

## **Kayaking the Tri-Lakes Region**

*Written by Christine Auclair*

In the heart of the Adirondacks, some of the most stunning glacially-carved lakes in all of the United States are waiting to astound you. Magnificent forests and breathtaking mountain peaks surround you while kayaking in the magnificent Tri-Lakes region (which includes Tupper and Saranac Lakes, along with Lake Placid). Not to mention the beauty on the lakes themselves that beckon to be explored!

On Lake Placid alone, there are three islands – Moose, Hawk and Buck – worth paddling to for the unique splendor that each offers. Moose Island, the largest of the three, is made up of dense forest dotted with homes (and a few rental cottages if you prefer to vacation in a remote hideaway nestled among the pines). Hawk and Buck Islands also have cottages available for rent, and all three islands offer wonderful scenic areas to simply take a break and enjoy a picnic lunch, while taking in the spectacular views of the surrounding alpine wilderness.

Kayaking on a glacially-carved lake most certainly means pristine, cool, blue water offering a variety of natural resources to observe along any excursion, whether out for a few hours, or the entire day. A variety of fish and waterfowl, along with diverse aquatic plants and flowers provide a feast for your eyes (as well your camera). One of the greatest features of kayaking is that it allows a nature enthusiast to view the magnificence of their environment in an unobstructed manner, providing exclusive interactions and unparalleled opportunities. Have you ever had the pleasure of photographing a radiant water lily as its delicate spray of yellow stamens glisten with dew? Have you had the pleasure of enjoying the solitude of a paddle at dawn as the sun awakens to kiss the peaks, and the loons call out through the foggy mist? These are pure delights of incomparable proportions, experienced to their fullest while you are on a kayak in the Tri-Lakes region of the Adirondacks.

Many anglers believe there is no better way to enjoy the diversity of the many basins and weed flats of the lakes in this area than to fish them from your kayak. Due to the glacial creation of these lakes, the varied geological formations have carved out hidden pools and tree-shrouded shorelines, making these bodies of water a haven for trophy-sized trout, pikes and walleyes. Of course, staying close to shore is always the safest rule of thumb while fishing from a kayak, so in this case, being safe is also rewarding since scores of the best fishing holes are indeed along the many miles of shoreline that each lake boasts.

If dining out and shopping appeal to you, the quaint villages surrounding the Tri-Lakes region await your appetite for unique shops and restaurants, either before or after your day of paddling. Blue Moon Café, a popular eatery in Saranac Lake, has some of the best coffee and muffins around for the early birds, as well as a recently added dinner menu that includes tasty tapas and a flair of new age infusion in the form of their delectable spring rolls. Finally, kicking up your feet after a vigorous day can literally be accomplished by stepping in to *The Adirondack Store* on Saranac Avenue in Lake Placid. A variety of rustic, hand-crafted furniture celebrates the spirit of the rugged wilderness and soothes your tired, but completely satisfied soul.

*Christine Auclair is a writer, author and photographer, as well as an avid nature/outdoor enthusiast. Her children's book, *You Can't Find a Rainbow in the House!* was written to inspire children to get outdoors to enjoy the beauty and lessons that nature has to offer. The book, along with Christine's photography, is available at [www.ceilswheelspublishing.com](http://www.ceilswheelspublishing.com).*