratuities
- All park entrance fees and permitting
- All guides
- Iconic Leaders
- Client hosts

This cost does not include:

- Travel to and from trip start
- Travel insurance
- Incidentals and spa services
- Alcohol, beyond the welcome reception

OUR TRAVEL VALUES

Access

Travel with renowned Conservancy experts and local partners for an exclusive, on-the-ground experience. You won't just see amazing places, you'll see how you are helping save them.

Impact

Witness how your commitment to our planet and your passion for conservation are making a difference in the wild places and communities you are impacting.

Knowledge

Learn how we are applying the latest cutting-edge science to affect global change and drive conservation.

Inspiration

Immerse yourself in local cultures and awe-inspiring landscapes to foster your own connection to our world.

Globally Minded

Elevate your understanding of our work by observing first-hand how TNC and our partners act locally and how we turn local results in to global impact by scaling solutions that work.

TNC TRAVELER EXPECTATIONS

Group travel with The Nature Conservancy provides our donors with the opportunity to experience, alongside fellow supporters, the places TNC is working collaboratively to advance our conservation mission. Within these curated trips is the chance to engage with a community of active individuals and conservation staff who enjoy teaching and learning about the important conservation work we do and exploring the outdoors.

In order to ensure an enjoyable trip environment that supports learning and enrichment, we need your partnership. We ask that all participants review TNC's [Code of Conduct](#) prior to joining a trip. We also encourage you to carefully review all trip information to make an informed decision as to whether travel with TNC and a specific trip's characteristics and activities are right for you. Following the Code is an expectation and responsibility for everyone in the larger TNC community, including our staff, partners, vendors and supporters. **To that end, when registering for a TNC trip, you are agreeing to uphold the Code.**

TNC TRAVELER EXPECTATIONS

While the entire Code of Conduct is important, the tenets that are especially relevant to TNC group travel are: respect for each other, respect for the world around us and acting with integrity. The following traveler expectations are intended to provide guidance for how those tenets translate to group travel but are by no means an exhaustive list. By participating in a TNC trip, you make a commitment to act in accordance with the TNC Code of Conduct to your fellow travelers, as well as to TNC staff, partners, community members and vendors. Any violation of or disregard for the Code of Conduct may result in removal from a trip and/or denial of future TNC travel participation.

1) RESPECT ALL PEOPLE, PLACES AND PERSPECTIVES.

Each participant on a trip is an integral part of the travel experience. Demonstrating respect and consideration is imperative not only for nature, local communities and cultures in the places we visit, but also for fellow travelers, staff, partners, community members and vendors. Everyone will bring different goals, backgrounds, experiences and abilities, and it is important that the group respect each individual's perspectives and needs throughout the trip. Sometimes trip participants become lifelong friends, and we encourage the camaraderie and community built through these shared experiences!

2) HARASSMENT IN ALL ITS FORMS, INCLUDING DISCRIMINATION AND MICROAGGRESSIONS, IS NOT TOLERATED.

There is no place on any TNC travel experience for disrespect to or bullying or intimidation of fellow travelers, TNC staff, partners, community members or vendors. All travelers agree to support an environment free from any behavior that could make an individual feel unsafe or diminish their dignity. If you experience or observe this type of behavior on a trip, please report it to your trip host or guide.

Examples of behavior that will not be tolerated include, but are not limited, to:

- Racial discrimination in any form (jokes, comments and/or actions)
- Verbal abuse of any traveler, staff, partner, community member or vendor
- Actions or statements that exclude or divide people because of their differences or differing perspectives
- Jokes about gender or sexual orientation or that include sexual innuendo
- Discriminatory actions or statements based on gender or sexual orientation
- Unwelcome physical contact or physical intimidation of a sexual nature

TNC TRAVELER EXPECTATIONS

3) ACT IN ACCORDANCE WITH THE APPLICABLE LAW OF THE LOCATION(S) OF THE TRIP.

Your trip location(s) may have different laws from your home location. You are expected to be aware of and adhere to the trip destination's laws throughout the experience, even when locations change throughout a trip.

4) EMPLOY AN ATTITUDE OF FLEXIBILITY.

At times, there may be changes in the itinerary when deemed necessary or advisable for the comfort and well-being of trip members. We appreciate your understanding, flexibility and adaptability in order to make the trip safe and enjoyable for you and everyone else.

TNC and its tour operators reserve the right to deny registration or remove a tour participant from a trip should such person's behavior, health or mental condition impact the safe and equitable operation of the trip.

Thank you for your attention and understanding, and please let a TNC travel representative know if you have any questions in advance of registering at travel@tnc.org.