



Chepontuc Footnotes

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

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

Annual Dinner set for Oct. 21

The Legend Returns: Ranger Emeritus Peter Fish

Peter Fish is an iconic and retired High Peaks Wilderness Area Forest Ranger, having served the public in the Forest Preserve and the Department of Environmental Conservation for over a quarter century. Peter retired in 1998. He has also served the public as a Forest Ranger in the Catskill Park. Pete lives with his family in Keene, NY, and is a graduate of the New York State Ranger School in Wanakena. He continues to educate hikers, especially on the trail to Mt. Marcy, a mountain he's climbed or skied, as of the end of May 2010, 727 times, a few of those in kilts.

Peter is a member of the Board of the Tartan Educational and Cultural Association, Clan Macpherson Association of the United States, and the St. Andrew's Society of the Adirondacks. For folks used to seeing Peter in Ranger Greens, he cuts a dashing figure in the Macpherson tartan.

Peter is the recipient of the 2009 Guy Waterman Alpine Steward, given each year to a person or organization "that has demonstrated a long-term commitment to protecting the physical and spiritual qualities of the northeast's mountain wilderness."

We'll hear the stories: Peter's hikes, rescues and mountain experiences, his kilted ascents of Mt. Marcy, what to carry in your pack so you come home alive, and how to leave no trace behind.

Peter always packs the house. Please be sure to reserve your seat early!

Look for the Annual Dinner invitation and registration on the cover of your next newsletter or on the website at www.adk-gfs.org after Labor Day.



Artwork by Melissa Symolon

Treasure found!

In mid-May the Glens Falls-Saratoga Chapter started their first "Treasure Hunt," with participants answering questions and riddles, with one being released each week over a span of 10 weeks. The final riddle was released on May 22 and within only a couple days the first three people completed the hunt! Congratulations to the winners: Marsha Noble (1st place), Cassandra Downs (2nd place), and Carleigh Prodrick (3rd place). Over \$200 worth of "treasure" was divided between the three finalists.

Thank you to the following sponsors for helping make the "Treasure" so great: Adirondack Mountain Club (ADK), mySmartSimulations, D'Andrea's Pizzeria, Esperantos, Bettie's Cakes — A Cupcakery Cafe, and Hotdog Charlies.

TO REGISTER

This year's Annual Dinner will be held at the Holiday Inn, Saratoga Springs. All reservations are prepaid by mail. We do not take telephone reservations. Registration forms and menu choices will be in the September-November *Chepontuc* newsletter and also available online at www.adk-gfs.org after Labor Day.

Over the brook and through the woods

BY HEIDI teRIELE KARKOSKI

It is probably safe to say that any hike in the Adirondacks will take you along or across at least one body of water, but likely several before the day is done. I enjoyed a pleasant late spring hike over Little Porter to Porter Mountain recently and encountered many babbling brooks along the way. My friend, who is a keen observer, pointed out wrens musically chirping in the trees and patches of colorful wildflowers. We explored open hillsides with spectacular views and pondered how different the woods would be in just a few short weeks — unfurling ferns, brambles leafing out to catch the sun and tangle the path, new leaves in the canopy to replace the ones blackened by frost.

My discovery of a patch of moose droppings led us to explore a semi-open area high on Porter's flanks where we found evidence of a moose yard used last summer or fall. It was near a place where the trail crosses a small band of flowing water — a brook. I wondered if it ran all year or just seasonally. Did the moose drink from this or use the larger flow a short distance away? What defines a brook anyway and how is a brook different from a stream? How does my favorite Robert Frost water word



CHAPTER CHAIR Report

*Rivers, streams,
brooks, creeks —
what's the difference?*

“rill” fit in the hierarchy of brooks and streams and rivulets? This inquiring hiker wanted to know.

I hit the books and learned that in the US, a natural flow of water more than 60 feet wide is considered a river, and less than 60 feet wide is called a stream. A brook is a “small stream” and that term is often interchanged with creek, branch, beck, kill, lick, runnel, streamage,

wash, and others. A stream is a “small river” and any brook, stream, or river that flows into a larger course is a tributary. A river is a natural flow of water that drains into a lake or ocean. Drainage, rill, and rivulet often refer to narrow seasonal channels created by runoff. “And I shall see the snow all go downhill, in water of a slender April rill ...” I must also note that historically, some bodies of water were so-called by preference of the person naming it and not any scientific method.

Every river, stream and brook is a treasure, no matter what we call it. These waterways give us great canoeing and kayaking, scenic camping destinations, and routes to remote areas. To my moose, it doesn't matter if he's drinking from a brook, a creek or a runnel. Water is life.

Chepontuc Footnotes

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ADIRONDACK MOUNTAIN CLUB
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2011 Chapter Winter Weekend at Heart Lake

The Chapter will hold its 2011 Winter Weekend at the Wiesel Trails Cabin at Heart Lake during the 2011 Martin Luther King Weekend — Friday, January 14, to Monday, January 17, 2011.

From the cabin, we will be able to cross-country ski and snowshoe many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await your snowshoes. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mt. Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfasts and dinners are included in the price. The Wiesel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps

16 in four four-person bunkrooms. The rate for the weekend should be no more than \$120 per person, if we fill all 16 spaces.

To reserve your spot, send your deposit of \$120 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, New York 12866. Call 518-584-8527 for more details. Reservations are on a first-come, first-serve basis. If we fill all 16 spots, we will maintain a short waiting list. The past four years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

Becky Mosher, our executive chef for more than 20 years of Chapter Winter Weekends, retired after the 2010 Winter Weekend. Although she still plans on attending, please volunteer to plan and execute dinners and breakfasts.

Do not wait until the last minute to make your reservation!

Jean Holcomb to recount Appalachian Trail adventure

September 30 may be a long time away but mark your calendar because Jean Holcomb, long time Saratoga/Glens Falls Chapter member, ex-Chair, ex-Program's Chair and hike leader will be giving a presentation at the Saratoga Library at 7 p.m. on her six-month odyssey on the Appalachian Trail. Jean started at the "wrong end." She hiked from Baxter Park, Maine, to Springer Mountain, Georgia, beginning June 5, 2009, and ending December 17. Along the way she battled flooding rivers, black flies, unfriendly dairy cows and finished in the cold and dark of almost winter. Jean's experiences and challenges as a post-60-year-old woman traveling alone were quite different from the average thru hiker. Coming from the north, she

Program

'APPALACHIAN TRAIL ADVENTURE'

WHEN: 7 P.M., SEPTEMBER 30

WHAT: PRESENTATION WITH JEAN HOLCOMB

WHERE: SARATOGA PUBLIC LIBRARY

had relatively few fellow trekkers and often at the worst of times (in the rain, climbing up steep, slippery, eroded trails) she was completely on her own.

Aside from lady luck being on her side Jean credits her experiences climbing the Adirondack 46 High Peaks with helping her get over the most difficult mountains and coping with the "rocks and roots" that make up a large portion of the trail.

If you've always wanted to take on some great adventure but were afraid you wouldn't be able to complete it perhaps seeing an older woman toughing it out will give you that final bit of inspiration. "I'm not particularly strong or especially fast," says Jean "just persistent."

Celebrate the seasons in the Adirondacks

The Adirondack landscape is endowed with lofty mountains and rich northern forests reflected in over 2,800 lakes and ponds, and thousands of miles of flowing waterways. Imprinted with four distinct seasons, the scenery evolves continually. Each season brings new wonders and challenges, yet this landscape retains a sense of place unique in our nation — a distinctly Adirondack heart and soul.

Mark Bowie has wandered the Adirondack compass, meticulously capturing the glories and subtleties of each season. From intimate scenes to grand panoramas, accented with music and

verse, this spectacular multimedia presentation showcases the region's wild beauty and diversity. Moving and heartfelt, it is truly a celebration of the Adirondack's magnificent seasons.

Mark Bowie is a third generation Adirondack photographer. He's a frequent contributor to *Adirondack Life* and *Adirondack Explorer* magazines, and his work has been published nationally in books and magazines, on calendars, posters, greeting cards and advertising media. His first two books, *Adirondack Waters: Spirit of the Mountains* and *In Stoddard's Footsteps: The Adirondacks Then & Now* have become landmark regional publications. Each won the Adirondack Center for Writing's Photography Book of the Year. Mark is a staff instructor for the Adirondack Photography Institute and leads digital and landscape photography workshops. He has produced several multimedia shows on the Adirondacks and has been featured on the public television programs *Adirondack Outdoors* and *Insight*.

Program

THE ADIRONDACKS:
IN CELEBRATION
OF THE SEASONS'

WHEN: 7 P.M.
NOVEMBER 10

WHAT: TALK,
SLIDE SHOW WITH
MARK BOWIE

WHERE:
GRANDALL PUBLIC LIBRARY



Conservation News

By Jacki Bave

Allegany State Park

New York's Office of Parks, Recreation and Historic Preservation (OPRHP) has released a detailed and thoughtful draft Master Plan for Allegany State Park. This state park is the largest in New York. It contains old growth forests, a rich variety of plant and animal life, and is used extensively by ADK members for its recreational opportunities and natural beauty.

An important aspect of the plan is OPRHP's proposal to designate more than 80% of Allegany State Park as Park Preservation Area (PPA). ADK enthusi-

astically supports this proposal, because PPA status will provide the best possible protection from oil and natural gas exploration and drilling in the state park. The park is on top of the Marcellus Shale formation, and some of the sub-surface mineral rights are privately owned. Since state law requires PPA lands to be maintained in a near-wilderness state, it would be possible to protect the area from energy exploration proposals on environmental grounds.

In testimony during public comment meetings in May, ADK noted how important it was for the park's unique scenic, ecological and geological qualities to be

preserved under the PPA designation, and supported recreational opportunities that are in keeping with the natural character of the area.

To read the entire draft Master Plan for Allegany State Park, go to www.nysparks.com/inside-our-agency/publicdocuments.aspx.

To learn more about ADK's concerns regarding the potential environmental and recreational impacts of natural gas drilling in the Marcellus Shale, visit ADK's website www.adk.com, click "Conservation," "Current Issues," then "ADK Testimony on Proposed Gas Drilling of Marcellus Shale."

Pharaoh Lake Wilderness Area News:

Have you hiked in the Pharaoh Wilderness Area? If you haven't what you will find are beautiful lakes and ponds, quiet solitude, great backpacking, easy walking, and delightful swimming. And when you come back, let us know what you found. We are particularly interested in flowers, animals, trail and lean-to conditions, and just about anything notable either good or bad. Your Glens Falls-Saratoga ADK Chapter has adopted the entire Pharaoh Lake Wilderness Area.

Use this simple form as a guide to report back to us:

Unusual animals: _____

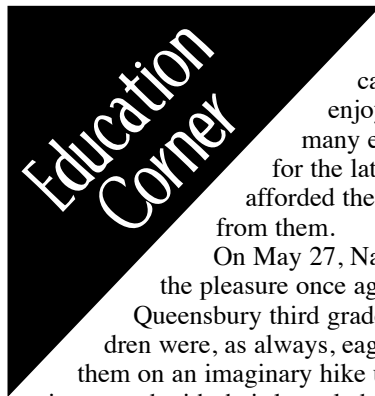
Unusual plants: _____

Trail conditions (blowdown, beaver activity, signs missing or incorrect, etc.): _____

Lean-to conditions: _____

Other: _____

Please mail your report to:
Pharaoh Lake Wilderness Area
Glens Falls-Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, NY 12801



As you read this issue, our sponsored DEC and ADK camp candidates should all be enjoying their participation in the many environmental programs and, for the latter, trail maintenance activities afforded them. I look forward to hearing from them.

On May 27, Nancy Buckley and I had the pleasure once again of participating in the Queensbury third grade Adirondack Day. The children were, as always, eager and attentive as we took them on an imaginary hike up Hadley Mountain. We were impressed with their knowledge as they "educated" Nancy on how to correct her bad hiking habits ... culminating in one volunteer properly packing the backpack for another volunteer who, dressed in proper clothing, demonstrated the right things to do. These included taking pictures instead of picking flowers, respecting other hikers and wildlife, informing others of one's destination (at home and by signing the register) ... and other aspects of the Leave No Trace philosophy. Thanks go out to our hosts and to the students.

As usual, we are always open to suggestions and/or volunteers. You can contact me, Linda Ranado, at lrando@hotmail.com or at 696-7265.



Chapter in need of officer nominations

The GFS-ADK chapter holds its annual election of officers in October at the Annual Dinner. While that may seem like a long way off, it is time to start thinking about that process. The terms of Heidi teRiele Karkoski — Chapter Chair, Maureen Coutant — 1st Vice Chair and Tricia Lockwood — 2nd Vice Chair are all expiring in 2010. John Schneider's position on the ADK Board of Directors is also expiring. All of these positions can be rewarding experiences and a way to become more involved with the chapter.

Position Descriptions:

Chapter Chair — shall preside at all meetings of the Chapter and of the Executive Committee, shall appoint, after consultation with the Executive Committee, all Chairs of standing and special committees, and shall perform all other duties ordinarily associated with the office of Chair. The Chapter Chair will guide and coordinate all Chapter activities, within the framework of the Constitution and Bylaws; In order to achieve the objectives outlined in the Constitution and Bylaws.

1st Vice-Chair — shall perform the duties of the Chair in absence of the Chair and be responsible for overseeing the work of committees so designated by the Chair.

2nd Second Vice-Chair — shall per-

form the duties of the Chair and First Vice-Chair in their absence and shall oversee the work of committees so designated by the Chair.

Terms for these three positions are 1 year with a 2-consecutive term limit.

Director — serves both the Club and the Chapter. A Director shall represent the Chapter on the Club Board of Directors (BOD), serve as an elected member of the Chapter Executive Committee and perform all other duties assigned under the Club Bylaws and Chapter Constitution and Bylaws; attend monthly Chapter meetings and BOD meetings (4 times per year); advise Chapter on all Club matters that may affect the Chapter; and report on BOD meetings to the Executive Committee.

Directors can be elected for up to three (3) two (2) year terms.

All officers are expected to attend Executive Committee meetings and Chapter programs regularly. The Executive Committee meets monthly, September-June.

If you have any interest in filling any of these positions or would like to be part of the Nominating Committee, please contact Tricia Lockwood, Nominating Committee Chair, at 275-6054. Help us make this year's slate of officers a success!

Rent bear-proof food storage containers

8.8" dia. X 12" long, weight 2.7 lbs.

Designed to slip into camper's backpack; holds approximately 6 person-days of food. These bear-proof canisters are now required in the Eastern High Peaks Zone.

Additionally, they are always important to use on any backcountry overnight adventure to any backpacking or canoe camping destination. No more bear bag follies.

They're also pine marten-proof!

Rental Rates:

1-3 days \$5.00

4-7 days \$10.00

Please call Jim Schneider, 581-9367 (Saratoga Springs) or Randy Glenn, 792-7104 (Glens Falls) to reserve your rental canister or for more information. Rentals are available exclusively to ADK Glens Falls-Saratoga.

Join the Club!

When you join the ADK, you can choose to "affiliate" with the Glens Falls-Saratoga Chapter. The Glens Falls-Saratoga Chapter has a membership of more than 2,800, making it the second largest ADK chapter — and it's growing fast! Most members reside in either Saratoga, Warren or Washington Counties of New York State. As a chapter member, you will also receive the bi-monthly *Chepontuc Footnotes* newsletter.

The club offers something for everyone. Activities include hiking, canoeing, cross-country skiing, social events, interesting programs, etc. You do not have to be an athlete or drive long distances to enjoy many of our outings. Hikes range from short, easy walks to more challenging climbs in the High Peaks. Many activities are local — not all require a long drive.

To join, go to www.adk-gfs.org and click on "Join the Club."

Have you checked out
our Web site lately?

If you haven't been to see us on the Web lately, you're missing out.

www.adk-gfs.org



Chepontuc Footnotes

New members

GF-S CHAPTER

New Members to the GF/S Chapter:

March 2010

- Jane Austen, Lake George
- Camie Barss & Joe Siska, Corinth
- Barbara Battaglioli, Saratoga Springs
- Andrea Belio, Hartford
- Derick Borst, Chestertown
- Victoria E. Burdick, Mayfield
- Brian Carucci, Malta
- Jill Cunningham, Ticonderoga
- Christina Davis, Charles & Miles Barley, Ballston Spa
- David, Gail, Zachary, Aaron & Grace Delurey, Hoosick Falls
- Brian Dowe, Chester, New Jersey
- Robert Faivre, Glens Falls
- Lance Jordan, Greenwich
- John P. Keough, Bridgewater Corners, Vt.
- Timothy Kline, Queensbury
- Robert McCracken, Fort Edward
- Stephen Pinchook, Queensbury
- Neil Rahill, Lake George
- Jan & Douglas Stephens, Glens Falls
- Francine Stuart, Saratoga Springs
- Edward Watson, Springfield, Massachusetts
- Jim & Betsy Witte, Saratoga Springs
- William Babcock & Corinne Johnson, Broadalbin
- Marilyn Broome, Kattskill Bay
- Pat Decker, Queensbury
- James Farrell, Glens Falls
- Lynne Florio, Gansevoort
- Ralph C. Forte, Glens Falls
- Kristina, David & Anna Gage, Porter Corners
- Franz & Magali Haas, Corinth
- Jon, Maureen, John & Matt Holton, Saratoga Springs
- John Leary & Nancy Wade Leary, Gansevoort
- Paul & Kyle McDonald, Clifton Park
- MaryAnna O'donnell, Scott, Robert, Kidisti & Azeb Averill, Stephen, Ally Madeline Samuel

- & Maureen Cary, Saratoga Springs
- Steven, Betsy, Steven, Nicholas & Karharine Scalia, Queensbury
- Susan, Tim & Keagan Sheehan, Queensbury

April 2010

- George & Janet Bailey, Saratoga Springs
- Fletcher, Lisa, Cooper & Zane Baltz, Saratoga Springs
- Allen Cerasani, Wilton
- Kent & Kim Chase, Burnt Hills
- William & Mary Alice Cole, Kattskill Bay
- Gail Crocetta, Malta, New York
- S.W. & W.T. Dunn, Cambridge
- Macade Durrin, Salem
- Matthew Finkenbinder, Gettsburg, Pa.
- Jacqueline & Ray Flanigan, Leland, N.C.
- Martin, Guilaine & Annabelle Gallup, Clifton Park
- Steven Grassmann, Mechanicville
- Wilfred & Albina Grignon, Cossayuna
- Lou Ann Guthrie, Brant Lake
- Fran Hanna, Glens Falls
- Diane Hurtt, Waterford
- Karen & Bill Johnson, Mechanicville
- Terje & Urliki Kuusk, Lake George
- Laurie LaFond, Glens Falls
- Sara LePore, Clifton Park
- Greg Loan, Stillwater
- Mitchell, Jennifer, Wyatt, Rowan & Brenna Metivier, Lake George
- Doug Mitchell, Malta
- Paul Mondiello, Brooklyn
- Lawrence & Kim Murello, Clifton Park
- Keith Murray, Stillwater
- John, Kevin & Kevin O'Brien, Glens Falls
- Richard O'Neil & Nancy Sokol, Saratoga Springs
- Thomas, Kristin, Frederick & Luke Ostrander, Saratoga Springs
- Steve, Mary, Drew & Ben Pelchar, Gansevoort
- Helen Peters, Ann Arbor, Michigan

- Frank Puglia, Fonda
- Joseph & Eileen Purcell, North Creek
- Sara, Mike, Lauren & Corinne Roberts, Queensbury
- Kathie Ryan, Canajoharie
- David, Krisit, Doug & Glynnis Santerano, Buskirk
- Joshua Scott, Catherine Townsend-Scott, Ann & Gust Skenson, Greenfield
- Charlotte Townsend & Immanuel Scott, Hartford
- Thomas Smith, Queensbury
- Brian P., Rebecca, Leanne, Briana & Kirsten Smith, Keri Stahler & Adam West, Queensbury
- Carol Stevens, Hoosick Falls
- Elizabeth Upton, Fairlee, Vermont
- Heidi Walsh, Albany
- David Westcott, South Boston, Massachusetts
- Edward & Adrienne Wilson, Putnam Station
- John & Anne Zimmerman, Middle Grove

Rejoined Members — April 2010

- Jerry & Maryann Bacher, Gansevoort
- Zachary Baldwin & Kassia Threlkeld, Middle Grove
- John & Mary Batch, Ballston Spa
- Kathleen & Chloe Ethier & Sheila Cote, Saratoga Springs
- Regina & Robert Flugmacher, West Hempstead
- Robert Flynn, M.D., Clifton Park
- Françoise Herve, Ballston Spa
- Laurie Hughes, Adirondack
- Don & Jane Hughes, Saratoga Springs
- Frank J. Leahy, Gansevoort
- Steve Mastaitis, Saratoga Springs
- John Maxwell, Galway
- Mike & Mikayla Pinto, Glens Falls
- Joanne Valentine, Auburn, California
- Greg & Sallie Way, Galway



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 Crandall Public Library in Glens Falls and Saratoga Springs Public 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 Wesley Health Care Center in Saratoga Springs. Future Meetings: September 1. **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: TBD

July	Outing Type	Destination	Leader/Contact	Rating	
3	Sat	Hike	Allen Mountain	Jack Whitney	A+
3	Sat	Hike	Buck Mountain	Wayne MacFarran	B
7	Wed	Hike	Pillsbury Fire Tower	Alison Darbee	B
10	Sat	Hike	High Peaks, Dial & Nippetop	Alison Darbee, Joe Murphy	A+
10	Sat	Hike	YMG — Fire Tower Challenge — Kane Mountain	Jonathan Lane	C
10	Sat	Paddle/Camp	Rainbow Lake Canoe and Camp	Jayne Boudier	A
11	Sun	Hike	Wright Peak	Lorraine MacKenzie	A
13	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
13	Tue	Walk/Hike	Saratoga Stroll	Neal Van Dorsten	C-
17	Sat	Hike	Treadway Mountain	Reg Prouty	B+
17	Sat	Hike	Black Mountain Hike and Swim	Neal Van Dorsten	B
18	Sun	Hike	Hoffman Notch	Bill Morse	C+
18	Sun	Hike	Nundagao Ridge	Ellen DuBois	B
21	Wed	Hike	St. Regis — Fire Tower	Alison Darbee	B
24	Sat	Hike	Mount Jo	John Devine	C+
24	Sat	Hike	Old Farm Clearing Loop	Neal Van Dorsten	B-
24	Sat	Hike	Linsey Marsh	Rich Crammond	C+
24	Sat	Paddle/Camp	Raquette Lake Canoe and Camp	Jayne Boudier	A
25	Sun	Hike	Appalachian Trail near Wallingford, Vt	Steve Mackey	B
25	Sun	Hike	YMG — Avalanche Pass	Jonathan Lane	B+
27	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
31	Sat	Hike	High Peaks, Street and Nye	Alison Darbee, Joe Murphy	A+
31	Sat	Hike	Cascade Peak	Reg Prouty	A-
August					
1	Sun	Hike	Rocky Peak and Giant Mountain	Jack Whitney	A+
4	Wed	Hike	Mount Adams — Fire Tower	Alison Darbee	B
7	Sat	Hike	Basin and Saddleback	Jack Whitney	A+
7	Sat	Hike	Bennett Lake	Jody Rothmeyer	C+
7	Sat	Hike	Hotwater Pond	Rich Crammond	B-
7	Sat	Paddle/Camp	Osgood Pond Canoe and Camp	Jayne Boudier	A
8	Sun	Hike	Giant Mountain	Lorraine MacKenzie	A+
10	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
12	Thu	Hike	Wakely Fire Tower	Alison Darbee	B+
14	Sat	Hike	YMG — Ridge Trail	Jonathan Lane	B+
15	Sun	Hike	Blue Mountain — *Fire Tower Challenge*	Pat Desbiens	B
21	Sat	Hike	High Peaks, Cascade and Porter	Alison Darbee	A+
21	Sat	Paddle	South Pond	Jayne Boudier	B+
22	Sun	Hike	Mt. Van Hoevenberg	Jack Whitney, Pat Desbiens	B
24	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
25	Wed	Hike	Bennett Lake	Jody Rothmeyer	C+
28	Sat	Hike	Black Mountain Loop	Wayne MacFarran	B
29	Sun	Hike	YMG — Sawyer Mount and Rock Lake	Jonathan Lane	C
September					
1	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
5	Sun	Hike	Dippikill Hike	Allen Altman	C+
11	Sat	Hike	High Peak, Haystack	Alison Darbee, Joe Murphy	A+
11	Sat	Hike	Moreau State Park Ridge Hike	Judy Halstead	B
11	Sat	Paddle/Camp	Wakely Mountain, Cedar River Flow	Jayne Boudier	A
14	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
18	Sat	Hike	YMG — Cliffs and Falls	Jonathan Lane	B+
19	Sun	Hike	Tongue Mountain Range — Northwest Bay	Lorraine MacKenzie	B-
25	Sat	Hike	Gore Mountain	Rich Crammond	B+
28	Tue	Paddle	Evening Paddle	Maureen Coutant	NR



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.*

ALLEN MOUNTAIN

Saturday, July 3
Time: 5:30 a.m.

Rating: A+

Leader: Jack Whitney — 793-9210 or jack1758@roadrunner.com
Join us for some great hiking in the Adirondacks. It will be a long day. What more can one say about Allen? Bring winter hat, gloves, rain gear and fleece. Call leader for details. Round trip distance about 19 miles.

BUCK MOUNTAIN HIKE

Saturday, July 3
Time: TBD

Rating: B

Leader: Wayne MacFarran — 518-639-5558 or crew@localnet.com
We will hike to the summit of Buck Mountain from Hog Town at a relaxed pace where we will observe the view and socialize. The hike is approximately six miles round trip and the summit elevation is 2,334 feet. Call between 4 p.m. and 9 p.m. or leave a message and I will contact you later or contact me by e-mail.

PILLSBURY — *FIRE TOWER* — HIKE

Wednesday, July 7
Time: 7:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com
Working on that Fire Tower Challenge? Join us on a trip that is according to J. P. Freeman's book, "a strenuous climb over a moderate distance." I'm told that the views from the fire tower's upper landings are great ones! Round trip about 3.2 miles with an elevation change of 1,337 ft. Please e-mail leader by the Monday before the hike for details and to sign up.

HIGH PEAKS, DIAL & NIPPLETOP HIKE

Saturday, July 10
Time: 6:30 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com
Coleader: Joe Murphy — 518-580-6302
We'll start hiking from the Ausable Club parking lot, head up to Nippetop first and then over to Dial. On the way down, we'll go over Bear Den and the shoulder of Noonmark as well. About 12.5 miles round trip and approximately 10 hours. Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

YMG — *FIRE TOWER CHALLENGE* — KANE MOUNTAIN

Saturday, July 10
Time: 9:00 a.m.

Rating: C

Leader: Jonathan Lane — 744-4594 or saratoghiker@infogorp.com
This hike is geared towards hikers in their 20s and 30s, but is open to anyone who is young at heart. This is a short, easy peak with a Fire Tower at the summit. We'll enjoy a nice loop hike, approximately 3 miles, then get some chow at a nearby restaurant before returning home. Contact leader regarding meeting location.

RAINBOW LAKE CANOE AND CAMP

Saturday-Sunday, July 10-11
Time: Noon

Rating: A

Leader: Jayne Boudier — 793-3770

This lake lives east of Paul Smiths, and has camping at Buck Pond State Campground, or at free sites out on the lake. We should have time to explore the North Branch (Saranac River), Rainbow's namesake eskers, and The Flow without having to rush. About 12 miles, moderate to leisurely pace, with time to stop. Leader has a boat to lend.

WRIGHT PEAK HIKE

Sunday, July 11
Time: 7:00 a.m.

Rating: A+

Leader: Lorraine MacKenzie — 791-9794 or otczone@aol.com
Wright Peak stands at 4,580 feet and is the most northern peak of the MacIntyre Range. Round trip distance is 7 miles with 2,400 ft of elevation gain. It is one of the windiest summits of the High Peaks so expect to be cool on this summer day. Our pace will be moderate. Rain cancels.

EVENING PADDLE

Tuesday, July 13
Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.



SARATOGA STROLL

Tuesday, July 13

Time: 9:00 a.m.

Rating: C-

Leader: Neal Van Dorsten — 644-9453 or nealvan@aol.com

We will take a stroll around Saratoga somewhere. Plan about 1.5 hours.. We will meet at the Saratoga Starbucks at 9 a.m. E-mail or call to confirm.

TREADWAY MOUNTAIN HIKE

Saturday, July 17

Time: 8:00 a.m.

Rating: B+

Leader: Reg Prouty — 518-747-9736

This 2,240 feet mountain is described by Barbara McMartin as "the most entrancing of any peak in the Pharaoh Lake Wilderness Area." Ascent from Putnam Pond is only 830 feet and round trip distance is only 8 miles. Hopefully this will be a good blueberry year as we will go at a relaxed pace scouting for blueberries near the trail. Views on the summit are excellent in all directions. Call by early Thursday, as this is a popular hike and may require a possible change in meeting place.

BLACK MOUNTAIN HIKE AND SWIM

Saturday, July 17

Time: 9:00 a.m.

Rating: B

Leader: Neal Van Dorsten — 644-9453 or nealvan@aol.com

We will start at the Pike Brook Road trailhead and hike to the top of Black Mountain, great views of the entire north end of the lake. We will then proceed down to the lake and take a swim at Black Mountain Point. We will get a boat shuttle back. There is limited space, so reserve early. We will meet at trailhead at 9 a.m. or Starbucks in Glens Falls at 8 a.m. E-mail or call to confirm.

HOFFMAN NOTCH HIKE

Sunday, July 18

Time: 9:00 a.m., Exit 29 Frontier Town

Rating: C+

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

This is a 7.4-mile point-to-point hike through Hoffman Notch. We park cars at Loch Muller and on the Blue Ridge Road. This is a gentle hike with minor elevation changes. Bring your lunch.

NUNDAGAO RIDGE HIKE

Sunday, July 18

Time: 9:00 a.m., Noonmark Diner, Route, Keene Valley

Rating: B

Leader: Ellen DuBois — 798-4531 or etdubois@netzero.net

This is a beautiful loop hike that begins at the O'Toole clearing/ parking area in Keene, about ten minutes from our meeting place. We'll begin with a moderate to moderately-steep hike most of the way up Big Crow on a marked trail. The ridge hike turns onto a very clear herd path that leads to a series of scenic open ledges and some dramatic cliffs. The final climb is up to the summit of Weston Mountain which has excellent views of Lost Pond. Then we'll go steeply down the other side of Weston Mountain and pick up the marked trail again at the Biesemeyer lean-to. We'll follow the trail past the West side of Lost Pond, out past Gulf Brook lean-to and back to the O'Toole clearing. Round trip is approximately 5 miles.

ST. REGIS — *FIRE TOWER* — HIKE

Wednesday, July 21

Time: 6:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

Working on the Fire Towers? Join us on what J. P. Freeman's book reads is "a relatively short, steep climb" on a well maintained trail to the summit of St. Regis, which is near Paul Smith's college. Round trip 6.8 miles with an elevation gain of 1,266 ft. Please e-mail leader by the Monday before the hike for details and to sign up!

MOUNT JO HIKE

Saturday, July 24

Time: 8:00 a.m.

Rating: C+

Leader: John Devine — 518-260-4940 or johnd12839@gmail.com

This will be a hike up Mount Jo which is located on the Heart Lake property of ADK. This little summit provides one of the best views of the High Peaks. We'll meet at Panera Bread, Route 9, Glens Falls, NY. Call or e-mail for details or to sign up. Rain will cancel.

OLD FARM CLEARING LOOP HIKE

Saturday, July 24

Time: 9:00 a.m.

Rating: B-

Leader: Neal Van Dorsten — 644-9453 or nealvan@aol.com

We will start at the Old Farm Clearing trailhead (just past the 13th Lake trail) and hike past several small Adirondack Ponds. We will loop up to and hike to Balm of Gilead, very pretty view of 13th Lake then complete the loop back to Old Farm Clearing. This trip is about 8 or so miles of easy hiking. Meet at the trailhead at 9 a.m. or in Bolton Landing (parking lot across from lakeside Lodge) at about 8 a.m. Call or e-mail to confirm.



LINSEY MARSH HIKE

Saturday, July 24

Time: 10:00 a.m.

Rating: C+

Leader: Rich Crammond — 584-2380

The trailhead for Linsey Marsh is .5 mile north of Aiden Lairs old lodge on 28N heading to Newcomb. This hike will be a cool one because there are thick woods to keep the hot summer sun off our backs, excluding rain. Five miles round trip with little elevation change. See you there.

RAQUETTE LAKE CANOE AND CAMP

Saturday-Sunday, July 24-25

Time: 1:00 p.m.

Rating: A

Leader: Jayne Boudier — 793-3770

We could camp at Big Island, or Tioga Point, and explore the Marion River to the carry, or the Needles, or South Inlet to the falls (maybe even hike to the old Sagamore powerhouse) I'm open to suggestions. But later on Sunday, we're paddling over to St. Williams on Long Point for their annual chicken barbeque, for sure! Paddle of 8-10 miles, at a moderate, unrushed pace. Anyone who wants only the barbeque may join us between 1-4 p.m. on Sunday. There is a free ferry from Raquette Lake village.

APPALACHIAN TRAIL NEAR WALLINGFORD, VT, HIKE

Sunday, July 25

Time: 7:00 a.m.

Rating: B

Leader: Steve Mackey — 793-6484 or smackey33@verizon.net
I thought I'd revisit the AT, and go basically east so we wouldn't waste a lot of time driving. I also don't want to go near Rutland or Manchester because I'm hoping to see a few through-hikers and do a little trail magic. We can hand out some sodas and cookies; it's a lot like feeding the bears at the zoo. They really appreciate it. We'll head south about five miles and then turn around and hike back.

YMG — AVALANCHE PASS HIKE

Sunday, July 25

Time: 7:00 a.m.

Rating: B+

Leader: Jonathan Lane — 744-4594 or saratogahiker@infogorp.com

This hike is said to be one of the most spectacular hikes in all of the Adirondacks, so we will take our time and enjoy it! "Hitch-up Matildas" here we come! Round trip distance is about 10 miles without much elevation gain. Rain will cancel.

EVENING PADDLE

Tuesday, July 27

Time: time TBD, Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

HIGH PEAKS, STREET AND NYE HIKE

Saturday, July 31

Time: 6:00 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Coleader: Joe Murphy — 580-6302

We'll start from near the Loj parking lot and head up to the herd paths first to Nye then over to Street. Not the best views, but it's a day in the woods! Round trip about 8.8 miles. Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

CASCADE PEAK HIKE

Saturday, July 31

Time: 8:00 a.m.

Rating: A-

Leader: Reg Prouty — 518-747-9736

Cascade is described as about the easiest of all the Adirondack High Peaks, being about the same difficulty level as Hadley Mountain. It affords great views of other High Peaks and is a good one to start on if you think you might want to become an aspiring 46er. Round trip distance from the road is only 4.8 miles with a total ascent of 1,940 feet.

ROCKY PEAK AND GIANT MOUNTAIN HIKE

Sunday, August 1

Time: 6:30 a.m.

Rating: A+

Leader: Jack Whitney — 793-9210 or jack1758@roadrunner.com

We will take the Zander Scott Trail up to the junction of Rocky Peak and Giant, go over to Rocky Peak where hopefully we will be rewarded with great views. Then we will climb back up to the junction and finish the short distance to the summit of Giant. Round trip distance approximately 9 miles with lots of elevation change. Call leader for further details.

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***FIRE TOWER* — MOUNT ADAMS HIKE**

Wednesday, August 4

Time: 6:30 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

This is a 4.8 mile round trip hike with an elevation gain of 1,800 feet. Freeman's book says the trail starts out at an easy grade and then there are moderate to very steep grades to the summit. Let's see what it's all about! Please e-mail the leader by the Monday before the hike for details and to sign up.

BASIN AND SADDLEBACK MOUNTAINS HIKE

Saturday, August 7

Time: 5:30 a.m.

Rating: A+

Leader: Jack Whitney — 793-9210 or jack1758@roadrunner.com

We will start from the Garden and hike to Johns Brook Lodge. From there up the trail to Shorey Shortcut over to Basin and Saddleback. Great views to be had from both summits. Round trip around 18 miles. Call leader for details.

BENNETT LAKE HIKE

Saturday, August 7

Time: 9:00 a.m., Gloversville Walmart parking lot

Rating: C+

Leader: Jody Rothmeyer — 224-1576 or rojol2547@yahoo.com

We will leave Walmart parking lot at 9 a.m. to travel the approximately 23 miles (35 minutes) to the trailhead on Creek Road, just north of Northville. From the trailhead, we will hike the 1.5 miles (approximately 500' elevation) to Bennett lake, arriving about noon. We will leave approximately 1.5-2 hours later arriving back at the vehicles by 4 p.m. or sooner. What you should bring: water (at least two quarts, more if you are with children), good hiking boots (hiking sticks optional), backpack or daypack, snacks while hiking as well as a lunch for when we get there, dress for the weather condition (clothing made of polyester blends, polarguard or wool are recommended as they retain warmth even when wet). Also, it is wise to bring raingear, just in case of rain. Remember, what looks nice in Albany/Schenectady may be different conditions in the Adirondacks, so bring extra clothing. If not needed, you could always leave them in your vehicle. Optional items: camera, fishing pole (must have license), binoculars, books (i.e. for reading there or identifying trees or animals). Directions to Walmart in Gloversville from Route 5 and 890: Head northwest on Amsterdam Road/Mohawk Turnpike/NY-5 W toward Van Buren Lane 1) Continue to follow NY-5 W 14.3 miles. 2) Turn right at Fort Johnson Ave/NY-67 W. Continue to follow NY-67 W 7.4 miles. 3) Turn right at S Comrie Ave/New York 30A N. Continue to follow New York 30A N 4.9 miles. 4) Turn left at 5th Ave. Destination will be on the right. If taking the NY Thruway, you can either get off at Exit 27 (Amsterdam) (just follow the signs for Route 5 West) or you can get off at exit 28 (Fonda). Just follow the signs for 30A North.

HOTWATER POND HIKE

Saturday, August 7

Time: 9:00 a.m.

Rating: B-

Leader: Rich Crammond — 584-2380

This will be about a four-hour hike to a neat little pond and two small caves along the way. Less than one mile of off-trail hiking. There is little elevation change. We can do this and get 'er done. See you there.

OSGOOD POND CANOE AND CAMP

Saturday-Sunday, August 7-8

Time: 2:00 p.m.

Rating: A

Leader: Jayne Boudier — 793-3770

Two little ponds with two narrow channels, two outstanding examples of natural communities, two outlets (Osgood and Jones ponds), two great camps (or maybe just one, if it rains Saturday night ...), and an early start could make this an awesome trip! Leader has a boat to lend. About 12 miles, at a moderate to leisurely pace, with time to stop. It is near Paul Smiths.

GIANT MOUNTAIN HIKE

Sunday, August 8

Time: 7:30 a.m.

Rating: A+

Leader: Lorraine MacKenzie — 791-9794 or otczone@aol.com

Standing tall at 4,627 feet in the eastern High Peaks, Giant Mountain is a formidable presence. It is set apart from the rest of the other 46 with the exception of Rocky Peak Ridge at 4,060 feet at its side. Since only a 3-mile climb gets you to the summit, it is one of the most accessible mountains. We will take the Zander Scott trail and with time permitting will venture out to Rocky Peak. Although it sounds simple, the elevation gain of over 3,000 feet and the 9-mile round trip (if Rocky Peak too) will test our endurance. Be sure to bring plenty of water! Rain cancels.

EVENING PADDLE

Tuesday, August 10

Time: time TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.



***FIRE TOWER* — WAKELY HIKE**

Thursday, August 12

Time: 7:00 a.m.

Rating: B+

Leader: Alison Darbee — darbear@gmail.com

Up for another fire tower? According to Freeman's book, the trail is level over the first half and then steep and challenging for the rest. Come make your own judgments of the trail! Six miles round trip. Please e-mail the leader by the Wednesday before the hike for details and to sign up.

***YMG* — RIDGE TRAIL HIKE**

Saturday, August 14

Time: 7:30 a.m.

Rating: B+

Leader: Jonathan Lane — 744-4594 or saratoghiker@infogorp.com

Let's enjoy a nice loop hike beside beautiful Lake George! We'll head up Shelving Rock Mountain, over the Ridge Trail to the Lakeside Trail, then South to the Red Rock Bay Trail, and return via the Ridge Trail and the First Ridge Spur Trail and back to the trailhead via the Shortway Trail. Total elevation gain about 2,300 feet; distance about 10 miles. Rain will cancel.

***FIRE TOWER* — BLUE MOUNTAIN HIKE**

Sunday, August 15

Time: 8:00 a.m.

Rating: B

Leader: Pat Desbiens — 899-9688 or pdesbien@nycap.rr.com

A hike for anyone working on the Fire Tower Challenge, Blue Mountain is 4 miles round trip with 1,550 ft. of elevation gain. The pace will be slow. There are good views from the summit and exceptional views if you climb the tower. For those participants who might be interested, the Adirondack Museum is just down the road and could be an optional stop. Call 316-1244 if you do not receive a response from me via e-mail or the regular phone number.

HIGH PEAKS, CASCADE AND PORTER HIKE

Saturday, August 21

Time: 7:00 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Two of the easiest High Peaks to be done. Round trip about 7 miles, with about 2,500 feet of elevation change. Great views from both summits! Proper mountain hiking gear a must. Please e-mail leader by the Thursday before the hike for details and to sign up.

SOUTH POND PADDLE

Saturday, August 21

Time: 7:00 a.m.

Rating: B+

Leader: Jayne Boudier — 793-3770

This small, beautiful lake lies between Blue Mountain Lake and Long Lake. It's only about two miles wide, but has an irregular shoreline and islands that could take us 5 or 7 miles to explore, at a leisurely pace.

MOUNT VAN HOEVENBERG HIKE

Sunday, August 22

Time: 8:00 a.m.

Rating: B

Leader: Jack Whitney — 793-9210 or jack1758@roadrunner.com

Colead: Pat Desbiens — 899-9688 or pdesbien@nycap.rr.com
Mount Van Hoevenberg is a low mountain above South Meadows and offers spectacular views of the High Peaks. Bring camera for some great photos. Round trip distance about 4.4 miles. Ascent is around 740 ft. Call leader for details.

EVENING PADDLE

Tuesday, August 24

Time: time TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojom@roadrunner.com

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

BENNETT LAKE HIKE

Wednesday, August 25

Time: 9:00 a.m., Gloversville Walmart parking lot

Rating: C+

Leader: Jody Rothmeyer — 224-1576 or rojol2547@yahoo.com

We will leave Walmart parking lot at 9 a.m. to travel the approximately 23 miles (35 minutes) to the trailhead on Creek Road, just north of Northville. From the trailhead, we will hike the 1.5 miles (approximately 500' elevation) to Bennett lake, arriving about noon. We will leave approximately 1.5-2 hours later arriving back at the vehicles by 4 p.m. or sooner. What you should bring: water (at least two quarts, more if you are with children), good hiking boots (hiking sticks optional), backpack or daypack, snacks while hiking as well as a lunch for when we get there, dress for the weather condition (clothing made of polyester blends, polarguard or wool are recommended as they retain warmth even when wet). Also, it is wise to bring raingear, just in case of rain. Remember, what looks nice in Albany/Schenectady may be different conditions in the Adirondacks, so bring extra clothing. If not needed, you could always leave them in your vehicle. Optional items: camera, fishing pole (must have license), binoculars, books (i.e. for reading there or identifying trees or animals). Directions to Walmart in Gloversville from Route 5 and 890: Head northwest on Amsterdam Road/Mohawk Turnpike/NY-5 W toward Van Buren Lane 1) Continue to follow NY-5 W 14.3 miles. 2) Turn right at Fort Johnson Ave/NY-67 W. Continue to follow NY-67 W 7.4 miles. 3) Turn right at S Comrie Ave/New York 30A N. Continue to follow New York 30A N 4.9 miles. 4) Turn left at 5th Ave. Destination will be on the right. If taking the NY Thruway, you can either get off at Exit 27 (Amsterdam) (just follow the signs for Route 5 West) or you can get off at exit 28 (Fonda). Just follow the signs for 30A North.



BLACK MOUNTAIN LOOP HIKE

Saturday, August 28

Time: time TBD

Rating: B

Leader: Wayne MacFarran — 518-639-5558 or crew@localnet.com

This hike will take us up Black Mountain and loop around to Black Mountain Ponds and include a side trip to Lapland Pond. Approximately 6.3 miles with about 1,300 feet of elevation change. Call between 4 and 9 p.m. or e-mail leader.

YMG — SAWYER MOUNTAIN AND ROCK LAKE HIKE

Sunday, August 29

Time: 8:00 a.m.

Rating: C

Leader: Jonathan Lane — 744-4594 or saratoghiker@infogorp.com

This is a great hike for beginners or for anyone looking for a nice, relaxing day in the woods. We'll start out by hiking up Sawyer Mountain, an easy hike with nice views; 2.2 miles round trip. Then we'll head up the road a short way and hike to Rock Lake, an attractive lake with nice mountains in the distance; approximately 2 miles round trip. Afterward, we'll stop to eat in Indian Lake on our return home.

DIPPIKILL HIKE HIKE

Sunday, September 5

Time: 10:00 a.m., McDonald's, Route 9, Warrensburg (Northway Exit 23)

Rating: C+

Leader: Allen Altman — 800-396-0276 or altmanscientific@gmail.com

I'm an out-of-town chapter member and invite other members to my annual Dippikill hike. Dippikill is ten miles from Warrensburg and is owned by the Student Association of the University of Albany. We'll hike the beautiful "Ridge Trail" to the twin summits of Dippikill Mountain (el. 1,582') which offers spectacular views of the Hudson River and surrounding mountains. After the hike you may spend the rest of the day at the Dippikill Pond swimming, canoeing (canoes provided by the Student Association are already at the pond) and enjoying the almost-untouched ecology. Approximately 3.5 - 4 miles with some uphill.

HIGH PEAK — HAYSTACK HIKE

Saturday, September 11

Time: 5:30 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Colead: Joe Murphy — 518-580-6302

Ready for the third highest High Peak? Round trip 17.8 miles with an elevation gain of 3,570 feet. We'll start hiking from the Garden parking lot to JBL, up to slant rock, over little Haystack and then on to the real summit of Haystack. This will be a long but rewarding day. Proper hiking gear and endurance a must! Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

MOREAU STATE PARK RIDGE HIKE

Saturday, September 11

Time: 9:00 a.m.

Rating: B

Leader: Judy Halstead — 583-2504 or halstead@skidmore.edu

After arranging a shuttle, we'll do a through hike taking advantage of this great asset close to home. Plan on 4-5 miles of hiking with lots of ups and downs, some stream crossings and several quality lookouts. A typical Moreau Ridge hike includes views of the Hudson River, the southern Adirondacks and graceful, soaring raptors. Bring lunch, water and appropriate gear. Contact leader for details and directions.

WAKELY MOUNTAIN, CEDAR RIVER FLOW PADDLE/ CAMP

Saturday-Sunday, September 11-12

Time: 7:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

We'll climb Wakely mountain (67th of Adirondack 100 highest, with a 70-ft. fire tower) on Saturday. Whoever wants to camp overnight can paddle the Cedar River Flow on Sunday. It is a beautiful place to wake up! 6 1/2 miles of hiking with 1,636 ft. ascent, and 6-10 miles of paddling, at a moderate to leisurely pace. Leader has camping gear and boats to lend.

EVENING PADDLE

Tuesday, September 14

Time: time TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

Invite your friends to join

ADK



Outings

***YMG* — CLIFFS AND FALLS HIKE**

Saturday, September 18

Time: 8:00 a.m.

Rating: B+

Leader: Jonathan Lane — 744-4594 or saratogahiker@infogorp.com
Fish Hawk Cliffs, Indian Head, Rainbow Falls, and Beaver Meadow Falls — wow, this is going to be an awesome hike! Each an incredible destination by itself, but together should make for quite a memorable day. Approximately 10 miles round trip at a comfortable pace, with just enough elevation gain to get your blood pumping. Rain will cancel.

TONGUE MOUNTAIN RANGE — NORTHWEST BAY HIKE

Sunday, September 19

Time: 8:00 a.m.

Rating: B-

Leader: Lorraine MacKenzie — 791-9794 or otczone@aol.com
The Northwest Bay trail follows the western shoreline of the Tongue Mountain Range. The 5.4-mile distance to the Point of the Tongue has some steep sections but is very picturesque. We will travel over several bridges and streams. I will try to see if I can arrange for a boat pickup at Montcalm Point otherwise this will wind up being over a ten mile hike. Bring your bathing suits if it is warm. Trip is limited to 6 participants. Rain cancels.

GORE MOUNTAIN HIKE

Saturday, September 25

Time: 9:00 a.m.

Rating: B+

Leader: Rich Crammond — 584-2380

We will meet at Ski Bowl Road and North Creek beach area just off Route 28 at North Creek. We will start from the beach area to the top of Gore Mountain at 3,583 feet. Nine miles round trip on the Schaefer trail. Elevation gain about 2,483 feet. See you there.

EVENING PADDLE

Tuesday, September 28

Time: time TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

Trip reviews

Mo-Rodd Midweek Adventure, April 1, Maureen Coutant and Gary Rodd, 13 participants

- This week we returned to the Van Dusen Preserve in Queensbury. We had done it on snowshoes a few months ago and wanted to do it again before the foliage came out and obscured the view. A great hike and nice lookout if you follow the blazes at the top of the trail loop. We did see quite a few ticks ... wood ticks we think, but they're out so be sure to check yourself after being out in the woods. Participants: Rene Clarke, Mo Coutant, Margaret Curtis, Liz Gee, Mike George, Emilie Gould, Ablina lentile, Ginger and Joe Kelterborn, Licia Mackey, Becky Meath, Gary Rodd, George Sammons.

Middle Mountain bushwack, April 3, Jayne Boudier and Rich Myette, 5 participants

- This trip was originated by Jayne Boudier, who was not able to go, so Rich took it on so as not to cancel. After a mile on our hike and along Fly Brook, we were greeted by a large stand of impressive white pines, one tak-

ing three people to join arms to encompass. Along the trail the group viewed the impressive escarpment of Catamount Mountain and decided to bushwhack the larger Catamount instead of Middle Mountain. Once on top of Catamount's high cliffs the views were spectacular! The day allowed short sleeves and shorts. The sky was bright blue with no clouds and the visibility was excellent. The High Peaks and the many other mountains gave great views. All agreed there was no better ambiance for lunch. Soaring on the thermals and close to us were hawks, peregrine falcons and ravens. We also saw an emerging garter snake and the earliest wild flowers. On the way down the group worked well together to solve some bushwhacking route options. Once back in the Fly Brook valley, the day was so warm that we all decided to wade the wide brook instead of taking a log crossing. What a very refreshing crossing with cool water to bathe our tired feet! Participants: Nancy and Bob Buckley, Erica Holbrook, John Synakowski and Rich Myette.





PROSPECT MOUNTAIN, APRIL 14 — The group that took part in the Mo-Rodd Midweek Adventure on April 14 is seen on Prospect Mountain. Complete review is below.

Mo-Rodd Midweek Adventure, April 7, Maureen Coutant and Gary Rodd, 7 participants

- We had sun, 80 degrees, great views, little mud, and NO bugs for our trip to the Pilot Knob gazebo and waterfalls above. A few of Chris's "trail buddies" slithered across our path. Spring beauties, white and purple hepatica were in bloom. Mike (after errands) got his aerobics catching up with us. George and Don navigated and corralled us. Diane was welcomed; a new hiker with ADK. Francine was congratulated; her very first hike. Participants: Don Thorn, Francine Stuart, Diane Hurtt, Chris Bourgeois, Mike George, George Sammons, Licia Mackey.

Saratoga National Historical Park, April 10, Rich Crammond, 10 participants

- This was a great day in the park. We made a loop through some areas that took some extra hiking for some real nice landscape. We saw the yellow bellied sapsucker thanks to Rich Speidel. The deer running through the fields were a real treat also. Thanks to all my ADK hiking buds for a great day. Participants: Rich Speidel, Mark Janey, Marsha Noble, Jonathan Lane, Fran Balch, Chris Bourgeois, John Brosseau, Liz and Alan Gee, Rich Crammond.

Mo-Rodd Midweek Adventure, April 14, Maureen Coutant and Gary Rodd, 9 participants

- We had a great day for a hike. Blue skies and a perfect temp, so we decided to hike Prospect. A little windy on top, so we went down to the picnic tables and had lunch.



FRENCH MOUNTAIN, APRIL 21 — The group that took part in the Mo-Rodd Midweek Adventure on April 21 is seen on French Mountain. Complete review is below.

- Found a couple of geocaches along the way and only a few wildflowers (hepatica, yellow violets, trailing arbutus). Participants: Mo Coutant, Mike George, Diane Hurtt, Albina Ientile, Sarah King, Licia Mackey, Gary Rodd, George Sammons, Don Thorn.

Bike Ride on Glens Falls bike trail, April 17, Steve Mackey, 4 participants

- The weather was a little sketchy, but four intrepid bikers braved the elements. It was actually snowing on the summit of Prospect. The ride down was quite a bit quicker than the ride up, and then we stopped at Stewart's and had to make the decision whether to go for ice cream or hot coffee. A nice little adventure that I will probably lead again next spring. Participants: Steve and Licia Mackey, Jim Coutant, Rich Elton.

Mo-Rodd Midweek Adventure, April 21, Maureen Coutant and Gary Rodd, 18 participants

- A perfect sunny day greeted this outing group of 18. Plus we had the added pleasure of geocaching with Sarah and wild flower identification with Licia! The group remained highly motivated and in close contact on the trek up this beautiful mountain. Much humor was exchanged with misinterpretations of erratic rocks and baby birches along with exploration of geocaches and wildflower identifications! Lunch on the mountaintop with pleasant conversation in the brilliant sunshine was one of many highlights! Participants: Becky Meath, Margaret Curtis, Irene and George Sammonds, Diane Hurtt, Rudy Tomasik, Kelley Fletcher, Marsha Noble,



Trip reviews

Mike George, Maryanne Mackenzie, Licia Mackey, Ginger & Joe Kelterborn, Julie Gillman, Don Thorn, Ray Boucher, Sarah King, Gary Rodd.

Crane Mountain, April 24, Rich Myette, 8 participants

• A wonderful day was had on Crane Mountain as the weather provided a magnificent spring day. The early spring flowers were out, the sun was bright and the views were far. This was an extensive bushwhack that wound a way through the eastern escarpment, a narrow path with high cliffs above and below, starting by walking through some enormous talus. The hardy bushwhackers climbed up and down to eventually ascend the eastern high cliffs with views of the eastern and southern mountains and well into the Green Mountains. Lunch was on a ledge that gave the impression of being suspended in midair. After ascending and pushing through a long stretch of very closed-in, grabbing trees we knew we were close to the summit as we walked past the ruins of the fire observer's cabin. After more views from the summit we continued on to the ever-pleasant Crane Mountain Pond. At the pond the group opted to continue the bushwhack by ascending the northwest rocky ridge with excellent view of the High Peaks. Later we descended the pond outlet trail, a steep affair where we viewed the plaque that memorializes Paul Shaefer, a lover of Crane Mountain and all wilderness. Then we headed for the entrance of Crane Mountain Cave. A few of us will remember the snowballs that hurled our way (or went down our backs) from a few patches of snow and ice that were found in deep places throughout the day's trip. The trace of the old Putnam Farm Road returned us to the parking area. Participants: Rich Myette, Jayne Boudier, Nancy Buckley, Bob Buckley, Linda Ranadu, John Synakowski, Scott Cooper, Steve Makay.

Monday Geocache walk/hike, April 26, Maureen Coutant and Sarah King, 5 participants

• The threat of rain moved this trip to Friday. We decided to assemble a team to look for some supposedly tricky and difficult caches in the Hudson Point area. You had to find two caches to get the coordinates that take you to the final cache. We did find it to be difficult to find and had we not called in for a clue ... I'm not sure we'd have found it that day! We also found the poles that one of us inadvertently dropped — bonus points for that! Participants: Maureen Coutant, Sarah King, Licia Mackey, Caroline and Chris Miller.

Mo-Rodd Midweek Adventure, April 28, Maureen Coutant and Gary Rodd, 8 participants

• This week we did a quick pace along the Hudson Falls/ Fort Edward section of the Feeder Canal trail. We went NE where the trail Ts toward Route 196 in Fort Edward. We'd never gone to this end before. We saw some wildflowers, but not too many yet. Participants: Virginia Carluccio, Maureen Coutant, Mike George, Albina lentile, Ginny and Joe Kelterborn, Licia Mackey, Becky Meath.

Bullhead Mountain, May 1, Rich Crammond and Jayne Boudier, 4 participants

• This was a tough hike but very rewarding. We all had a good workout. The Puffer Pond trail is very nice along with the streams runoff. It was good to hike with my Cousin Mac on his first outing with ADK. Good luck, Mac, and hope to see you on the trail again. Jayne and Reg were good hiking buddies. Thanks to all on and off the trail. Participants: Reg Prouty, Jayne Boudier, Mac Durrin, Rich Crammond.

Spring Bird Walk, Pebbles Island State Park, May 1, Rich Speidel, 13 participants

• Cloudy at the start, the morning turned sunny and unseasonably warm as we made our way around the perimeter of Pebbles Island. We saw a variety of birds from the bluffs along the Mohawk River, including three red-bellied woodpeckers on one tree, spotted sandpipers in the channel below, and a red-tailed hawk high above. An interesting confrontation was observed on an adjacent island: two crows were harassing a pileated woodpecker while a Canada goose watched from a few feet away. Moments later the goose charged and chased off one of the crows; the other crow then took flight, and the woodpecker survived the turmoil ... thanks to the goose. You never know what surprises nature has in store! We identified 37 species of birds on this almost hot first day of May. Participants: Fran Balch, Barbara Bave, Jim Myers, Shelly and William Burke, Sharyn Furman, Liz and Alan Gee, Laurie LaFond, Licia and Steve Mackey, Edna Van Dorsten, Rich Speidel.

YMG — Noonmark Mountain and Diner, May 2, Jonathan Lane, 6 participants

• What a wonderful day! The forecast called for potential rain in the afternoon, but we saw not a drop, merely some cloudy skies and beautiful views. After the hike we enjoyed lunch at the Noonmark diner, ordering items such as vegetable lasagna and banana pancakes — yum! Participants: Liz Gee, Chandra Geremick, Laura Golas, Adam Jones, Jonathan Lane, Marsha Noble.



Evening Paddle, May 4, Maureen Coutant, 6 participants

- We actually made it from Lake Luzerne through the inlet to Second Lake. We gave a celebratory cheer and then it started to sprinkle. On the way there, we had to cross many beaver dams, pull our boats through shallow rapids, go under a bridge and through a culvert. It is always quite an adventure and a much easier return trip! Participants: Maureen Coutant, Joy Muller-McCoola, Maria Rawson, George Sammons, Alison Saville, Bill Thomas.

Mo-Rodd Midweek Adventure, May 5, Maureen Coutant, 8 participants

- This week we walked in the North Woods of Skidmore. We didn't see as many wildflowers as last year, but we still saw plenty of them and checked out a new trail. Always enjoyable! Participants: Maureen Coutant, Mike George, Susan Howard, Ginger and Joe Kelterborn, Licia Mackey, George and Irene Sammons.

Bicycle Trails and nearby roads, May 6, Rich Myette, 3 participants

- Three riders left Queensbury, rode through Glens Falls on the bike trail and accessed the Feeder Canal Trail, riding along the old mule towpath. We rode to the end and then a little farther to a point that crossed the Old Champlain Canal on a wooden bridge. The afternoon was cheery with occasional wind gusts. Participants: Maria Rossman, Dave Avendoor, Rich Myette.

Pharaoh Mountain, May 8, Reg Prouty, 8 participants

- We began our trip after carpooling into two vehicles for our trip to the trailhead. Even though it was raining lightly due to the dense woods and use of raingear we did not mind a little rain as the afternoon forecast was optimistic. Upon summiting we decided to have lunch in the sheltered area between the three overlooks. The leader supplied a mini-concert on his pocket trumpet of patriotic music and show tunes. As the leader was showing the third and last overlook the wind increased and suddenly began to clear the summit of clouds so that great views were afforded after all. As is usual in the Adirondacks, patience pays off when trying to get a summit to clear off. Participants: McCade Durrin, Erin Maggi, Gary Maggi, Terje Kuusk, Mickey Onofrietto, Reg Prouty, Joanne Walczak, Dick Wilson.

Spring Bird Walk, Wilton Wildlife Preserve & Park, May 8, Rich Speidel, 7 participants

- The weather was not good for birding on this Mother's Day weekend. The choice was either: rain and overcast on Saturday, or high wind and cold on Sunday. We picked Saturday and, although it rained most of the morning, our intrepid group discovered a surprising variety of birds. Early on, a scarlet tanager lifted our spirits by singing overhead from an open branch; its vivid red and black brightened the woodland gloom. Soon we saw pine and yellow-rumped warblers, and later heard four other warbler species along the trail. The rain stopped before reaching a field, so we could slow down to enjoy the sights and sounds of four different sparrows. New birds kept appearing as we neared the parking area, and the final tally grew to 31 species ... given the weather, this was twice the number we had expected! Participants: Pat Brennan, Cathy Hall, Keith Hall, Liz Gee, Alan Gee, Gordie Peters, Rich Speidel.

Monday Geocache walk/hike, May 10, Maureen Coutant and Sarah King, 3 participants

- On this trip we went to the Skidmore North Woods and we even invited the dogs along since this is a popular dog-walking area and we knew we wouldn't be in a rush. So the two dogs had a good time and the adults found all the caches in the area. It was also amazing to see how many fewer wildflowers were blooming since the previous week! Participants: Maureen Coutant (and Charlie), Sarah King, Don Thorn (and Ollie).

ADK Headquarters Workday, May 15, Maureen Coutant

- Thank you to all who came out and helped out at HQs! We were able to get all the jobs done, plus a few extras and get home earlier than expected! I think that's a first! Thank you, thank you, thank you!

Spring Bird Walk, Wilton Wildlife Preserve & Park, May 15, Rich Speidel, 15 participants

- We were grateful for mostly sunny skies and a light breeze on this morning; favorable weather for seeing birds and following their songs. Our group had luck observing some colorful warblers that can be elusive and hard to see (including magnolia, black-throated blue and black-throated green warblers). Other highlights included great-crested flycatchers, nesting kingbirds and robins, and good views of up to three scarlet tanagers and one indigo bunting ... in their dazzling tropical plumage. We ended an enjoyable outing with 45 species of birds identified; a healthy variety of feathered friends! Participants: Jim Campinell, Pat Fitzgerald, Liz and Alan Gee, Bruce Goodale, Fran Herve, Linda and



Richard Hovious, Jane Peak, Laurie LaFond, Erin and Gary Maggi, Peg McCanty, Kathleen Swantak, Rich Speidel.

Cook Mountain (Lake George) , May 16, Pat Desbiens, 17 participants

- We had a few first-time participants on an ADK outing on this hike. We were graced with a perfect day for a hike, warm temperature, sunshine and the reward of a wonderful view from the top — a perfect introduction to a southern Adirondack hike. The wildflowers were in bloom much to the delight of a couple of photographers in the group. Participants: Jim Brown, Jonathan Lane, Jack Whitney, Sue Atkins, Sarah Harbour, Chris Bourgeois, Lela Atkinson, Melissa Hickok, Fatima Hammed, Brenda Arley, Bill Barney, Barbara Torko, William Wasilowski, Susan Jeffs, Marsha Noble, Mary Ann Hines, Pat Desbiens.

Evening Paddle, May 18, Maureen Coutant, 13 participants

- This week we paddled on the wetland area of Glen Lake. In all the twists and turns and exploring, we lost part of the group for awhile, but we all gathered up again and some of us even stayed on for some food at the Dockside over looking the lake. It was a great evening out. We saw a lot of beaver lodges! Participants: David Avigdor, Maureen Coutant, Ralph DeCristofari, Paul Dietershagen, Matt Hoag, Ken Hughes, Melissa lentile, Heather, Licia and Steve Mackey, Bob and Sandy Powell, George Sammons.

Mo-Rodd Midweek Adventure, May 19, Maureen Coutant and Gary Rodd, 5 participants

- This week we walked/hiked in the Lake George Recreation Area. The very likely chance of rain kept many away, but it turned out to be a great morning to be out with perfect temps, no bugs and the trails weren't wet. We had a great walk along the trails skirting the stream. Beautiful dark moss on the rocks! Participants: Nancy Burke, Maureen Coutant, Ginger and Joe Kelterborn, Licia Mackey.

Hail Mountain Bushwhack, May 22, Rich Myette, 6 participants

- Twelve hours of trailless hiking saw our group finding their way by following along the dry edge of a delightful swamp, climbing an ascending ridge and sighting from knob to knob. We lunched on West Hail and then made our way to the vastly open, rocky summit of Hail Mountain to 360-degree views of High Peaks, Lake Champlain, the Green Mountains and other places of interest. The wildflowers were abundant and the weather was spectacular. The total ascent

was 3,500 feet and ten miles total distance. Nathan June joined us as a first time ADK hiker and he clearly has hiked before. Participants: George Baranauskas, Erika Holbrook, Jayne Boudier, Scott Cooper, Nathan June, Rich Myette.

Owls Head Fire Tower, May 22, Alison Darbee, 2 participants

- We had just two of us show up but we went ahead and got another fire tower off our lists! We saw zillions of toads, a couple of snakes on the rocks up top, many butterflies flying (and in groups on the ground!), oh and wonderful 360-degree views from the tower! Participants: Marsha Noble, Alison Darbee.

Spring Bird Walk, Pack Forest, Warrensburg, May 22, Rich Speidel, 10 participants

- Our group had an enjoyable morning and some surprise discoveries, including a pair of Canada geese with seven goslings, and a red-eyed vireo building a nest in a pine tree. Later, while walking on a dirt road, we accidentally flushed a hermit thrush from its ground nest. The nest was within three feet of the road edge and contained four greenish blue eggs. Another unexpected treat was a view of the ovenbird, a common but elusive woodland warbler that is difficult to see despite its ringing song. Colorful warblers observed included parula, yellow-rumped, black-throated blue, and yellowthroat. We concluded a fine day of birding in the Southern Adirondacks with 37 species. Participants: Fran Balch, Barbara Bave, Pat Brennan, Jim Campinell, Bruce Goodale, Cathy Hall, Keith Hall, Eric Krantz, Tom Miller, Rich Speidel.

Mo-Rodd Midweek Adventure, May 26, Maureen Coutant and Gary Rodd, 6 participants

- We had originally intended to climb Cat Mountain, but with the temps in the 90s, we lost motivation for that. Plus we didn't want to lose a participant to heat stroke! So, we changed the plan to a paddle on Lake George. We got to the Million Dollar Beach parking lot to find it closed, so we launched from Beach Road after dropping boats and moving cars. We paddled up the lake three miles to Diamond Island. Then we all went in the water. It felt great and surprisingly warm for Lake George before Memorial Day. We also explored the island and found a monument, nice pavilion, two outhouses and a few docks. Participants: Maureen Coutant, Mike George, Sarah King, Licia Mackey, Gary Rodd, George Sammons.



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+	Fairly Easy	1,000+	5-8	4-6
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 can 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.





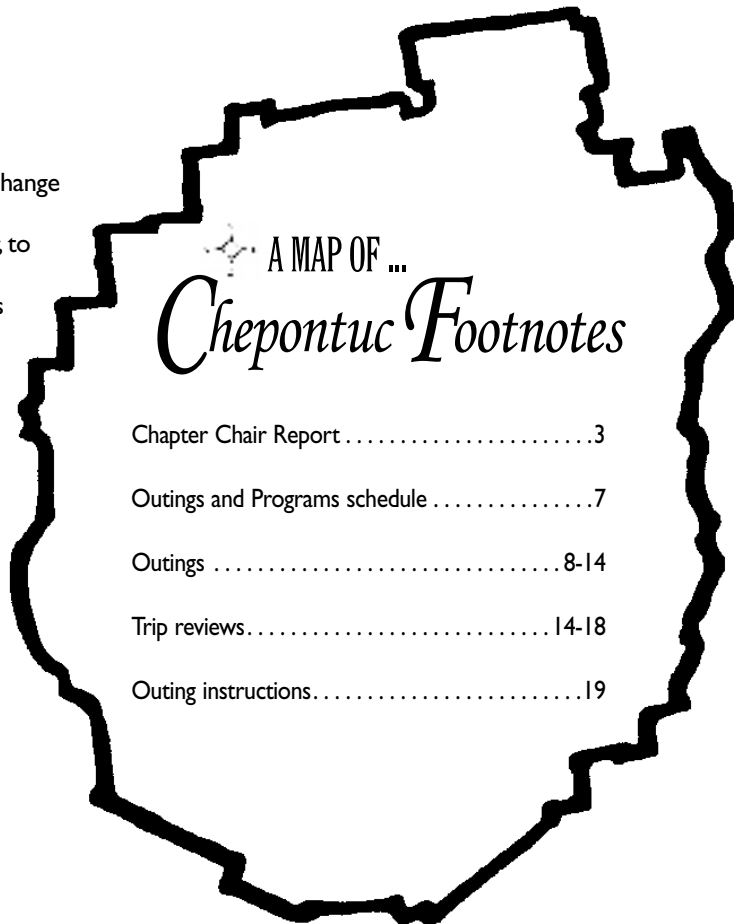
Chepontuc Footnotes

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

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12866

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.



A MAP OF ...

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