



Adirondack Riverwalking

Slow down, unplug and recharge in nature



Forest Bathing



Riverwalking



Sensory Snowshoeing



Adirondack Riverwalking

Guided Sensory Experiences in Nature

Let our certified, licensed guides introduce you to the Adirondacks up-close - immersing you in all the sights, sounds, textures and scents of the Adirondacks, where relaxation and exploration come together.



Forest Bathing - Come spring, summer and fall, explore the forest's ever changing life in a playful and accessible way, cultivating your sense of wonder for nature's beauty.

Riverwalking - Don a pair of waders to discover the scenic Ausable River from within, on this unique summertime wading adventure.

Sensory Snowshoeing - Strap on a pair of snowshoes and immerse yourself in the tranquility and pristine beauty of an Adirondack winter forest.



*Guides available every day of the week
Book early to ensure availability*

518-637-2963

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