Frederica Mountain Trail 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 Lila 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***