Hike and Camp in Acadia National Park and Adirondack State Park

Looking to recover from the stress of finals and kick off the summer with an amazing experience with memories that will last a lifetime? Join NIU Outdoor Adventures for a 12-day adventure in Acadia National Park and Adirondack State Park that includes epic hiking, scenic views, and relaxation in the great outdoors.

Acadia National Park is visited by more than three million people a year and has seven different peaks and 158 miles of hiking trails. The Adirondack region spans over six million acres and the Adirondack Mountains are home to the largest protected natural area in the lower 48 of the United States.

We will begin with a tour of Acadia National Park with unique scenic hikes with views of the Atlantic Ocean. Then we will spend several days camping at Adirondack State Park and do multiple challenging day hikes through the Adirondack Mountains. We will wrap up the trip by visiting the amazing Niagara Falls. Each night we will relax around the fire with delicious camp food, fellowship, and the beautiful night sky.
Day by Day Itinerary

**Monday, May 13:** Bright and early we will begin our journey from DeKalb head to the Northeast traveling a full-day until reaching our campsite in Rochester, NY for a break for the night. We will be stopping every three hours for bathroom breaks and gas. We will have snacks in the car and encourage you to bring any of your own favorite snacks as well for the trip. Meals on this day as well as the final day of the trip is not included in the trip cost. For lunch we will make a quick stop at a multi-option fast food area but feel free to bring your own sack lunch. We will be stopping for a sit-down dinner on the road before reaching our campsite.

**Tuesday, May 14:** After breakfast, we will continue on with our journey to Acadia National Park. This drive entails another full day on the road. We will stop every three hours for breaks and provide a picnic lunch at a rest area. After arriving at Blackwoods Campground inside the park we will set up for camp and have dinner at our campsite.

**Wednesday, May 15:** Now is where the real fun begins. We will wake up this morning, eat breakfast then begin our adventuring. We will hike on the Jordan Pond Shore Path and Nature Trail. The nature trail is self-guided and has interpretive stops. The shore path is known for its remarkable path engineering. The total for the day will be five miles. Back at camp we will make dinner and relax around the campfire. You have the option to take a shower.

**Thursday, May 16:** After a hearty camp breakfast, we will take a hike from our campsite to the top of Gorham Mountain, a 525-foot climb. From the mountain top we will get great views of Cadillac, Champaign, and Dorr Mountains. We have the option to also climb the Beehive, a 520-foot nearly vertical climb on iron rungs. The challenging hike is not for anyone nervous of heights or weak of limb. In the afternoon we will hike the Great Head Trail and Sand Beach Trail with great views of the ocean and return to our campground on the Ocean Path. Overall mileage for this day is as much as 10 miles. We also have the option of skipping some trails and choose to do them on a different day. Back at camp we will relax and enjoy a well-earned meal.

**Friday, May 17:** This morning we will wake up super early enough to hike up Cadillac Mountain on the Summit Loop Trail to see the sunrise. It is a special experience as we will be at the easternmost spot in the United States where the sun first appears. We will head back to camp for breakfast and prepare for the day. We hope to drive the Park Loop Road which is 27 miles or take a trip to town and the visitor center. There
are many interesting places along the way to stop for short hikes and spectacular views. The top destinations include a visit to the Hulls Cove Visitor Center, Sand Beach, Thunder Hole, Otter Cliff, and others. In the late afternoon we can head out to Bar Island. This island can only be accessed at low tide which is at 4:27 p.m. on this day. On the island there is an observation point with breathtaking panoramic view for fantastic photos of Bar Harbor with Champlain Mountain and Cadillac Mountain in the background. After the day’s adventure we will return to camp for dinner and another relaxing evening.

**Saturday, May 18:** We will start the day with a delicious breakfast and then head to the Jordan Pond parking lot for a challenging day of hiking. Starting with a climb to the top of Penobscot Mountain, the 5th highest peak (1,194 feet) in Acadia National Park. We will continue on to the Sergeant Mountain, the 2nd highest peak (1,379 feet) for a total of 5 miles with 1,300 feet total elevation gain. If the group is wanting another challenge we can summit South Bubbles Mountain (1.7 miles/250 feet elevation) before heading back to camp. At camp, we will make dinner and pack up since we will be leaving for the Adirondack’s in the morning.

**Sunday, May 19:** We will get up early to break camp and head to the Adirondacks. The journey to the Adirondacks will be take about nine hours with breaks. Upon our arrival we will set up camp at the State Park, explore some nearby trails, and make dinner.

**Monday, May 20:** We will begin our day with breakfast at camp before we head out for a hiking adventure. There are 46 high peaks in the Adirondacks with most in the area of our camp and we hope to cover several of the best for our group. We will start out with hiking Whiteface Mountain, the fifth highest (4,865 feet). The 360° views from the top of Whiteface include the Green Mountains of Vermont, the skyscrapers in Montreal on a very clear day, and the White Mountains of New Hampshire on an even clearer day. There is a visitor center along the hiking route that we will stop by and then continue on to summit the mountain. This hike is an 8-mile trek. After the hike we will head back to camp for dinner and a good night’s rest.

**Tuesday, May 21:** After waking up and seeing how everyone is feeling, we will enjoy breakfast and head out for the day. This day we hope to do a waterfall hike along the Great Loop Trail. During the hike we will get to see two great falls, the impressive Beaver Meadows and the grand Rainbow Falls. Rainbow Falls is fifteen
stories tall and cascades into a deep gorge. This is a 5-mile round trip hike. After the hike we will have time to explore around town or just relax.

**Wednesday, May 22:** Once again after waking and eating some breakfast, we will head out to adventure. If everyone is feeling great we can plan to tackle the highest of the 46 peaks, Mount Marcy. This is the tallest mountain in New York! The summit of Mount Marcy boasts some of the best views in the northeast with its massive bare-rock dome. This hike is a long one at 14 miles round trip but is very rewarding. There are other options if we decide not to do this one. In the evening, we will make dinner and pack up as much gear as we can as we will be leaving the next morning.

**Thursday, May 23:** We will begin the day with a quick breakfast and head out to sightsee at Niagara Falls, a 6-hour drive away. The group will have a chance to explore the area for several hours viewing the falls from multiple points. The group will meet again to drive to a campground nearby for the last dinner and night of our trip.

**Friday, May 24:** We will have a quick breakfast and pack up our gear. Then we will begin our 10-hour drive back with breaks every three hours or as needed with an expected return time to NIU’s DeKalb campus around 7pm.

Resources:

- Driving Map
- Acadia National Park
- Adirondacks region
- Niagara Falls State Park
More Trip Information:

- Cost of the trip
  - **NIU Student** $500.00
  - **Faculty/Staff/Community** $600.00
- Registration deadline is May 9, 2019
- There is a pre-trip meeting on Thursday, May 9 at 5:00 p.m.
- Trip cost includes:
  - Use of NIU Adventure Center’s camping gear i.e. tents, sleeping bags, cooking equipment, etc.
  - Transportation from NIU’s DeKalb campus to all sites via NIU 12-passenger van driven by trained university employees.
  - All meals including breakfast, lunch, and dinner except for first and last day of the trip.
  - Leadership and planning by NIU Outdoor Adventure Trip Leaders.
  - Campsites and all other fees associated with the trip plan excluding souvenirs or add-on tour options.
- For more info or questions visit our website: [go.niu.edu/oa](http://go.niu.edu/oa), email [outdooradventure@niu.edu](mailto:outdooradventure@niu.edu) or call 815-753-9423.