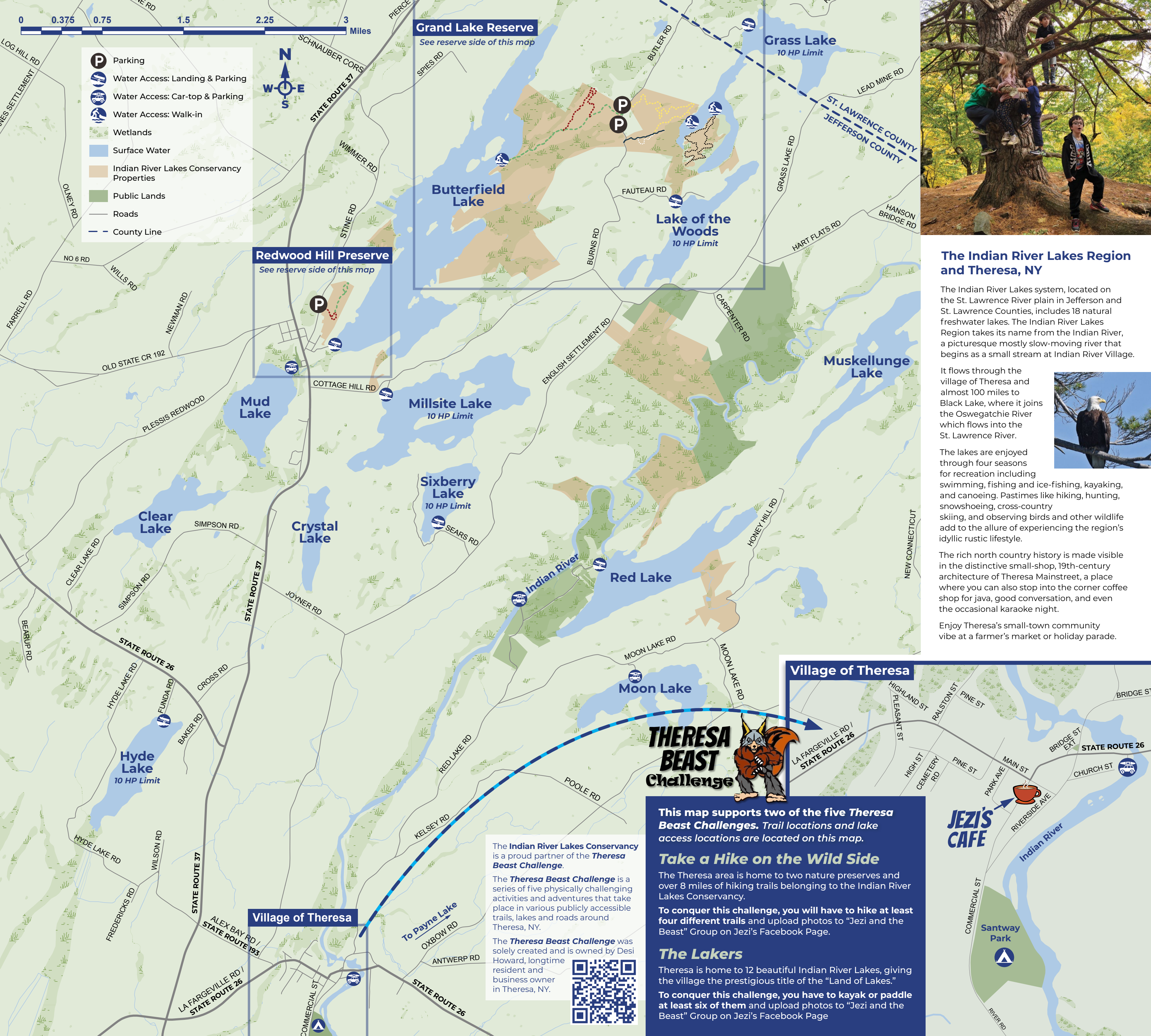


# EXPLORE

## Theresa's Lake Region







## The Indian River Lakes Region and Theresa, NY

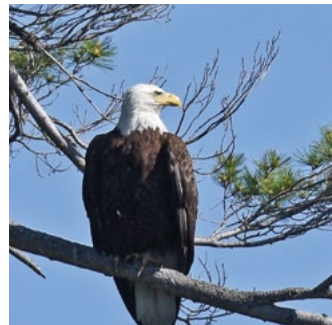
The Indian River Lakes system, located on the St. Lawrence River plain in Jefferson and St. Lawrence Counties, includes 18 natural freshwater lakes. The Indian River Lakes Region takes its name from the Indian River, a picturesque mostly slow-moving river that begins as a small stream at Indian River Village.

It flows through the village of Theresa and almost 100 miles to Black Lake, where it joins the Oswegatchie River which flows into the St. Lawrence River.

The lakes are enjoyed through four seasons for recreation including swimming, fishing and ice-fishing, kayaking, and canoeing. Pastimes like hiking, hunting, snowshoeing, cross-country skiing, and observing birds and other wildlife add to the allure of experiencing the region's idyllic rustic lifestyle.

The rich north country history is made visible in the distinctive small-shop, 19th-century architecture of Theresa Mainstreet, a place where you can also stop into the corner coffee shop for java, good conversation, and even the occasional karaoke night.

Enjoy Theresa's small-town community vibe at a farmer's market or holiday parade.



### Village of Theresa

## Theresa Beast Challenge



This map supports two of the five Theresa Beast Challenges. Trail locations and lake access locations are located on this map.

### Take a Hike on the Wild Side

The Theresa area is home to two nature preserves and over 8 miles of hiking trails belonging to the Indian River Lakes Conservancy.

To conquer this challenge, you will have to hike at least four different trails and upload photos to "Jezi and the Beast" Group on Jezi's Facebook Page.

### The Lakers

Theresa is home to 12 beautiful Indian River Lakes, giving the village the prestigious title of the "Land of Lakes."

To conquer this challenge, you have to kayak or paddle at least six of them and upload photos to "Jezi and the Beast" Group on Jezi's Facebook Page

The Indian River Lakes Conservancy is a proud partner of the Theresa Beast Challenge.

The Theresa Beast Challenge is a series of five physically challenging activities and adventures that take place in various publicly accessible trails, lakes and roads around Theresa, NY.

The Theresa Beast Challenge was solely created and is owned by Desi Howard, longtime resident and business owner in Theresa, NY.



JEZI'S CAFE

Indian River

Santway Park





- Indian River Lakes Conservancy Office
- Trailside Learning Center
- Parking
- Water Access: Landing & Parking
- Water Access: Car-top & Parking
- Wetlands
- Surface Water
- Indian River Lakes Conservancy Properties
- Public Lands
- The Seven Oaks Trail Loop **.85 miles**
- The Beatrice Rosamond Trail Loop **.4 miles**
- Roads



## Redwood Hill Preserve

Visitors can enjoy a spectacular view of Butterfield Lake from atop the dramatic bluff on the Redwood Hill Preserve.

Densely wooded in a mix of hardwoods and white pines, the Preserve offers the perfect opportunity for bird watchers and nature enthusiasts to get outdoors all year long.

The Redwood Hill Preserve was established in 2014 thanks to the generosity of Elliott and Marjorie Hillback, who donated the 51 acres to provide a place for environmental education and public recreation programs.

Walking trails overlooking Butterfield Lake were created to allow access to this woodland. The Beatrice Rosamond trail is ADA-accessible and traversable by people who use mobility aids. In 2016, the **Trailside Learning Center** was designed and constructed, and is also wheelchair accessible.

The Trailside Learning Center serves as a focal point for the Indian River Lakes Conservancy's public education programs, including school field trips, a Kids' Nature Camp, a summer speaker series, an annual Water Quality Conference, and several winter events.





## Grand Lake Reserve

The Grand Lake Reserve presents a spectacular landscape, rich with biological diversity, rugged geography and beautiful scenery.

Located between Butterfield and Grass Lakes and including more than 5 miles of shoreline, the Grand lake Reserve offers a model of how conserved lands can provide public access for recreation and educational benefit while still preserving a unique and valuable natural resource.

The Grand Lake Reserve was created in 2003 through a generous gift of more than 800 acres from local summer resident Henry Carse, a pioneering environmentalist and civic leader.

Since then additional acquisitions have expanded the reserve to over 1,000 acres and over 7 miles of public access trails.

- P** Parking
- Water Access: Landing & Parking
- Water Access: Walk-in
- Wetlands
- Surface Water
- Indian River Lakes Conservancy Properties
- Public Lands
- Butterfield Lake Landing Trail **1.66 miles**
- Eagle Marsh Trail **1.29 miles**
- Grass Lake Overlook Trail **1.1 miles**
- North Ridge Trail **1.5 miles**
- Marc A. F. Baker Island Preserve Trail **2.5 miles**
- Sugarhouse Trail **.5 miles**
- Roads
- County Line





## Indian River Lakes Conservancy

**The Indian River Lakes Conservancy (IRLC) is a nationally-accredited land trust protecting more than 2,700 acres of land in the Indian River Lakes watershed.**

The IRLC was formed in 1998 to preserve the natural character of the region, with a focus on protecting clean water, fish and wildlife, and the scenic vistas along the shores of the lakes and the Indian River.

The IRLC carefully stewards the land and water, along with more than 20 miles of hiking trails because everyone deserves access to nature close to home, now and in the future.



Through our environmental education programs for kids and for our community, we are raising the next generation of conservationists and making the greatest long-term impact possible.



**Indian River Lakes**  
**CONSERVANCY**

Protect • Learn • Enjoy • Forever

43982 Stine Rd.  
P.O. Box 27  
Redwood, NY 13679

[info@indianriverlakes.org](mailto:info@indianriverlakes.org)  
315-482-4757

**[indianriverlakes.org](http://indianriverlakes.org)**



Northern New York  
**Community  
Foundation**



*The Community Fund for Theresa, a component of the Russell I.  
Wilcox Family Fund of the Northern New York Community Foundation.*