

# DIG THE FALLS

The Adirondack Fifty Falls Challenge is here!

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Russell Dunn and John Haywood bring their years of experience and expertise together to bring you the Adirondack Fifty Falls Waterfalls Challenge!

Waterfalls are a mainstay of the Adirondacks that attract people from all over who come to see their natural beauty. Many of these visitors come to the High Peaks region where the issue of overcrowding is prevalent. Our goal is to help alleviate overcrowding of parking areas, roadways, and trails by attracting more people to other areas of the Adirondacks. It is our hope that this challenge will not only help with overcrowding, but will also benefit businesses in these areas.

The Adirondack Fifty Falls Challenge works as follows:

Participants must visit all fifty falls listed and submit in the completed form and materials.

In turn, they will receive a numbered certificate and patch for their efforts.

All fifty falls must be visited in person, with five requiring proof in the form of a safely-taken selfie with the waterfall in the background behind the hiker, or a screenshot of a recent GPS track. This is to encourage fair play.

There is no time limit for the completion of the challenge.

Take note that some of the hikes to reach these waterfalls are physically demanding. Please use your best judgement when deciding to visit those waterfalls.

Respect private property at all times and practice "Carry in, carry out" and the seven principles of the Leave No Trace Center of Outdoor Ethics.

A guidebook for the challenge, written by John Haywood and Russell Dunn, is available for purchase through Amazon, and select bookstores and retailers.

The email address to send all information, ask questions, or to provide feedback, is [adkfiftyfalls@gmail.com](mailto:adkfiftyfalls@gmail.com)

Proceeds from the sale of the guidebook will be used for the production of patches, promoting the challenge, and publishing, as well as our Paul Smiths College scholarship fund.

[Click here](#) to be taken to the Facebook page created for the challenge where you can find updates and postings about the challenge!

A checklist can be found here: [ADK50Falls Checklist](#)

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The list of waterfalls for the Adirondack Fifty Falls Waterfall Challenge is:

Alice Falls

Allen Falls

Anderson Falls

Auger Falls

Austin Falls

Beecher Creek Falls

Block Cascade on Stag Brook

Blue Ridge Falls

Blueberry Falls

Bog River Falls

Buttermilk Falls (Deerland/ Long Lake)

Cascade Lake Falls (Eagle Bay)\*

Christine Falls

Death Brook Falls

Deer Brook Falls

Dunkley Falls

East Jimmy Creek Falls

Falls of Carillon

Griffin Falls

Hanging Spear Falls\* \*\*Requires a waterway crossing. May not be accessible in early Spring or after heavy or sustained rains.\*\*

Jamestown Falls

Jay Falls

Lampson's Falls

Mill Park Falls

Millbrook Falls

Monument Falls

Mossy Cascade

Northwest Bay Brook Falls

OK Slip Falls\*

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Oregon Trail Falls

Potholers, aka Brayhouse Falls

Rainbow Falls (Ausable Chasm)

Rainbow Falls (Tooley Pond Rd)

Rice's Falls

Rocky Falls

Sawmill Falls or Noisy Cave Falls \*\*\*\*PLEASE CALL OR CHECK

WWW.STONEBRIDGEANDCAVES.COM FOR SEASONAL INFORMATION BEFORE

VISITING\*\*\*\*

Shelving Rock Falls

Shingle Mill Falls

Sinclair Falls

Split Rock Falls

Stag Brook Falls

Tenant Creek Falls

Twin Falls

Upper La Chute Falls

Wadhams Falls

Wanika Falls\*

West Stony Creek Falls

Whiteface Brook Falls\*

Wilmington Flume

Wilmington Notch Falls

\*Waterfalls appearing in bold require proof of visit as noted.

The fifty waterfalls listed for the challenge have been marked on the map below.

Dig The Falls is seeking business sponsors for the Adirondack Fifty Falls Waterfall Challenge . If interested please contact us at [adkfiftyfalls@gmail.com](mailto:adkfiftyfalls@gmail.com)

Safety

Some waterfalls have a reputation for being dangerous. While terrain and trail conditions can make any waterfall hazardous, ALMOST every accident at waterfalls can be avoided.

Click here for our article regarding social media and waterfalls.

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By following a few pointers and exercising diligence and common sense, a trip to a waterfall can be a lasting memory rather than a tragedy.

Waterfalls, by their very nature, are a draw for people to climb on, swim near, or jump from. If you decide to jump (please—never dive!) into an inviting pool at a waterfall, it is imperative that you first check out the water for unseen objects. Trees, branches, and other debris can wash downstream and become lodged under the water's surface, creating an unseen and deadly hazard. Large trees, boulders, and even debris like rope or netting can ensnare someone, with disastrous consequences.

When water levels are high and waterfalls really get going, there will be not only be an increase in the power of the current, but an increase in foam and aeration (air bubbles in the water) as the water shoots down into the pool from above. This aerated water does not afford the same resistance that swimmers are used to when they try to pull themselves up or out. Increased water circulation and the force of the onrushing current can also push swimmers into or under underwater ledges, giving no chance for escape. Many swimmers have perished because they underestimated the power of moving water. Do not swim when conditions even look dangerous. Chances are, they are.

Do not get too close to the edge of the waterfall's precipice. Too many people have fallen to their deaths by trying to get a better look or by getting that photo or selfie. **NO PHOTOGRAPH OR "SELFIE" IS WORTH YOUR LIFE.** If signs are posted, pay close attention and do not go where they tell you not to. They are there for a reason. Just because you may see others doing things that they shouldn't be doing doesn't mean it's allowed. Instagram stardom doesn't count if you're dead.

Be mindful of your surroundings. If you are in a gorge or area with high walls, look around for potentially hazardous objects that might fall. Nothing should be discounted here.

Boulders, trees, and blocks of ice can break loose from above and come crashing down.

When in doubt, make the safe call.

Crossing high and/or turbulent water should only be done if you are properly equipped to do so and have an exit plan if you should get swept off your feet.

Wear proper footwear; something with good traction and support that will help prevent slipping. If visiting a waterfall in the winter, wear micro-spikes or other traction devices to keep you from slipping on ice.

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Wear proper clothing at all times. When wet, cotton and denim will remain damp for prolonged periods, potentially leading to hypothermia (a dangerous cooling down of the body), even in moderate weather.

Always carry a flashlight, headlamp, or other form of lighting in case your hike goes on longer than you had planned and it gets dark. Don't rely on a cell phone flashlight.

Always respect posted and private property, and practice "carry in, carry out" with any trash you may have made from wrappers or bottles.

Take note that many of these hikes would be considered "difficult" or "moderate" to the average hiker. Participants should be aware of their own abilities, and of the risks associated with outdoor activities. Preparation is vital.

Those who plan on hiking to any of these waterfalls should make the necessary preparations and consult the New York State Department of Environmental Conservation (NYSDEC) website at [www.dec.ny.gov](http://www.dec.ny.gov) for bulletins, weather alerts, and other important information.

Using drugs and/or alcohol is not recommended when visiting waterfalls, as impaired abilities can lead to accidents.

For more New York waterfall locations, visit our New York State waterfall map.

Please consider donating to our Paul Smiths College Scholarship Fund and help a student realize their dream. [Click here for details.](#)





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