

# ADIRONDACK HIGH ADVENTURE TREK PROGRAM



## Massawepie Scout Camps

LEADERS INFORMATION & PREPARATION GUIDE

# 2024 TREKS

Boy Scouts of America  
2320 Brighton Henrietta Town Line Road  
Rochester, NY 14623  
585-241-8545  
[treks@senecawaterways.org](mailto:treks@senecawaterways.org)

## **Introduction**

The Adirondack Park in Northern New York State is one of the largest wilderness areas (over six million acres) in the United States. It is rich in history and legend. Rugged and imposing until the turn of the 20<sup>th</sup> century many a settler gave up on the rocky land that was both hard to clear, and grow food in. Aside from lumber and mining operations much of the land didn't find ownership until the mid-1900's when the idea of the idyllic mountain retreat for sports and health seekers took hold. Fortunately, by this time one of the largest growing landholders within the park had become the state of New York itself. The recognition of several stakeholders as to the quality of and need to protect the resources found within this rugged land led to the establishment of the Adirondack Park comprised of over 2 million acres in 1892. Just two years later in 1894 state voters affirmed a clause within the state constitution that would protect this land and any more added to the state's ownership as "Forever Wild".

The Massawepie Adirondack Treks program operates within this unique wilderness and covers hundreds of miles of rivers, lakes and hiking trails to offer extensive trekking opportunities. Going on a trek puts into practice, all of the outdoor skills learned in the Scouts BSA or on your own. An Adirondack Trek provides the opportunity to gain a true wilderness camping experience.

This booklet is designed to help groups and trip leaders prepare for their trek.



## **Our Philosophy and Governance**

Scouting is a youth-led program and as such our mission is always to educate, enable, and empower the youth who participate in a Massawepie Adirondack Trek to successfully achieve goals set for themselves by themselves as aligned with the aims and methods of the Scouts BSA.

Each trek is accompanied by an Adirondack Voyageur guide who is trained by the Scouts BSA to educate and assist the youth on a trek to develop both mind and skills sets to challenge themselves and meet their goals for the duration of the experience and longer.

- Treks are governed by the rules and regulations of the New York State Board of Health, Department of Environmental Conservation (DEC) and by the Scouts BSA organization.
- Treks are conducted in accordance with the Outdoor Code and the Leave No Trace philosophy to ensure a trek that will be both fun and educational.

## **General Planning Information**

There are certain things to be considered when planning an Adirondack Wilderness Trek. The following will help you prepare:

<b>Leadership:</b>	Two adults are required on every trip; both must be at least 21 years of age. (Your Voyageur guide will be over 18 but may not always be 21+) <b>If you are unable to find a second leader over 21 years of age</b> please contact the Trek Director to explore alternative options. Leadership must be in accordance with Scouts BSA policies relative to participant gender identities.
<b>Participant Age:</b>	All participants in a trekking experience must be aged <b>13 or older by January 1</b> of the participating year.
<b>Participant Gender:</b>	All genders are welcome to participate in a Massawepie Adirondack Trek. Adult leadership and overnight accommodations arrangements must be strictly adhered to under the guidance of Scouts BSA rules and regulations.
<b>Group Size:</b>	For ALL treks <b>7 is the maximum group size per crew</b> that we can accommodate. This does not include the Voyageur, this is 7 participants from your troop. If group size is a complication, please contact us with your needs so that we might discuss the options available to you.
<b>Required Fees and Paperwork:</b>	Reservations for the upcoming summer are open by December 1 annually. We recommend that you reserve your preferred week of attendance early and iron out the details such as routes and itineraries during the winter and spring of the trekking year.  All required fees and paperwork referenced below and on our website for your trek must be received by June 1 of the trekking year.

**Equipment:** All personal and some group gear is required of your crew. Please take note and plan accordingly after reading the information below.

### **Health and Fitness:**

Every trek requires the appropriate levels of health and physical fitness. Please refer to the tips and guidelines found below. All participants must complete all parts (A,B,C) of the **Annual Medical Form** and receive a **Physician's Signature on part C.**

## **Adirondack Voyageurs**

A trained Scouts BSA Adirondack Voyageur will be assigned by the Trek Program Staff to your crew upon arrival at camp. These individuals are trained at the Scouts BSA's National Camping School program and carry all necessary State of New York and Scouts BSA certifications to manage groups in a wilderness setting.

Your Voyageur will accompany your group from the Sunday of your trek week through Friday evening and will arrange for the food, equipment and program services to be provided to you by Massawepie Scout Camps.

Your Voyageur will help your crew as a mentor, trainer, enabler and risk manager in every way possible, but will not assume responsibility for behavior management within the crew. That responsibility lies within the adult leadership accompanying the crew who are well-versed in the behavioral nuances found within the crew.

## **Weather**

The weather in the Adirondacks is fairly predictable with the support of weather websites and mobile apps. While July and August can be extremely pleasant, the temperatures can and do fluctuate from 80F during the day to 55F at night. Sudden and intense rain storms with driving winds occur regularly. Common sense should always prevail. Look up, look around, all the time. Completing a trek itinerary as designed is ideal, not a requirement. The entire crew should always agree upon the best plan of action during times of inclement weather. Every individual's comfort zone and safety should be respected at all times. The Voyageur will make the ultimate decision on how to proceed during periods of challenging weather and advise the base camp staff of any changes to the itinerary or logistical needs that the crew faces. We are happy to adjust your itinerary as needed to ensure the safety and comfort level of all trekkers!

Appropriate rain gear and a warm knit cap are essential items to have with you on the trail. Please check for these items before you head to Massawepie for your trek!

## **Emergency Support During A Trek**

The remoteness of the Adirondack wilderness is one of its most attractive qualities. Sitting on a mountain peak or on a lakeshore and watching the sunrise, knowing you are miles from civilization and the only way out is to hike or canoe "refreshes the soul". However, there are certain inherent risks involved in physically removing yourself from civilization. The largest of these is access to emergency support.

Your Voyageur knows, at all times, the quickest access point to get help in the event of an emergency. This required logistical awareness will be covered with you by your Voyageur during your Sunday Trek Prep. The Trek Program Administrators will additionally verify with you that your Voyageur has briefed you on this knowledge before your trek departs base camp. You can always find a card containing essential phone numbers and emergency contacts located in each provided first-aid kit.

## **Emergency Telephone Numbers**

Trek Office (Summer) 518-359-9550  
MSC Reservation Director (Year-Round) 585-241-8547  
Massawepie Scout Camps Office (Summer): 518-359-2281  
Fax Line: 518-359-2007

## Fees

Full fees are due in the Rochester office, 2320 Brighton Henrietta TL Rd. Rochester NY, 14623 by **June 1**. Please make checks payable to "Boy Scouts of America".

**Fees not paid by June 1 will be increased to \$25 per person extra, per week, no exceptions.**

A stay over fee of \$25 per person/per day will be charged if your group has requested to arrive a day early or depart a day later. This covers breakfast, lunch, dinner and overnight stay per day. Please make these arrangements prior to the start of your trek with the Trek Director.

Registrant	Limits	Regular Price	Early Price	Late Price	Misc
Scouts BSA Youth (13 & Older) Youth	* Max 5	\$575.00	\$525.00 04-19-2024 11:59 PM		:
Adult Adult	* Max 3	\$575.00	\$525.00 04-19-2024 11:59 PM		:
Venturing Youth Youth	* Max 5	\$575.00	\$525.00 04-19-2024 11:59 PM		:
ScoutsBSA Youth 13+ (3Day Trek) Youth	* Max 5	\$450.00	\$400.00 04-19-2024 11:59 PM	\$500.00 06-10-2024 12:00 AM	Payment Schedule :
Adult (3Day Trek) Youth	* Max 3	\$450.00	\$400.00 04-19-2024 11:59 PM	\$500.00 06-10-2024 12:00 AM	Payment Schedule :
Venturing Youth, (3 Day Trek) Youth	*	\$450.00	\$400.00 04-19-2024 11:59 PM	\$500.00 07-06-2024 12:00 AM	Payment Schedule :

## Refund Policy

The \$300 registration deposit per trek group is non-refundable after March 15<sup>th</sup>. After June 1<sup>st</sup>, the per person trek fee is non-refundable on individual cancellations.

## Special Program Requirements and Requests

You are participating in a pre-defined trek program using the resources of the Massawepie Scout camps and Seneca Waterways Council BSA. We will strive to accommodate all needs and requests from your crew with advance awareness. If your group requires special equipment or assistance from camp staff personnel, extra costs may be levied. Please notify a member of the treks program staff of any special needs or concerns well before the first day of your trek experience!

- During the registration and planning stages of the trek experience we ask that you communicate any needs above and beyond those outlined in this guide with our Trek Director before June 1.
- The assigned Voyageur will be knowledgeable of the possible variations and make arrangements for adjustments as needed during the trek if the need arises.

## Fishing Licenses

Persons over the age of 16 will need a New York State resident or non-resident fishing license. These may be purchased online prior to arrival at camp or locally at sporting goods stores, etc. One week, out-of-state licenses are available.

## Campsite Reservations

These are not required for the majority of treks within the Adirondack Park!

The Trek Director will contact you if there is a need for campsites within private or state campgrounds that require a fee.

The adult leader needs to make advance reservations for campsites in Middle Saranac Lake, Lower Saranac Lake, and the Second Pond area. This only applies to the ADK 90 Miler Classic Trek. It may also apply for custom trek routes too. There is a fee for these sites and you are limited to 6 people each, with just 2 tents per site if no larger group sites are available. Therefore, if you have over 6 in your group (including a Voyageur) you will need

two sites for each of the nights you spend in these areas. See the trek descriptions for details. Any treks passing through state campsites that require reservations will not be confirmed or leave camp until proof of the campsite reservations in the necessary names and numbers is provided. The Massawepie Trek Director will guide you through this process as early as possible in the planning stages.

## **Trek Roster**

Please complete your roster online from the Adirondack Trek registration page. Information on how to complete/access your registration is available from the council office at 585-241-8545

For adults, legal names, birthdates and Youth Protection expiration dates are required. BSA member IDs for registered Scouters make it much easier for us to verify the information.

## **Medical Forms**

Each member of your group will be required to have a medical examination by the participant's family physician. The BSA Medical Form must be completed in its entirety with the parent's authorization signed.

**Participants who do not have necessary forms completed will not be allowed to go on the trek.**

All Trek participants **must meet the height/weight restrictions** outlined in Part C of the BSA Annual Health and Medical Record.

All youth trek participants will be required to submit the Meningitis Form

- Found on our website under Treks Forms and Resources

The health services of our base camp will be available to your group including a mandatory medical form re-check upon arrival at camp.

**The New York State Health Department requires the immunization record on the health form.** This may be obtained from the school nurse's office or physician.

## **Pre-Trek Health and Conditioning:**

The Adirondack Treks all vary considerably in mileage from the "pond hopping" or "peak bagging" itineraries to long canoe routes of over 70 miles. Some may not seem over exerting, but if it's raining and you're paddling or hiking into the wind, it suddenly becomes tougher. The leader should be aware of the general condition and abilities of the participants.

**\*\* All Trek participants must meet the height/weight restrictions outlined in Part C of the BSA Annual Health and Medical Record.**

A participant does not need to be in the same physical condition as an olympic hopeful but knowing the limits of the group and participants in advance will allow the trip to go smoother. A "shakedown" weekend trip in your home area is a good way to make everyone aware of the kinds of physical demands that will be expected for the summer trip and it gives the leader a good idea of the participant's abilities. It can also be a time to familiarize the group with the kind of equipment they'll be using. All participants should be very familiar with their own equipment and any new equipment should be used prior to the summer trek to familiarize the owner with it.

An important note on hiking boots: hiking boots should be well broken in before the summer trek (especially for a backpacking trek). Slowly increasing the amount of time the wearer has the boot on over a period of weeks will prepare the foot and the boot for long distance hiking. If problems arise, work with a backpacking shop to help you get the boot fitting properly. **DON'T bring a brand new, unworn pair of hiking boots on a trek.**



## **Required Physical Health Items:**

- Canoe trekkers must pass a swimmer's test (100 yards).
- Canoe trekkers must pass a BSA canoe test This will be completed with your Voyageur's guidance during your Sunday Trek Preparations.
- **Everyone** must complete and fulfill the requirements in Part C of the BSA Health and Medical form. •

All youth participants must complete and submit the NYS Meningococcal form found on our website. 7

## **Religious Observances**

Because you are on the trail all week, you should plan your own religious services and arrange in advance to secure special dispensation for participants who observe religious practices that may impact the daily time schedule. Please work with your Voyageur to accommodate this need throughout the week.



## Group Equipment

The Adirondack Treks program will have available to your crew a full complement of group equipment.

- Pot Set
- Utensil Roll
- Stoves
- Fuel
- Dining Fly (Tarp)
- Bear Bag and Rope
- Bear Proof Canisters (as required by trek route)
- Dishwashing Kit
- Gear Repair Kit
- Trowel and Toilet Kit • First Aid Kit
- Maps
- Water Filtration (see below)

**Should We Bring Some of Our Own Group Equipment? – Yes, if you can! • Cord/Rope** – nearly every trek wishes they had more of this and it comes in handy in the most random ways at the most random times. About 10 feet of ¼" cord/rope per person is suggested!

- **Tents** are advisable because lean-tos are not always available. We do our best to follow Leave No Trace principles and leave the smallest footprint possible in the woods. Scouts should plan to sleep **two or three people per tent** while on trek. A couple of solo tents, bivy sacks or hammocks are ok, but please keep to a minimum. The NYS Forest Rangers enforce an "intended site footprint" regulation in the heavily trafficked areas of the park. Your Voyageur will be looking for this during Sunday prep.
  - o High Peaks treks have special tent regulations that must be adhered to. Please discuss this with the Trek Director!
  - o We have tents to loan out for the week – please ask in advance.
- **Tarps** - If you have one you love bring it! We have tarps available and will provide them if you need them. Avoid the big plastic blue ones.
- **Cooking stoves** are something that would be nice for you to bring from home but are available with your crew kit. If the Scouts are familiar with the operation of a particular type of stove used on troop outings these will be extremely helpful on the trek. There will be a lot fewer burned meals or fouled stoves midweek if you are using gear you know!
  - o We will provide all needed fuel for the trek.
  - o If necessary, we will provide one white gas stove and one JetBoil stove with fuel.
- **Bear Bags and Lines** - We will provide one large rucksack, one length of rope and two carabiners for the purpose of hanging food at night. At the beginning of the week you will have enough food to fill this bag completely. We have a limited number of food/bear bags to lend. If you plan to bring additional food from home, please plan accordingly and bring another bag that can be hung in the trees to accommodate these items. Additional lengths of rope and carabiners are not provided beyond the first set. The food typically consumes a 30-gallon drum on day one. We encourage you to practice packing your backpacks and leaving empty space to accommodate some of this load. Bringing a duffel bag or dry bag to hold the food is also common, but remember that someone has to carry that food bag on any portages.
- Please **contact us** with any gear questions!

## Personal Equipment

See the personal equipment list on our website and as an addendum below.

All crews will participate in a mandatory "pack shakedown" with their Voyageur. The Voyageur will be looking for essential gear such as appropriate rain gear, warm clothing, sleeping gear, mess kit,

\*We do not have essential gear items to loan. If during the pack shakedown a participant from your crew has not brought the essential gear, they may not be allowed to participate in the trek. Please organize a pack shakedown with your crew in the days prior to departure for Massawepie.

The most commonly forgotten items: Water Bottles, Sleeping Bags, and Rain Gear



## **A Typical Trek Schedule**

**Saturday** You are welcome to join us at camp any time after 4pm. Please check in at the main office and proceed to the trek center. It is helpful to our weekend program staff if you communicate your intended arrival time with us in the days preceding your travel. See the "At Base Camp" section below for more information

**Sunday Morning Traveling Units** - Arrival and check-in at the main office before 9:30am. **Units Overnighting Saturday** - Self Cook Breakfast - provided at 7am.

Your Voyageur will greet you at 10am to begin the trek preparations and team-building. It is recommended that you arrive at the Trek Center after checking in by 9:45 so that you have time to be prepared for the program to start at 10am.

**Sunday Afternoon** Swim classification tests, paddling/portaging skills Lunch, equipment shakedown, and final trek preparations.  
3:30pm - Brief leader's meeting with the Trek Director to review health and safety requirements.  
4:30pm onward - Most treks depart late-afternoon, the trek director will provide you with this information during the trek selection process.

**Monday Morning** Depart for your trek at your scheduled time. First treks depart at 7am. **Mon - Fri** Discover the Adirondacks!

**Friday Daytime** Return to base camp: Cleanup, shower, return gear, wash boats/PFDs and reflect on your adventure.

**Friday Evening** At your crew's discretion. Your crew may attend the camp-wide carnival followed by dinner and the closing campfire if they would like! Some crews opt to head into town for pizza with their Voyageur. We strongly discourage making the journey home until you've had a good night's rest!

**Saturday** Breakfast is provided in the dining hall. Pack up and depart. Have a safe ride home and see you next year!

## **What to Expect At Base Camp**

### **Saturday Arrivals:**

We welcome you to arrive at Massawepie late Saturday afternoon between 4pm and 6pm. This is especially helpful for those crews who are traveling several hours or more. If you will arrive after 6pm please do contact the Trek Director in advance via email, text or phone, and/or the Massawepie Camp Office via telephone. Our Saturday staff are often running errands or working with gear and equipment outside of the 4-6pm window of time.

While there is no formal program, a member of the treks staff will be on hand to assist you with setting up camp and answering any questions. As such it is important that you consider activities for the scouts to partake in that will pass the time until 10am Sunday. Meals are available for Saturday dinner for a nominal fee though most crews head into Tupper Lake for a meal. You may use the grill or camp stoves at the trek center if you choose to bring your own food.

It is important to note that appropriate **two-deep leadership is required at all times while at camp!**

A couple of wonderful stops on the way up to camp Saturday are The Wild Center in Tupper Lake or the Adirondack Experience just North of Blue Mountain Lake.

**Sunday:**

If planning to arrive at camp on Sunday please do so by 930am. Check-in at the Main Office is required before heading to the Trek Center further down Massawepie Road.

Your Voyageur will meet your crew at 10:00 am Sunday morning to begin trek preparations. You will spend most of the day Sunday preparing for your trek. This includes route review/planning, swim tests, food prep, paddling and portaging exercises, gear shakedown and so on. **It is a very busy day.** We will break for a brief picnic lunch at the trek center at some convenient point during the day. This is typically after the swim test and canoeing skills seminar.

**Trek Departures:**

Your crew will depart base camp per the schedule agreed upon with the trek director before your arrival at Massawepie. Due to transportation constraints some treks depart Sunday, others on Monday. The trek director will reach out to you with this information as the schedule for the summer is solidified. At this time most all treks depart on Sunday unless a special request is made for a Monday departure.

**Returning to Camp on Friday:**

You will return to base camp via a predetermined schedule throughout the day on Friday. In camp your Voyageur will assist you with returning patrol gear, washing the boats and PFDs, and de-briefing the experience.

Following the trek cleanup and de-brief, your crew is free to explore or relax as they like. Some crews head out on a hike up Mt. Arab, some visit The Wild Center in Tupper Lake, some head to town for pizza, others just hang a hammock and relax. You are welcome to include your Voyageur in any of the activities you choose to partake in. He or she will say good-bye at an appropriate time before the closing campfire as your crew's activities dictate.

Your crew is welcome to participate in the camp-wide carnival inclusive of dinner which is followed by the formal closing campfire at 8:30pm.

**Departing Camp on Saturday:**

A breakfast is provided at the dining hall on Saturday morning before your crew checks out. After breakfast your crew will be asked to sweep the tent site area and ensure that all trash and personal items have been removed.

**Sunday Trek Preparations in Detail****Initial Activities**

Your first hour or so will be spent becoming familiar with and to acquaint your Voyageur with each member of your group. The Health Officer at base camp will promptly conduct a review of your medical forms and give all participants a thumbs up health wise. You will then transition into appropriate swimming attire and be fitted for a PFD. We will then transition to the waterfront for the activities outlined below.

**At the Waterfront and on the Water**

We will start with a standard BSA Swimmers Test. It is essential that all participants in a canoeing trek be able to complete this basic test. Swim tests may be completed prior to camp following the guidelines outlined on the form available on our website under "Forms and Resources".

After everyone passes their swim test your Voyageur will review basic canoeing paddle strokes, the parts of a canoe, how to safely lift, carry and launch a canoe and take your crew out on Massawepie Lake. Each member of your trek practices these strokes and demonstrates their canoeing know-how. Your Voyageur may make recommendations regarding the pairing of canoe partners until everyone gets comfortable with their skills.

**Lunch and Route Planning**

A BBQ picnic lunch will be cooked together with your crew at the trek center following the waterfront activities. While the crew is eating together family style your Voyageur will go over the maps and routes with you. It is essential that you pay attention to the emergency access points and procedures as outlined by your Voyageur during this meal.

## **Shakedown – Storage of Excess Personal Gear – Vehicles**

Following lunch Your Voyageur will conduct a personal equipment shakedown and issue patrol gear for the trip. Your Voyageur is on the lookout for essential personal gear as outlined in our personal gear list. Please note that we do not have personal gear available to loan. Failure to bring the essentials may cause a scout to miss out on the trekking experience. The most commonly forgotten items: Sleeping Bags, Rain Gear, and Water Bottles

Excess gear and equipment that is not needed on the trail should be locked in your vehicle. If you are not leaving vehicles at base camp, alternative arrangements will be made for the secure storage of this equipment.

## **Food Distribution**

Your Voyageur will now work with your crew to identify and distribute the week's meals. Everyone is expected to carry their share of patrol gear and food for the week. Please think of this when packing your backpack at home.

We recommend that you plan for 30-40% empty space in your backpacks. The volume of food for a crew of 10 over 5 days typically consumes at least half of a 50 gallon drum. During the shakedown, your Voyageur will work to create empty space in your packs. While some crews do choose to pack bags solely for food this quickly becomes a burden when portaging the canoes and someone has to go back over the trail a second or third time to carry that extra bag.

## **Scoutmaster's Meeting**

At 3:30pm on Sunday the Trek Director will ask one scoutmaster from each crew to join them for a brief meeting. The purpose of this meeting is to ensure that you and your crew are feeling comfortable with the assigned Voyageur, review pertinent safety procedures, and answer any last minute questions. By 4:30pm the first crews will begin departing for their treks!

## **Return of Equipment – Lost or Damaged Equipment**

You are expected to return all equipment loaned to you in a clean, satisfactory condition. Before your crew is released for exploration and fun on Friday your Voyageur will assist you in cleaning and an inventory of borrowed gear. This must be verified with the Treks Program staff before you are free to roam.

You must be prepared to purchase any lost or damaged equipment. So, take care of it as if "it was your own"; and return it better than or in the same condition as it was taken out.

## **Trail Manners**

**Smoking:** Scouts are not permitted to smoke or chew tobacco.

**Littering:** Scouts and leaders must observe the practices of LEAVE NO TRACE camping while on trail. Please review the Wilderness Use Policy enclosed.

**Drinking:** No alcoholic beverages are permitted.

## **Trading Post**

Base camp has a well-stocked trading post, which includes souvenir items as well as sundries, candy, ice cream and soft drinks. \$60.00 per Scout is suggested spending money.

## **Recognition and Advancement Procedures**

An attractive embroidered Trek patch will be presented to each participant at the completion of the group's trek. The trek is planned to provide each member of your group an experience with a wide range of adventure activities. Each experience will be of sufficient length and depth to provide for qualification (or partial completion) of related merit badges – camping, cooking, hiking, backpacking, canoeing, wilderness survival or fishing. Participants may qualify for the 50 Miler Award and snorkeling, BSA. However, the achievement of requirements is totally the responsibility of the group, neither the Voyageurs nor the Massawepie Trek program itself.

## **Extend Your Adventure**

By taking advantage of some of the many things New York State has to offer.

- Adirondack Museum at Blue Mountain Lake
- The Wild Center in Tupper Lake
- High Peaks – Keene, Keene Valley, St. Huberts, Jay, Lake Placid
- Olympic Sites – Lake Placid
- Whiteface Mountain – Wilmington
- Cooperstown Baseball Hall of Fame

If coming from the east, visit the Albany-Saratoga Area on your way to the Adirondack High Adventure Trek Program or include a daylong stop on your return trip home. If coming from the south, visit the New York City area. If coming from the west, visit Niagara Falls.

For further information – any requests for New York State tourism information should be sent to the division of Tourism, One Commerce Plaza, Albany, NY 12245.

For general New York State tourism information call toll free 1-800-225-5697 from Virginia north and from Michigan east. From everywhere else call 518-474-4116 or visit their web site at [www.iloveny.com](http://www.iloveny.com)

For information about attractions and events in New York City, write to the New York City Convention and Visitors Bureau (NYCC&VB) 2 Columbus Circle, New York, NY 10019 or call 212-397-8200. The above web site will also link to NYC.