

# ADK Massage Cruise Information

## Dan Sullivan

Most Charters depart from either The State Boat Launch or Riverside Park in Saranac Lake, NY. The tour will start on Kiwassa Lake, then proceed to Oseetah Lake with beautiful mountain vistas.

We will drop anchor and set up the massage table for Zero Balancing, massage, etc. After the massages will continue to Lake Flower completing the tour at Riverside Park. Then, you and I can get my jeep and retrieve your car from Sullivan camp.

### **For your information, the boat:**

- Is a public vessel approved for 7 passengers with commercial life jackets.
- It is a 24 foot pontoon boat with two fishing seats in the bow (front). If you plan to fish, please bring your own equipment and a NYS Fishing License.
- There are two biminis that can be open to provide more shade or be closed for more sunlight.

On board are: Binoculars, A map of the Saranac Lake Chain of Lakes, a first aid kit, fire extinguisher, flares.

### **Optional equipment**

- Full enclosure to reduce wind and provide more privacy
- 3 large black innertubes
- 2 hand held radio communication devices
- A cooler

### **You may want to bring**

- A swim suit and towels
- Sunscreen
- Sunglasses
- Bug repellent (usually have some on board)
- A camera
- Food for a picnic
- Appropriate attire

A few options for food to go include:

**Little Italy Pizza shop** is located across from Riverside park. (518) 891-9000 Open Sundays, 12-10 am

**Pizza Hut** (518) 891-5101

**Lakeview Deli** is located across from the State Boat launch. (518) 891-2101

**Mountain Mist Custard** is on Lake Flower, serving icecream, hamburgers, hotdogs, etc.

Please let me know how many passengers to expect. I will bring towels for your convenience. The phone number at camp is (518) 891-6410 and my cell phone is (518) ... .