



The Great Adirondack Life Challenge

The lifespan of an Adirondack summer isn't much longer than a mayfly's—practically as soon as you've worked up a solid sandal tan, the maple trees have sent up their first orange early-warning flags. So to help you live your best Adirondack life this summer, we've assembled a checklist of 20 activities we consider an essential part of the season.

Finish them all by Labor Day to receive the official Great Adirondack Life Challenge patch and be entered into a drawing for fabulous prizes, including ski passes for Whiteface and Gore Mountains, and tickets to the Wild Center, Enchanted Forest Water Safari and Adirondack Experience. (See page 45 for rules and details.)

Unlike the peak-bagging challenges now proliferating around the Adirondack Park, this one isn't just for the upwardly hypermobile; each task is flexible enough to be accomplished with as much, or as little, perspiration and outdoor savvy as you please. So get out there and recreate!



Illustrations by Gwen Kerawal

1

GO TO AN OUTDOOR CONCERT

From a dock on Caroga Lake to the band shell at Lake Placid's Mid's Park, these hills are alive with the sound of music all summer long. Check the calendar at www.adirondacklife.com/events for ideas.

2

INVENT—AND EAT—A WACKY S'MORE

Start with your basic graham cracker, chocolate and marshmallow, then go nuts—literally or figuratively.

3

HUG A WHITE PINE

We love all our native trees, of course, but nothing says Adirondack like *Pinus strobus*, with its picturesque asymmetry and boughs as feathery as Farrah Fawcett's hair.



4

WAKE UP FOR A SUNRISE

You won't earn extra points for viewing it from a peak, but you will get an experience to remember.

5

PICNIC IN A LEAN-TO

Sleeping in these three-sided structures is a classic Adirondack experience, but if you're more of a mattress-and-four-walls sleeper, they still make for pleasant spots to enjoy sandwiches and gorp.

6

GET AFLOAT

Canoe, sailboat, inner tube or steamboat—whatever your craft of choice, take advantage of the thousands of lakes, ponds, rivers and streams within the Blue Line.



7

SIT IN AN ADIRONDACK CHAIR

Lean back and relax with your favorite summer beverage in the official lounge furniture of the region.



8

GAZE AT THE CLOUDS*

Find one that looks like an Adirondack animal and tell us what it is.

9

STAND IN THE RAIN

If your time in the Adirondacks is miraculously precipitation-free, we'll accept a bottle of water poured over your head.



10

SEND AN ADIRONDACK POSTCARD

Let someone know you wish they were here. A text message just isn't the same.

11

SEE A WATERFALL

There's no shortage of cascades in these parts, from roadside Roaring Brook Falls, near St. Huberts, to OK Slip Falls, near Indian Lake. Just—please—don't take a selfie from the top of the falls. We like you.

12

VISIT A FARM

Check out www.adirondackharvest.com to find out where in the park to pick your own berries, watch goat kids frolic, breathe in the funky aroma of a cheese cave, or stock up on local veggies.

13

CROSS A COVERED BRIDGE

We're partial to the comely span down the road from our office in Jay, but there are also handsome examples in Broadalbin, Edinburg, Old Forge and Ticonderoga.

14

GO TO A VISITOR INTERPRETIVE CENTER

Both the Adirondack Interpretive Center, run by SUNY-ESF in Newcomb, and the Paul Smith's College VIC offer nature trails and educational programs.

15

PHOTOGRAPH AND IDENTIFY AN ADIRONDACK BIRD*

Don't know your black-capped chickadee from your white-throated sparrow? The Wild Center's Wild Walk includes a bird blind that's the perfect entrée to birding.



16

FLAUNT YOUR BUG BITE*

If you're one of those rare creatures left untouched by mosquitoes, blackflies and their ilk, you're already a winner.

17

POSE BY A TRAIL REGISTER

We won't make you prove you've actually completed a hike, but while you're there, why not take a wee ramble?

18

SHOW US YOUR FAVORITE ADIRONDACK BOOK

Not saying it has to be *Adirondack Life's Our Towns* (available at www.adirondacklifestore.com), but not not saying it.



19

VISIT A FIRE TOWER

Hike to one of these historic lookouts or—if your knees aren't up for it—check out the low-altitude specimens at Adirondack Experience, in Blue Mountain Lake, or at the Adirondack History Museum, in Elizabethtown.

20

PETA A CHAINSAW BEAR

Note we didn't say a real bear. Leave those critters alone.



HOW TO PLAY

Must be 18 or over to enter. No purchase necessary. Between May 1, 2019, and September 3, 2019, post photographs of yourself (except for tasks that specify photographing something else, denoted with an asterisk) completing each of the 20 tasks described above, using the hashtag #GreatAdirondackLifeChallenge, to Instagram, Facebook or Twitter.

Once you've completed all the tasks, send an email to challenge@adirondacklife.com with a link to your social media profile and mailing address. Not on social media? You can also send a link to a non-password-protected gallery at a photo-sharing site.

Valid entries received by midnight September 3 will

be eligible to receive the Great Adirondack Life Challenge patch, and will be entered into a drawing for the Grand Prize—an *Adirondack Life* Adventure Basket that includes a pair of passes to Enchanted Forest Water Safari, a pair of one-day lift tickets for Gore or Whiteface Mountain ski areas, a three-year subscription to *Adirondack Life*, and a selection of *Adirondack Life* swag.

Other prizes include passes to the Wild Center, in Tupper Lake; Adirondack Experience, in Blue Mountain Lake; Mount Van Hoevenberg Cross-Country-Ski Center, in North Elba; and Olympic Regional Development Authority passports, plus *Adirondack Life* subscriptions, 2020 wall calendars and more.

See www.adirondacklife.com for complete rules.