



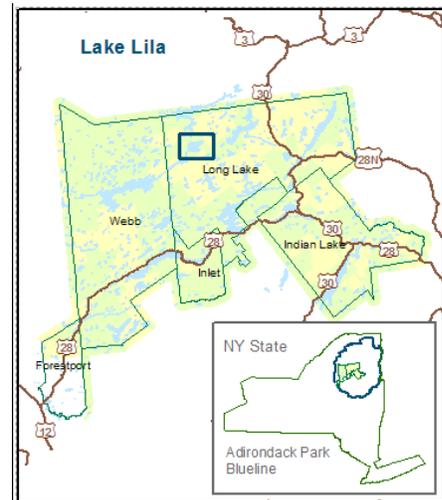
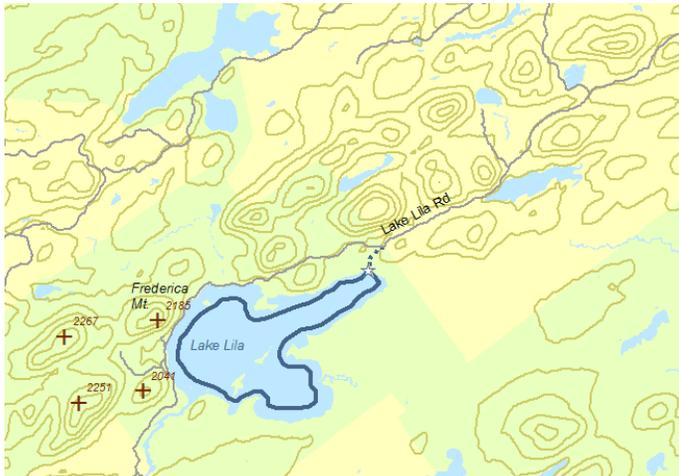
Scenic and Destination Paddling Waterways Central Adirondack Association Region

Lake Lila

Put in &
Take out:
6 miles down
Lake Lila Rd
to parking
area, then
carry

Paddling
time:
varies

Portages:
One



Lake Lila is a wilderness lake covering about 1,400 acres. Visitors will find giant white pines along the shoreline of Lake Lila, several natural white sand beaches, and seven islands in the lake. Camping is permitted on the four larger islands. The area surrounding Lake Lila is considered excellent wildlife habitat. Fishing in Lake Lila includes brook trout, lake trout, landlocked salmon, smallmouth bass and yellow perch. To preserve the wild character of the area, the use of motor boats, motorized equipment and aircraft is prohibited.

Once called Smith's Lake, Lake Lila was named by William Seward Webb after his wife, the former Lila Vanderbilt. Webb, whose Nahasane Park once covered over 200,000 acres, built the Adirondack Railroad in 1891-1892. The railroad ran from Utica to Montreal and opened the western Adirondacks to tourist and lumbermen. Shortly after the railroad was completed, Webb built his Forest Lodge on the western shore of Lake Lila on the site now occupied by the lean-to. The state acquired most of what remained of Nehasane Park in 1979. Though the lodge was removed, the old Nahasane station building still stands beside the railroad.¹

A foot trail proceeds about 0.3 miles from the parking lot area to the nearest point on the shore of Lake Lila (your portage). Another marked trail follows the road from the parking

area along the north shore of the lake, reaching the site of the former Forest Lodge at 3.1 miles. Public vehicular use of this road is prohibited. From the lodge site, a marked trail leads to the summit of Mt. Frederica (formerly Smith Mountain), overlooking Lake Lila. The climb of 500 feet offers an excellent view of the lake and the surrounding forest.



¹<http://www.tupperlake.net/>

This paddle recommended by Raquette River Outfitters, store locations in both Tupper Lake and Long Lake NY.

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Be a Safe and Respectful Paddler

New York State Law requires all boats and canoes must carry a US Coast Guard approved wearable personal flotation device (PFD) for each person. State law also requires that children must be wearing a PFD, and highly recommend that all occupants wear a PFD.

DEC Emergency Dispatch number for the Adirondack Park: 518-891-0235

General Emergencies: dial 911

Remember, cell phone coverage is not reliable in the Adirondack Park.

- Insect repellent is a must from May to August.
- Plan ahead and prepare.
- Let someone know where you will be going and when you expect to return.
- Pack gear, clothing and supplies in waterproof containers. Bring a map and compass.
- Carry water and high-energy foods.
- Pack in, pack out.
- Use outhouses where available, otherwise dig a 6-8 inch hole 150 feet from water, trail or road.
- Protect your food. Protect the wildlife.
- Leave rocks, plants, natural objects as you find them.
- Fallen trees (sweepers), debris, beaver dams, other obstructions can suck you down and hold you under water.
- Water is typically 25° colder in the Adirondacks than downstate.
- Drinking water should be treated by filtering, boiling or chemical method.
- Allow four times the time for a portage, that you would allow for walking that given distance.

Visit the American Canoe Association at <http://www.americancanoe.org> for information on safety resources, preparation and responsibility while paddling.

Enjoy the diverse beauty of our region.

Thanks for using www.ADKtrailmap.com, enjoy your canoe or kayak adventure!