



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

Chepontuc Footnotes

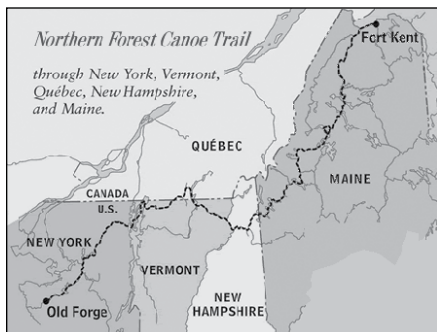
THE NEWSLETTER OF THE GLENS FALLS-SARATOGA CHAPTER OF THE ADIRONDACK MOUNTAIN CLUB

Explore the Northern Forest Canoe Trail

The Northern Forest Canoe Trail traverses the roof of the Adirondacks and Northern Forest. Called the "magnificent obsession" by the *New York Times*, this inland water trail traces traditional Native American travel routes across 740 miles in New York, Vermont, Québec, New Hampshire, and Maine. Join Kate Williams, NFCT Executive Director since 2004, for a virtual journey along this diverse and enchanting route. Learn about the variety of opportunities available along the route for trips of various lengths, from an afternoon to a lifetime. NFCT maps and a newly released guidebook will be available for sale, along with other information about the Trail.

Program

'NORTHERN FOREST CANOE TRAIL'
 WHEN: 7 P.M., THURSDAY, APRIL 29
 WHAT: PRESENTATION BY KATE WILLIAMS
 WHERE: SARATOGA SPRINGS PUBLIC LIBRARY COMMUNITY ROOM



FIRE TOWER & GRUB — A Young Members Group outing on Hadley Mountain. Please see trip review on page 17.



Program

'STEVE MACKEY'S APPALACHIAN TRAIL ADVENTURE'
 WHEN: 7 P.M., WEDNESDAY, MARCH 3
 WHAT: TALK, SLIDE SHOW WITH STEVE MACKEY
 WHERE: CRANDALL PUBLIC LIBRARY, GLENS FALLS

An Appalachian Trail adventure

Chapter member Steve Mackey hiked the entire 2,178 miles of the Appalachian Trail this past summer. He started April 8, 2009, on Springer Mountain near Atlanta, Georgia, and finished Aug. 23, 2009, on the summit of Mount Katahdin in Maine. Along the way, he saw 21 black bears,

got stung by bees five times, pulled off at least 14 ticks, saw four rattlesnakes, lost about 25 pounds, and wore out two pairs of boots. Near Harpers Ferry, West Virginia, Steve did a really big day and stood in four different states in 24 hours. Come hear and see a trip of a lifetime!

Got lunch?

BY HEIDI teRIELE KARKOSKI

What's on the menu has changed over the years, but one thing remains. I really enjoy lunch out on the trail or on a mountaintop. It's something to look forward to along the journey. For me, nothing is better than a sandwich or "sammie" as I call it. (Thank you, Rachel Ray, for that nickname.) Once I found foods that traveled well, had "trail appeal," and gave me the energy I needed, they became staples.

When hiking in summer, I prefer a ham sandwich with mustard, lettuce, and tomato on a seeded hoagie roll. Rolls hold up better to the smushing and crushing going on inside the pack. I hike mostly in winter, so something less likely to freeze needed consideration. Ham salad works much better and has more of those vital calories. I don't fret at all about eating fatty foods and junk on a hike. That's part of the reward for the effort. I have shifted from ham salad to spam to my current staple, a chicken salad sandwich. I recently rediscovered peanut butter and jelly — my first one in decades. This is now a contender, or in the least, a great emergency back up.

An experienced winter hiker taught me to cut a sandwich in several pieces in case conditions don't allow for the consumption of the entire thing during one stop. Wrapping the sam-



CHAPTER CHAIR Report

*What's your favorite
food to pack on a hike?*

mie in foil gives you a waterproof "plate" which isn't as likely as plastic to blow away. It's fun to see what others have brought along — pizza, fried chicken, and hot soup are a few that look so tempting on a cold day. For extras, my pack contains a granola bar, bite-sized candy bars, brownies, cheese, and macadamia nuts. The nuts are practically the same consistency regardless of the temperature

and they pack a lot of fuel. (Brownies are fuel, but macadamias are rocket fuel.) Water, sports drink and hot tea are my usual beverages.

No matter how good lunch is, on a long hike it never fails that as the sun sets, the topic of food comes up. Our bodies are telling us we need something else. Visions of meaty hamburgers, any thing with gravy, hearty soups, stews, pizza, pasta ... oh, what will I have for dinner? I have contemplated this for many, many miles at the end of long days when I needed something to occupy my mind as my body was tiring. One friend of mine listens to see how long it will take me to start talking about food.

What are your favorite foods to bring on a hike? If you had to choose one food item that is an absolute necessity, what would that be? Let me know by sending an e-mail to eveweallski@yahoo.com. Your answers will be featured in an upcoming newsletter. Gotta go, it's time for lunch!

Chepontuc Footnotes

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Spring mud season alert: Stay below 3,000 feet

During spring mud season, trails are particularly vulnerable to erosion. The spring thaw creates mud that penetrates much deeper into the soil than the surface mud created by summer rains, and trails are thus more easily damaged by hikers' boots. Alpine vegetation, which is fragile and endangered to begin with, is also particularly vulnerable at this time. It is therefore best to stay off higher elevation trails during early spring.

The New York State Department of Environmental Conservation institutes a voluntary trail closure in the Eastern High Peaks during this time of year that asks hik-

ers to refrain from traveling above 3,000 feet. This is done to protect alpine vegetation and prevent trail erosion.

More information on trail conditions in the Adirondacks can be found on the DEC Web site or by contacting the DEC Forest Rangers at 518-897-1200.

Closure typically runs from May through early to mid-June. If you are planning a trip to the High Peaks during this period, please call the ADK High Peaks Information Center at 518-523-3441 or DEC Region 5 headquarters to learn about trail conditions and whether the voluntary closure is in effect.

TRAILS TO AVOID:

High Peaks Wilderness Area

- All trails above 3000 feet – wet, muddy snow conditions prevail, specifically at:
- Algonquin
- Colden
- Feldspar
- Gothics
- Indian Pass
- Lake Arnold Cross-Over
- Marcy
- Marcy Dam
- Lake Colden
- Phelps Trail above Johns Brook Lodge
- Range Trail
- Skylight
- Wright
- and all trail-less peaks

Dix Mountain Wilderness Area

- All trails above Elk Lake and Round Pond

Giant Mountain Wilderness Area

- All trails above Giant's Washbowl, "the Cobbles," and Owls Head

ALTERNATIVE TRAILS:

Weather permitting, alternative trails for hiking:

Debar Mt. Wild Forest —

- Azure Mountain

Giant Mountain Wilderness —

- Giant's Washbowl
- Roaring Brook Falls

High Peaks Wilderness

- Ampersand Mountain
- Cascade
- Big Slide
- Brothers
- Porter from Cascade (avoid all other approaches)

Hurricane Primitive Area

- The Crows
- Hurricane Mountain from Route 9N

McKenzie Mt. Wilderness —

- Haystack Mountain
- McKenzie Mountain

Pharoah Lake Wilderness Area

- Pharoah Mountain

Saranac Lake Wild Forest

- Baker Mountain
- Panther Mountain
- Scarface Mountain

The Hiker's CORNER

By Jack Whitney

The Art of Butt Sliding:

I realize that this is the back-end of the season; however, I feel it is not too late for this information. First of all it is wise to make sure that there is enough snow to cover the rocks, and tree roots before you decide to place your derriere in the snow. Beginners should start with straight runs — as you gain experience or the more seasoned can try curves and corners. A good way to slow down is to put your poles together, holding the handles near your chest with the basket end dragging behind you. Leaning back will also lend some resistance. Lift your snowshoes up a few inches, otherwise the crampons on the snowshoes could catch and send you into a head-first pitch down the slope. You can also control your direction by leaning left or right. Being aware of your surroundings and controlling your speed can make butt-sliding more fun.

Compasses:

For those of you who do not feel comfortable going off trail or would just like to learn how to use a compass and map, the Glens Falls/Saratoga Chapter will be offering a few outings for you! If you are looking to purchase a compass, a good choice would be a base plate or orienteering compass. The first outing on May 2 will include the basic use of the compass, as well as, declination and basic map reading. The second outing on May 29 will cover such areas as attack points, collecting and catching features and aiming off.

Spring Mud Season:

A reminder — Spring mud season varies from year to year but usually runs from early Spring through the Memorial Day weekend.



Cold weather = Heater Meal time!

By Jonathan Lane

The snow crunches beneath your snowshoes as you make your way to the summit. The brisk air turns your nose and cheeks a rosy red, and your breath rises up in thick white clouds as you push forward. It is cold out and the peak is in sight. And your stomach is beginning to growl; but the last thing you want right now is a semi-frozen peanut butter and jelly sandwich. No. What you could really go for right now is a steaming hot, tasty lunch. What a great combination — beautiful mountain views and a hot meal to warm the belly. However, you aren't

interested in dealing with a portable stove, fuel canister, etc. Well, it's a good thing you brought a Heater Meal with you! You find a nice spot on the mountain to settle in for lunch, take out your Heater Meal box, slide the food pouch into the heater pouch and pour the supplied water into the heater pouch to trigger a chemical reaction, then seal and slide the heater pouch back into the box. You now have about 10-12 minutes to take in the views, take photos, and enjoy your surroundings. All the while, steam rises from the Heater Meal box and you grow hungrier with anticipation.

The wait is finally over! You open the

box, carefully opening the food packet, and emptying its piping hot contents onto the supplied plate. Bon appétit! And when you're done eating, everything slides neatly back into the box to be discarded later.

Heater Meals, originally developed for military use, can be ordered from www.heatermeals.com and come in a variety of entrees, such as Pancakes with blueberry topping, Vegetarian Pasta Fagioli, and Southwest Style Chicken with Rice and Beans. Sure, there are less expensive options, but having an easy-to-use, hot, tasty meal in the middle of the woods is worth every cent!

EDUCATION CORNER

By Linda Ranado

The Education committee is pleased to announce its sponsorships for the DEC youth summer camp programs. We had seven applicants in all. This year we will be sending Ar Nwai of Albany, Macy Frederickson of Ballston Spa, and Blake Vaisey of Warrensburg, to participate in a fun-filled, educational week of environmental activities at Pack Forest. Ar Kee of Albany, and Andrea de Riele of Ticonderoga will be heading to Camp Colby to join in the outdoor fun and learning experiences presented there. Two other candidates are pending and will be announced at a later date. Our chapter, as usual, will pay the weekly fee which has risen to \$325 per candidate.

At present, we are still looking for candidates for ADK's Teen Trails program. This year's projects range from two sections of the Northville-Placid Trail (one in the Lewey Lake area, the other in the Cedar Lake region), to the Deer Pond Loop in the Tupper Lake area. Other possibilities include Scarface or Lyon

Mountain. If you know of anyone aged 14 to 17 who might be interested, please go to our website's education link and download an application and send it along to me a.s.a.p..

Come March, I'll be over in Amsterdam enlightening some sixth graders on the pleasures of hiking, and, perhaps, leading them on a short hike at a latter point in time. June will find Nancy and me back at Queensbury's third-grade Adirondack Day which is always a pleasurable day for all. Let this be a reminder to schools that we are available to come speak to classes, perhaps on survival skills in conjunction with a story or novel read, or to enhance a unit on the outdoors or to lead a short hike in which we incorporate discussion/identification activities as requested. Feel free to contact me if you feel we can be of help.

Once again, I invite anyone who wishes to join our committee and/or offer new ideas or a helping hand to call or e-mail me at 696-7265 or lrnado@hotmail.com.



Conservation News

By Jacki Bave

ADK Files Lawsuit over Lows Lake Classification —

The Adirondack Mountain Club and the organization “Protect the Adirondacks!” have filed a lawsuit to force the Adirondack Park Agency to adhere to the State Land Master Plan and classify the state-owned waters of Lows Lake. Under the law, the waters and bed of a lake that is wholly owned by the state as part of the Forest Preserve must be classified. In addition to settling the classification of Lows Lake, the lawsuit is being filed to protect all state-owned waters in the Forest Preserve.

For the past several years, Lows Lake has been the center of a controversy over the use of float planes on a lake that is part of an important wilderness canoe route. In 2008, ADK sued DEC over its failure to abide by a legal commitment to ban floatplanes on the lake by January 2008. In April of 2009, APA voted to ban floatplane use on Lows Lake after 2011. One month later, APA and DEC proposed classifying Lows Lake and other nearby water bodies as wilderness and adding them to the nearby Five Ponds Wilderness. In September 2009, APA Commissioners voted 6 to 4 to classify part of the lake as Wilderness and part as Primitive, and sent the recommendation to the governor. After a controversy arose because of the expired tenure of one agency member, a re-vote was scheduled for November. At that meeting, Governor Paterson’s representatives on the agency reversed their earlier support

for classifying the lake, and instead backed an amendment to remove the lake from the resolution and classify just the adjacent land. ADK feels that this would not adequately protect the lake in the future.

Additional information regarding the lawsuit and ADK’s efforts to protect Lows Lake are available on the Club’s website.

Saratoga Sand Plains Wildlife Management Area — New York’s Department of Environmental Conservation has begun a planning process for the Saratoga Sand Plains Wildlife Management Area. This area is comprised mainly of lands in the Wilton Wildlife Preserve and Park, and also includes parcels owned by the state that are adjacent to property owned by the towns of Wilton and Northumberland, Saratoga County or the Nature Conservancy. Public input is being sought for a comprehensive plan to ensure protection of unique habitat and wildlife, such as the Karner blue butterfly, whose larvae only feed on the blue lupine found on the sandy soils here. The management planning process includes analysis of the area’s natural features and the ability of the land to accommodate public recreational use. Impacts of the plan may include modifying current recreational practices, which presently include hiking, skiing, snowshoeing, horseback riding, fishing and hunting.

Anyone wishing to be included on the mailing list for information about the development of the plan or wishing to submit comments may contact Wildlife Biologist Melissa Neeley at r5info@gw.dec.state.ny.us.

Welcome Ryan Simko, New Chapter Publicity Chair!

My name is Ryan Simko but most people who know me just call me Simko. I was born and raised in Northwest Indiana, about 45 miles south of Chicago. After graduating college, I’d seen enough flatlands and cornfields, so I moved to Wisconsin where I started working at a large printing company. After a short six months I was relocated to Oklahoma City for a little over a year for training. I then went back to Wisconsin where I trained for six months. At that point I was offered a position in Saratoga Springs. I was flown out for a week to see what it was like and to make a decision. The new landscape and environment pulled me in and I decided to move here in September of 2008.

After moving to Saratoga Springs, I began hiking and learning about the Adirondacks. In an attempt to experience new things, get involved in the area, and meet new people, I decided to check out a group I’d found out about in my research online. After going to a meeting and being introduced to some members of this group, I decided to join ADK.

Since moving to the area, I have spent a lot of time out in nature. I enjoy hiking, camping, kayaking, mountain biking, snowboarding, scuba diving, wakeboarding, and spending time on the lake. I also like cooking, reading, hanging out with friends, going to concerts, woodworking, and touring microbreweries.

I’m always out searching for my next adventure. Catch me if you can!



Chapter finances in 2009

By John Schneider, Chapter Treasurer

Last year, the Glens Falls-Saratoga Chapter's total income was \$27,982, an increase of \$1,255 (4.7%) over \$26,727 income in 2008. We spent \$27,046, an increase of \$325 (1.2%) above 2008's \$26,721. We ended the year with a surplus of \$937 and total assets of \$9,512.

Revenues included \$24,997 in dues money (the Main Club provides the Chapter 30% of all basic ADK membership dues paid by Chapter members), \$2,435 for the Chapter Banquet, \$71 in interest, and \$479 in other revenues.

The greatest Chapter expenditure was \$12,163 for *Chepontuc Footnotes*, our bimonthly newsletter. Other large expenses included \$5,095 in donations to support the activities of the Main Club, and \$3,435 on the Chapter Banquet. The Chapter spent \$2,125 to support area youngsters going to DEC Camps and ADK Youth Trail Work Programs. We spent \$495 to run our Outing Program, including honoring our trip leaders and reimbursing them for taking a Wilderness First Aid course. We also contributed \$950 to other like-minded outdoor organizations. The Chapter spent \$924 to fund our sponsorship of ADK's Fire Tower Challenge program by purchasing Fire Tower Patches and printing a new Fire Tower Challenge brochure. Additional expenses of \$1,860 supported activities of Chapter Committees such as Programs, Publicity, Hospitality, Conservation, and the administrative functions of the Chapter.

Chapter members may direct questions to John Schneider, Chapter Treasurer.

Adirondack Gnomes steal treasure, leave clues

A new threat has decided to show its ugly li'l head in the Adirondack Park — Adirondack Gnomes! They're pretty evasive and not

much is currently known about them. However, what we do know is that they are troublemakers, always sneaking around and taking things that don't belong to them. Have you ever been out hiking, set your pack down for a moment, and later realized something was missing? Chipmunks and pine martens are often to blame, but the true culprits are most often those pesky gnomes.

Now, what makes Adirondack Gnomes different than other types, you may ask? Well, for one thing, they're smaller than your average garden variety. Smaller. Quicker. Uglier. And smart. Very smart. Believe it or not, they're pretty tech-savvy creatures.

Even though we do not currently know very much about Adirondacks Gnomes, what we do know is that they

are notorious for being pranksters. An example of their mischievousness can be seen in their boldest move yet. They have stolen a treasure and hidden vari-

ous clues that, once solved, will lead you to the treasure. We have the following information; use it carefully and good luck in your search for the treasure!

The first clue (a riddle):

With a unique tail and lustrous fur,

Nature's engineer likes to chew, swim, and dive.

As a "sacred center" of the land, this animal was adopted in 1975.

Instructions:

Solving each clue/ riddle will give you a code word, which

must be entered into the Treasure Hunt page on the www.adk-gfs.org website. Upon entering the code word, you will be given access to the next clue. The first person to solve every clue will find the treasure.

Detailed instructions are located on the Treasure Hunt page of the GF-S website.



Artwork by Melissa Symolon

Want camaraderie?

Want fun and a fulfilling time in the woods?

Then contact Trails Chair Tom Ellis to find out how!

638-6139 or hola@hughes.net



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: March 3, April 29. **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: March 3, April 7, May 5. **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: March 10, May 12

Month	Day	Outing Type	Destination	Leader/Contact	Rating	
March	3	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
	3	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
	3	Wed	Program	S. Mackey's Appalachian Adv., Crandall Library	Terry Peek	NR
	6	Sat	Hike/Snowshoe	Macomb, South Dix, East Dix Mountains	Ron Lester	A+
	7	Sun	Snowshoe	Blueberry and Porter	Jayne Boudier	A
	7	Sun	Walk/Ski/Snowshoe	Leader's Choice	Sandy Yellen	B
	8	Mon	Geocache	Monday Geocache hike/walk	Maureen Coutant, Sarah King	NR
	10	Wed	Meeting	Outings Leader Meeting	Jack Whitney	NR
	10	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
	13	Sat	Hike/Snowshoe	Lower Wolf Jaw from the Ausable Club	Bill Morse	A
	13	Sat	Hike/Snowshoe	Gull Pond and Overlook Snowshoe	Reg Prouty	C
	14	Sun	Hike/Snowshoe	Cascade and Porter Mts.	Jack Whitney	A
	14	Sun	Snowshoe	*YMG* — Fire Towers — Belfry & Poke-O-Moonshine	Jonathan Lane	B
	17	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
	20	Sat	Hike/Snowshoe	Merck Forest & Farmland Center	Ray Bouchard	B
	20	Sat	Walk/Ski/Snowshoe	Whiteface	Steve Mackey	B+
	21	Sun	Hike	Winter High Peak	Jack Whitney	A+
	21	Sun	Snowshoe	Camel's Hump Bushwhack	Jayne Boudier	A
	24	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
	27	Sat	Hike/Snowshoe	Tubmill Marsh	Reg Prouty	B-
	27	Sat	Hike	Eleventh Mountain	Rich Myette	B-
28	Sun	Hike/Snowshoe	Deer Leap — Lake George	Pat Desbiers	C+	
28	Sun	Hike	Buck Mountain	Dan Monroe	B	
31	Wed	Walk/Ski/Snowshoe	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR	
April	3	Sat	Other	Middle Mountain bushwack	Jayne Boudier	A-
	4	Sun	Hike	Pilot Knob	Dan Monroe	B
	7	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
	7	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
	10	Sat	Hike	Saratoga National Historical Park	Rich Crammond	C+
	11	Sun	Hike/Snowshoe	Leader's Choice	Sandy Yellen	B
	14	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
	17	Sat	Other	Bike Ride on Glens Falls bike trail	Steve Mackey	B
	18	Sun	Hike	French Point Mountain	Jack Whitney, Dan Monroe	B+
	21	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
	24	Sat	Hike	Crane Mountain	Rich Myette	B
	24	Sat	Hike	Tongue Mountain Trail Work	Tom Ellis	B
	24	Sat	Other	Blue Ridge Bushwack	Jayne Boudier	A
	25	Sun	Hike	Jay Range	Dan Monroe, Jack Whitney	B+
	26	Mon	Geocache	Monday Geocache walk/hike	Maureen Coutant, Sarah King	NR
	28	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
	29	Thu	Program	Northern Forest Canoe Trail, Saratoga Library	Terry Peek	NR
May	1	Sat	Hike	Bullhead Mountain	Rich Crammond, Jayne Boudier	A
	1	Sat	Walk	Spring Bird Walk — Peebles Island State Park	Rich Speidel	C
	2	Sun	Hike	*YMG* — Noonmark Mountain & Diner	Jonathan Lane	B
	2	Sun	Hike	Learn how to use map and compass	Jack Whitney, Dan Monroe	C+
	4	Tue	Paddle	Evening Paddle	Maureen Coutant	NR

Outings continued on next page



Outings and programs schedule continued

5	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
5	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant	NR
8	Sat	Hike	Pharaoh Mountain	Reg Prouty	B
8	Sat	Other	Calamity Mountain Adventure Hike-Bushwack	Jayne Boudier	A
8	Sat	Walk	Spring Bird Walk — Wilton Wildlife Preserve & Park	Rich Speidel	C
9	Sun	Hike	Hadley Mountain	Jack Whitney	B
10	Mon	Geocache	Monday Geocache walk/hike	Maureen Coutant, Sarah King	NR
12	Wed	Meeting	Outings Leader Meeting	Jack Whitney	NR
12	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
15	Sat	Walk	Spring Bird Walk — Wilton Wildlife Preserve & Park	Rich Speidel	C
16	Sun	Hike	Black Mountain Loop	Bill Carpenter, Alison Darbee	B
16	Sun	Hike	Cook Mountain (Lake George)	Pat Desbiens	C+
18	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
19	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
22	Sat	Hike	*Fire Tower* — Owls Head	Alison Darbee	B
22	Sat	Walk	Spring Bird Walk — Pack Forest, Warrensburg	Rich Speidel	C
23	Sun	Hike	Ampersand Mountain	Bill Carpenter	B
26	Wed	Walk/Hike	Mo-Rodd Midweek Adventure	Maureen Coutant, Gary Rodd	NR
29	Sat	Hike	Elizabethtown No. 4 Mountain	Jack Whitney	B+
30	Sun	Hike	Phelps Mountain	Jack Whitney	A+

New members

GF-S CHAPTER

New Members to the GF/S Chapter:

November 2009

- Roy, Sandra & Caitlin Baker, Whitehall
- Cynthia Brown Yackenchick, Greenfield, Mass.
- Gerald Burlison, Albany
- Bernie Buttles, Gansevoort
- Deborah Clynes, Glens Falls
- Tony & Mary Colatella, Saratoga Springs
- Susan D'Alessandro, Saratoga Springs
- Lani Fenimore & Doug Sperling, Hague
- Barbara & Bill Foley, Westfield, New Jersey
- Jared Green, Saratoga Springs
- Julian Hadley, Johnsonville
- Marsha Harner, Saratoga Springs
- Mark Hopper, Burnt Hills
- William, Tamela, Benjamin & Megan Learn, Clifton Park
- Jason Mass, Ballston Spa
- Mark Mayhew, Clifton Park
- Ken, Sarah, Evan & Alexander Mercier, Ballston Spa

- Susan Mills, Glens Falls
- Duane & Julia Moulton, Lake Luzerne
- Marcia, Dan, Kayla, Mariaina & Nathaniel Murphy, Middle Grove
- Tar, Andy, Drew & Sophia Pleat, Clifton Park
- Kathleen Ryan, Saratoga Springs
- Amanda & JR Schaffer, Fort Edward
- Dawn Shaw, Glens Falls
- Ryan Simko, Saratoga Springs
- Beau Stallard, Saratoga Springs
- Mark Stover, Saratoga Springs
- Caroly, David, Connor & Riley Strand, Cohoes
- Craig & Diane Vollkommer, Glens Falls
- William, Deborah, Jessica, Allison & Colin Woods, Ballston Lake

December 2009

- Julie & Matt Beecher, Granville
- Matthew Breault, Lake Luzerne
- Joe Burinia, Ballston Spa

- Kevin, Beth, Cregan & Aineen Callahan, Diamond Point
- Dave Canavan, Gansevoort
- Thomas Ford, Queensbury
- Keith, Jacqueline & Christian Harris, Porter Corners
- Mildred Hartpence, Hudson Falls
- Kenneth Hughes, Fort Ann
- Edward Johansen, Arroyo Grande, California
- Josh Keyworth, Hudson Falls
- Travis LaPraire, Queensbury
- Steve Layden, Lake George
- David MacDougall, Gansevoort
- Ryan Maloney, Saratoga Springs
- Sarah McLellan, Greenfield Center
- Christian & Laurie Moynihan, Saratoga Springs
- Michael & Jamie Rajter, South Glens Falls
- Jane Root, Saratoga Springs
- Kyle Rottger & Cecilia Contreras, Porter Corners
- Joyce St. George, South Glens Falls
- Kelly VanWagner & Kevin Brew, Ballston Spa



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.*

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 3
 Time: 9:15 a.m.
 Rating: NR
 Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
 Colead: Gary Rodd
 Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. Depending on the conditions, these trips will range from walks along the Feeder Canal or Saratoga Battlefield to snowshoe trip in Moreau State Park or XC Skiing in Crandall Park or Wilton Wildlife Preserve among other places. We'll try to have a variety of trips to get many members involved! Hope you can join us on a few trips! By Monday morning the trip for that week will be planned, so e-mail Mo for details.

MACOMB, SOUTH DIX, EAST DIX MOUNTAINS HIKE/ SNOWSHOE

Saturday, March 6
 Time: 5:30 a.m.
 Rating: A+
 Leader: Ron Lester — 899-4187 or muleskinner46er@hotmail.com
 A fairly long day of 15 or so miles, with sweet views from all three peaks. If conditions allow, we might scoot over to Hough on the return route (Bribe me! Cookies and beer have worked in the past.) Let's hope for broken out trails, if not bring ear plugs so you don't have to listen to me cry and whine! Moderate pace. Enthusiasm trumps experience, so come on along.

BLUEBERRY AND PORTER SNOWSHOE

Sunday, March 7
 Time: 5:00 a.m.
 Rating: A
 Leader: Jayne Boudier — 793-3770
 This longer approach to Porter includes its scenic ridge. Both have great views and Blueberry has a large balancing rock. We'll do 9 miles, 3,300 ft. ascent and an early start to allow for as relaxed a pace as possible. We may spot a car at the Garden for the return trip.

LEADER'S CHOICE WALK/SKI/SNOWSHOE

Sunday, March 7
 Time: TBD
 Rating: B
 Leader: Sandy Yellen — 584-2763
 I would like this to be a ski but a snowshoe will do. If the Snow God's aren't working it will be a hike. We'll try and go to where the snow is good. Call leader for details and to sign up.

MONDAY GEOCACHE HIKE/WALK

Monday, March 8
 Time: 9:15 a.m.
 Rating: NR
 Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
 Colead: Sarah King
 Join Maureen and Sarah on a geocache hunt. Be introduced to geocaching or share your expertise with others. Extra eyes are always helpful when looking for a "hidden treasure!" You don't need your own GPS, but bring it along if you have one. We'll meet at Panera in Queensbury at 9:15 a.m. and carpool from there. Call or e-mail a few days prior to find out where we'll be going and what you'll need and approximate length of trip.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 10
 Time: 9:15 a.m.
 Rating: NR
 Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
 Colead: Gary Rodd
 Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 3/3/10 trip description. E-mail or call Mo for details.

LOWER WOLF JAW FROM THE AUSABLE CLUB HIKE/ SNOWSHOE

Saturday, March 13
 Time: 8:00 a.m., Exit 29, Frontier Town
 Rating: A
 Leader: Bill Morse — 518-585-9153 or fishermanpike@yahoo.com
 We will start on the West River Trail and then take the Wedge Brook Trail to the summit. Round trip is 9.6 miles and elevational gain is 2,825 feet. Bring winter gear and plenty of food for energy.

GULL POND AND OVERLOOK HIKE/SNOWSHOE

Saturday, March 13
 Time: 9:00 a.m.
 Rating: C
 Leader: Reg Prouty — 518-747-9736
 New! We will hike or snowshoe in the short distance to Gull Pond near the East side of Schroon Lake. Then we will work our way around the East side of the pond and bushwack up a short distance to a nice overlook above the pond from which the High Peaks are visible. If some of the group elect, we may want to add either Spectacle Pond afterward or Severance Hill. Either of these would add another 2-4 miles to the outing but will be optional. Round trip for Gull Pond Overlook only is about 1.5 miles.



CASCADE AND PORTER MOUNTAINS HIKE/ SNOWSHOE

Sunday, March 14

Time: 7:00 a.m.

Rating: A

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

Join us for this introduction to the Winter High Peaks. These two mountains are the shortest of the 46 High Peaks. Great views to be had from these summits. Snowshoe them while you can. Call leader for details.

***YMG* — *FIRE TOWERS* — BELFRY & POKE-O- MOONSHINE SNOWSHOE**

Sunday, March 14

Time: 7:30 a.m.

Rating: B

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

This hike is geared toward hikers in their 20s and 30s, but is open to everyone. Belfry is a very short hike at only 0.6 miles round trip. This will be a nice warm-up for Poke-O-Moonshine, which is 2.4 miles round trip, but with some steep sections in the first half. Both of these peaks have Fire Towers!

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 17

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 3/3/10 trip description. E-mail or call Mo for details.

MERCK FOREST & FARMLAND CENTER HIKE/ SNOWSHOE

Saturday, March 20

Time: 8:00 a.m., McDonald's near Northway Exit 15

Rating: B

Leader: Ray Bouchard — 893-7314

Merck Forest & Farmland Center is located in Rupert, Vt., about 1 hour from Exit 15 in Wilton. It consists of 3,100 acres that includes 28 miles of hiking/skiing trails as well as a working farm. Initially we'll visit the farm area to see if any of the sheep and pigs have given birth yet. The Belgium work horses love apples and carrots so pack a few if you want to make a friend. After visiting the farm (elevation ~1,800') I plan on hiking up Mount Antone (elevation 2,600 ft.) followed by some of the interior trails for a total distance of 6-8 miles and a couple of thousand feet elevation change. The area is typical rural Vermont countryside so there is very little level ground but nothing terribly steep either. At this elevation there is the possibility of significant snow on the trails so pack your snowshoes just in case and don't forget your camera. A special note regarding the meeting place: Get off the Northway at exit 15 then head east on Route 50. Once you cross over the Northway you'll see McDonald's on your right. I'll meet you in the back right hand corner of the parking area.

WHITEFACE WALK/SKI/SNOWSHOE

Saturday, March 20

Time: 7:30 a.m.

Rating: B+

Leader: Steve Mackey — 793-6484 or smackey33@verizon.net

The plan is to hopefully sled (with a flexible flyer) down the road on Whiteface. There usually is a packed snowmobile trail, so we usually bare boot up, but we will bring skis/snowshoes and decide what to wear at the beginning. You can use other kinds of sleds, but the sled needs to be steerable. We have done this many times and if conditions are right, it can really be fun. (We never got going so fast that it was dangerous.) The road is around 3 1/2 miles one way.

WINTER HIGH PEAK HIKE

Sunday, March 21

Time: TBD

Rating: A+

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

Join us for the last chance to snowshoe a winter peak in this season. We will do one of the easier High Peaks, either Wright, Big Slide, Tabletop or Phelps. Call leader for details.

CAMEL'S HUMP BUSHWHACK SNOWSHOE

Sunday, March 21

Time: 6:00 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

Camel's Hump's rock dome and land bridge to Niagra are outstanding features in this beautiful area. Hike is 9 miles (4 trail-less) with 2,000 ft. ascent, at a moderate, unrushed pace. Dix Mountain Wilderness.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 24

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 3/3/10 trip description. E-mail or call Mo for details.

TUBMILL MARSH HIKE/SNOWSHOE

Saturday, March 27

Time: 8:00 a.m.

Rating: B-

Leader: Reg Prouty — 518-747-9736

This is a relatively easy 4.4-mile round trip snowshoe or hike into a lean-to off Route 74 in the northern part of the Pharaoh Mountain Wildlife Region between Schroon Lake and Ticonderoga. The pace will be relaxed and elevation change is only 147 feet.



ELEVENTH MOUNTAIN HIKE

Saturday, March 27

Time: 9:00 a.m.

Rating: B-

Leader: Rich Myette — 745-5037

We'll park at Eleventh Mountain parking area on Route 8 just west of Bakers Mills. We'll ascend the shoulder of Eleventh Mountain with some trailless steep climbing to great views of the interior of the Sacandaga River valley as it comes from the Siamese Ponds area. Then we'll experience moderate grades as we ascend farther up Eleventh Mountain to some views. We'll descend into Diamond Brook and make our way back to the Siamese Ponds trail bridge over Diamond Brook and return to the parking area. About 5 miles and 1,500 feet total ascent.

DEER LEAP — LAKE GEORGE HIKE/SNOWSHOE

Sunday, March 28

Time: 9:00 a.m.

Rating: C+

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

This is about a 3.4-mile round trip to an overlook of Lake George (part of the Tongue Mountain Range). There may or may not be enough snow to snowshoe — will take what comes. The climb is gradual and easy, the pace will be slow. An alternative number to call to sign up for the hike is 316-1244 and probably would be the best number to call on the Friday and Saturday before the hike.

BUCK MOUNTAIN HIKE

Sunday, March 28

Time: 9:00 a.m.

Rating: B

Leader: Dan Monroe — 518-747-6936 or insearchof@adelphia.net

Let's work toward getting some exercise after that long, cold winter. Join me for a hike up Buck. Let's hope for a nice day with plenty of sunshine. 6.6 miles with 2,000' elevation gain. Be prepared to stay with the group. Meet at Panera's in Queensbury.

MO-RODD MIDWEEK ADVENTURE WALK/SKI/ SNOWSHOE

Wednesday, March 31

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 3/3/10 trip description. E-mail or call Mo for details.

MIDDLE MOUNTAIN BUSHWACK

Saturday, April 3

Time: 7:00 a.m.

Rating: A-

Leader: Jayne Boudier — 793-3770

This will be an adventure hike to a mountain west of Jabe Pond in Hague. The middle looks rocky from Wardsboro Road (the original route from Bolton to Hague, and now mostly abandoned), and might have views of Jabe Pond and nearby Catamont Mountain. There is a pesky Fly Brook between the road and those possible views that need to be crossed. Approximately 7-8 miles and 1,300-1,500 ft. ascent, at a moderate but unrushed pace.

PILOT KNOB HIKE

Sunday, April 4

Time: 9:00 a.m.

Rating: B

Leader: Dan Monroe — 518-747-6936 or insearchof@adelphia.net

Last time I tried this trip we couldn't find the plane wreck. How about another try? Two miles on the trail plus about 1/2 mile by bushwhack for a total of five miles and 1,700' of elevation gain. Be prepared to stay with the group. Meet at Panera in Queensbury.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, April 7

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. These trips will range from walks along the Feeder Canal to the Saratoga Battlefield to hikes in Moreau State Park or the Lake George area, among other places. We'll try to have a variety of trips to get many members involved! Hope you can join us! By Monday morning, the trip for that week will be planned. E-mail Mo for details.

SARATOGA NATIONAL HISTORICAL PARK HIKE

Saturday, April 10

Time: 9:00 a.m.

Rating: C+

Leader: Rich Crammond — 584-2380

A moderate 7-8 mile hike through forest, field and tour road. Easy pace. We will meet at the visitor parking lot off Route 32N. Think Spring!

LEADER'S CHOICE HIKE/SNOWSHOE

Sunday, April 11

Time: time TBD, Rating: B

Leader: Sandy Yellen — 584-2763

I would like this to be a B to B+ hike or snowshoe depending on the conditions. Call leader for details and to sign up.



MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, April 14

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 4/7/10 trip description. E-mail or call Mo for details.

BIKE RIDE ON GLENS FALLS BIKE TRAIL

Saturday, April 17

Time: 8:30 a.m.

Rating: B

Leader: Steve Mackey — 793-6484 or smackey33@verizon.net

I want to do a ride around twenty miles, close by, where there is little traffic. My best idea is to ride to Lake George on the bike trail and then split into those that would like to hang out in Lake George for a little while, and those that would like to bike up Prospect Mountain. Then we can all meet at the Stewart's at the bottom of the mountain, and continue back. We will meet in the morning at the bike trail parking area, off of Country Club Road (a little down from Sprinkles Ice Cream).

FRENCH POINT MOUNTAIN HIKE

Sunday, April 18

Time: 7:00 a.m.

Rating: B+

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

Colead: Dan Monroe — 747-6936 or insearchof@adelphia.net

We will start from the Clay Meadow trailhead and then on over the shoulder of Fifth Peak to French Point Mountain. We will either retrace our steps or bushwhack west to the lake trail. Bring your camera for some wildflower photos. Call leader for details.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, April 21

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 4/7/10 trip description. E-mail or call Mo for details.

CRANE MOUNTAIN HIKE

Saturday, April 24

Time: 7:45 a.m.

Rating: B

Leader: Rich Myette — 745-5037

This is a trip for those who would like to explore some of the areas of Crane Mountain that are generally untrammelled. We won't miss the summit or pond (a very special place). We'll be with a cliff face up close as we walk along its bottom and later see some of the heights so you'll see some of the reasons Barbara McMartin called Crane "The Super Mountain." We'll be out all day. About 5 miles, with some up and down hiking. Total ascent around 1,500 feet.

TONGUE MOUNTAIN TRAIL WORK HIKE

Saturday, April 24

Time: 9:00 a.m.

Rating: B

Leader: Tom Ellis — 638-6139 or hola@hughes.net

We will start at the upper trail head after spotting a car at Clay Meadows. We will clear blowdown and open water bars to Deer Leap and continue on the trail to Clay Meadows. The leader has the necessary tools.

BLUE RIDGE BUSHWACK

Saturday, April 24

Time: 7:00 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This hike includes a Miami River wade, a plane crash site, and an Adirondack 100 Highest peak. Approximately 10 miles, 1,600 ft. ascent at a moderate, unhurried pace. Lake Pleasant.

JAY RANGE HIKE

Sunday, April 25

Time: 7:00 a.m.

Rating: B+

Leader: Dan Monroe — 747-6936 or insearchof@adelphia.net

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

We will have many spectacular views of wildflowers while climbing and traversing the open and rocky ridgeline to the summit of Jay Mountain. Round trip distance is about seven miles with about 1,800 to 1,900 ft. of elevation gain. Bring your camera for some great photo opportunities. Be prepared to stay with the group. Call leader for details.



MONDAY GEOCACHE WALK/HIKE GEOCACHE

Monday, April 26

Time: 9:15 a.m.

Rating: NR

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

Colead: Sarah King

Join Maureen and Sarah on a geocache hunt. Be introduced to geocaching or share your expertise with others. Extra eyes are always helpful when looking for a "hidden treasure!" You don't need your own GPS, but bring it along if you have one. We'll meet at Panera in Queensbury at 9:15 a.m. and carpool from there. Call or e-mail a few days prior to find out where we'll be going and what you'll need and approximate length of trip.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, April 28

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 4/7/10 trip description. E-mail or call Mo for details.

BULLHEAD MOUNTAIN HIKE

Saturday, May 1

Time: 7:00 a.m.

Rating: A

Leader: Rich Crammond — 584-2380

Colead: Jayne Boudier — 793-3770

This will be a trail and bushwhack hike to the top of Bullhead Mountain from the old farm clearing trail, then out the same way. Approximately 10 to 11 miles round trip. See you there.

SPRING BIRD WALK — PEBBLES ISLAND STATE PARK

Saturday, May 1

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

Rating: C

Leader: 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, and 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. We will record the bird species identified (48 on last year's walk). The rain date is Sunday, May 2.

YMG — NOONMARK MOUNTAIN HIKE & DINER

Sunday, May 2

Time: 7:30 a.m.

Rating: B

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

For anyone who has hiked up Noonmark Mountain before, you know how incredible the views are! And if you have never been on top of Noonmark, now is a good time to go and enjoy the 360-degree views. After we have had our fill of beautiful views for the day, we will go fill ourselves up at Noonmark Diner before the ride home. Approximately 5 miles round trip. Rain will cancel.

LEARN HOW TO USE MAP AND COMPASS HIKE

Sunday, May 2

Time: 8:30 a.m.

Rating: C+

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

Colead: Dan Monroe — 747-6936 or insearchof@adelphia.net

This outing is for you if you would like to learn to use map and compass. We will hike the local Lake George area or southern Adirondacks. Bring a base plate compass or orienteering compass. Call leader for details.

EVENING PADDLE

Tuesday, May 4

Time: 5:30 p.m.

Rating: NR

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

This is the beginning of the 2010 ADK evening paddle season! This year, I'm returning the trips to Tuesday evening (every other week). This way if the forecast is bad we can push it to later in the week. We generally stick to within 1 half-hour of the Glens Falls area. I will have the trip for the week set by Sunday evening, so e-mail or call then for information.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, May 5

Time: 9:15 a.m.

Rating: NR

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

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. In May we are generally on a hunt for wildflowers! Trips usually include the Skidmore Northwoods, Hadley Mountain, and the Lake George area. Hope you can join us! By Monday morning, the trip for that week will be planned. E-mail Mo for details. On May 5th, we'll try to stop by a Mexican Restaurant for Cinco de Mayo!



PHARAOH MOUNTAIN HIKE

Saturday, May 8

Time: 8:00 a.m.

Rating: B

Leader: Reg Prouty — 518-747-9736

This scenic mountain is located east of Schroon Lake in the Pharaoh Mountain Wilderness Region. The round trip distance from the DEC parking lot is 9.8 miles. Ascent from Crane Pond is 1,470 feet. Pace will be relaxed.

CALAMITY MOUNTAIN ADVENTURE HIKE-BUSHWACK

Saturday, May 8

Time: 5:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

We'll try the easiest approach, from Calamity Pond. Spencer Morrissey writes in his book, "The Other 54," that there are spectacular views from overlooks. Approximately 10 miles, including about 3 miles of bushwacking up the mountain, and 2,000 ft. ascent, at a moderate, unrushed pace. From Upper Works.

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK

Saturday, May 8

Time: TBD, Camp Saratoga, Scout Road

Rating: C

Leader: Rich Speidel — 623-2587

May is the best month to hear and see migratory birds in our area. This will be a leisurely morning 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. We will keep track of the bird species identified. Group size is limited to 15, so please call ahead to register for either the May 8 or May 15 walk. The rain dates are Sunday, May 9 and May 16.

HADLEY MOUNTAIN HIKE

Sunday, May 9

Time: 8:00 a.m.

Rating: B

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

Wildflower Hike! This will be a co-chapter hike with the Schenectady chapter. Come meet the legendary Naturalist Ruth Schottman author of "Trailside Notes." Schottman has also written articles for *Adirondack* magazine. The pace will be slow, allowing time for wildflower explanations, note and picture-taking.

MONDAY GEOCACHE WALK/HIKE

Monday, May 10

Time: 9:15 a.m.

Rating: NR

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

Colead: Sarah King

Join Maureen and Sarah on a geocache hunt. Be introduced to geocaching or share your expertise with others. Extra eyes are always helpful when looking for a "hidden treasure!" You don't need your own GPS, but bring it along if you have one. We'll meet at Panera in Queensbury at 9:15 a.m. and carpool from there. Call or e-mail a few days prior to find out where we'll be going and what you'll need and approximate length of trip.

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, May 12

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 5/5/10 trip description. E-mail or call Mo for details.

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK WALK

Saturday, May 15

Time: TBD, Camp Saratoga, Scout Road

Rating: C

Leader: Rich Speidel — 623-2587

May is the best month to hear and see migratory birds in our area. This will be a leisurely morning 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. We will keep track of the bird species identified. Group size is limited to 15, so please call ahead to register for either the May 8 or May 15 walk. The rain dates are Sunday, May 9 and May 16.

BLACK MOUNTAIN LOOP HIKE

Sunday, May 16

Time: 7:30 a.m.

Rating: B

Leader: Bill Carpenter — 793-5506

Colead: Alison Darbee — darbear@gmail.com

Great views to be had from this summit and on the back side toward the lake. We will do a loop to Black Mountain Ponds and to Lapland pond. Bring your camera for great views. Call leader for details.



COOK MOUNTAIN (LAKE GEORGE) HIKE

Sunday, May 16

Time: 9:00 a.m.

Rating: C+

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

This is the northernmost climb in the Lake George Basin region. Round trip distance is 3.4 miles with 895 ft. of elevation gain. There are fantastic views of Lake George to the south and east. The pace will be slow to enjoy this very historic French & Indian War area. Bring lunch to enjoy on the summit. Rain will cancel. Alternate phone number to call if no response from above is 316-1244.

EVENING PADDLE

Tuesday, May 18

Time: 5:30 p.m.

Rating: NR

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

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

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, May 19

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 5/5/10 trip description. E-mail or call Mo for details.

FIRE TOWER — OWLS HEAD HIKE

Saturday, May 22

Time: 7:00 a.m.

Rating: B

Leader: Alison Darbee — 000-0000 or darbear@gmail.com

Working on your Fire Tower Challenge? Come join this “moderate climb, with a steep section at the end” (according to J.P. Freeman’s book!). This hike is up near Long Lake, let’s hope for a clear day!

Please e-mail leader by the Thursday before the hike for details and to sign up.

SPRING BIRD WALK — PACK FOREST, WARRENSBURG

Saturday, May 22

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

Rating: C

Leader: Rich Speidel — 623-2587

This will be a leisurely morning 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 check for birds around the towering Grandmother’s Tree, a 175-foot white pine some 320 years old. Please bring binoculars. We identified 42 species of birds on the 2009 walk ...t his year? The rain date is Sunday, May 23.

AMPERSAND MOUNTAIN HIKE

Sunday, May 23

Time: 7:00 a.m.

Rating: B

Leader: Bill Carpenter — 793-5506

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

MO-RODD MIDWEEK ADVENTURE WALK/HIKE

Wednesday, May 26

Time: 9:15 a.m.

Rating: NR

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

Colead: Gary Rodd

Join Mo Coutant or Gary Rodd each Wednesday morning for an adventure. See 5/5/10 trip description. E-mail or call Mo for details.

ELIZABETHTOWN NO. 4 MOUNTAIN HIKE

Saturday, May 29

Time: 7:15 a.m.

Rating: B+

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

Learn how to use a compass and map on this outing. Bring a base plate or orienteering compass. Learn aiming off, handrails and catching features. Instruction and maps provided. Around six to seven miles round trip. Call leader for details.

PHELPS MOUNTAIN HIKE

Sunday, May 30

Time: 6:20 a.m.

Rating: A+

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

This is a new way to hike Phelps. We will start from South Meadows Road, hike up to the Klondike Lean-to and join the path to Phelps. 8.5 miles round trip. Call leader for further details.

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**Mo-Rodd Midweek Adventure, December 2, 2009,
Maureen Coutant and Gary Rodd, 13 participants**

- This week we did the Hudson Falls section of the Feeder Canal trail. We had great weather and walked approximately 3.5 to 4 miles and we were educated about the locks along the way by Gary. We still don't know how much of the explanation was true and how much just sounded good. You never know ... Participants: Maureen Coutant, Margaret Curtis, Ely Fuller, Mike George, Albina Ientile, Ginger and Joe Kettleborn, Sarah King, Licia Mackey, Gwenne Rippon, Gary and Shar Rodd, Sandi Sullivan.

**Shelving Rock Mountain, December 5, 2009, Sandy Yellen,
7 participants**

- It wasn't a snowshoe since it was dry and there was no snow but it was exciting. Before we even started out we spotted a big owl perched on an old shed. Then at the top we were treated to some ginger candy. Wow! The waterfall was beautiful and roaring with the snow starting to fall. Then came the side trip down to the lake. An enjoyable day in the woods. Participants: Jane and Jim Steine, Ginnie Carluccio, Jeff Stewart, John Devine, Wayne MacFarran, Sandy Yellen.

**Five Mile Mountain Loop, December 6, 2009, Jack Whitney,
20 participants**

- Cloudy skies cleared as the morning hike turned into afternoon. Great views of Lake George and Northwest Bay. Thanks to Joanna for the great chocolate chip cookies. A great hike in the Tongue Mountain range. Participants: Ann Hunt, Joanna and Dan Monroe, Rich Myette, Sandy Yellen, John Synakowski, Bruce Cushing, Bill Carpenter, Shirly LaPlante, Paul Kippel, Margie Litwin, Joanne Walczak, Kathy Ryan, Charlotte Smith, John Susko, Ray Bouchard, Bob and Nancy Buckley, Eberhardt Burkowski, Jack Whitney.

**Moreau Lake State Park, December 13, 2009, Jack Whitney,
10 participants**

- It was snowing lightly as we started up from the Western Ridge trail. We hiked up and over to Lake Ann. The snow was coming faster as we traversed the western Ridge trail. Participants: Dan Monroe, Margie Litwin, Helene Nevadez, Bill Carpenter, Steve Mackey, Licia Mackey, Erica Halbrook, Deb Eichelberger, Sandy Yellen, Jack Whitney.

**Mo-Rodd Midweek Adventure, December 16, 2009,
Maureen Coutant and Gary Rodd, 7 participants**

- This week some hiked and some snowshoed along the loop trail on the Van Dusen Preserve in Queensbury. We even explored the side trip up to the overlook and Sarah placed her first geocache ... now we'll have to return to check on it! Participants: Rene Clarke, Maureen Coutant, Mike George, Sarah King, Licia Mackey, Gary Rodd, Sandi Sullivan

**YMG — Fire Tower & Grub — Blue Mountain,
December 19, 2009, Jonathan Lane, 5 participants**

- This was a great day, with good views and great company. On the return we stopped at the Indian Lake Restaurant for some grub, which we all enjoyed — except they put the peanut butter on the

wrong burger! We now know that peanut butter and chili isn't the best of combinations. And congrats to everyone who got to use their snowshoes for the first time on this trip! Participants: Lisa D'Aniello, Kevin Gille, Jonathan Lane, Reg Prouty, Ryan Simko.

**Severance Hill, December 20, 2009, Sandy Yellen,
4 participants**

- Since we had no beginners we climbed up Pilot Knob Mountain instead. It's much harder and has many great views of Lake George. We found a dry rock with a nice view at the top to enjoy our lunch. It was a great chance for some to try out our new microspikes and a good workout! Participants: Jack Whitney, Erica Halbrook, Spud Perkins, Sandy Yellen.

**Seward Range Hike, December 21, Dan Monroe,
4 participants**

- It was a cold morning. We met at Panera for a long drive to Coreys parking area. We signed in at about 7:30 a.m. for a long walk to Calkins Brook to the start of the herd path. About an hour before we reached the junction of Seward and Donaldson, it turned to serious wintertime. There were 16 to 17 hikers ahead of us breaking trail to the junction. A few tried Seward. We opted to summit Donaldson and then we turned around and headed back. Conditions did not warrant chancing anything else. We had a good day even though it was a little disappointing that we didn't get all three peaks. Participants: Jim Stine, Dan Recinella, Eberhard Burkowski, Dan Monroe.

**Mo-Rodd Midweek Adventure, December 23, 2009,
Maureen Coutant and Gary Rodd, 12 participants**

- Twelve hearty souls ventured forth to enjoy the beautiful rolling terrain at the Wilton Wildlife Preserve. We followed the blue trail as well as a side trip to the Updahl Farm. Little wind with periods of snow and sun caused some hikers to sing Christmas carols. They are definitely American Idol contenders! Participants: Tracey Canfield, Liz and Sally Gee, Mike George, Melody, Rachael and Randy Howarth, Ginger and Joe Kelterborn, Gwenne Rippon, Gary Rodd, Sandi Sullivan.

**Buck Mountain, January 1, Reg Prouty and Jack Whitney,
17 participants**

- A large group of 17 eager New Year's revellers rang in the new year to the playing and singing of Auld Lang Syne on the summit of Buck Mountain New Year's Day. The group separated into the hares and torti and rejoined on the summit for lunch and the ringing in of the New Year with bells, singing, and the sound of the trumpet. A good time was had by all and all agreed that there was no better way to start off the new year than a great day of snowshoeing and renewing old acquaintances. Participants: Reg Prouty, Jack Whitney, Bob Aspholm, Bruce Cushing, John Sgnakowski, Andy Janz, Bernie Buttles, Helena Nanerez, Charles Grabitzky, Ray Boucher, Rich Myette, Tricia Lockwood, Jackie Keren, Erica Halbrook, Sandy Yellen, Debbie Eichenberger, Liz Gee.



**Winter High Peak —
Leader's choice, January
10, Jack Whitney, 11
participants**

- It was around +10 degrees and overcast skies when we started from the parking area at the Ausable Club. A quick walk down the road and taking a right, we were soon at the Wedgebrook trail. There were some views of the surrounding peaks and the slides on Giant Mountain on our journey up the mountain. Arriving at the summit of Lower Wolfjaws we took a short break and took some pictures. A great winter day in the High Peaks. Participants: Erica Halbrook, John Synakowski, Jean Holcomb, Jim Stine, Dan Recinelle, Richard Staley, Trica Lockwood, Madiline Kowlik Bowa, Eberhardt Burkowski, Heidi teRiele Kaikoski, Jack Whitney.



Mo-Rodd Midweek Adventure, January 6, Maureen Coutant and Gary Rodd, 9 participants

- Eight snowshoe enthusiasts met Gary at Moreau State Park on a day that offered peaks of sunshine, temps in the mid-20's, and no wind. We chose the Red Oak Ridge trail, then veered off to cross the lake and ended back at the parking lot in just two hours. Participants: Ginnie and Joe Kelterborn, Sarah King, Licia Mackey, Gary Rodd, George and Irene Sammons, Sandi Sullivan, Neal Van Dorsten.

YMG — Fire Tower & Grub — Hadley Mountain, January 9, Jonathan Lane, 7 participants

- This was a great day, with good views and great company. On the return we stopped at the Longhorn for some grub, which we all enjoyed. Participants: Shelly Burke, Chandra Geremick, Daisy Kavanagh, Joe Kavanagh, Jonathan Lane, Lindsey Morehouse, Ryan Simko.

Winter High Peak — Leader's choice, January 10, Jack Whitney, 11 participants

- See review with photo above.

Monthly Geocache Trip, January 11, Maureen Coutant and Sarah King, 4 participants

- Sarah and I introduced Liz to geocaching. We hiked along the Western Ridge trail until we found the hidden geocache. On the way down, Licia found a perfect spot to hide a new cache and Sarah had one all set and ready to hide. Sarah is going to name that one after her. So if you go to geocaching.com, you'll know the history of the "Licia's cache" in Moreau State Park. Then we moved on to check out a nearby county forest ... found the cache, but not much parking. Participants: Maureen Coutant, Liz Gee, Sarah King, Licia Mackey.

Mo-Rodd Midweek Adventure, January 13, Maureen Coutant and Gary Rodd, 6 participants

- This week it really wasn't great for snowshoeing or XC skiing, but we decided if it was going to be skiable anywhere nearby, it would be at the groomed trails at the Wilton Wildlife Preserve. We were right. Gary had an equipment/wardrobe malfunction and snowshoed while the rest of us skied. He got a great workout trying to keep up! Participants: Maureen Coutant, Mike George, Emilie Gould, Licia Mackey, Jim Ralston, Gary Rodd.



Trip reviews

Snowshoe Moreau State Park, January 16, Bill Schwarz, 11 participants

- New hike/snowshoe trails have been added at Moreau State Park in the past year and we decided to sample some of them. We had a bit of a thaw, but usually enough snow cover, and made it to the overlook above the lake, instead of the river. Thanks to Bob for his insider's info on the park. We didn't walk on water (the frozen lake) this year because it was pretty slushy. Participants: Pascal Garzynski, Alan and Liz Gee, Julie Girard, Bob Goodwin, Susan Keely, Lynn Mayack, Bill Schwarz, Ryan Simko, David Sowizdrzal, Devan Tracy.

Beginner Snowshoe Hike — Lost Pond (Putnam Pond Area), January 17, Pat Desbiens, 4 participants

- The group was small but enthusiastic on this peaceful walk into a beautiful little pond. By the time we reached the pond, the sky was a beautiful blue and the sun shone brightly. The ice on the pond was solid, affording us the opportunity to walk the length of the pond, rather than scrambling over the rocky trail with our snowshoes. Sitting on the rocks, we were able to eat lunch in the warmth of the sun and then it was back to our cars. A perfect way to spend a Sunday morning. Participants: Diane Hurtt, Paul Dean, Walter (Spud) Perkins, Pat Desbiens.

Mo-Rodd Midweek Adventure, January 20, Maureen Coutant and Gary Rodd, 11 participants

- We were surprised by a big group to join us for a walk along the Hudson River in South Glens Falls. The snow was mushy or hard packed, so we decided a walk would be best this week. We came prepared with cameras, but the albino squirrel blended into the snow on the trees! If anyone gets a picture, let us know! Participants: Maureen Coutant, Margaret Curtis, Ginny and Joe Kelterborn, Penny and Ray LoPresti, Licia Mackey, Becky Meath, Bob Powell, Gary Rodd, George Sammons.

Lapland Lakes Ski, January 23, Sandy Yellen, 8 participants

- I decided to take the trip to the Cascade ski area since it was a beautiful day and the conditions were excellent in the High Peaks area. After a brief lesson for the novices we started out on the easy trails then onto the big hills! It was so warm and sunny we had lunch outside on the deck with an awesome view of Cascade Mountain. Everybody did a great job — even the beginners. Participants: Mark Rye, Jim Dickson, Reg Prouty, Susan Keely, Lynn and Jennifer Mayack, Larry Hoenig, Sandy Yellen.

Stillwater Locks Eagle Watch Snowshoe, January 23, Rich Crammond, 8 participants

- This was by far a great day to be hiking with bright sunshine and blue skies. We didn't see any eagles but we sure did have a good time exploring. We saw one red tailed hawk and lots of bitter-sweet vines along the way. It was a cold start, but not bad for January. Thanks for some rugged ADK'ers for hiking along on this clear and cold day in the great outdoors. Participants: Joan Ferguson, Kathy Ryan, Joanne Walczni, Paul Dean, Julie Girard, Marsha Nade, Liz Gee, Rich Crammond.

Pyramid and Gothics, January 24, Steve Mackey

- I only had one person call, and then they had something come up, so we didn't go. Licia and I skied into Marcy Dam instead. It was good skiing and a nice day so I don't know what happened. I will probably try again next winter, as it is an awesome hike. I would rate it as one of my top three winter favorites.



Mo-Rodd Midweek Adventure, January 27, Maureen Coutant and Gary Rodd, 15 participants

- Was it the promise of a coffee break at Uncommon Grounds? The fact that the skiing or snowshoeing wasn't going to be great anywhere? The chance to check out Saratoga architecture or Skidmore? Or the forecast of much colder weather the next day? Whatever it was, it brought out 15 people for a stroll through Saratoga. Participants: Fran Balch, Maureen Coutant, Margaret Curtis, Ely Fuller, Mike George, Emilie Gould, Ginger and Joe Kelterborn, Sarah King, Penny and Ray LoPresti, Licia Mackey, Gary Rodd, George Sammons, Sandi Sullivan.

Pilot Knob Bushwhack, January 30, Rich Myette, 4 participants

- A hearty foursome set out at 9° below zero and first visited Inman Pond. The sun came out to warm our world a little. We had great views on top of Pilot Knob. Two of our number had not been on Pilot Knob, two had not bushwhacked and one was on his first ADK outing so a good adventure was had by all. Participants: David Columb, Matt Seray, Scott Cooper, Rich Myette.



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 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
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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.

