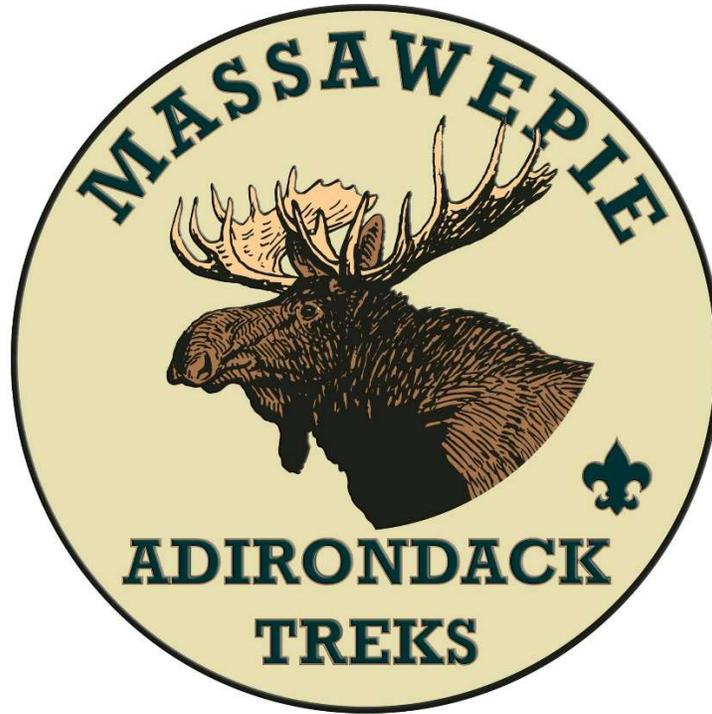


# ADIRONDACK HIGH ADVENTURE TREK PROGRAM



## Massawepie Scout Camps

### LEADERS INFORMATION & PREPARATION GUIDE

# 2026 TREKS

Scouting America  
2320 Brighton Henrietta Town Line Road  
Rochester, NY 14623  
585-241-8545  
[treks@senecawaterways.org](mailto:treks@senecawaterways.org)

## **Introduction**

The Adirondack Park in Northern New York State is one of the largest wilderness areas (over six million acres) in the United States. It is rich in history and legend. Rugged and imposing until the turn of the 20<sup>th</sup> century many a settler gave up on the rocky land that was both hard to clear, and grow food in. Aside from lumber and mining operations much of the land didn't find ownership until the mid-1900's when the idea of the idyllic mountain retreat for sports and health seekers took hold. Fortunately, by this time one of the largest growing landholders within the park had become the state of New York itself. The recognition of several stakeholders as to the quality of and need to protect the resources found within this rugged land led to the establishment of the Adirondack Park comprised of over 2 million acres in 1892. Just two years later in 1894 state voters affirmed a clause within the state constitution that would protect this land and any more added to the state's ownership as "Forever Wild".

The Massawepie Adirondack Treks program operates within this unique wilderness and covers hundreds of miles of rivers, lakes and hiking trails to offer extensive trekking opportunities. Going on a trek puts into practice, all of the outdoor skills learned in the Scouts BSA or on your own. An Adirondack Trek provides the opportunity to gain a true wilderness camping experience.

This booklet is designed to help groups and trip leaders prepare for their trek.



## Our Philosophy and Governance

Scouting is a youth-led program and as such our mission is always to educate, enable, and empower the youth who participate in a Massawepie Adirondack Trek to successfully achieve goals set for themselves by themselves as aligned with the aims and methods of the Scouts BSA.

Each trek is accompanied by an Adirondack Voyageur guide who is trained by the Scouts BSA to educate and assist the youth on a trek to develop both mind and skills sets to challenge themselves and meet their goals for the duration of the experience and longer.

- Treks are governed by the rules and regulations of the New York State Board of Health, Department of Environmental Conservation (DEC) and by the Scouts BSA organization.
- Treks are conducted in accordance with the Outdoor Code and the Leave No Trace philosophy to ensure a trek that will be both fun and educational.

## General Planning Information

There are certain things to be considered when planning an Adirondack Wilderness Trek. The following will help you prepare:

<b>Leadership:</b>	Two adults from the troop are required on every trip; both must be at least 21 years of age. (Your Voyageur guide will be over 18 but may not always be 21+). Leadership must be in accordance with Scouts BSA policies relative to participant gender identities.
<b>Participant Age:</b>	All participants in a trekking experience must be aged <b>14+ or 13 &amp; graduated the 8th grade.</b>
<b>Participant Gender:</b>	All genders are welcome to participate in a Massawepie Adirondack Trek. Adult leadership and overnight accommodations arrangements must be strictly adhered to under the guidance of Scouts BSA rules and regulations.
<b>Group Size:</b>	For ALL treks <b>7 is the maximum group size per crew</b> that we can accommodate. This does not include the Voyageur, this is 7 participants from your troop. If group size is a complication, please contact us with your needs so that we might discuss the options available to you.
<b>Required Fees and Paperwork:</b>	Reservations for the upcoming summer are open by December 1 annually. We recommend that you reserve your preferred week of attendance early and iron out the details such as routes and itineraries during the winter and spring of the trekking year.  All required fees and paperwork referenced below and on our website for your trek must be received by June 1 of the trekking year.

**Equipment:** All personal gear is required of your crew. Please take note and plan accordingly after reading the information below.

**Physician's Signature on part C.**

### **Health and Fitness:**

Every trek requires the appropriate levels of health and physical fitness. Please refer to the tips and guidelines found below. All participants must complete all parts (A,B,C) of the **Annual Medical Form** and receive a

## **Adirondack Voyageurs**

A trained Scouts BSA Adirondack Voyageur will be assigned by the Trek Program Staff to your crew upon arrival at camp. These individuals are trained at the Scouts BSA's National Camping School program and carry all necessary State of New York and Scouts BSA certifications to manage groups in a wilderness setting.

Your Voyageur will accompany your group from the Sunday of your trek week through Friday evening and will arrange for the food, equipment and program services to be provided to you by Massawepie Scout Camps.

Your Voyageur will help your crew as a mentor, trainer, enabler and risk manager in every way possible, but will not assume responsibility for behavior management within the crew. That responsibility lies within the adult leadership accompanying the crew who are well-versed in the behavioral nuances found within the crew.

## **Weather**

The weather in the Adirondacks is fairly predictable with the support of weather websites and mobile apps. While July and August can be extremely pleasant, the temperatures can and do fluctuate from 80F during the day to 45F at night. Sudden and intense rain storms with driving winds occur regularly. Common sense should always prevail. Look up, look around, all the time. Completing a trek itinerary as designed is ideal, not a requirement. The entire crew should always agree upon the best plan of action during times of inclement weather. Every individual's comfort zone and safety should be respected at all times. The Voyageur will make the ultimate decision on how to proceed during periods of challenging weather and advise the base camp staff of any changes to the itinerary or logistical needs that the crew faces. We are happy to adjust your itinerary as needed to ensure the safety and comfort level of all trekkers!

Appropriate rain gear and a warm knit cap are essential items to have with you on the trail. Please check for these items before you head to Massawepie for your trek!

## **Emergency Support During A Trek**

The remoteness of the Adirondack wilderness is one of its most attractive qualities. Sitting on a mountain peak or on a lakeshore and watching the sunrise, knowing you are miles from civilization and the only way out is to hike or canoe "refreshes the soul". However, there are certain inherent risks involved in physically removing yourself from civilization. The largest of these is access to emergency support.

Your Voyageur knows, at all times, the quickest access point to get help in the event of an emergency. This required logistical awareness will be covered with you by your Voyageur during your Sunday Trek Prep. The Trek Program Administrators will additionally verify with you that your Voyageur has briefed you on this knowledge before your trek departs base camp. You can always find a card containing essential phone numbers and emergency contacts located in each provided first-aid kit.

## **Emergency Telephone Numbers**

Massawepie Ranger Shop 518-359-3900  
Massawepie Scout Camps Office (Summer): 518-359-2281  
Fax Line: 518-359-2007

## Fees

Full fees are due in the Rochester office, 2320 Brighton Henrietta TL Rd. Rochester NY, 14623 by **June 1**. Please make checks payable to "Boy Scouts of America".



Massawepie Trek Center: 1-6701-718-21  
07-05-2026 9:00 AM

### Key Event Details

Massawepie Scout Camps - Adirondack Treks: Week #1 at Massawepie Scout Camps

Registration opens Sun 03-01-2026 07:00 PM

Must be paid in full by early discount date to receive that price.

Late Fee will be charged if not paid in full by late fee date.

Scout BSA Youth (Youth)		Payment Schedule		
Early Discount Price:	\$ 600.00 (Fri 05-01-2026 12:00 AM)	Payment	Amount	Due Date
Regular Price:	\$660.00	Regular Price	\$660.00	06-27-2026 11:59 PM
Late Fee:	\$ 700.00 (Mon 06-01-2026 12:00 AM)			

Adult (Adult)		Payment Schedule		
Early Discount Price:	\$ 600.00 (Fri 05-01-2026 12:00 AM)	Payment	Amount	Due Date
Regular Price:	\$660.00	Regular Price	\$660.00	06-27-2026 11:59 PM
Late Fee:	\$ 700.00 (Mon 06-01-2026 12:00 AM)			

Venturing Youth (Youth)		Payment Schedule		
Early Discount Price:	\$ 600.00 (Fri 05-01-2026 12:00 AM)	Payment	Amount	Due Date
Regular Price:	\$660.00	Regular Price	\$660.00	06-27-2026 11:59 PM
Late Fee:	\$ 700.00 (Mon 06-01-2026 12:00 AM)			

Event Contact Name	Title	Phone	Email
Matthew Thurston	Reservation Director	5852418547	matthew.thurston@scouting.
Cordell Reynolds	MSC Treks Director	518-359-9550	cordell.reynolds@scouting.org

Cancellation Policy
<p>All camp fees paid per the payment schedule are non-refundable. There are situations in which a camper's fee may be refunded, either in whole or in part. Please note that checks will not be written to individual families but written to the unit and refund requests must be made by the unit. The complete balance of a campers' fee (less \$150) may be refunded up until June 30 for the following reasons if accompanied by appropriate documentation: Medical issues regarding the camper, Summer School, Extreme family emergencies. Refunds requested after June 30 up until the unit's billing conference at camp can be issued with \$250 of the fees paid retained with the balance refunded. No refunds will be considered after the unit billing conference takes place at camp. All documentation must be turned in at the time of the billing conference. The Seneca Waterways Council cannot provide refunds after this timeframe as certain expenditures have been made (e.g. food and program-related items) based upon the unit's projected attendance.</p>

## Refund Policy

The \$300 registration deposit per trek group is non-refundable after March 15<sup>th</sup>. After June 1<sup>st</sup>, the per person trek fee is non-refundable on individual cancellations.

## **Special Program Requirements and Requests**

You are participating in a pre-defined trek program using the resources of the Massawepie Scout camps and Seneca Waterways Council BSA. We will strive to accommodate all needs and requests from your crew with advance awareness. If your group requires special equipment or assistance from camp staff personnel, extra costs may be levied. Please notify a member of the treks program staff of any special needs or concerns well before the first day of your trek experience!

- During the registration and planning stages of the trek experience we ask that you communicate any needs above and beyond those outlined in this guide with our Trek Director before June 1.
- The assigned Voyageur will be knowledgeable of the possible variations and make arrangements for adjustments as needed during the trek if the need arises.

## **Campsite Reservations**

These are not required for the majority of treks within the Adirondack Park!

The Trek Director will contact you if there is a need for campsites within private or state campgrounds that require a fee.

The adult leader needs to make advance reservations for campsites in Middle Saranac Lake, Lower Saranac Lake, and the Second Pond area. This only applies to the ADK 90 Miler Classic Trek. It may also apply for custom trek routes too. There is a fee for these sites and you are limited to 6 people each, with just 2 tents per site if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need two sites for each of the nights you spend in these areas. See the trek descriptions for details. Any treks passing through state campsites that require reservations will not be confirmed or leave camp until proof of the campsite reservations in the necessary names and numbers is provided. The Massawepie Trek Director will guide you through this process as early as possible in the planning stages.

## **Trek Roster**

Please complete your roster online from the Adirondack Trek registration page. Information on how to complete/access your registration is available from the council office at 585-241-8545

For adults, legal names, birthdates and Youth Protection expiration dates are required. BSA member IDs for registered Scouters make it much easier for us to verify the information.

## **Medical Forms**

Each member of your group will be required to have a medical examination by the participant's family physician. The BSA Medical Form must be completed in its entirety with the parent's authorization signed.

**Participants who do not have necessary forms completed will not be allowed to go on the trek.**

All Trek participants **must meet the height/weight restrictions** outlined in Part C of the BSA Annual Health and Medical Record.

All youth trek participants will be required to submit the Meningitis Form

- Found on our website under Treks Forms and Resources

The health services of our base camp will be available to your group including a mandatory medical form re-check upon arrival at camp.

**The New York State Health Department requires the immunization record on the health form.** This may be obtained from the school nurse's office or physician.

## **Pre-Trek Health and Conditioning:**

The Adirondack Treks all vary considerably in mileage from the "pond hopping" or "peak bagging" itineraries to long canoe routes of over 70 miles. Some may not seem over exerting, but if it's raining and you're paddling or hiking into the wind, it

suddenly becomes tougher. The leader should be aware of the general condition and abilities of the participants.

**\*\* All Trek participants must meet the height/weight restrictions outlined in Part C of the BSA Annual Health and Medical Record.**

A participant does not need to be in the same physical condition as an olympic hopeful but knowing the limits of the group and participants in advance will allow the trip to go smoother. A "shakedown" weekend trip in your home area is a good way to make everyone aware of the kinds of physical demands that will be expected for the summer trip and it gives the leader a good idea of the participant's abilities. It can also be a time to familiarize the group with the kind of equipment they'll be using. All participants should be very familiar with their own equipment and any new equipment should be used prior to the summer trek to familiarize the owner with it.

An important note on hiking boots: hiking boots should be well broken in before the summer trek (especially for a backpacking trek). Slowly increasing the amount of time the wearer has the boot on over a period of weeks will prepare the foot and the boot for long distance hiking. If problems arise, work with a backpacking shop to help you get the boot fitting properly. **DON'T bring a brand new, unworn pair of hiking boots on a trek.**

### **Required Physical Health Items:**

- Canoe trekkers must pass a swimmer's test (100 yards).
- Canoe trekkers must pass a BSA canoe test This will be completed with your Voyageur's guidance during your Sunday Trek Preparations.
- **Everyone** must complete and fulfill the requirements in Part C of the BSA Health and Medical form. •

All youth participants must complete and submit the NYS Meningococcal form found on our website. 7

### **Religious Observances**

Because you are on the trail all week, you should plan your own religious services and arrange in advance to secure special dispensation for participants who observe religious practices that may impact the daily time schedule. Please work with your Voyageur to accommodate this need throughout the week.



## **Group Equipment**

The Adirondack Treks program will have available to your crew a full complement of group equipment.

- Gravity Water Filter
- Aquamira bottles
- MSR Stove Kit
- JetBoil Kit
- Frybake w/ lid
- Cook Kit
- Dish Washing Kit
- Dining Fly Kit
- Utensil Kit
- Spice Kit
- Bear Bag Kit
- Maps
- First Aid Kit
- Hot Gloves
- Throw Bag

**Should We Bring Some of Our Own Group Equipment? – It is not advised** • Many times when a troop has brought their own equipment to replace our group gear it either does not work properly, or it does not accomplish the same things as our equipment is meant to. But we won't stop you, pack it in the car and you can ask when you're here if you feel strongly about it.

## **Personal Equipment**

See the personal equipment list on our website.

All crews will participate in a mandatory "pack shakedown" with their Voyageur. The Voyageur will be looking for essential gear such as appropriate rain gear, warm clothing, sleeping gear, mess kit

\*We do not have essential gear items to loan. If during the pack shakedown a participant from your crew has not brought the essential gear, they may not be allowed to participate in the trek. Please organize a pack shakedown with your crew in the days prior to departure for Massawepie.

The most commonly forgotten items: Water Bottles, Sleeping Bags, and Rain Gear

## **A Typical Trek Schedule**

### **Units Overnighting**

**Saturday** You are welcome to join us at camp between 4pm and 6pm. Please sign in at the main office and proceed to the trek center. It is helpful to our weekend program staff if you communicate your intended arrival time with us in the days preceding your travel. See the "At Base Camp" section below for more information.

**Sunday** Breakfast is provided at 8am. Following breakfast at 9am is paddling/portaging skills, Lunch, equipment shakedown, final trek preparations, Brief leader's meeting with the Trek Director to review health and safety requirements, and more. Some treks leave Sunday night & some leave Monday morning

**Mon - Fri** Discover the Adirondacks!

**Friday Daytime** Return to base camp: Cleanup, shower, return gear, wash boats/PFDs and reflect on your adventure.

**Friday Evening** At your crew's discretion. Your crew may attend the camp-wide carnival followed by dinner and the closing campfire if they would like! Some crews opt to head into town for pizza with their Voyageur.

**Saturday** Breakfast is provided in the dining hall. Pack up and depart. Have a safe ride home and see you next year!

## **What to Expect At Base Camp**

### **Saturday Arrivals:**

We welcome you to arrive at Massawepie late Saturday afternoon between 4pm and 6pm. This is especially helpful for those crews who are traveling several hours or more. If you will arrive after 6pm please do contact the Trek Director in advance via email, text or phone, and/or the Massawepie Camp Office via telephone. Our Saturday staff are often running errands or working with gear and equipment outside of the 4-6pm window of time.

While there is no formal program, a member of the treks staff will be on hand to assist you with setting up camp and answering any questions. As such it is important that you consider activities for the scouts to partake in that will pass the time until 9am Sunday. Food is not provided until Sunday morning. You may use the grill or camp stoves at the trek center to cook food for Saturday night if needed.

It is important to note that appropriate **two-deep leadership is required at all times while at camp!**

A couple of wonderful stops on the way up to camp Saturday are The Wild Center in Tupper Lake or the Adirondack Experience just North of Blue Mountain Lake.

### **Sunday:**

If planning to arrive at camp on Sunday please do so by 8:30am. Check-in at the Main Office is required before heading to the Trek Center further down Massawepie Road.

Your Voyageur will meet your crew at 9:00 am Sunday morning to begin trek preparations. You will spend most of the day Sunday preparing for your trek. This includes route review/planning, swim tests, food prep, paddling and portaging exercises, gear shakedown and so on. **It is a very busy day.** We will break for a brief picnic lunch at the trek center at some convenient point during the day. This is typically after the swim test and canoeing skills seminar.

### **Trek Departures:**

Your crew will depart base camp per the schedule agreed upon with the trek director before your arrival at Massawepie. Due to transportation constraints some treks depart Sunday, others on Monday. The trek director will reach out to you with this information as the schedule for the summer is solidified.

### **Returning to Camp on Friday:**

You will return to base camp via a predetermined schedule throughout the day on Friday. In camp your Voyageur will assist you with returning patrol gear, washing the boats and PFDs, and de-briefing the experience.

Following the trek cleanup and debrief, your crew is free to explore or relax as they like. Some crews head out on a hike up Mt. Arab, some visit The Wild Center in Tupper Lake, some head to town for pizza, others just hang a hammock and relax. You are welcome to include your Voyageur in any of the activities you choose to partake in. He or she will say good-bye at an appropriate time before the closing campfire as your crew's activities dictate.

Your crew is welcome to participate in the camp-wide carnival inclusive of dinner which is followed by the formal closing campfire at 8:30pm.

### **Departing Camp on Saturday:**

A breakfast is provided at the dining hall on Saturday morning before your crew checks out. After breakfast your crew will be asked to sweep the tent site area and ensure that all trash and personal items have been removed.

## **Sunday Trek Preparations in Detail**

### **Initial Activities**

Your first hour or so will be spent becoming familiar with and to acquaint your Voyageur with each member of your group. The Health Officer at base camp will promptly conduct a review of your medical forms and give all participants a thumbs up health wise. You will then transition into appropriate swimming attire and be fitted for a PFD. We will then transition to the waterfront for the activities outlined below.

### **At the Waterfront and on the Water**

Swim tests need be completed prior to camp following the guidelines outlined on the form available on our website. We will begin reviewing those pre-tests before anyone enters the water.

After everyone passes their swim test your Voyageur will review basic canoeing paddle strokes, the parts of a canoe, how to safely lift, carry and launch a canoe and take your crew out on Massawepie Lake. Each member of your trek practices these strokes and demonstrates their canoeing know-how. Your Voyageur may make recommendations regarding the pairing of canoe partners until everyone gets comfortable with their skills.

### **Lunch and Route Planning**

A quick lunch with your crew at the trek center will be provided following the waterfront activities. While the crew is eating together your Voyageur will go over the maps and routes with you. It is essential that you pay attention to the emergency access points and procedures as outlined by your Voyageur during this meal.

## **Shakedown – Storage of Excess Personal Gear – Vehicles**

Following lunch Your Voyageur will conduct a personal equipment shakedown and issue patrol gear for the trip. Your Voyageur is on the lookout for essential personal gear as outlined in our personal gear list. Please note that we do not have personal gear available to loan. Failure to bring the essentials may cause a scout to miss out on the trekking experience. The most commonly forgotten items: Sleeping Bags, Rain Gear, and Water Bottles

Excess gear and equipment that is not needed on the trail should be locked in your vehicle. If you are not leaving vehicles at base camp, alternative arrangements will be made for the secure storage of this equipment.

## **Food Distribution**

Your Voyageur will now work with your crew to identify and distribute the week's meals. Everyone is expected to carry their share of patrol gear and food for the week. Please think of this when packing your backpack at home.

We recommend that you plan for 30-40% empty space in your backpacks. The volume of food for a crew of 8 over 5 days typically consumes at least half of a 50 gallon drum. During the shakedown, your Voyageur will work to create empty space in your packs.

## **Scoutmaster's Meeting**

Sunday the Trek Director will ask one scoutmaster from each crew to join them for a brief meeting. The purpose of this meeting is to ensure that you and your crew are feeling comfortable with the assigned Voyageur, review pertinent safety procedures, and answer any last minute questions.

## **Return of Equipment – Lost or Damaged Equipment**

You are expected to return all equipment loaned to you in a clean, satisfactory condition. Before your crew is released for exploration and fun on Friday your Voyageur will assist you in cleaning and an inventory of borrowed gear. This must be verified with the Treks Program staff before you are free to roam.

You must be prepared to purchase any lost or damaged equipment. So, take care of it as if "it was your own"; and return it better than or in the same condition as it was taken out.

## **Trail Manners**

**Smoking:** Scouts are not permitted to smoke or chew tobacco.

**Littering:** Scouts and leaders must observe the practices of LEAVE NO TRACE camping while on trail. Please review the Wilderness Use Policy enclosed.

**Drinking:** No alcoholic beverages are permitted.

## **Trading Post**

Base camp has a well-stocked trading post, which includes souvenir items as well as sundries, candy, ice cream and soft drinks.

## **Recognition and Advancement Procedures**

An attractive embroidered Trek patch will be presented to each participant at the completion of the group's trek. The trek is planned to provide each member of your group an experience with a wide range of adventure activities. Each experience will be of sufficient length and depth to provide for qualification (or partial completion) of related merit badges – camping, cooking, hiking, backpacking, canoeing, wilderness survival or fishing. Participants may qualify for the 50 Miler Award and snorkeling, BSA. However, the achievement of requirements is totally the responsibility of the group, neither the Voyageurs nor the Massawepie Trek program itself.

## **Extend Your Adventure**

By taking advantage of some of the many things New York State has to offer.

- Adirondack Museum at Blue Mountain Lake

- The Wild Center in Tupper Lake
- High Peaks – Keene, Keene Valley, St. Huberts, Jay, Lake Placid
- Olympic Sites – Lake Placid
- Whiteface Mountain – Wilmington
- Cooperstown Baseball Hall of Fame

If coming from the east, visit the Albany-Saratoga Area on your way to the Adirondack High Adventure Trek Program or include a daylong stop on your return trip home. If coming from the south, visit the New York City area. If coming from the west, visit Niagara Falls.

For further information – any requests for New York State tourism information should be sent to the division of Tourism, One Commerce Plaza, Albany, NY 12245.

For general New York State tourism information call toll free 1-800-225-5697 from Virginia north and from Michigan east. From everywhere else call 518-474-4116 or visit their web site at [www.iloveny.com](http://www.iloveny.com)

For information about attractions and events in New York City, write to the New York City Convention and Visitors Bureau (NYCC&VB) 2 Columbus Circle, New York, NY 10019 or call 212-397-8200. The above web site will also link to NYC.