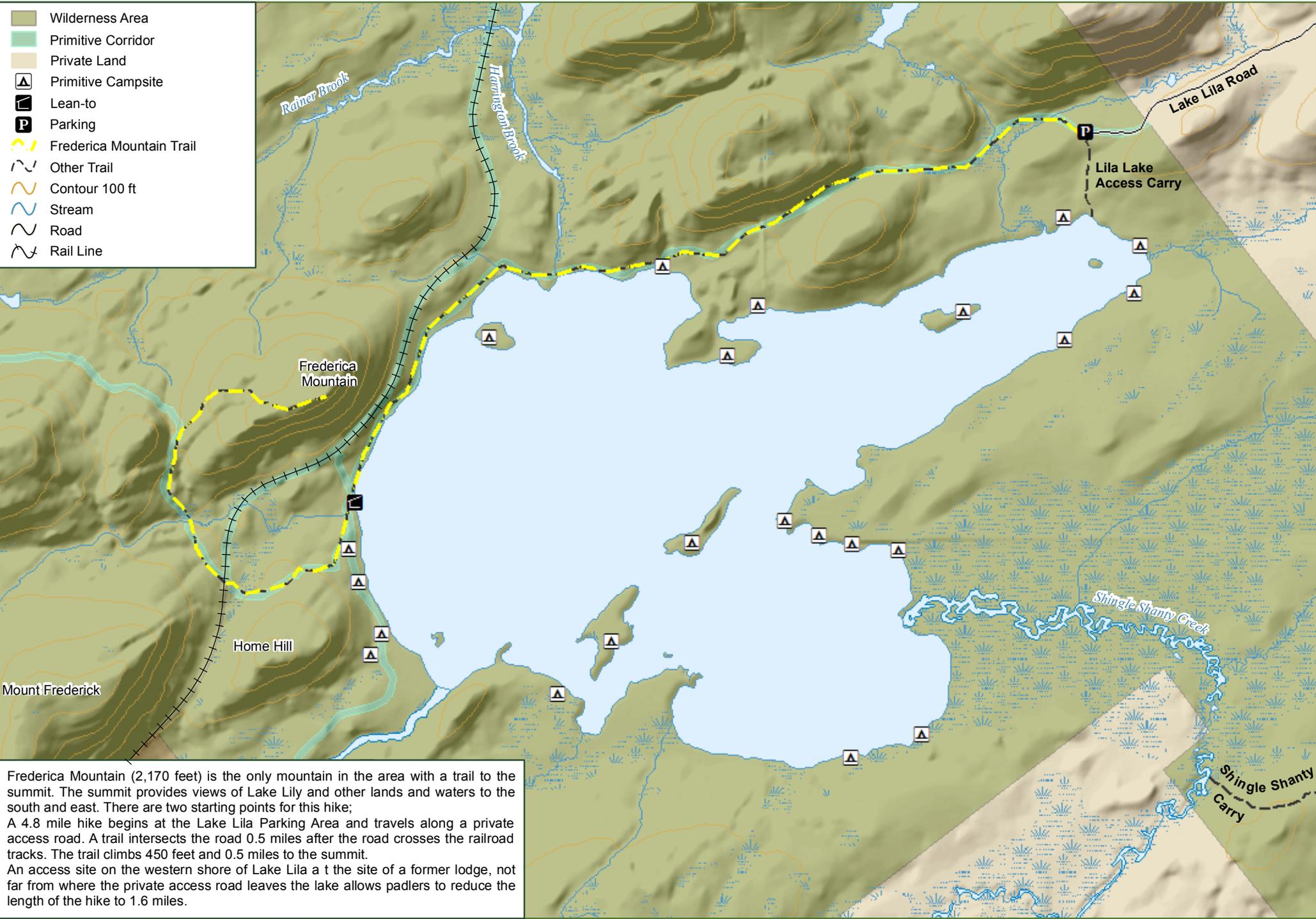


# William C. Whitney Wilderness - Frederica Mountain Trail

- Wilderness Area
- Primitive Corridor
- Private Land
- ▲ Primitive Campsite
- ▣ Lean-to
- P Parking
- Frederica Mountain Trail
- Other Trail
- Contour 100 ft
- Stream
- Road
- Rail Line



Frederica Mountain (2,170 feet) is the only mountain in the area with a trail to the summit. The summit provides views of Lake Lily and other lands and waters to the south and east. There are two starting points for this hike; A 4.8 mile hike begins at the Lake Lila Parking Area and travels along a private access road. A trail intersects the road 0.5 miles after the road crosses the railroad tracks. The trail climbs 450 feet and 0.5 miles to the summit. An access site on the western shore of Lake Lily at the site of a former lodge, not far from where the private access road leaves the lake allows paddlers to reduce the length of the hike to 1.6 miles.



\*\*\*Please respect private property. Stay on designated trails\*\*\*  
 \*\*\*Practice Leave No Trace Principles\*\*\*  
 \*\*\*Emergency contact 518-891-0235\*\*\*

