



Welcome Information for the NOAA Environmental Literacy Program and Science On a Sphere Workshop Participants

The Wild Center - Land Acknowledgement

The Wild Center is located within the Adirondack Park in upstate New York.

We would like to acknowledge that where I stand and where The Wild Center is located are the ancestral lands and original territory of the Haudenosaunee people.

The original people of this place have deep knowledge of the land gained over thousands of years of observation. As a science museum, we too gain knowledge about the natural world through careful observation about a particular place and natural system.

At The Wild Center we believe the wisdom of the Haudenosaunee people, along with their gratitude, for all parts of the natural world can guide a better human and nature co-existence.

To our Haudenosaunee friends, neighbors and partners we appreciate and respect your willingness to share some of your knowledge so we can work together to steward these lands for future generations.

[The Wild Center](#)

Welcome to the Adirondack Park

The Adirondack region is the ancestral and contemporary lands of the Haudenosaunee People. Their stewardship of the land dates back thousands of years and protected the health of natural systems and resources. Indigenous land management practices included brief uses of land and relocation once resources were exhausted to let the land rest and regrow. European settlers, New York state, and federal law cut off access and Indigenous stewardship of this region. This forced land grab started an era of intense logging in the park. This logging degraded entire ecosystems and damaged waterways, which were used to move timber downstream. Intense logging that stripped trees from the land greatly reduced the Park's capacity for carbon storage and negatively impacted wildlife populations. To put the Adirondack region on a path towards recovery, the



Adirondack Park was created in 1892, made up of both state-owned Forest Preserve and privately owned land.

The "Forever Wild" Adirondack Park

Although the land of the Adirondack Park was once threatened by excessive logging and deforestation, it is now the largest publicly protected area in the contiguous United States. The Adirondack Park is best known for its expansive pristine forests, lakes, rivers, and outdoor recreation opportunities. Unlike a national park, the Adirondack Park has no entrance and no entry fee, as it not only contains public land, but private lands as well where people live year-round. The Adirondack Mountains and the surrounding areas constitute a 6 million acre forest preserve composed of privately owned properties and "forever wild" land preserved by New York State.

A Brief History of Adirondack Conservation

Following the Civil War, there was an increase in logging in the Adirondacks to keep up with Reconstruction Era economic expansion. As early as 1868, land surveyor Verplanck Colvin raised the alarm about the depletion of Adirondack resources and in 1873 he recommended the creation of a state forest preserve covering the Adirondack region in order to protect the Adirondack watershed and the Erie Canal.

The Adirondack Park was established in 1892 by New York Governor Roswell P. Flower. In 1894 the "forever wild" clause, preventing timber cutting and the sale or lease of any of the state lands (between 2.6-2.8 million acres) in the forest preserve, was approved and added to the New York State Constitution.

The Adirondack Park and the counties within it would be more clearly defined in the early 1900s. In 1912, legislature clarified that the park included the privately owned lands within the Adirondack Park's "blue line" boundary, bringing the total size of the Adirondack Park to over 6 million acres.

What Makes the Adirondack Park Unique

The Adirondack Park is uncommon not only for its patchwork of private and publicly owned land, but also for its size. The 6 million acre Adirondack Park is larger than Yellowstone, Everglades, Glacier and Grand Canyon National Parks - combined!

Within park lines lie 46 Adirondack High Peaks, including Mount Marcy, the highest Adirondack Peak at 5,344 feet. The park also boasts over 2,000 miles of hiking trails, more than 3,000 lakes, and 30,000 miles of waterways.



The land that is not "forever wild" is host to residential neighborhoods, agriculture, recreational activities, campgrounds, and forestry. The Adirondack Park is now home to approximately 130,000 year-round residents and over 200,000 seasonal residents who are able to enjoy the benefits of both the industrialized and natural aspects of the park. Over 9 million visitors come to the Adirondacks each year.

In addition to the physical land, New York State and local communities aim to protect the diverse creatures that call the Adirondacks home. Amid the streams, forests and mountains live all sorts of wildlife, including many species of boreal birds and fish, as well as larger mammals like moose, black bears, and coyotes.

Multiple state policies and programs have been put into place to maintain Adirondack wildlife habitats. For example, the [Adirondack Park Agency \(APA\)](#) and the [NYS Department of Environmental Conservation \(NYSDEC\)](#) contributes to the protection of fish and wildlife habitats through air, land and water quality regulatory programs. There are many community-based organizations, agencies, colleges and universities that are working on a myriad of projects, programs and initiatives to support the natural and human communities within the park to ensure a healthy, thriving and sustainable future for all.

Sources:

<https://content.govdelivery.com/accounts/NYSDEC/bulletins/1a5b912>

http://www.apa.state.ny.us/About_Park/

Info about the region

ROOST (Regional Office of Sustainable Tourism)- <https://www.roostadk.com>

Lake Placid - Workshop Participants will be staying in the Village of Lake Placid

Recreational and competitive winter sports have long been associated with Lake Placid. This quaint Adirondack village hosted two Olympic Winter Games in 1932 and 1980, but the area's history as the nation's first winter vacation destination actually spans over 100 years! The area continues to beckon visitors year-round; to shop on the charming Main Street, to enjoy a variety of performance arts, and to sample area dining fare. The primary draw to the area, though, is the opportunity to explore the mountains and lakes in the Adirondack wilderness in which Lake Placid is sheltered.

Tupper Lake - The Wild Center is located in Tupper Lake.

Situated in the middle of the Adirondacks, Tupper Lake has endless opportunities for outdoor recreation. As the temperature rises and summer settles in, the variety of activities only get hot! Go hiking, golfing, biking, paddling, swimming, boating, fishing, camping, birding, and more. In the colder months, Tupper Lake becomes a basecamp for snowshoeing, cross-country skiing, snowmobiling, stargazing, and ice fishing. Outdoor



recreation is simply the beginning -- Tupper Lake is also packed full of great dining, shopping, and family fun attractions like The Wild Center and the Adirondack Public Observatory.

Saranac Lake - Saranac Lake is the village in-between Lake Placid and Tupper Lake - and is a great place to visit if you have some extra time.

Saranac Lake is overflowing with offbeat attractions, funky little shops, eclectic eateries, awe inspiring art galleries, and places to catch live music. And any time of year is good for stopping by the Saranac Laboratory Museum, where visitors can learn about the village's history as a tuberculosis cure center. Downtown is a place where the woods meet the pavement. Be sure to explore it and you'll discover pretty little parks, a lawn serpent sculpture, colorful murals, a relaxing river walk, and plenty of places where the nearby mountains peek from behind buildings. Beauty, art, music, and dining — it sounds like Saranac Lake! Saranac Lake is also a hub for paddlers and a launch for many outdoor, water-based activities.

Lake Placid Restaurants

Dinner/Drinks

- [Lisa Gs](#). 6125 Sentinel Rd, Lake Placid, NY 12946
- [Jimmy's 21](#)- 2425 Main St, Lake Placid, NY 12946
- [Smoke Signals](#)- 2489 Main St, Lake Placid, NY 12946
- [Lake Placid Pub and Brewery](#)- 813 Mirror Lake Dr, Lake Placid, NY 12946
- [Top of The Park](#)- 2407 Main St, Lake Placid, NY 12946
- [Great Adirondack Brewing Company](#)- 2442 Main St, Lake Placid, NY 12946
- [The Interlaken](#) 2442 Main St, Lake Placid, NY 12946
- [The Greeks ADK](#) 2724 Main St, Lake Placid, NY 12946
- [Salt of the Earth](#) (requires reservation) 5956 Sentinel Rd, Lake Placid, NY 12946
- Corner Store (build your own sandwiches) 188 Newman Rd, Lake Placid, NY 12946
- [The Marcy at the Grand Adirondack Hotel](#) 2520 Main St, Lake Placid (518) 523-1818
- [Big Slide Brewery & Public House](#) 5686 Cascade Road, Lake Placid (518) 523-7844
- [Dancing Bears Restaurant](#) 2404 Main St, Lake Placid (518) 523-3619

Coffee, Juices, Sweet Treats & Baked Goods

- [Soulshine Bagel](#) 2526 Main Street, Lake Placid (518) 523-9772
- [Big Mountain Deli/Creperie](#)- 2475 Main St, Lake Placid, NY 12946
- [Origin Coffee Co.](#) 2669 Main Street, Lake Placid (518) 837-5143-
- [Starbucks](#) 2490 Main Street, Lake Placid (518) 523-1437
- Bluesberry Bakery 2436 Main Street, Lake Placid (518) 523-4539
- Emma's Lake Placid Creamery 2507 Main St, Lake Placid (518) 523-8201



- A New Leaf Coffee House 2364 Saranac Avenue, Lake Placid (518) 523-1847
- [Green Goddess](#) Natural Market & Catering 2051 Saranac Ave, Lake Placid (518) 523-4676

Activities in Lake Placid

Hiking & Outdoor Adventures nearby:

Walk/Run around Mirror Lake: Right in the center of town is Mirror Lake! It is approximately 2.5 miles around the lake and makes for a great walk or run.

[Cobble Hill](#) - Short .8 mile hike to great view. Walk to trailhead from hotels

[John Brown Farm State Historic Site](#)

[Heaven Hill Trails](#)

[Henry's Woods](#)

[Brewster Peninsula Trails](#)

Olympic Sites:

[Lake Placid Olympic Museum](#)

Olympic Venues: Speed Skating Oval, Miracle on Ice 1980 Hockey Rink, Olympic Ski Jumps and Mt Van Hoevenberg Sports Complex (cross-country, biathlon, luge, bobsled, mountain coaster, rock climbing)

Information on Hiking/Biking and Canoeing in the region:

[Eastern Mountain Sports](#) (EMS) 2453 Main Street, Suite 1 Lake Placid NY 12946

- Outdoor gear, equipment and paddle board rentals

[High Peaks Cyclery](#) & Mountain Adventure Center Monday-Sunday: 9AM-5PM

2733 Main St. Lake Placid, NY 12946 518-523-3764

[Whiteface Mountain Ski Resort](#)

86 trails include expert runs & 3,430-ft. vertical drop, with beginner area & family gondola rides. Mountain Biking.

Address: 5021 NY-86, Wilmington, NY 12997

Phone: (518) 946-2223

[Barkeater Trails Alliance](#)

Barkeater Trails Alliance (BETA) builds, maintains, and advocates for a system of community and backcountry trails for ski touring and mountain biking in the greater High Peaks region of the Adirondack Park. Check out their website to see an extensive list of mountain biking trails.

[Adirondack Mountain Club](#)

Based out of the Adirondack Park in New York State, ADK is a leader in providing outdoor



education, promoting responsible recreation, and organizing stewardship experiences. Since 1922, the organization has worked to increase access to the backcountry by building trails, conserving natural areas, and developing a stewardship community that supports the ethical and safe use of New York's outdoor spaces. A member, donor, and volunteer-supported organization, ADK reaches across New York through its 27 chapters to inspire people to enjoy the outdoors ethically.

Human Powered Planet Earth

77 Main Street, Saranac Lake, NY 12983 - 518-354-8497

To help you save money, be healthy, and live a sustainable lifestyle for this planet through Cycling and other Human Powered activities. We provide bicycle repair to keep you moving on the most efficient human powered transportation known to humanity.

Placid Planet Bicycles

2242 Saranac Ave., Lake Placid, NY 12946 - 518-523-4128

We proudly serve all types of cyclists, including new and veteran riders, road and mountain aficionados, and recreation and transportation cyclists. Whether you prefer to shop on our website or to come visit us, we're here to help you with all of your cycling needs. Learn more about what makes us unique, and visit us today to meet our friendly staff and experience our incredible product selection.

New York State Department of Environmental Conservation We are located in NYSDEC Region 5. For information on permitting for fishing, camping and other outdoor activities please visit the website.

Canoeing - Day & Multi-day Rentals, Guiding, gear, and sales for all paddle sports

Adirondack Lakes and Trails (Saranac Lake)

St. Regis Canoe Outfitters (Saranac Lake)

Birding & Nature Trails

Paul Smith's College VIC - offers great opportunities for wildlife viewing in all Adirondack ecosystems except for alpine! Incredible trails, access to a boreal bog, marsh, upland and mixed forest types. Free and open to the public.

Other Activities:

- Big Z's at Lake Placid Lanes- <https://www.bigzsatlakeplacidlanes.com/>
- Book Store- Book Store Plus- <https://www.thebookstoreplus.com/the-guides>
- Candle Making- Pure Placid- <https://pureplacid.com/products/candle-making>
- Paint and Sip- <https://www.thepeakspaintbar.com/>
- Palace Theater - Movies <https://www.cinamaclock.com/theatres/palace-theatre-lake-placid>
- Lake Placid Center for the Arts- <https://www.lakeplacidarts.org/>



Shopping, Pharmacies, and Grocery Stores

- [Price Chopper](#) - 1930 Saranac Ave., Lake Placid, NY 12983 - 518-523-2790
- [Hannaford](#) 45 Hadjis Way, Lake Placid, NY 12946 - 518-523-3279
- [Green Goddess Cafe](#) and Market (Lake Placid)
- [Nori's Village Market](#) (Saranac Lake) - Natural Food Store & Cafe
- Kinney's Pharmacy - locations in [Lake Placid](#), Saranac Lake, and Tupper Lake
- Walgreens Pharmacy - Lake Placid and Saranac Lake
- [Marshalls](#) - Chain department store
- [The Village Mercantile](#) (Saranac Lake) - small Community Owned department store/local gifts

Health and Wellness

[Adirondack Health](#) (24 hrs.) Primary hospital is located in Saranac Lake. [Health Centers](#) located throughout the region.

[Lake Placid](#) Open 8:30 - 5 pm M-F. No emergency services available.

[Mountain Medical Services](#) - Urgent Care. Located in Saranac Lake.

- [Mirror Lake Inn Resort and Spa](#)
- [Adirondack Foot Sanctuary-](#)
- [Lake Placid Health & Fitness Center](#)
- Yoga in Lake Placid
 - [Studio Upstate](#)
 - [High Peaks Yoga Shala](#)
 - [Yoga with Sue](#)

Cultural Organizations

[Six Nation Iroquois Cultural Center](#)

1466 County Hwy 60, Onchiota, NY 12989
518-891-2299 -- Open Seasonally

The Six Nations Iroquois Cultural Center provides for the viewing of 3000-plus artifacts with an emphasis on the culture of the Six Nations of the Iroquois Confederacy (Haudenosaunee). The Six Nations are: Mohawk, Oneida, Onondaga, Cayuga, Seneca and Tuscarora. The center features storytelling lectures; gift shop carries Mohawk baskets, beadwork, books, t-shirts, silver jewelry, and acrylic paintings that reflects Six Nations culture. Please find us on Facebook under [@6NICC](#)

[John Brown Lives](#)

PO Box 357, Westport, NY 12993
518-744-7112

We sponsor surprising collaborations, groundbreaking research, community dialogue, and cultural initiatives that upend conventional narratives, provide portals for oft-avoided



conversations, and facilitate examination of our history and for its useful legacies in the present. Site offers lovely walking/hiking trails with views of the High Peaks.

[Adirondack Center for Writing](#)

15 Broadway, Saranac Lake, NY 12983
518-354-1261

ACW has been refined by 20 years of service to the writers, readers, storytellers, and listeners of the Adirondack region.

[Historic Saranac Lake - History Museum](#)

89 Church Street, Saranac Lake, NY 12983
518-891-4606

Historic Saranac Lake was founded in 1980. Our mission is to preserve and present area history and architecture to build a stronger community.

[Adirondack North Country Association](#)

67 Main Street, Suite 201, Saranac Lake, NY 12983
518-891-6200

ANCA is an independent non-profit organization working to build dynamic local economies that sustain thriving communities in Northern New York. Since 1955, ANCA has leveraged the investment of hundreds of millions of dollars into key sectors that drive sustainable local economic development.

[The Carry : Community Co-working Space](#)

75 Main Street, Saranac Lake, NY 12983
thecarrysl@gmail.com

At The Carry, you'll have 24/7 access to a fully equipped office where your business can find the space to grow. We're big believers in the power of the hive mind, and when you join The Carry, you'll join a community of entrepreneurs ready to take that next step alongside you.

[North Country Public Radio Community Calendar](#) - local news and community events across the Adirondack Region.

Community Resources/ Contacts on Diversity, Equity and Inclusion

[Adirondack Diversity Initiative](#)

Tiffany Rea-Fisher ADI Director treafisher@adirondack.org

Temnit Donnelly - ADI Core team, teacher in Saranac Lake
518-588-7795

temnitd@yahoo.com



[Adirondack North Country Gender Alliance](#)

Kelly Metzgar - *Pronouns - She/Her/Hers*

Executive Director

Email: ancga@outlook.com

Phone: 518-637-7253

Visit us on Facebook at <https://www.facebook.com/adkncga/>

Arts Organizations

[The Dance Sanctuary](#)

68 Main Street , Saranac Lake, NY 12983 - (518) 304-7765

The Dance Sanctuary is a dance studio offering classes for all ages in ballet, jazz, contemporary, tap, hip hop, and social dancing for adults like salsa, swing, foxtrot and more! Located on Main Street in downtown Saranac Lake and also at the newly opened Tupper Arts Center in downtown Tupper Lake! It is the perfect SANCTUARY for locals, visitors, dancers young and young at heart! Offers yoga in summer seasons

[Lake Placid Center for the Arts \(LPCA\)](#)

17 Algonquin Drive, Lake Placid, NY 12946 - (518) 523-2512

The LPCA is a dedicated dynamic home for the arts. We are always adapting to provide arts experiences in new and different ways, bringing you a creative outlet when it is needed most, no matter where you are. The LPCA also has a gallery on Main Street in Lake Placid (Gallery 46)

[ADK Art Rise](#)

62 Main Street, Saranac Lake, NY 12983 - 518-354-8089

New community Arts business offering classes and programs for all ages. Saranac Lake

[Pendragon](#)

15 Brandy Brook Avenue, Saranac Lake, NY 12983 - 518-891-1854 Pendragon theater is celebrating 40 years of year-round professional theater. The pendragon offers an array of performances from Pride and Prejudice to the hilarious Guys on Ice. See their website for current events.

Info for Participants:

What to Pack

Early Spring in the Adirondacks is notoriously fickle - please be prepared for all kinds of weather - it could be a beautiful 70 degrees and sunny or cold rain (or snow) and 30 degrees - or anywhere in between! Layers are best. The dress code for the Adirondacks is definitely "Adirondack Outdoor Casual" and comfortable. While the workshop will be indoors at The Wild Center, there will be plenty of opportunity to take a walk on our 115 acre campus - wander down to the Racquette River or up on Wild Walk as well as explore



around Lake Placid. The locals refer to this as 'mud season' so if you are planning on hitting the trails or hiking at any point, please be prepared for mud.

- Warm jacket(s), sweaters/fleece
- Rain jacket
- Comfortable walking shoes/sneakers that you can walk around our campus
- Hiking boots/waterproof shoes if you plan on any hiking adventures
- Layers!
- Umbrella
- Bug repellent - While typically early May is relatively free of biting insects, please note that if you are planning outdoor/hiking activities that the annoying (but important early spring food source for many creatures) tiny, biting black fly may make an early spring appearance. We also have ticks so it is important to be tick-aware if out hiking.