

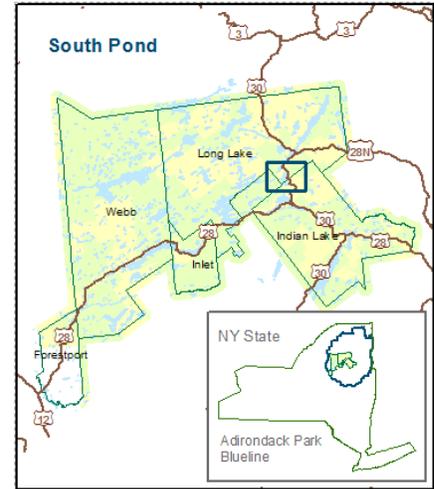


## Scenic and Destination Paddling Waterways Central Adirondack Association Region

### South Pond

Put in &  
Take out:  
State Rt 30  
between  
Long Lake  
and Blue Mt.  
Lake

Paddling  
time:  
varies



Portages:  
None

South Pond is a small pond about 5 miles south of Long Lake on State Route 30. It is wonderful for quiet paddling. Barbara McMartin in her book Discover the Central Adirondacks describes South Pond as "One of the most memorable and enjoyable days that you can spend on flat water paddling a canoe." It's about 4 miles to paddle along the shoreline.

There are islands at the south end, all state land, where you may picnic. Although much of the pond is surrounded by state land, some is private and you must avoid. There are homes scattered along the north and western shore, thick woods keep the structures partially hidden.

Numerous loons and other bird life inhabit South Pond as well is fine fishing for splake under the surface. Note that the carry down the trail to the water from the parking area is a steep descent.

For a wonderful blog description of paddling on South Pond, please visit

<http://quietkayaking.blogspot.com/2011/01/south-pond-part-i.html>



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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](http://www.ADKtrailmap.com), enjoy your canoe or kayak adventure!*