

Rock Lake

Rock Lake
0.5 miles long (1 mile round trip)
Indian Lake, Hamilton County



Base map courtesy of Adirondack Atlas

The 0.5-mile hike to Rock Lake is perfect for families, casual hikers, and general lake enthusiasts. The trail is on public Forest Preserve in the Blue Mountain Wild Forest area.

The Rock River Trail is also a popular trail for people who like to fish and paddle, who carry in their canoes. The hike to the beautiful beach on Rock Lake is 1-mile-long, a 2-mile hike round-trip.

Rock River's trail begins at a roadside trailhead on Routes 28/30 between Indian Lake and Blue Mountain Lake. From the trailhead, the trail leads to a DEC register before declining gently for 0.1-mile. The trail then flattens where boardwalks have been installed over wet areas, followed by a smooth stretch surrounded by large pine trees.

This path is beautiful, cutting through mature forests with large white pines. Many sections of the trail are carpeted with pine needles.

After a quarter of a mile along this stretch and approximately half-way through the hike, the trail runs alongside a stream to the right. At 0.4 miles the Rock Lake Trail intersects with a major snowmobile trail. Turn right. There is a bridge to the right and provides stellar views of the stream and Rock Lake.

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After the bridge, the trail rises up a short hill. There are campsites to the left, between the trail and the lake, that provide filtered views of the lake and access to the lake.

Other such views appear farther along the snowmobile trail that curves gently up and down. The best view, though, shows up after about 0.4 miles down the trail, where there's a large sandy beach with a prime view of Blue Mountain and a host of other nearby peaks. Many hikers reach the beach and enjoy this secluded and beautiful spot and then hike back over the same route.

Past it, the trail leads to a large clearing full of tall grasses and a large wooden snowmobile. After the clearing, the trail winds through coniferous forest and curves up and around a small hill and intersects with the Rock River trail. More ambitious adventurers can also hike to the Rock River trail, close to 7 miles round trip.

Help Protect the Forest Preserve and Be Prepared When You Hike: Please follow “**carry in, carry out**” rules for all trash and follow other **Leave No Trace** principles when hiking in the public Forest Preserve and other wild areas. The seven Leave No Trace principles are: 1) Plan ahead and prepare; 2) Stay on hiking trails and camp at designated areas; 3) Dispose of human waste and trash properly; 4) Leave what you find; 5) Minimize campfires; 6) Respect wildlife; 7) Respect other hikers. **Educated and prepared hikers do not damage the environment or need search and rescue unless injured.**