

74. Heart Lake

The full name of this lake is Lake Clear of Heart. It is a beautiful sheet of water and is adjacent to the Van Hoesenberg Trail which is at the trail head for Mts. Marcy and McIntyre, the Flowed Lands and Avalanche Lake. Unfortunately, the trails up these mountains have been overused for several decades and most have been badly eroded by the thousands of hiking boots that shod the feet of the hikers wishing to stand on the highest part of New York State. Originally, 60 years ago the Long Path was routed through these mountains but the excessive deterioration of the trails prompted the route to run west of the High Peaks through Indian Pass.

