

LAKE CLEAR LODGE & RETREAT

A PHILOSOPHY OF MOVING BEYOND SUSTAINABILITY

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OUR ECO-CONSCIOUS ROOTS: 4 GENERATIONS & OVER 125 YEARS

OUR ECO-CONSCIOUS PHILOSOPHY

- A 100 Mile ethic of local products and to support local businesses
- New eco-cabins built Adirondack Great Camp style from artisan family members using milled wood from the estate
- Nature trails and the use of native plant species in landscape design.
- Large Lodge gardens growing vegetables, herbs and flowers
- Recycling and providing products that are natural and sustainable whenever possible.
- A 4 generation family business tradition, where the owner is the chef.

This is not our sustainable mission in the 21st century.

This was our mountain way of life when the Lodge was built in 1886 when the first generation of family operated the estate.

Our 21st-century practices, now four generations later? Belief in the need to go beyond sustainability:

- Buying local and local foods is only the first step
- With the earth in its current condition, it is important to enact measures beyond sustainability minimums. To encourage practices based on a holistic and integrated view of man and nature that creates a growing, not just a sustaining, biodynamic habitat.
- To provide not only standard sustainability practices typical of a green resort but to offer interactive, educational and interpretive experiences in an Adirondack Great Camp style retreat setting.
- Our culinary experience is not only focused on local foods in Adirondack pioneering traditions based on old world inspirations, but how you pare this with 21st-century natural science of essential oils and

essences. Chef Cathy Hohmeyer is a pioneer on the technical science of “culinary naturopathy” in her doctoral candidate work

- Ernest’s recognized professional background in developing innovative community sustainability initiatives earned him a Presidential award, New York State and Adirondack Park accolades. He continues this work through Mountain Community Visions, a weekly column in the Adirondacks only daily newspaper and with his Lodge Retreat programs and offerings.
- The creation of Adirondack Spirit as a not-for-profit educational organization whose mission is to educate a holistic and integrative view of man and nature that inspires a future based on a seamless, healthy and balanced sustainable human and natural environment.

- Protecting for four generations a sense of place that remains in many ways untouched since the days of the 19th century Philosophers Camp of Thoreau and Longfellow and the time that Einstein found time for contemplation on the shores of Lake Clear.
- Our nature is one. You are not a guest as much as a partner in this special habitat of man and nature that we call the Adirondacks that is a small part of a place we all call home: earth.
- Our holistic goal as a resort and retreat, as a family and as part of humankind, is that by providing you with some time to rejuvenate, contemplate and just have some plain fun with a tinge of education, that you will be inspired to be stewards that the world needs to reach its harmonistic energy.

ECO-CONSCIOUS EXPERIENCE

Hohmeyer's Lodge on Lake Clear is in the midst of one of the largest examples of private-public land stewardship in the world: the 6 million acre Adirondack Park. The Park is part of the Canadian Shield biosphere recognized by the United Nations. The underlying rock here is one of oldest on earth while its crust due to the ice age is relatively young resulting in our mountains actually rising!

Lake Clear Lodge & Retreat is within the window of the 18,000-acre St. Regis Wilderness region - New York State's only designated wilderness canoe region. This pristine wonderment of 58 lakes and ponds is in the foothills of the High Peaks region, home to Lake Placid, host of the 1932 and 1980 Winter Olympic Games and Saranac Lake, a 19th and early 20th C center to "cure" tuberculosis through natural treatments of mountain air that was visited by many notables including Robert Louis Stevenson and Christy Mathewson.

In our immediate area was the site of the 19th century "Philosophers' Camp" with Henry David Thoreau, Oliver Wendell Holmes and Ralph Waldo Emerson. The serenity and mysticism of the Adirondacks lured many an intellect including Albert Einstein who stayed in Lake Clear. Lake Clear is NYS 28th largest lake and the largest headwater of the Saranac River that flows into Lake Champlain - one of 4 major watersheds of the Adirondack Park. In the immediate area is one of two Visitor Interpretive Centers and the Adirondack Natural History Museum.

The Lodge is on State Route 30 that has been designated the Adirondack Trail - a state and federal recognized by-way. Our 1886 Lodge is a holistic part of this Adirondack alpine history as one of the last original inns still



open to the public. Built by Cathy (Fisher-Otis) Hohmeyer's family in the 19th C, an Adirondack pioneering spirit fills the Lodge that is fused with Ernest Hohmeyer's European family who revived this destination property nearly 50 years ago. Together, we have created an Adirondack Alps culinary-based destination that blends Old World and Adirondack natural elements that fuels the ambience of our handcrafted lodgings and the essences of our cuisine.

In an article about the Lake Clear Lodge & Retreat in the New York Daily News entitled "Off the Beaten Path", our area was described as "where the scenery looks much the same as 200 years ago". We have left the vast majority of our 25-acres in a natural state. Our building construction has been from wood from the property, milled and prepared by the family. The 25-acre estate has received a focused nature and environmental emphasis with walking and x-country ski trails and a 3 acre lakefront that has been carefully manicured but left undeveloped for special functions and festivals. We are currently reviewing proposals to begin a conversion to solar energy.

Besides the spirit that invites you to 4 generations of our home, the spirit here is our nature where when young Theodore Roosevelt visited our county he wrote a book "The Summer Birds in the Adirondacks in Franklin County" that forged his later environmental leanings including the formation of the National Park Service.

The Lodge provides a three part holistic experience to our guests.

- 1) A family operated resort that has provided, for 4 generations, hand-crafted lodgings and an original Adirondack Old World cuisine. The spirit of our hand-crafted lodgings and cuisine is based on the use of on property natural resources such as milling our own wood, to Lodge gardens and organic local foods that we believe combine to root our guests in the natural spirit of the Adirondacks.
- 2) This spirit is combined with the natural wonderment of the 6 million acre Adirondack park whose "forever wild" mandate as a State park in which half the land is private and half is to be "untouched and unspoiled" provides a rejuvenating magic that has drawn intellects like Emerson, Einstein, Robert Louis Stevenson, Calvin Coolidge and many others. The Lodge is a destination resort in the window of the 18,000 acre St Regis Wilderness region (the only designated wilderness canoe region in NYS) Even Einstein found time for contemplation on our shores here at Lake Clear.
- 3) We bring this holistic experience of Spirit, Space and Culinary Magic in unique, innovative and interactive packages for our guests. Our eco-conscious packages include "Re-connect with Nature" retreat programs in our new Lake-view hand-crafted Retreat Center as well as our fun and educational Philosopher's Pub; an Adirondack Alps Culinary package; Bird, Bask and Indulge; Paddle and Pamper and others are based on "natural adventure" and inward rejuvenation. We believe strongly that a holistic package that includes Retreat Center programs, hand-crafted accommodations, our unique culinary experience with natural activities and surroundings is important. Even our dinner guests are encouraged to walk the trails, experience the sunset - where their dining table is a 25-acre experience and "theirs" for the evening. We provide additional concierge, information packets on the region and the use of local guides and services to help experience the region. We also provide on property boats, bikes, lawns and walking trails.

Our cuisine is an original fusion of Old World slow cooking essences with local Adirondack grass fed and organic meats, herbs and vegetables with the latter grown directly from our Lodge garden.

A truly unique Adirondack Rathskeller with a large stone fireplace that houses the Adirondacks only hand-crafted Wine & Bier Keller with over 250 specialty beers and over 350 boutique wines from all over the world with many of them organic.

The Lodge has on staff meeting facilitators that can develop unique sustainable development workshops citing the Adirondack Park model as well as team building culinary workshops based on the Adirondack Alps holistic cuisine.

The Lake Clear Lodge & Retreat works with a host of eco-tourism organizations including:

- The Paul Smith's VIC: a living celebration of the diverse natural amenities of the Adirondack Park including walking trails and indoor exhibits
- The Natural History Museum: a historical account of the natural development of the Adirondacks

With co-owners Ernest & Cathy Hohmeyer's experience in eco-conscious disciplines you have a unique opportunity to immerse yourself in a wider range of Adirondack Alps holistic eco-conscious experiences. These include:

- A Nourishing Traditions Adirondack Alps style Culinary Workshop. Co-owner and chef Cathy Hohmeyer is pursuing her doctorate in Naturopathy and is a leading voice in the Adirondack Park in this field. Cathy is also the founder of the Adirondack Chapter of the Weston A. Price Foundation.
- The Adirondack Park as a model in sustainable development. An informal fireside chat by Ernest Hohmeyer on sustainable development practices in the Adirondack Park. For 22 years Ernest was the founding director of the Adirondack Economic Development Corporation and Center for Sustainable Tourism. His work in micro lending, community planning and sustainable development was recognized by President Clinton and invitations to Eastern Europe.
- Lodge garden and local Adirondack hor'dorves: in the Fireplace Rathskeller with a Wine & Bier tasting of organic wines and biers

It is of vital importance to our 4 generations of family to not only sustain but enhance our natural wonderment we call the Adirondacks. Items such as pathways, lighting, construction materials and landscaping are derived from materials from the property whenever possible. Natural plant life indigenous to the Adirondacks is highlighted on our Lake property, our walking trails throughout our woods and in our gardens. Our vegetable and herb gardens, the cornerstone of our original fusion cuisine of Adirondack products and Old World essences is a center piece of seasonal and "northern" plants that would be grown and offered as food staples here. Wild thyme and cold weather veggies are grown. Colorful pansies and nasturtiums (both edible flowers and able to withstand our northern frosts) adorn the plates in the restaurant. The herb garden is right outside the kitchen door.

Our experience comes from our heart - from now 4 generations of 2 families who have sought to invite you to their home because this is our home. We invite you as a best friend would with personalized cooking and personal attention. As Cathy's family did as an Adirondack stage coach stop and similar to Ernest's family who ran Guest Houses in the Old World, we have been a destination for travelers seeking something real, a restful respite and comfortableness. Our Rathskeller is in the spirit of its original use as a pre-meal gathering of relaxation from weary 19th Century Adirondack stagecoach travelers and similar to Old World Guesthouses where you partook in the family wine and beer. Our handcrafted Wine & Beer Cellar built from pine trees hit by lightning is a testament to that spirit. Our 1886 hand-hewn dining room is dinner with family. We take only 40-50 guests per evening where your table is yours for the evening. There are no turnovers and no waiting lines. Your table is our 25 acres - Adirondack Great Camp Style where you can roam the property. Bring a glass and stroll to our lake front and listen to our resident loons or take a romantic sleigh ride through our lantern-lit trails while you take-in the aromas emanating from the kitchen where the chef is still the owner. Feel the spirit of 4 generations who were about giving guests everything from their heart. It seems you can feel them. Oh yes our experience is also about personal service, handcrafted accommodations, local and indigenous culinary products. More importantly is about restoring our guests energy - it's something that cannot be created - it's just here in these original 19th Century Adirondack pioneering walls and an Adirondack and Old world family that seeks to provide you with what a guest wrote as "homespun elegance".

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A UNIQUE COMMITMENT

Sustainable tourism and natural health elements - two areas the Lake Clear Lodge & Retreat strives to incorporate both "in front of" and "behind" the scenes. Some of the areas below are either incorporated into or being transitioned into "daily operations and offerings". **In an *Hotel Interactive story The Green Frontier* By Glenn Haussman.** It reads: "Some hotels have taken environmental conservatism to the next level. Take for example, Hohmeyer's Lake Clear Lodge.... this intimate resort has embraced the eco-conscious ethic and provides some valuable and realistic suggestions other property managers can adapt."



Co-owner and Chef Cathy Hohmeyer has 25 years experience in the health, wellness and food industries. She currently is a contributor to several Northern New York and Adirondack publications including "**Tips for Healthy Living**". ([Click here for Articles](#)) Ernest Hohmeyer for 22 years was the founding director of an Adirondack sustainable development organization recognized with national, state and regional awards and invited as keynote presenter to several international missions on sustainable development. Ernest continues this important work with his consulting company [Mountain Community Visions](#).

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ECO-CONSCIOUS EVENTS & CELEBRATIONS

ADIRONDACK SPIRIT

Aspire to Inspire an integrated mind & body with human "nature"

Co-founders Cathy & Ernest Hohmeyer have created with a team of businesses, conservationists and educators Adirondack Spirit as the centerpiece to the Retreat offerings at our facility as well as collaborating throughout the Adirondack Park.

Mission

Adirondack Spirit is a 501(c)(3) educational organization whose mission is to teach a holistic and integrative view of man and nature that inspires a future based on a seamless, healthy and balanced sustainable human and natural environments.

PHILOSOPHER'S PUB: DINNER, DISCUSSION & EDUCATION

"Happy Hour with a purpose." Our Philosopher Pubs are an opportunity to have a locovore dinner while you take-in a themed discussion. Like the 19th C Philosopher Camp of Emerson and [William James Stillman](#), intellects that were inspired by the spiritual power of the Adirondacks, the idea is to offer lively conversations, Adirondack Great Camp style, focusing on opportunities and challenges in integrating man and nature in the future. Participants are invited to dine with presenters in a interactive round-table discussion with the purpose of expanding knowledge and sharing ideas on this holistic view of our world and what it can mean to our future.

[Philosopher's Pub Events](#)

ADIRONDACK ARTS & HERITAGE FESTIVAL

The Lake Clear Lodge & Retreat is a founding member of this 10 day festival is to celebrate the Saranac Lake area as an arts and heritage destination. The region has a rich history in the arts and that includes the performing arts, culinary, fine, literary, outdoors, historic, health and wellness among others. Today, the arts play a vital role in our local community and economy. The purpose of the Festival is to bring the diverse efforts of these groups together to showcase our region has an arts destination.

AdkArts.com

LAKE CLEAR LODGE RETREAT INITIATIVES

The Lake Clear Lodge & Retreat offers on-going interactive educational programs in culinary, health & wellness, community sustainability and nature-based programs.

Fun Fact: See Our Seasonal Experiences and Calendar of Events

ADIRONDACK CHAPTER OF THE [INTERNATIONAL] WESTON A PRICE FOUNDATION

We have sponsored/supported/started the Adirondack Chapter of the [International] Weston A Price Foundation. Its "way to prepare foods" in truly traditional methods coincides with what the Lodge foods have been about for all its 40 years - Old World! And with that the ideals of "foods, farms and healing arts" (see www.westonaprice.org) The Lodge sponsors monthly meetings of our Chapter. We develop lists of our local farmers, get to know our local producers and share recipes and foods made with the products. They will be a showcase booth at the Festival for local education.

CONTINUED LEADERSHIP IN ADIRONDACK SUSTAINABLE DEVELOPMENT

For over 22 years Ernest was the founding Director of the Adirondack Economic Center and the creator of the Center for Sustainable Tourism. These initiatives which covered the 6 million acre Adirondack Park were innovative in their approach to sustainable development. Beginning in 1984 Ernest was a pioneer in entrepreneurial development, community planning and sustainability culminating in the 1994 National Award presented to him by President Clinton in a White House ceremony as the US Small Business Administration's Financial Advocate of the Year. In 1998 Ernest's organization received the NYS not-for-profit of the Year award and later received the Community Conservationist award from the Adirondack Council - a leading environmental advocacy group. Ernest created Mountain Community Visions and writes a weekly column for the Adirondacks only daily newspaper. He is co-founder of Adirondack Spirit

BEYOND SUSTAINABILITY CULINARY CLASSES

The Lodge tries to go steps further than buying and using local foods. As Cathy pursues her Doctorate in Naturopathy, she uses and teaches principles of her knowledge. Cathy gives cooking classes to highlight natural food production/cooking. Natural fermentation, sprouting, kefir making are demonstrated among other great Old World methods like bone broth soups, slow roasts and the use of the "whole" animal or plant when cooking. We introduce cooking with essential oils. Within this - organic, local foods are encouraged. We are one of the first restaurants to cook with essential oils - these replace artificial additives, add flavor and even "antiseptic" and anti-bacterial qualities, not to mention adding a higher energy component to the foods.

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DAILY PRACTICES

- Use of eco-conscious cleaners. Brands include Meleluca, Ecosense products and essential oils.
- We Support community businesses by purchasing as many locally made products as possible.
- Washing towels and sheets on request only during your stay. Towels or sheets on the floor mean - please change; if they are on the towel racks - guest chooses to use again. This reduces energy and water usage and detergent waste.
- Photocopy materials on both sides; reuse one sided copies for drafts, etc.
- Use E.P.A. and Energy Star recommended equipment whenever possible.
- Use native plant species in landscape design.
- Grow herbs and flowers for kitchen and resort use.
- Recycle soda cans, wine bottles newspapers, glass, plastic, tin.
- Cut up used office paper for notepads.
- Distribute recycling bins throughout the property for use by guests.
- Have available our Green Retreat Guide for groups and business meetings.
- Compost kitchen organic waste.
- All older construction has had new insulation and energy efficient heaters installed.
- All lodgings have emergency pull switches installed ; all lodgings have back-up generators.
- All lodgings have heat (and message) switches wired-in to The main Lodge; heat is immediately turned down to 55 degrees (fall-spring) when guests check out at the "front desk".
- Elimination of Styrofoam products.
- Provide products that are natural and sustainable whenever possible.
- Reduce waste through careful buying to eliminate excessive packaging including buying in bulk when possible including "PC" packaging for creamers and butters.
- Encourage Environmental Education by producing Lodge developed and printed brochures explaining local or Lodge property items.
- Maintain environmental educational materials on bulletin board.
- Promote visits to the Adirondack Park Visitors Interpretive Center nearby.
- Make available birding, animal tracks and plant ID books with property sighting map.
- Developing a self-guided Eco-Scavenger Hunt to encourage environmental awareness for children.
- Designated spot for building Fairy Houses, to sit and "take in" nature.
- Natural Music available for use in the lodgings and for sale. Including nature sounds music, classical music and local artist's music.

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GUEST OFFERINGS

- "Natural Exercise Circuit". The Lodge has developed a "natural" exercise circuit for both indoor and outdoor use. Developed by Cathy Hohmeyer (using her degree in occupational therapy and background in kinesiology, and assisted by a recent grad who received her degree in kinesiology.)
- These exercises use outdoor activities like chopping wood and canoeing in a total body exercise program.
- Organic Fabrics. The Lodge is phasing its sheets, towels and bedding to organic fabrics. Organic fabrics are friendly to the environment without using harmful chemicals and pesticides. The Lodge sells Lodge logo and custom embroidered towels.



- Natural lighting. The Lodge is phasing its reading lamps and some of the indoor lighting to bulbs to "Sunlight" lamps that "bring the sun indoors". A great benefit especially during the winter months.
- Use of Natural/Handmade Soaps, shampoos and amenities
- Use of sustainable, local and/or homegrown food supplies in the restaurant whenever possible. The Lodge maintains a garden in summer, an herb garden all year and chooses [Adirondack Harvest](#) vendors when possible.
- Reduction of guest room waste stream by encouraging recycling.
- Reduction of energy and water waste by encouraging energy and water conservation programs.
- We request Quiet Hours between 10PM and 8AM. Please no "boom boxes" outside. Nature provides a wonderful concert. Feel free to enjoy the classical, nature related music and Adirondack Cd's in your lodging IF you wish.

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GUEST WATER & ENERGY CONSERVATION PROGRAM

BE COMFORTABLE, USE WHAT YOU NEED BUT DON'T EXCEED!

HEAT:

Be comfortable while you are in your lodging however: If you will be out for more than half a day, turn the thermostat down 5 degrees or so - when you return it only takes a few minutes to resume desired temp. Please DO NOT leave windows open in the winter time or when temp drops below where you want the heat inside to be.



WATER:

Don't let faucets run unattended. Please let management know if you hear excessive water running - this may be a broken pipe, a toilet that is "running", something left on by mistake.

LIGHTING:

You don't need in while you are gone, please turn off all lights when you leave the lodging. If you are returning well after dark - the outside lights will come on automatically upon your return. We provide night lights for low level lighting when you are gone OR during sleep (instead of leaving full lights, such as the bathroom light on overnight) inside so that you can see to walk in and turn on other lighting.

RECYCLING:

Please recycle glass, plastic and tin, returnable bottles in bins provided in your lodging or by the garbage bins.

If we missed an area in disrepair, ie window seal, drippy water faucet, please let us know. There is a request for maintenance form in your lodging info manual.

We and the earth Thank you.

Any other suggestions? Send us an [email](#).

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ECO-CONSCIOUS MEMBERSHIPS

MEMBERS OF:

- [Green Hotels](#), since 2004
- [International Eco-tourism Society](#), since 2003
- [I Love Inns](#), American Historic Inns
- [National Wildlife Federation](#), Certified "U.S. Backyard Wildlife Habitat" by the National Wildlife Federation, since 2004, (the only hotel in the Adirondacks to be so designated).
- Pilot Certification Pending with Sustainable Travel International's (STI) [Sustainable Tourism Eco-certification Program](#) (STEP).
- [Small Elegant Hotels](#)

We offer a complete, no driving necessary, experience if you wish.

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HOW YOU CAN GET INVOLVED & LOOKING FOR IDEAS YOU MAY HAVE

Everyone talks about what they are doing to be eco-conscious. Many efforts tend to be written in customer service manuals or signs in the room. While informative they tend to be static and do not get you involved. Our efforts are interactive and interpretive. We hope that you will take some of our practices home with you. We also hope that the effort to be eco-conscious is a partnership with you and that you will also share your ideas and expertise on how to be better stewards of the world. We want to learn from you too so that together our efforts will be enriched.

Fun Fact: Please Join Our Blog or Become a Member of Adirondack Spirit.

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