



Chepontuc Footnotes

chepontuc — "Hard place to cross", Iroquois reference to Glens Falls

THE NEWSLETTER OF THE GLEN FALLS-SARATOGA CHAPTER OF THE ADIRONDACK MOUNTAIN CLUB

JOIN US FOR A Black Fly Affair

“**B**lack Fly Affair: A Hikers Ball,” ADK’s single largest fundraising event of the year. ADK has moved this annual benefit from November to May and for everyone in the Adirondacks, that means the heart of the black fly season! In addition to its name change, ADK has made this year’s event a Ball, which calls for formal attire (or the like) and hiking boots (or the like) with dancing all night long.

Selected food and drink vendors, representing regional restaurants, will provide an array of culinary delights for sampling. The event is scheduled for Saturday evening, May 30, 2009, at the Fort William Henry Resort & Conference Center in Lake George, from 7:00 p.m. to midnight.

2009 introduces wine and champagne tasting by Frederick Wildman & Sons Wine Distributors and for the beer samplers amongst us, Cooperstown Brewing Company will be back. ADK chapters are supporting this effort by donating gift baskets of items unique to their regions. Artwork, outdoor gear, weekend getaways, jewelry, apparel, books and lots more to bid on. All proceeds from this event support ADK’s programs in Trails, Conservation Advocacy and Education.

We are pleased to announce this year’s Honorary Chairman is John Rugge, MD and CEO of Hudson Headwaters Health Network, the largest comprehensive healthcare provider in the southern Adirondack region. What you might not know, is Dr. Rugge is an avid paddler and authored two books about wilderness paddling expeditions.

This event marks an opportunity to draw the link between the healthcare industry and the outdoor recreationalist, a shared interest in quality of life issues.

ADK’s very own Bob Wilcox will be serving as Master of Ceremonies for the evening. Music provided by Frank Conti Band with ballroom dancing to rock n’ roll!

For the first time, ADK invites you to...


Black Fly Affair: A hikers Ball

**Saturday, May 30th 2009
7:00 pm to Midnight**

Fort William Henry Conference Center
Lake George, NY

- Silent & Live Auctions
- Plenty of Food & Drink
- Dancing All Night Long
- \$35 per person
- *Black tie optional;*
Hiking boots mandatory

Thanks to our Sponsors:
• Jaeger & Flynn Associates, Inc.
• Frederick Wildman & Sons
• Cooperstown Brewing Company

 Honorary Chairperson: John Rugge, MD
CEO, Hudson Headwaters Health Network

**Come to the Affair
and have a Ball!**

SAVE the DATE! You won't want to miss this! Visit www.adk.org for updates on this Affair
If interested in becoming a sponsor or donating to the auctions, call Deb @ 1-800-395-8080, ext. 42

Kick up your boots and have a ball

BY HEIDI teRIELE KARKOSKI

Simulium hirtipes. Is it a break-through wonder drug? A new star discovered in the outer reaches of the solar system? Perhaps it's a computer virus or the secret ingredient that makes potato chips taste so good. Well-known throughout the Adirondacks, backpackers, paddlers, hikers, gardeners and backyard barbecuers have all experienced it. Experienced them. The tiny Adirondack black fly, just one-eighth of an inch small, has a reputation of epic proportions. Everyone has a black fly story to share or loads of advice on how to avoid their assaults. We love to hate them.

The black fly starts its life as an egg laid in a shallow fast-running stream or river. They quickly mature under the right conditions with four generations possible in a season. Only the females bite, usually during the day in shaded or partially-shaded areas. Black flies are attracted by the moisture and carbon dioxide when you exhale, so no wonder they seem worse as the mountain gets steeper!



CHAPTER CHAIR Report

*Celebrate black fly
season by
attending ADK's
"Black Fly Affair:
A Hikers Ball" on
Saturday, May 30th.*

They are also attracted to dark colors, perspiration, and perfumes and soapy scents. Consider this when planning your next outdoor adventure in May and June when their numbers peak. For those who enjoy living and playing in the Adirondack region, the black fly is just part of the experience.

Why not celebrate black fly season by attending ADK's "Black Fly Affair: A Hikers Ball" on Saturday, May 30th. The flies will be sleeping as we enjoy delicious food and drink, and dancing to

a lively band. I'd like to encourage chapter members to consider sharing in this important event which raises funds for the essential work ADK carries out on our behalf. Thanks to generous sponsors, tickets are offered at a comfortable price. Bring your friends and make a night of it! The silent auction is a perennial favorite, so be sure to check out all the interesting items, including the GF-S chapter basket that you'll go "buggy" over.

Whether its black tie or black fly, I hope you enjoy springtime to the fullest.

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Helping hands sought for Headquarters Workdays

Saturday, May 9
9:00 a.m. to approximately 2:00 p.m.

Join fellow ADKers and friends to spruce up ADK headquarters property off Exit 21 of the Northway.

Every spring, volunteers help ADK by doing a little spring-cleaning. The decks get treated, trim is painted, the lawn is raked, and other projects are done to maintain the property. It's fun to meet new people and take part in a community project. You don't have to bring anything

other than work gloves — if you have them. Bring a friend along also to make it more fun! Bagels, Mo's scones, coffee and lunch (including Jim's famous work-day cookies) will be provided!

"Many hands makes light work" — please check your calendar and see if you can spare the day or part of it!

Call Maureen Coutant for more information and to sign up at 745-7834 or email: mojom@roadrunner.com (If you can come a different day to do a project, let me know.)

Sign up starts for summer weekend outing to Johns Brook Lodge

Friday August 14 thru Sunday August 16
Hike Marcy and Skylight

Picture this — 3.5 miles into the woods — a LOJ with all the amenities of home. Solid roof over head, all meals prepared and a soft mattress to sleep on. No bears, bear canisters or soggy sleeping bags.

Camping but not camping in the company of friends and fellow hikers.

After a good night's sleep and a hearty breakfast, we gather our prepared lunches and snacks and head out to Marcy and

Skylight. They are the tallest and 4th highest mountains in NY State. We will experience the best views in the Adirondacks. Thirteen miles round trip and back in time for a home-cooked dinner.

All this for \$120 (\$60 per night). Space is limited to 8. Payment must be RECEIVED by June 13. NO EXCEPTIONS. Call or email leader for more details.

Contact: Lorraine MacKenzie, 518-791-9794 or LorraineM@safaritelecom.com

New members

GF-S CHAPTER

The Glens Falls/Saratoga Chapter welcomes the following new members:

JANUARY/FEBRUARY 2009

- William Burke, Queensbury
- Marie Cox, Gansevoort
- Eleanor & Thomas Cutignola, Lake George
- Sarah Deane, North Creek
- Rich Fallon, South Glens Falls
- Laura Golas, Guilderland
- Susan and Sheldon Howard, St. Johnsville

- Deborah Laurange, Mark & Deanna Roberts, Middlegrove
- William & Karra McMurry, Hudson Falls
- Bonnie Nemeyer, Queensbury
- Kathleen Quinn, Matt, Gabriel & Grace Sgarbettera, Saratoga Springs
- Patricia Romayne, Manchester Center, Vermont
- Staci & Joe Webb, Diamond Point
- Matthew, Keri, Olivia & Carter Zebrowski, Ballston Spa

Mark your calendars!

What: GF-S ADK Chapter Annual Dinner!

When: Friday, October 23, 2009

Time: 5:30 p.m.

Where: Holiday Inn, Saratoga Springs, New York

Featuring: CHRIS SHAW, an evening of songs and stories of the Adirondacks. For over ten years Shaw toured for Taylor Guitars as a clinician demonstrating American Folk and country style guitar. Additionally, he has appeared at such highly respected venues as the Kennedy Center for the Performing Arts, two appearances for the Smithsonian Institute, the Philadelphia Folk Festival, the Old Songs Folk Festival, and the Chautauqua Institute, as well as music halls, festivals, and coffee houses across the US and Europe.
www.chrisandbridget.com

Wanting to know all about bats?

When: Thursday, June 18; 8pm-9pm;
Camp Saratoga

What: Program held by the Wilton Wildlife Preserve and Park, Inc.

While some refer to these small mammals as "flying rats," bats are actually more closely related to humans than rodents. If you are trying to get past a fear of bats, or are fascinated by them, this program is for you! We will start with an educational presentation that will separate fact from fiction and share the many amazing qualities of these animals. Then we will head outdoors as the sun sets to watch for bats flying above in the night sky. Pre-registration required, call 518-450-0321 ext.2.



By Linda Ranado

With the coming of better weather, also comes heightened activity for our department. Last month, we told you of our sponsorships for the DEC Camps, Colby and Pack Forest, which we were able to fill. We were also fortunate enough to sponsor two individuals, Krystle Hutchinson and Caitlin DiCaprio, students at Amsterdam High School. We referred a third student from Amsterdam, Sean Masterpole, to ADK headquarters to apply for a scholarship to also attend.

On May 16, we will be having a great time during the Glens Falls Recreation Day by hosting a station involving scavenger hunts in the Cole's Woods area of Crandall Park. The event, which runs from 10 a.m. to 3 p.m. is to help promote the concept of "No Child Left Inside." It will feature wonderful environmental educational programs geared toward children ages 6-12. There will be learning stations, presentations, and display tables. We look forward to seeing you there!

This June will find us once again participating in the Queensbury third grade Adirondack Day which is always a

good time, as we enlighten many enthusiastic students on the importance of hiking safely as they "Leave No Trace."

We will be offering at least two Hike & Learn programs this summer. They will be led by Mo Coutant who will teach using a fun way of using a GPS when hiking. The Adult session will be held at 5:30 p.m., June 11 (place to be determined) and the children's session will be held on June 13 (time and place to be determined). Check it out:

Modern Day Pirate Treasure! Techno-Scavenger Hunt! Geocaching!

The woods and trails are full of treasures for those who know where to look. With a handheld GPS it's not an X, but a flag that marks the spot! Learn about geocaching ... the sport of finding those hidden treasures and learn how to do it! We'll take a hike and find a cache (hidden box) or two. If you have a handheld GPS, please bring it. Parents/grandparents can learn with the kids and other adults can come to an evening session for an outing and lesson. Group size is limited and children should be at least 6 years old. Please call or e-mail: Maureen Coutant 745-7834 or mojim@roadrunner.com for more information.

That's it for now. As always, if anyone wants to join our committee or help in an event, please feel free to contact: Linda Ranado at lranado@hotmail.com or call at 696-7265.

Conservation News

By Jacki Bave

New York State Updates Open Space Conservation Plan — The 2009 update of New York's Open Space Plan goes beyond protection of our state's diversity of resources through land acquisition; it also addresses reducing greenhouse gas emissions, adapting to climate change, fostering green, healthy communities and other quality of life issues, such as providing waterfront access and recreational trailways. In January, a series of public meetings were held around the state to outline the draft plan and accept comments from the public.

Some of the new priority conservation projects this year include the following:

Finch Woodlands — This area contains features such as OK Slip Falls, Essex Chain of Lakes and Boreas Ponds. New York plans to purchase land and conservation easements to preserve large expanses of forests valued for ecological diversity and for mitigating the impacts of climate change.

Saddles on South Bay of Lake Champlain — Located on the east shore of South Bay, this area is a 70 acre cliff community with endangered species habitat and 3,650 feet of shoreline on Lake Champlain. One of the eight streams found on the parcel includes the Devil's Den waterfalls.

Kayaderoseras and Fish Creek Corridor /Saratoga Lake — This major water corridor in Saratoga County is important for recreational opportunities, water shed protection and for its associated wetlands. The plan calls for increased public access to both of the creeks and to Saratoga Lake.

South-Eastern Adirondack Foothills — The Palmertown and Luzerne ranges are found within this area, which is a transition zone between the Adirondacks and the Hudson Valley. The area includes the Moreau Lake Forest Important Bird Area, and is valued for the high biodiversity found throughout the zone.

Washington County Grasslands — The grasslands provide wildlife habitat for endangered, threatened and declining grassland nesting birds. Protection of this area will be achieved through a combination of land acquisition from willing sellers and voluntary grassland stewardship. It includes 4,000 acres of the 13,000 acre Washington County Important Bird Area.

The complete 2009 Draft Open Space Plan may be found at: <http://www.dec.ny.gov/lands/47990.html>.



ADK board meeting highlights

Board of Director's Meeting, March 14, 2009

The independent audit of the 2008 financial statements of the Adirondack Mountain Club is in progress. There were three significant events that impacted the 2008 financials: 1) Membership dues accounting change; 2) Stock market performance; and 3) general economic conditions. Despite the adverse economic climate ADK ended the year favorably.

Total revenues increased \$243,644. Membership dues and lodging revenue were up, but this increase was offset with lower donation revenue. Adjusted for the membership dues accounting change revenues were up approximately \$94,000.

Total expenses were up \$220,947. The majority of this increase was payroll expense which reflects staff additions in 2008. The majority of the operating expense categories showed decreases over 2007.

ADK ended the year with positive cash flow which meant it did not need to use its line of credit. **

(** The audited financial statements had not been released at the time of the Board meeting. The numbers above reflect the 2008 pre-audit financial statements.)

No significant audit issues were found. There is a small internal control risk due to the small staff and software system. This is not considered material. Additionally, the auditor recommended the Club move toward combined reporting with the chapters. It was noted that for 2008 there was 100 percent compliance with chapters submitting financial reports to the main club.

ADK facilities had a very good 2008 and are well poised for the 2009 summer season. ADK expects 2009 to be another good year as more people are vacationing closer to home ("staycation").

ADK is researching the implementation of a capital campaign to provide investment for all ADK facilities. This would include the Loj and HQ.

The most recent *Adirondack* was printed in full color. ADK is continually trying to

improve communications to the membership. The website is also being improved. Be sure to sign up for the bi-weekly e-mail newsletter, ADK Today.

Neil Woodworth informed the Board that rock climbing (indoor and outdoor) continues to be a prohibited activity in 2009. ADK and the insurance company worked hard to get this to be a covered activity, but without success.

ADK continues to keep a close watch on the State budget proposals concerning the Environmental Protection Fund, the Bigger Better Bottle Bill and Property taxes on State land. The 2010 State Budget is due April 1, 2009.

ADK participated in activities at the Olympic Regional Development Authority. ADK hosted an informational booth and helped design programming for 1,500 students attending three world championships.

ADK was approved as a provider of the Leave No Trace Master Educator course. 2009 will be a training and infrastructure building period and ADK will begin offering programs in 2010.

June 6, 2009, is National Trails Day. There are many projects that will take place at Cranberry Lake. See the ADK website for a list of projects and how to register.

ADK is hosting the Northeast Alpine Stewardship Conference in Lake Placid. This is a professional gathering that is held every two years.

Adirondack Birding, the latest new ADK publication, is doing exceptionally well. Adirondack Reader will be available the week of March 16th.

Membership saw its first month-over-month increase in February 2009. There had been a net decrease in membership since membership reached its 2008 peak in June 2008. ADK has just under 16,000 member households. There is concern going forward with membership retention and donations due to the tough economic climate.

There was 100 percent chapter participation in donations to the main club. ADK

management is grateful for the support.

A Trails appeal is planned in May 2009 in anticipation of National Trails Day in June.

ADK's major fundraiser (A Black Fly Affair) will be held on May 30 at Fort William Henry in Lake George. There will be silent and live auctions, dancing, and live music. The ticket price will be reduced and there will be food, wine and beer vendors. Check the website for updates and watch your mailbox for your invitation.

The Binghamton Chapter celebrated its first year anniversary and the Finger Lakes Chapter is reinvigorated. The North Jersey and Ramapo chapters are contemplating a merger. They currently share newsletters, have quite a few joint outings and are close geographically. A vote will be sent to the membership.

ADK will be participating with the *Times Union* magazine *EXPLORE*. The focus will be on advertising lodging facilities.

The ADK Spring Outing is planned for June 26-28 and will be held on Long Island. Thirty-two outings are planned that include bicycling, paddling, beach walks and more. Check the ADK website for more details.

The Genesee Valley Chapter is hosting an Outdoor Expo with more than 40 organizations participating. It is free and open to the public. Check the chapter website for more information.

The Board approved the Club's record retention and whistleblower policies and a revised Heart Lake Property Committee charter.

Three directors were chosen for the nominating committee:

- Tom Wallenhorst from Genesee Valley
- Dan Jones from Mid-Hudson
- Carl Klinowski from Albany

They must choose 4 other members to be on the committee.

— Submitted by Laura Fiske
and John Schneider



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on inside rear cover. OUTINGS DETAILS & CONTACT INFORMATION are found in the "Outings" section. Changes or additions made after publication can be seen on our web page: www.adk-gfs.org **Programs** held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library. Future Programs: TBD

Executive Committee Meetings held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Carl R's Cafe Restaurant and Bar in Glens Falls and the Wesley Health Care Center in Saratoga Springs. Future Meetings: May 6, June 3

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: May 14

May	Outing Type	Destination	Leader/Contact	Rating	
2	Sat	Hike	Bullhead Mountain/Hour Pond Hike	Rich Crammond, Jayne Boudier	B+
2	Sat	Hike	Deer Leap	Lorraine MacKenzie	C+
2	Sat	Walk	Spring Bird Walk — Peebles Island State Park	Rich Speidel	C
3	Sun	Hike	Waterfall Hike — Beaver Meadow Falls/Rainbow Falls	Pat Desbiens, *Sandy Yellen	B-
3	Sun	Hike	Black Mountain	Bill Carpenter, Alison Darbee	B+
5	Tue	Walk	Saratoga Wildflower hunt	Maureen Coutant	C
6	Wed	Meeting	Executive Committee (Glens Falls)	Heidi Karkoski	NR
9	Sat	Hike	Full Mooner Hike at Saratoga Battlefield	Aileen Genett	C
9	Sat	Hike	Hoffman Notch	Bill Morse	B
9	Sat	Paddle	Paddle/optional overnight camp: Lake Lila	Rich Myette, *Jayne Boudier	A
9	Sat	Walk	Spring Bird Walk — Wilton Wildlife Preserve & Park	Rich Speidel	C
9	Sat	Cleanup	ADK HDQ 2009 Spring Cleanup	Maureen Coutant	C
10	Sun	Hike	Wildflower Hike/Fire Tower — Hadley Mountain	Jack Whitney	B
10	Sun	Paddle	Paddle — For those who stayed overnight: Lake Lila	Rich Myette, *Jayne Boudier	A
12	Tue	Hike	Wildflower hike	Maureen Coutant	B
14	Thu	Meeting	Outing Leaders Meeting	Jack Whitney	NR
14	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
16	Sat	Hike	Sleeping Beauty and Bumps Pond Loop	Wayne MacFarran, John Devine	B
16	Sat	Walk	Spring Bird Walk — Pack Forest, Warrensburg	Rich Speidel	C
17	Sun	Hike	Ampersand Mountain	Bill Carpenter	B
17	Sun	Hike	Five Mile Point	Lorraine MacKenzie	B+
19	Tue	Walk	GF Wildflower walk	Maureen Coutant	C
21	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
23	Sat	Hike	Seward Range Hike	Jack Whitney	A+
23	Sat	Hike	Indian Head and Fish Hawk Cliffs	Reg Prouty	B+
24	Sun	Hike	Hike: Eleventh Mountain and Diamond Mountain Overlooks	Rich Myette	B+
26	Tue	Hike	Wildflower hike	Maureen Coutant	B
30	Sat	Hike	MacNaughton via Wallface Ponds	Mike McLean	A
31	Sun	Hike	Colvin and Blake High Peaks	Bill Carpenter, Alison Darbee	A+
31	Sun	Hike	Crane Mountain Loop	Sandy Yellen	B
June					
2	Tue	Walk/Hike	GF area walk	Maureen Coutant	C
3	Wed	Meeting	Executive Committee (Saratoga)	Heidi Karkoski	NR
4	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
6	Sat	Hike	Full Mooner Hike at Saratoga Battlefield	Aileen Genett	C
6	Sat	Hike	YMG — Wakely Mountain — Fire Tower	Jonathan Lane, Tricia Lockwood	B
6	Sat	Hike	Treadway Mountain Canoe/Hike	Bill Morse	B
6	Sat	Paddle	Paddle: St. Regis Pond	Rich Myette	A
7	Sun	Hike	Panther, Santaroni and Couchaschraga High Peaks	Bill Carpenter, Alison Darbee	A+
7	Sun	Hike	Owl's Head and Belfry Mountain	Lorraine MacKenzie	C
9	Tue	Walk/Hike	GF area walk/hike	Maureen Coutant	B
11	Thu	Geocache	Hike and Learn Trips — Geocaching (Adult session)	Maureen Coutant	C
13	Sat	Geocache	Hike and Learn Trips — Geocaching (Kids session)	Maureen Coutant	C
13	Sat	Hike	Vanderwhacker Mountain Fire Tower	Rich Crammond	B
13	Sat	Other	Lake George 28-hour canoe and camp	Jayne Boudier	A
14	Sun	Hike	Avalanche Pass	Jack Whitney	B
14	Sun	Hike	Jabe Pond	Neal Van Dorsten	C
16	Tue	Walk/Hike	GF area walk/hike	Maureen Coutant	B
18	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
20	Sat	Hike	Black Mountain Loop	Wayne MacFarran, John Devine	B
20	Sat	Other	Lake George 28-hour canoe and camp	Jayne Boudier	A
20	Sat	Other	Bike Trip on Lake George Bike Trail	Neal Van Dorsten	C+
21	Sun	Hike	Phelps Mountain	Jack Whitney	A
23	Tue	Walk/Hike	GF area hike/walk	Maureen Coutant	B
27	Sat	Hike	Big Slide	Lorraine MacKenzie	A
28	Sun	Hike	Esther and Whiteface	Bill Carpenter, Alison Darbee	A+
28	Sun	Hike	Owl Head Lookout	Pat Desbiens, Jack Whitney	B-
July					
1	Wed	Hike	Rooster Comb and Hedgehog	Alison Darbee	B+
1	Wed	Hike	Sleeping Beauty	Neal Van Dorsten	B
2	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
5	Sun	Hike	Algonquin, Iroquois, Wright	Bill Carpenter, Alison Darbee	A+
5	Sun	Hike	Dix Mountain via Hunters Pass	Bill Morse	A+
5	Sun	Hike	Pitchoff Mountain Loop	Sandy Yellen	B
11	Sat	Hike	Hough Mountain	Lorraine MacKenzie	A+



Outings and programs schedule

11	Sat	Hike	Buck Mountain	Neal Van Dorsten	B+
11	Sat	Paddle	Canoe Schroon River from Adirondack to Starbuckville Dam	Reg Prouty	C
15	Wed	Hike	Noonmark from Round Pond	Alison Darbee	B+
16	Thu	Meeting	Outing Leaders Meeting	Jack Whitney	NR
16	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B
17	Fri	Hike	Mountain Thomas	Neal Van Dorsten	C
18	Sat	Hike	Spruce Mountain on Lake George	Neal Van Dorsten	B-
18	Sat	Other	Cedar River Flow canoe, hike, and camp	Jayne Boudier	A
22	Wed	Hike	Hurricane Mountain	Alison Darbee	A
25	Sat	Hike	Mountain Colden	Lorraine MacKenzie	A+
25	Sat	Hike	Black Mountain — hike and swim	Neal Van Dorsten	B
25	Sat	Hike	Camp Santanoni and Newcomb Lake	Rich Crammond	B
26	Sun	Hike	Cascade and Porter	Alison Darbee, Bill Carpenter	A+
30	Thu	Paddle	Thursday Evening Paddle	Maureen Coutant	B

Welcome! New Outings Leaders

WAYNE MACFARRAN

Wayne has been a member of the Glens Falls/Saratoga Chapter of the ADK for two years. He was a Cub Scout leader for one year and from 1997-1999 was a Trustee for the Hudson Falls United Methodist Church. Wayne has had hiker leadership training with the AMC and to start off, he will be leading hikes which may in the future branch out to include kayaking/canoe trips. Wayne lives in Fort Ann and works for GL & V as a Quality Assurance Technician. He has two grown children, one is 26, and the other is 19. To quote Wayne: "In 1998, I moved from Dix Avenue out into the country approximately three miles north of Fort Ann, where I can be in touch with nature. I love the outdoors and the activities that it is associated with, such as hiking, fishing, camp-

ing and boating. I have hiked the trails in the Hog Town area many times in all seasons. Last summer I went to New Hampshire and hiked Baldface Mountain Loop. Recently, I hiked Rooster Comb with a friend. Now it is time to adventure outward and start the 46 Peaks." Welcome Wayne, we look forward to the outings you will be posting.

RICH MYETTE

Rich has been hiking, camping and boating in the Adirondacks and other places around the country all his life. He has led many excursions. He also enjoys ice and in-line skating, biking, skiing (nordic and alpine), snowshoeing, bushwhacking, swimming and hugging trees. He's a counselor in his other life and active in community organizations. Welcome Rich and we will look forward to your outings.

THE WINTER HIKE

By Maureen Roberts

Crisp, cold early morn
Crunching noisily, harshly
Snowshoes meeting ground
Forging ahead on meandering trail of white.
Valiant sun trying to peek through
Show her colors
Warm the day
As she flickers between snow-laden boughs,
Naked desolate branches.

A sense of expectation, delight, fear,
The unknown
Buzzes through the group,
Purposefully striding,
Exhaled breath forms clouds of vapor

Floating before each determined face.
The summit beckons in the distance.
Soon this stroll will change,
The pitch increase,
The work begin.
Soon we will climb.

Heart rate skyrockets
Breathing fast, laboring
Still smiling
Knowing what prize awaits us.
Fighting gravity
Fighting slick, icy rock
Fighting the urge to stop,
Rest,
Take a break,
Eat.

Human perseverance, O what a gift!
Making our way over the final hurdle,
A last outcropping of forbidding rock.
Fingers, feet straining to conquer it, until finally
THE VIEW.
Magical display of peaks, snow, trees, and sky.
Is this real?
Or a supreme, otherworldly work of art.
Painfully beautiful
Worth every second of the journey.

Member News

Stephen Mackey began his journey of the Appalachian Trail this April! We wish him all the best and hope to include his thoughts in upcoming newsletters.

Do you have news you wish to share or know someone in our chapter who is doing great things? Let us know and we'll print it! Contact Jill Gruben at (518) 309-4198 or jaliciag2001@yahoo.com



Outings

PLEASE NOTE: *Designated hikes (family, new member, etc.) are geared for a special purpose, but are not exclusive. If you would like to attend any outing, please call the trip leader. Also, please be sure to refer to the outing instructions at the back of the newsletter to be prepared for the outing.*

HIKE: BULLHEAD MOUNTAIN/HOUR POND HIKE

Saturday, May 2

Time: 8:30 a.m., Grand Union Parking Lot, Village of North Creek

Rating: B+

Rich Crammond 584-2380

Jayne Boudier 793-3770

This will be a trail and bushwhack loop hike to a (hope to find) plane crash site, then on to the summit of Bullhead, then down to Hour Pond and back out. Approximately 10 miles round trip. See you there! Meeting place is in the Village of North Creek at the Grand Union Parking lot.

HIKE: DEER LEAP

Saturday, May 2

9:00 a.m.

Rating: C+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

This short trek will start at the northern most trailhead for the Tongue Mountain Range and hook over 1.7 miles to a rocky overlook. Great views of Lake George. Rain cancels.

SPRING BIRD WALK — PEBBLES ISLAND STATE PARK

Saturday, May 2

Time: 8:00 a.m., Waterford Harbor Visitor Center

Rating: C

Rich Speidel 623-2587

Pebbles Island offers 138 acres of fields, woods and solitude amid urban surroundings. Its location at the confluence of the Mohawk and Hudson Rivers provides habitat for a variety of birds. We will walk across the Mohawk on a historic railroad bridge, then circle the island at a leisurely pace. Along with many active songbirds, waterfowl are often seen from the cliffs, and a bald eagle or osprey is possible. Please bring binoculars and insect repellent. We will record the bird species identified. The rain date is Sunday, May 3. Meeting place: Waterford Harbor Visitor Center

WATERFALL HIKE: BEAVER MEADOW FALLS/RAINBOW FALLS

Sunday, May 3

Time: 7:00 a.m.

Rating: B-

Pat Desbiens 316-1244 or pdesbien@nycap.rr.com

Sandy Yellen 584-2763

It's springtime and I love waterfalls in the springtime. This will be a hike to two of the most spectacular and photographed waterfalls in the Adirondacks. It is about 6 miles round trip with minimal elevation gain to the waterfall at Beaver Meadow Falls — add about another 3 miles round trip up to Rainbow Falls for a total round trip distance for the day of between 6-10 miles. Depending on the level ability of the people who sign up, this can be done as a combination road/trail hike or a total trail hike. The pace will be slow to accommodate picture taking. Children are welcome as long as they can comfortably do the mileage. No dogs are allowed in this section of the Adirondacks.

HIKE: BLACK MOUNTAIN

Sunday, May 3

Time: 7:00 a.m.

Rating: B+

Bill Carpenter 793-5506

Great views to be had from this summit. Bring your camera and we might do the loop if group is interested. Call leader for details.

WALK: SARATOGA WILDFLOWER HUNT

Tuesday, May 5

9:15 a.m.

Rating: C

Maureen Coutant 745-7834 or mojim@roadrunner.com

This week we'll head to Saratoga and walk the trails behind Skidmore College and check out the wildflowers ... there must be some in bloom? Contact Maureen for specifics a few days before the trip.

HIKE: FULL MOONER HIKE AT SARATOGA BATTLEFIELD

Saturday, May 9

6:00 pm, Rating: C

Aileen Genett 482-9101 or solice212@yahoo.com

(Contact leader for time and details) This is a multi-group outing, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 4-6 miles along the Tour Road to the Nielsen Farmhouse and some trails. Dress appropriately in layers, walking shoes, gloves, layers, bug dope and flashlight, etc. A \$1 per person to pay for the night permit. (Contact no later than 9:00 p.m. Friday, May 8) For additional information see <http://www.nps.gov/sara/>



HIKE: HOFFMAN NOTCH

Saturday, May 9

Time: 8:00 a.m., Exit 29 in the Old Frontier Town Parking lot

Rating: B

Bill Morse 585-9153 or fishermanpike@yahoo.com

This is a through hike of 7.4 miles on the Hoffman Notch Trail. We will park cars at both trailheads. This is a lightly used trail into a very beautiful wilderness area. The terrain is gently rolling, so it is good for all levels of hikers. Bring your lunch and a camera. Expect a moderate pace. We will meet at 8:00 a.m. at Exit 29 in the Old Frontier Town Parking lot. Then park some vehicles on the Blue Ridge Road trailhead and then drive to the trailhead at Loch Muller.

PADDLE/OPTIONAL OVERNIGHT CAMP: LAKE LILA

Saturday, May 9

8:00 a.m.

Rating: A

Rich Myette 745-5037

Jayne Boudier 793-3770

Start with a 1/3-mile carry on a rutted trail. We will help each other carry boats and gear. This is a beautiful, pristine lake completely surrounded by state land. We'll also paddle in Beaver River. Leader and those who desire will island camp overnight. Others will return on their own.

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK

Saturday, May 9

Time: 7:30 a.m., Camp Saratoga, Scout Road

Rating: C

Rich Speidel 623-2587

May is the best month to hear and see migratory birds in our area. Field and forest come alive with a rich variety of songs, and some species dazzle with tropical colors. This will be a leisurely walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we hope to do more stopping and looking and less walking. Please bring binoculars and insect repellent. We will keep track of the bird species identified. The rain date is Sunday, May 10. Meeting place: Camp Saratoga, Scout Road.

HIKE: WILDFLOWER HIKE/FIRE TOWER — HADLEY MOUNTAIN

Sunday, May 10

Time: 8:00 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@roadrunner.com

This will be a co-chapter hike with the Schenectady ADK chapter. Come meet the legendary Naturalist Ruth Schottman, author of "Trailside Notes." She also has written many articles for *Adirondac* magazine. The pace will be slow, allowing Ruth to explain the wildflowers and give participants time to take notes and pictures.

PADDLE: FOR THOSE WHO STAYED OVERNIGHT:

LAKE LILA

Sunday, May 10

8:00 a.m.

Rating: A

Rich Myette 745-5037

Jayne Boudier 793-3770

Paddle Lake Lila and Shingle Shanty Brook, a splendid, winding waterway (3 miles total). There are at least two beaver dams on the brook which may require some effort to get over. Return home by day's end.

HIKE: WILDFLOWER HIKE

Tuesday, May 12

9:15 a.m.

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

This week the plan is to hike Hadley and hopefully find a mountain full of flowers like we did last year! Contact Maureen for specifics a few days before the trip.

PADDLE: THURSDAY EVENING PADDLE

Thursday, May 14

5:30 pm, Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

This will be our first evening paddle of the season. We'll start at Lake Luzerne and paddle up the inlet to try to get to a connecting lake ... if the blow down and beaver dams will let us!

HIKE: SLEEPING BEAUTY AND BUMPS POND LOOP

Saturday, May 16

7:30 a.m.

Rating: B

Wayne MacFarran 639-5558 or crew@localnet.com

John Devine 260-4940 or johdev@adelphia.net

This hike will take us up Sleeping Beauty Mountain onto Bumps Pond and loop back to Dacy Clearing. Pace will be relaxed with extended stays at the summit and pond. Seven miles with 1,300 ft. of elevation change. Call between 4 p.m.-9 p.m. or e-mail. Rain will cancel. Hike is limited to 12 participants.

SPRING BIRD WALK — PACK FOREST, WARRENSBURG

Saturday, May 16

Time: 8:00 a.m., Pack Forest, Route 9, 3/4 mile north of Route 28

Rating: C

Rich Speidel 623-2587

This will be a leisurely walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory and native birds crossing our path. We will visit the towering Grandmother's Tree, a 175-foot white pine some 315 years old. Please bring binoculars and insect repellent. We hope to exceed the 32 bird species identified last year. The rain date is Sunday, May 17.



HIKE: AMPERSAND MOUNTAIN

Sunday, May 17

Time: 7:00 a.m.

Rating: B

Bill Carpenter 793-5506

Join us for the annual Ampersand hike. Getting ready for the High Peaks? Then this hike is for you. From the top gaze into the bold face of the Seward range and then to the distant High Peaks. On turning, one sees the Saranac Lake country. Round trip distance is 5.4 miles with 1,775 feet of elevation change.

HIKE: FIVE MILE POINT

Sunday, May 17

8:30 a.m.

Rating: B+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

Starting at the Clay Meadow trailhead, we will hike 3.7 miles across the "tongue" to the shore of Lake George. We will cross streams, traverse switchbacks and encounter steep ascents — a wide variety of terrain with a cumulative elevation gain of 1,200 feet. Hopefully Spring will have "sprung" and the wildflowers will be abundant. Rain cancels.

WALK: GF WILDFLOWER WALK

Tuesday, May 19

9:15 a.m.

Rating: C

Maureen Coutant 745-7834 or mojim@roadrunner.com

This week we'll walk the trails in Coles Woods (Glens Falls — behind the Y) and see what's blooming. Contact Maureen for specifics a few days before the trip.

PADDLE: THURSDAY EVENING PADDLE

Thursday, May 21

5:30 pm, Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Last year we never made it to the Kayderosseroseraoseraus. I'll scout out a section the week before ... so contact me if you'd like to come a few days ahead for details.

HIKE: SEWARD RANGE

Saturday, May 23

4:45 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@roadrunner.com

First and last annual Seward Range hike. Join us this holiday weekend for a grand tour of Donaldson, Emmons and Seward mountains. We will start at the hike at the trail head on Corey Road and proceed to the Calkins Brook trail. Call for details.

HIKE: INDIAN HEAD AND FISH HAWK CLIFFS

Saturday, May 23

Time: 7:30 a.m.

Rating: B+

Reg Prouty 518-747-9736 or reg46r4734@yahoo.com

We will make an 8-mile round trip loop going up the Ausable Club Road, possibly visiting Rainbow Falls first, and then on to the breathtaking view of the Ausable Lakes from Indian Head. After lunch we will return via Fish Hawk Cliffs and the Gill Brook trail, which should afford ample opportunity to enjoy all the flumes in the brook this time of year. There will be several hundred feet of climbing on this hike but it is well worth it.

HIKE: ELEVENTH MOUNTAIN AND DIAMOND MOUNTAIN OVERLOOKS

Sunday, May 24

7:30 a.m.

Rating: B+

Rich Myette 745-5037

We'll hike from the Route 8 Parking area for the Siamese Ponds Trail. We'll climb the shoulder of Eleventh Mountain to some nice views. Then descend, cross Diamond Brook and ascend the shoulder of Diamond Mountain to more views. Six miles round trip (3 trailless). 1,600 feet total elevation gain. Moderate pace with time for stops.

HIKE: WILDFLOWER HIKE

Tuesday, May 26

9:15 a.m.

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

This week we'll do a hike on one of the mountains surrounding Lake George ... perhaps something on Tongue? Contact Maureen for specifics a few days before the trip.

HIKE: MACNAUGHTON VIA WALLFACE PONDS

Saturday, May 30

7:30 a.m.

Rating: A

Mike McLean 315-262-2564 or mpmclean@twcny.rr.com

We will leave the ADK Loj at 7:30 a.m. and head into Indian Pass to Scott's Clearing and then up to Wallface Ponds. From there, a mile-long bush whack will get us to the summit. Bush whack was quite open on prior climb a few years back. About 13 miles round trip.



HIKE: COLVIN AND BLAKE HIGH PEAKS

Sunday, May 31
 7:00 a.m.
 Rating: A+
 Bill Carpenter 793-5506
 Alison Darbee 812-0022

To reach these two High Peaks we will start walking from the Ausable Club parking lot heading for Elk Pass up to the summit of Colvin and then on over to Blake, (then back over Colvin to come back down). Round trip about 13.6 miles. Please call by the Friday before the hike.

HIKE: CRANE MOUNTAIN LOOP

Sunday, May 31
 8:00 a.m.
 Rating: B
 Sandy Yellen 584-2763

This classic hike is always a joy. We'll be climbing ladders to glorious views and a swim in the pond if it's warm enough. Total distance is 4.8 miles. Rain cancels.

WALK/HIKE: GF AREA WALK

Tuesday, June 2
 9:15 a.m.
 Rating: C
 Maureen Coutant 745-7834 or mojim@roadrunner.com
 Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

PADDLE: THURSDAY EVENING PADDLE

Thursday, June 4
 5:30 p.m.
 Rating: B
 Maureen Coutant 745-7834 or mojim@roadrunner.com
 We will paddle around Round Lake and up the inlet to see the rookery. Another trip we didn't get a chance to do last year!

HIKE: FULL MOONER HIKE AT SARATOGA BATTLEFIELD

Saturday, June 6
 6:00 p.m.
 Rating: C
 Aileen Genett 482-9101 or solice212@yahoo.com
 (Contact leader for time and details) This is a multi-group outing, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 4-6 miles along the Tour Road to the Nielsen Farmhouse and some trails. Dress appropriately in layers, walking shoes, gloves, layers, bug dope and flashlight, etc. A \$1 per person to pay for the night permit. (Contact no later than 9:00 p.m. Friday, June 5.) For additional information see <http://www.nps.gov/sara/>

HIKE: YMG/FIRE TOWER — WAKELY MOUNTAIN

Saturday, June 6
 8:00 a.m.
 Rating: B
 Jonathan Lane 744-4594 or saratogahiker@infogorp.com
 Tricia Lockwood 275-6054

Have you ever wondered what it would be like to climb the tallest standing Fire Tower in the Adirondack Park? Or, feel dwarfed beside it? Then this hike is for you! The trail is level over the first half, then steep and challenging. We will ascend to the 80' tower and have 360-degree views. It will be a great day! Approximately 6 miles round trip with 1,635' elevation change.

CANOE/HIKE: TREADWAY MOUNTAIN

Saturday, June 6
 9:00 a.m.
 Rating: B
 Bill Morse 518-585-9153 or fishermanpike@yahoo.com
 We will start at the Putnam Pond Campground and canoe/kayak across Putnam Pond to the trailhead for Treadway Mountain. The paddle is about 1 mile and the hike to the top is 2.3 miles, 4.6 miles round trip. About 900 feet of elevation gain. We will meet at 9 a.m. at the boat launch on Putnam Pond.

PADDLE: ST. REGIS POND

Saturday, June 6
 6:30 a.m.
 Rating: A
 Rich Myette 745-5037
 Park at state parking area off Route 30 on Little Clear Pond. Paddle on Little Clear Pond for one and a half miles to a .6 mile portage to St. Regis Pond. We will help each other carry boats. This is a beautiful, large, backcountry pond. We will return by the same route.

HIKE: PANTHER, SANTANONI AND COUCHASCHRAGA HIGH PEAKS

Sunday, June 7
 6:00 a.m.
 Rating: A+
 Bill Carpenter 793-5506
 Alison Darbee 812-0022
 The Santanoni range is often said to be a good challenge. It will be a long day but if you need these for your High Peaks they have to be tackled some time! This hike has the potential for wetness but we'll put in an order for sun. We will head up Panther Brook, hit the peaks, and come out on the new trail. Come join the fun! Please call by the Friday before the hike.



HIKE: OWL'S HEAD AND BELFRY MOUNTAIN

Sunday, June 7

8:00 a.m.

Rating: C

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com

Belfry Mountain is referred to as the "Lazy hiker's heaven!" It's a short walk (0.8 miles round trip) with fantastic views of the Green Mountains, Lake Champlain, Dix Range, Great Range, Whiteface, Giant & Rocky Peak. Wow! Owl's Head is just a tad longer (1.2 miles round trip) with fantastic views as well. Meeting place is Panera Bread in Queensbury. Rain cancels.

WALK/HIKE: GF AREA WALK/HIKE

Tuesday, June 9

9:15 a.m.

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

HIKE & LEARN TRIPS: GEOCACHING (ADULT SESSION)

Thursday, June 11

5:30 pm, Rating: C

Maureen Coutant 745-7834 or mojim@roadrunner.com

DESTINATION TO BE DETERMINED. Modern Day Pirate Treasure! Techno-Scavenger Hunt! Geocaching! The woods and trails are full of treasures for those who know where to look. With a handheld GPS it's not an X, but a flag that marks the spot! Learn about geocaching ... the sport of finding those hidden treasures and learn how to do it! We'll take a hike and find a cache (hidden box) or two. If you have a handheld GPS, please bring it. Group size is limited and children should be at least 6.

HIKE & LEARN TRIPS: GEOCACHING (KIDS SESSION)

Saturday, June 13

Time: TBD

Rating: C

Maureen Coutant 745-7834 or mojim@roadrunner.com

TIME and DESTINATION TO BE DETERMINED. Modern Day Pirate Treasure! Techno-Scavenger Hunt! Geocaching! The woods and trails are full of treasures for those who know where to look. With a handheld GPS, it's not an X, but a flag that marks the spot! Learn about geocaching ... the sport of finding those hidden treasures and learn how to do it! We'll take a hike and find a cache (hidden box) or two. If you have a hand held GPS, please bring it. Parents/Grandparents can learn with the kids. Group size is limited and children should be at least 6

HIKE: VANDERWHACKER MOUNTAIN FIRE TOWER

Saturday, June 13

9:00 a.m.

Rating: B

Rich Crammond 584-2380

We will meet at the Boreas River picnic area pull off 16.2 miles from North Creek on 28N. This will be 5.4-mile hike with 1,650 feet of elevation change. Dress for the weather and hope for good views. See you there.

CANOE/CAMP: LAKE GEORGE 28-HR CANOE AND CAMP

Saturday-Sunday, June 13-14

2:00 p.m.

Rating: A

Jayne Boudier 793-3770

This is the best time of year to beat the rush for nice island sites in the narrows. And the late meeting time gives us some of Saturday to catch up on odd jobs. Kayaks are recommended. Put in from Shelving Rock Road (1/8-mile carry) or Hulets Landing (parking fee), most sites can be reached within a few miles. After setting up camp, we'll have Saturday evening and Sunday to take a leisurely look around. Points of interest could include Montcalm Point, Paradise Bay, French Point, Black Mountain Point, Five Mile Point, and Deer Leap. Twelve miles or less of travel. Call leader for details (or with suggestions).

HIKE: AVALANCHE PASS

Sunday, June 14

6:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@roadrunner.com

Let's explore the most spectacular pass in the Adirondacks. View Hitch up Matildas, the trap dike and many others. We start from Heart Lake and out to Marcy Dam. Bring your camera for a scenic day.

HIKE: JABE POND

Sunday, June 14

9:00 a.m.

Rating: C

Neal Van Dorsten 644-9453 or Nealvan@aol.com

This lovely hike will explore the trails around Jabe Pond and surrounding areas. It is mostly flat, but we may digress to a small incline which affords a view of Lake George. This area is located just north of Bolton Landing. Meet at the parking lot across from Lakeside Lodge in Bolton at around 9.



WALK/HIKE: GF AREA WALK/HIKE

Tuesday, June 16

9:15 a.m.

Rating: B

Maureen Coutant 745-7834 or mojom@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

PADDLE: THURSDAY EVENING PADDLE

Thursday, June 18

5:30 pm, Rating: B

Maureen Coutant 745-7834 or mojom@roadrunner.com

This paddle will probably be a Glen Lake paddle. Check out the Osprey nest or head into the wetlands ... or both.

HIKE: BLACK MOUNTAIN LOOP

Saturday, June 20

7:30 a.m.

Rating: B

Wayne MacFarran 639-5558 or crew@localnet.com

John Devine 260-4940 or johdev@adelphia.net

This hike will take us up Black Mountain, loop around to Black Mountain's Ponds and include a side trip to Lapland Pond. 6.3 miles with 1,300 ft. of elevational change. Call between 4-9 p.m. or e-mail. Rain will cancel. Hike is limited to 12 participants

CANOE/CAMP: LAKE GEORGE 28-HOUR CANOE & CAMP

Saturday-Sunday, June 20-21

2:00 p.m.

Rating: A

Jayne Boudier 793-3770

This is the best time of year to beat the rush for nice island sites in the narrows. And the late meeting time gives us some of Saturday to catch up on odd jobs. Kayaks are recommended. Put in from Shelving Rock Road (1/8-mile carry) or Huletts Landing (parking fee), most sites can be reached within a few miles. After setting up camp, we'll have Saturday evening and half of Sunday to take a leisurely look around. Points of interest could include Montcalm Point, Paradise Bay, French Point, Black Mountain Point, Five Mile Point, and Deer Leap. Twelve miles or less of travel. Call leader for details (or with suggestions).

BIKE: LAKE GEORGE BIKE TRAIL

Saturday, June 20

9:00 a.m.

Rating: C+

Neal Van Dorsten 644-9453 or Nealvan@aol.com

This bike trip is quite interesting. We will start at the park across from the Steamboat Company in Lake George Village. The trip follows the bike trail and canal trail to the 5 combines. It is almost always on the trail, with an average mph of 12. We will have an optional stop for lunch at GG Mamas. Total mileage is about 25, but the pace is easy with lots of scenery. Meet at park around 9. Allow 3 to 4 hrs.

HIKE: PHELPS MOUNTAIN

Sunday, June 21

7:00 a.m.

Rating: A

Jack Whitney 793-9210 or jack1758@roadrunner.com

This is a great beginner High Peak hike. One of the easier High Peaks with great views. Around nine miles round trip. Call leader for details.

WALK/HIKE: GF AREA HIKE/WALK

Tuesday, June 23

9:15 a.m.

Rating: B

Maureen Coutant 745-7834 or mojom@roadrunner.com

Join us for a walk or hike within an hour of Glens Falls. Generally done by noon. Contact Maureen for specifics a few days before the trip.

HIKE: BIG SLIDE

Saturday, June 27

7:00 a.m.

Rating: A

Lorraine MacKenzie 791-9794 or Lorainem@safaritelecom.com

We will start from the Garden and hike over the Brothers to reach the summit. If we have an extra energetic group we can trek up to the summit of Yard. Either way, the plan is to visit JBL on the return. Total distance will be between 8 and 11.5 miles with elevation gains of 2,800 ft. Rain cancels.

HIKE: ESTHER AND WHITEFACE

Sunday, June 28

6:30 a.m.

Rating: A+

Bill Carpenter 793-5506

Alison Darbee 812-0022

We will climb Esther first and then finish on Whiteface.

Approximately 13 miles round trip. We'll have lunch and catch some views at the top of Whiteface before heading back down. Please call by the Friday before the hike.

HIKE: OWL HEAD LOOKOUT

Sunday, June 28

7:30 a.m.

Rating: B-

Pat Desbiens 316-1244 or pdesbien@nycap.rr.com

Jack Whitney 793-9210 or jack1758@roadrunner.com

The trailhead for this hike is off Route 9N about 5.5 miles from the junction of Route 9N and Route 73 between Keene Valley and Keene and is part of the long approach to Giant Mountain. We will have a spectacular view of Giant Mountain from the Lookout. The trail is easy to moderate to the top of the ridge (2.5 miles from the trailhead) and then it is 0.1 miles up to the Lookout. Beginners are welcome on this hike — the pace will be slow to enjoy the beautiful woods around us. Round trip distance is about 5.2 miles.



HIKE: ROOSTER COMB AND HEDGEHOG

Wednesday, July 1

7:00 a.m.

Rating: B+

Alison Darbee 812-0022

We will attempt to make this hike into a loop. We will start and end at the Rooster Comb parking area on Route 73. Bring a lunch and enjoy another day in the woods. Call leader for additional details.

HIKE: SLEEPING BEAUTY

Wednesday, July 1

9:00 a.m.

Rating: B

Neal Van Dorsten 644-9453 or Nealvan@aol.com

We will do a nice loop up to the top of Sleeping Beauty. This hike is very pretty and we hope to spot Falcons on the cliffs at the start of the hike. There are fantastic views of Lake George. Allow 3 hours. Meet at trailhead or call leader for details.

PADDLE: THURSDAY EVENING PADDLE

Thursday, July 2

5:30 p.m.

Rating: B

Maureen Coutant 745-7834 or mojim@roadrunner.com

Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

HIKE: ALGONQUIN, IROQUOIS, WRIGHT

Sunday, July 5

6:30 a.m.

Rating: A+

Bill Carpenter 793-5506

Alison Darbee 812-0022

We will start from the ADK Loj parking lot; head up to Algonquin first then over to Iroquois, back to Algonquin, and then climb Wright on the way back. Approximately 12 miles round trip. Excellent views and if weather cooperates we'll check out the 1962 plane wreckage site and plaque. Call leader for details and to sign up. Please call by the Friday before the hike.

HIKE: DIX MOUNTAIN VIA HUNTERS PASS

Sunday, July 5

6:45 a.m.

Rating: A+

Bill Morse 518-585-9153 or fishermanpike@yahoo.com

Starting at Elk Lake we will use the Hunters Pass Route to the summit of Dix. Total of 14.8 miles round trip. Elevation gain of 2,800. Hunters Pass trail is a trail that does not get much traffic. Also a little less steep climbing than the Beckhorn. Hikers from Glens Falls/Saratoga will meet at 6:45 a.m. at Panera Bread.

HIKE: PITCHOFF MOUNTAIN LOOP

Sunday, July 5

8:00 a.m.

Rating: B

Sandy Yellen 584-2763

We will be spotting cars and starting at the SW end. After taking in the views at the balancing rocks we will have 3 more bare summits to enjoy. Total distance is 5.2 miles. Rain will cancel.

HIKE: HOUGH MOUNTAIN

Saturday, July 11

7:00 a.m.

Rating: A+

Lorraine MacKenzie 791-9794 or lorraine@safaritelecom.com

This is a "trail less" peak pronounced "Huff." We will start on a marked trail from Elk Lake, take a right and follow Lillian Brook up to a campsite located in the col between Hough and Pough. The summit is less than a half-mile Northwest of this point. Total distance is 10 miles. This is a perfect opportunity to use your GPS. Rain cancels.

HIKE: BUCK MOUNTAIN

Saturday, July 11

9:00 a.m.

Rating: B+

Neal Van Dorsten 644-9453 or Nealvan@aol.com

A really pretty hike to the top of Buck Mountain, offering spectacular views of Lake George. This hike is close to 7 miles round trip and can be strenuous at times. Pretty forests and a lot to see. Allow 4 hours, at an easy pace.

PADDLE: CANOE SCHROON RIVER FROM ADIRONDACK TO STARBUCKVILLE DAM

Saturday, July 11

8:00 a.m.

Rating: C

Reg Prouty 518-747-9736 or reg46r4734@yahoo.com

New! We will meet at the state boat launch at the South-end outlet of Schroon Lake and canoe down the section of Schroon River to the Starbuckville Dam where we will spot a couple of vehicles. This winding section is very slow so there will be no rapids and a nice clean bottom of sand. Bring a lunch and swimwear for a possible swim in Schroon River or Schroon Lake afterward.

HIKE: NOONMARK FROM ROUND POND

Wednesday, July 15

8:00 a.m.

Rating: B+

Alison Darbee 812-0022

A good steady climb leads to a few lookouts before hitting the summit with complete views of the High Peak region. Plan to have lunch at the summit and time to take in the views. Approximately 6.7 miles round trip. Call leader for details and to sign up.



PADDLE: THURSDAY EVENING PADDLE

Thursday, July 16

5:30 p.m.

Rating: B

Maureen Coutant 745-7834 or mojom@roadrunner.com
Leaders Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.

HIKE: MOUNT THOMAS

Fri, July 17

9:00 a.m.

Rating: C

Neal Van Dorsten 644-9453 or Nealvan@aol.com
An easy hike to Mount Thomas, only about 800 feet elevation gain with pretty views of Lake George. There is a cabin at the top and trails continue to Cat Mountain. Allow 2 hours. Meet at parking lot across from the Lakeside Lodge in Bolton around 9.

HIKE: SPRUCE MOUNTAIN ON LAKE GEORGE

Saturday, July 18

9:00 a.m.

Rating: B-

Neal Van Dorsten 644-9453 or Nealvan@aol.com
We will start on the old Military Road in Huletts Landing and hike up a little-known path to the top of Spruce Mountain. A very different and diverse hike, with some great views of Bluff Head, Sabbath Day Point and Lake George. Allow about 3.5 hours round trip.

CEDAR RIVER FLOW CANOE, HIKE, AND CAMP

Saturday-Sunday, July 18-19

7:30 a.m.

Rating: A

Jayne Boudier 793-3770
We'll climb Wakely mountain (67th of Adirondack 100 highest, with a 70-ft. fire tower), and set up camp on Saturday. Anyone who wants to hop into their boats just before dawn on Sunday will be treated to the best hours of the day on the Flow. 6 1/2 miles of hiking with 1,636 ft. ascent, 8-10 miles of paddling, moderate to leisurely pace. West of Indian Lake.

HIKE: HURRICANE MOUNTAIN

Wednesday, July 22

7:30 a.m.

Rating: A

Alison Darbee 812-0022
Round trip distance about 5.3 miles of a moderately strenuous climb. Some of the best views in the area are to be had from the top without the aid of the fire tower! Call leader for details and to sign up.

HIKE: MOUNT COLDEN

Saturday, July 25

6:15 a.m.

Rating: A+

Lorraine MacKenzie 791-9794 or lorrainem@safaritelecom.com
We will start from Heart Lake and take the Lake Arnold approach to the summit. Total elevation gain is 2,500 ft. over 6.3 miles. We will hike at a moderate pace. Time and group consent will determine whether we loop through Avalanche Pass or return the route we came. Spectacular views of Marcy, Algonquin and the "Hitch-up Matildas" at the top. Rain cancels.

HIKE: BLACK MOUNTAIN — HIKE AND SWIM

Saturday, July 25

9:00 a.m.

Rating: B

Neal Van Dorsten 644-9453 or Nealvan@aol.com
We will hike to the top of Black Mountain. This hike offers some wonderful views of Vermont and Lake George. Then we will proceed to Black Mountain Point, for a swim and a boat pickup, for the return. Limited space. Allow about 4 hours at an easy pace. Meet at the trailhead about 9 or call leader.

HIKE: CAMP SANTANONI AND NEWCOMB LAKE

Saturday, July 25

9:00 a.m.

Rating: B

Rich Crammond 584-2380
We will meet at the Santanoni Preserve trailhead parking lot in Newcomb. This will be about 12 miles round trip hike to the Great Camp and around Newcomb Lake. Let's hope for nice weather and not too many black flies. See you there!

HIKE: CASCADE AND PORTER

Sunday, July 26

7:00 a.m.

Rating: A+

Alison Darbee 812-0022
Bill Carpenter 793-5506
Two High Peaks — about 7 miles round trip with about 2,500 ft. of elevation gain. If you haven't tried climbing any of the High Peaks before, this is a good place to start. Good views from the summit of Porter — spectacular views from the summit of Cascade (weather cooperating of course). Please call by the Friday before the hike.

PADDLE: THURSDAY EVENING PADDLE

Thursday, July 30

5:30 p.m.

Rating: B

Maureen Coutant 745-7834 or mojom@roadrunner.com
Leader's Choice. Generally within 45 minutes of Glens Falls and done at dusk. Please contact leader a few days prior to trip for details.



Mount Marshall, Sunday, February 1, Mike McLean, 12 participants

- Had a rather large and rather strong group of climbers but the snow conditions and weather prevented us from making it to the top this day. Made good time to the new lean-to at Herbert Brook and then the real fun began. Snow, deep snow, and even deeper snow made for slow going up Herbert Brook, we are forced to follow the faint remnants of a previous track; straying off the track results in immediate and deep spruce traps. Several folks enjoyed their turns up front. Lost the old track somewhere along the way and by 2 p.m. we are on false summit still .24 miles from the top and our progress painfully slow in the deep snow and spruce traps. Many of the climbers start becoming chilled as the wind whips and the snow falls and the skies darken. Decided to call it a day and make good time back down on the well trodden part, all folks made it back to the parking lot by 6 p.m. An excellent winter adventure for sure. Participants: Dana Chudziski, Greg Matthei, Carol Nester, Scot Hays, Dan Moellman, Jim Dean, Dave Kocian, Heidi Karkonski, Nick Silver, Lana Christiansen, Don Jones, Dan Monroe.

Prospect Mountain, Sunday, February 1, Pat McCullough, 7 participants

- We had a great group of skiers who wanted to work off some calories before the Super Bowl. We used the groomed trail for the snowmobilers up Prospect Mountain. Due to great snow conditions this winter, the trail was pretty heavily used by the snowmobiles. Almost all of them were cordial and gave us a wide berth. Views were only fair as it was pretty overcast. Participants: Dan Ladd, Licia Mackey, Steve Mackey, Lynn Mayack, Pat McCullough, Gary Rodd, Mimi Zucker.

Tuesday Outing — Leader's Choice, Tuesday, February 10, Maureen Coutant, 5 participants

- This week we skied on the Lake George School XC trail. It wasn't the best conditions for skiing — a bit hard and some debris down, but we all made it through the entire course with out injuries or even a hard fall. When we started we saw a class of kids on snowshoes and wished we had ours too. But we were up for the challenge and everyone did great. Mo, Steve and Licia even did a little ice skating on the small pond near the parking lot afterwards. Participants: Maureen Coutant, Licia and Steve Mackey, Bill Schwartz, Victoria Warren.

Whiteface, Saturday, February 14, Steve Mackey and Licia Mackey, 3 participants

- We had a low turnout, (I guess nobody owns flexible flyers anymore), but it was a beautiful day and a great trip. We had brilliant sunshine, and very little wind most of the time. The view of the rest of the High Peaks from the high turn was awesome. We had probably the best ride down ever. The last half mile was really icy and really fast. We had to avoid a bare spot and go way to the left and the sleds got a little squirrely. I took a lot of video and hope to make a little movie. Participants: Jungle, Steve and Licia Mackey.

YMG — Wright Peak — High Peak, Sunday, February 15, Jonathan Lane and Madeline Kowalik-Bova, 5 participants

- This was a good winter day. The air was chilly, but not too bad. There weren't many views to be had when we first reached the summit, but the views soon improved before we descended. A couple of us even got to test out our crampons for the first time; they helped us all make it down off the icy summit safe and sound. A couple of us were even fortunate enough to see a fisher on our way back down the mountain! Participants: Annie Dagastine, Madeline Kowalik-Bova, Jonathan Lane, Kyle Shollenberger, Jim Stine.

Spectacle Pond, Sunday, February 15, Pat Desbiens, 12 participants

- A perfect day for a leisurely hike to a lovely pond near Schroom Lake. The sunshine and virtually no wind allowed for us to eat our lunch at the beautiful rocky promontory listening to the ice creaking and a view of Pharaoh Mountain. After arriving back at the trailhead, six members of the group decided to take the short jaunt into Gull Pond where they were rewarded with gorgeous views of the cliffs surrounding the pond. A great time was had by all. Thanks to Jack for taking over the leadership duties for this trip due to Pat's pesky knee problems. Participants: Michael Koslowsky, Jack Whitney, Anne Chesky-King, Julie Nathanson, Irwin Nathanson, Ann Mundy, Richey Myette, Joe Paszko, Melissa Ross, Neal VanDorsten, Sidney VanDorsten, Pat Desbiens.

Tuesday Outing, Leader's Choice, Tuesday, February 17, Licia Mackey, 4 participants

- While Maureen was lounging in 80-degree sun and sand, we hustled out in our 30-degree sun and snow. We snowshoed beyond the ski trails at L.G. Rec. to a well-broken but unmarked trail along a delightful brook (West?). Our objective: a view of the lake, some exercise, and fresh air. Though I'd scouted on Sunday, my maps did not have a trail marked in this area. Bill suggested we might be on an alternate trail up Prospect. We noted an abundance of deer (et.al.) tracks, reminding Linda of her apple tree herd, but with the crunch of our snowshoes had little hope of seeing any wildlife. We crossed the brook a couple times, gained elevation equivalent to West (Margaret's est.), got a glimps of the lake, and scooted back the same route, having spent our time. I'll do some research on this trail's destination, for future outings. Participants: Margaret Curtis, Bill Schwarz, Linda Muller, Licia Mackey.



Tuesday Outing — Leader's Choice — Tuesday, February 24, Licia Mackey, 4 participants

- We had a crystal day for our tree-identification snowshoe up the Red Trail with Moreau's naturalist, Dave. We checked out sap and Red Pine, White and Black Birch, a huge Beech, and Striped Maple. We followed our "mink" stream to its origin, a spring just off the trail. Porcupine tracks led us to their well-trodden den entrance. There must be some mighty hungry fellows living there. They had completely denuded four large Hemlocks nearby. Our bright sun and clear sky enticed us to extend our trip to the top of the ridge. Good exercise and great views. Participants: Sam Lantz, Margaret Curtis, Licia Mackey, Janice.

YMG — Lower Wolf Jaw — High Peak, Saturday, February 28, Jonathan Lane and Annie Dagastine, 6 participants

- This was an excellent winter day in the 'dacks — sunny, not too cold, and clear blue skies. How could things be better? Perhaps hot tea and homemade cookies? Mr. Stine shared both as he wished his lovely wife could have been there with us (don't worry, she's OK — just had other plans). Participants: Annie Dagastine, David Davison, Emily Davison, Jonathan Lane, Greg Matthei, Jim Stine.

Five Mile Mountain, Sunday, March 1, Jack Whitney, 10 participants

- It was 16 degrees under overcast skies with minimal wind when we started at the Deer Leap Trailhead but soon it was in the 30's — great hiking weather. The first stop of the day was at the lean-to then onto several lookouts where we had some great views of Lake George. Taking a short side trip, we hiked up Five Mile Mountain where lunch was enjoyed in the warm sun. Descending to the trail, we had slight elevation up and then it was down for the rest of the trip to Clay Meadows where we had spotted vehicles. Participants: Art Ostrov, Joanne Armstrong, Rich Myette, Cary Engle, Ray Boucher, Ray Bouchard, Bob Buckley, Phil Alonzo, Neal Van Dorsten, Sidney Van Dorsten.

Tuesday Outing — Leader's Choice, Tuesday, March 3, Maureen Coutant, 6 participants

- This week we returned to the Wilton Wildlife Preserve for a skiing/snowshoeing combo. We started off on the groomed trails and most skied, while Margaret and I snowshoed. We met up frequently, but unfortunately not when Margaret and I found the remains of a fresh rabbit killed by a fox. Actually, another group found it and explained the tracks and remains to us. Afterward, we met up again and all snowshoed on the other side of the road. It was a beautiful day and had it not been lunchtime ... would have stayed even longer. Participants: Maureen Coutant, Margaret Curtis, Liz Gee, Licia and Steve Mackey, Bill Schwartz.

Moreau Lake: Eastern Ridge Trail, Saturday, March 14, Ray Bouchard, 12 participants

- It was a gorgeous day for doing an end-to-end hike along the spine of the ridge. The trail lacked the overlooks that some of the other trails offer but that was more than made up for by the varied scenery along the way. It was great to have four folks join us from the Albany area to round out our motley group. I hope they join us again in the near future. Participants: Carol Conolly, Rich Crammond, Alka Gupta, Kamal Gupta, Pradeep Gupta, Licia Mackey, Steve Mackey, Rich Myette, Reg Prouty, Gary Rodd, Claudia Rosenholz, Melissa Ross.

Giant & Rocky Peak Ridge, Sunday, March 15, Pat McCullough, 6 participants

- Crampons were the footwear of the day for this sunshine- and warmth-filled hike. Better conditions in March could not exist for a High Peaks hike. The morning found the ice-covered ridges on Giant bullet-proof hard. By the time we returned in the afternoon, the ice had softened so that your crampons dug in without any difficulty. Participants: Eberhard Burkowski, Cole Hickland, Erik LeClair, Pat McCullough, Derek McDonagh, Daniel Monroe.

Tuesday Outing — Leader's Choice, Tuesday, March 17, Maureen Coutant, 7 participants

- We had a St. Patrick's Day walk through the Saratoga State Park. We only had to venture out on snow and ice a little and could smell spring in the air. We heard a pair of bard owls calling back and forth and even though Steve tried to flush one out ...we couldn't see it. Back at the cars we enjoyed some scones and fresh fruit and dip! A great start to the day. Participants: Maureen Coutant, Margaret Curtis, Licia and Steve Mackey, Linda Muller, Gary Rodd, Victoria Warren.

Fire Tower Challenge

Why not start the Fire Tower Challenge sponsored by your Glens Falls-Saratoga Chapter? Visit www.adk-gfs.org for more information on the Fire Tower Challenge.



**YMG — Goodnow Mountain
— Fire Tower, Saturday,
March 21, Jonathan Lane
and Annie Dagastine, 12
participants**

- What a nice day! We took our time, stopping at the various markers along the trail to learn some interesting tidbits about our surroundings. Ever wonder how Goodnow's porcupine population satisfies its salt cravings? Wooden floorboards soaked in horse urine! I think I'll stick with my salty gorp, thank you very much. The sky was a clear, bright blue and the sun did a good job of chasing the chill away, leaving us with comfortable conditions and beautiful views. Participants: Marie Cox, Rich Crammond, Carolyn Cyr, Annie Dagastine, Barbara Dagastine, Gary Dagastine, Jonathan Lane, Jim Ricciardone, Stephen Rodriguez, Bill Shollenberger, Karen Shollenberger, Kyle Shollenberger.



**Owl Head Lookout (Not Owls Head), Sunday, March
22, Pat Desbiens and Sandy Yellen, 8 participants**

- Springtime in the Adirondacks — it was snowing lightly when we arrived at the trailhead and started this trip. Stabilizers and microspikes were deemed to be the best equipment for our feet since the trail was hard pack and ice. The final .02 pitch to the summit was a bit icy but slow and steady got everyone to the top where we found a warm, non-windy area to enjoy our lunches and take in the spectacular views from this area. All too soon it was time to begin our journey back to our cars. Thanks to Sandy Yellen for taking over the leadership role for this hike for the temporarily disabled leader — great job. Participants: Bill Carpenter, Jack Whitney, Margie Litwin, Melissa Ross, Marie Cox, Susan Keely, Pat Desbiens, Sandy Yellen.

**Tuesday Outing — Leader's Choice, Tuesday, March
24, Maureen Coutant, 5 participants**

- We walked through Congress Park and then along Broadway past the little cottages. We found the only snow and ice left in Saratoga on the trails of the Skidmore woods. None of us had been there before and we were pleasantly surprised. We heard and saw a Piliated Woodpecker. We also came across what looked like a fenced off elephant, or tiger, or moose pit trap. We came up with all kinds of other imaginative ideas for what it was. Upon looking at the map though, it was described as a "fenced well," not nearly as exciting as our visions. Participants: Maureen Coutant, Regina Gallucci, Licia and Steve Mackey, Gary Rodd.

**Cascade & Porter, Sunday, March 29, Pat McCullough,
3 participants**

- The weather Gods did not smile on me for this trip. They predicted rain and all of the new hikers canceled out at the last minute. I still had two brave souls who did the two mountains with me. It did not rain until we hit cloud level at about 3,500 feet and then it stopped once we went below this level. The wind at the top was stronger than I have ever experienced. We still had a great day in the mountains. Participants: Brenda Arley, Pat McCullough, Dan Monroe.

**Tuesday Outing — Leader's Choice, Tuesday, March
31, Maureen Coutant, 10 participants**

- This week we wound up doing more than we planned. We walked along the boardwalk in Lake George and then up to the Prospect Mountain bridge over the Northway. It was relatively clear of snow and ice, so we wound up going up the trail to the road and overlook. Afterward we walked the road down and headed to a coffee shop to have a farewell toast to Steve Mackey. He'll be leaving next week to begin the Appalachian Trail. We all wished him well and will follow his adventure on our chapter website! (We also saw the gross remains of a deer along the trail and a possible drug bust in Lake George ... or was it a training exercise? It was not your normal ADK sighting!) Participants: Maureen Coutant, Margaret Curtis, Eli Fuller, Regina Gallucci, Licia and Steve Mackey, Bob Powell, Gary Rodd, Bill Schwarz, Victoria Warren.

Outing instructions

For more detailed information on Chapter Outings, see the "Glens Falls-Saratoga Chapter Handbook."

SIGN UP

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to call may result in not knowing about cancellations, rescheduled departures, etc. Guests are always welcome, but must also register! **PLEASE** be considerate when signing up for a trip. Advise the leader if you cannot make a trip so as not to impact others' plans. **Trips WILL BE CANCELLED if minimums are not met**, thereby affecting all parties. For safety, the MINIMUM number for Outings is: 3 people, including the leader (4 in winter) Panera Bread unless otherwise noted in the trip description. Be there and ready to depart at the posted time (directions below).

MEETING PLACE INFORMATION

PANERA BREAD

Northway Plaza, 820 Route 9, Queensbury, NY 761-6957/3

• From NORTHWAY (I-87)

Take Exit 19 and go east on AVIATION/QUAKER Road. Follow .5 mile to ROUTE 9/GLEN STREET. Turn North (LEFT) onto ROUTE 9, then right at the light into the NORTHWAY PLAZA. Then take a left at the four-way stop, and park in front of Panera Bread.

TRAVEL INFORMATION/CAR POOLS

We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it's helpful to the 'regulars' to offer to drive your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

PARTICIPATION GUIDELINES

Leaders are responsible to evaluate interested parties' fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions.

*Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip. Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. **DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (AND RECENTLY) AND ARE IN GOOD SHAPE AS NECESSARY FOR THAT OUTING.**

*ADK Liability Waiver must be provided by Leader and signed by all participants before the trip begins. This is a requirement by ADK HQ. Parents must sign for minors.

*No Pets allowed on outings except where designated in the description.

RATINGS

Hike Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	8-12	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	5-8	5-6
C	Easy	Under 1,000	Under 5	Under 5

*Descriptions are only typical and can vary.

HIKING NEEDS/PREPARATION/EQUIPMENT

Bring Trail Food and plenty of Water on ALL hikes! *Clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet. — NOT 100% Cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don't trust the forecast or the sky based on the start of the day. Be prepared!

SPECIAL WINTER NEEDS

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants will expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented "Shell" pants, jackets and mittens are commonly used with warm layers beneath.

BECOME AN OUTINGS LEADER

Ask any Chapter Leader for details. Offer to CO-lead to get the 'experience'! We're always looking for new leaders to help share the fun while "filling in the calendar." New faces offer more varied outings while sharing their personal favorite destinations. Contact Outings Chair for more information. (Contact info: Pg. 2 of newsletter)

Program and meeting directions

Chapter Programs and Meetings are held monthly, alternating facilities between Glens Falls and Saratoga Springs. Brief directions are below. More detailed information and maps can be found under "Programs" on the Chapter Web page: www.adk-gfs.org

WESLEY HEALTH CARE CENTER

131 Lawrence Street, Saratoga Springs, NY 12866, 587-3600

- From the South: Route 9 North. LEFT onto CHURCH STREET. RIGHT onto LAWRENCE.
- From the North: EXIT 15 off of the Northway. RIGHT onto ROUTE 50 South. Continue onto VAN DAM STREET. RIGHT onto LAWRENCE STREET.

CARL R'S CAFÉ RESTAURANT AND BAR

Main Street and Interstate 87, Glens Falls, NY 12804 793-7676

- EXIT 18 of the Northway. Turn EAST onto MAIN STREET. Carl R's is on the RIGHT.

LAKE GEORGE ADK HEADQUARTERS

814 Goggins Road, Lake George, NY 12845, 668-4447

- EXIT 21 of the Northway. Turn WEST onto ROUTE 9N South. ADK is on the LEFT.

SARATOGA SPRINGS PUBLIC LIBRARY

Henry Street., Saratoga Springs, NY 12866, 584-7860

- From Northway (I-87)

Take Exit 14 onto Route 9P North (Union Avenue). Proceed 1.5 miles, past three traffic lights to T-junction. RIGHT onto CIRCULAR ST. to the first traffic light. LEFT onto SPRING ST. for two blocks. RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

- From Route 9 and Route 50

Route 9 and Route 50 converge to become the main street (Broadway) in downtown Saratoga Springs. Follow in to downtown, up to the main street. Turn onto SPRING ST. (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. Parking as described above.





Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
P.O. Box 2314 • Glens Falls, New York 12801
www.adk-gfs.org

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Are you moving?

If you are moving, please forward your change of address, including new phone number, to Adirondack Mountain Club, 814 Goggins Road, Lake George, New York 12845.

You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club. Therefore, any change of address need NOT be sent to the Chapter — one form or one call to the Club is all you need.

