



Chepontuc Footnotes

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

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

Sign up to receive e-mail from our chapter

The ADK Glens Falls-Saratoga Chapter will periodically send e-mail to announce items of general interest to our membership, reminders about Chapter programs, or corrections or changes to items from the *Chepontuc Newsletter*. The number of e-mails will be kept to a minimum.



We currently have 450 members that have signed up!

To sign up to receive our e-mail, go to our chapter's web site (www.adk-gfs.org) and click on the E-mail icon, which will display a signup web page, asking for your name, membership number, e-mail address and zip code.

When signing up, you also have a choice to "Opt Out" of postal mail delivery of the *Chepontuc Newsletter* or continue with postal delivery. Your choosing to "Opt Out" helps the environment and reduces our printing costs.

Each e-mail that you receive will include a link to remove yourself from the list or change your e-mail address.

Any questions, please contact: George Sammons (webmaster@adk-gfs.org).

Looking back and looking forward ...

By Joseph Murphy, Chapter Member

In May of 2009, the 46 High Peaks were a challenge — exercise — an accomplishment — a fairly cheap activity during the recession. Fast forward to August 2010, 41 High Peaks into the journey, I realized hiking became a lifestyle for me. At this time I began having deep conversations about life, journeys, and experiences with a friend who just returned from touring Asia for seven months. I was also reading "Zen and The Art of Motorcycle Maintenance" (Zen for short). Early one August morning, two hiking friends and I began our trek out of the Garden toward Johns Brook Lodge, and subsequently Haystack, Basin, and Saddleback mountains. I sped up ahead of my friends for some quiet alone time. At one point, I stopped and turned back to find the sun's light passing through the trees. I listened ... there was nothing ... no cars, no planes, no voices ... this was nature, the great outdoors.

All of a sudden so many ideas and questions were popping into my head. What was I doing here? What was the point of hiking? What was I hoping to accomplish? For two miles I hiked along with questions and thoughts filling my head. For every answer I came up with two more questions or ideas formed. Once we made it to the lodge I took out a notepad and began jotting down all of these thoughts, "journey ... tasks ... ends ... sun ... peaks ... comfort." Nearing the end of the 46er challenge, I was finally growing and surpassing the ego hike

(read Zen to understand more, heck, read it anyway because it is a GREAT book).

The combination of these deep conversations, Zen, visiting the White & Green Mountains for the first time, and starting to focus on life in the present moment helped me move beyond the "task" of accomplishing the 46, and start narrowing in on the experience that is the 46. My life now exists on a plane or a line. As we all remember from elementary math, a line extends in both directions without end. On this line are several points that mark moments in my life. Between two of these points is the 46. The 46 is only a segment of the journey that is the Adirondacks, hiking, and my life. It has neither a fixed beginning nor end. It is not just a task or accomplishment to be had. For everyone it will be different.

For me, it opened my life to new possibilities, challenges, and friends. Hiking is more than a recreational sport; it is the opportunity to get away from it all; primarily technology — computers, phones, televisions, things that have, in a way, dumbed down and caused society to become lazier. Reflect upon this thought. Why is it that a 12-hour, 17-mile day hike seems to pass by quicker with a lot of walking, sightseeing, snack breaks, and conversation when an eight-hour day in the office tends to drag on forever? A final motivation for me, above my desk is a clipping of an EMS advertisement. In it, hikers are wearing their EMS raincoats while being drenched, and the quote reads, "Rain is just nature giving you a good story to tell."

Leave your mark on the park

BY HEIDI teRIELE KARKOSKI

In the heart of the Adirondacks, in Blue Mountain Lake, New York, is the Adirondack Museum. It was established over 50 years ago to protect remnants of the region's history and tell the stories of the people who shaped it. I try to visit every year; the exhibits are extensive and there's always something new to discover. The fire tower that once stood on Whiteface Mountain, a 1907 schoolhouse, and a 20th-century hand hewn hunting camp are a few of the structures displayed on the grounds. The museum uses an incredible array of objects that convey the colorful stories of the Adirondack wilderness, but it is the connection with people that draws me in the most.

I try to image what it would have been like to walk in forests unknown to but a few, work in a lumber camp and experience a log drive, or climb a mountain in a long dress! The voice recordings of hermit Noah John Rondeau give a glimpse into his life of solitude — a precious slice of a bye-gone time, weary lumberjacks smile for the camera, well-heeled ladies stand proudly in their plumed



CHAPTER CHAIR Report

*Stay informed about
current issues affecting
the Adirondack Park.*

hats. Adirondackers of today are represented here too; the story is still being written.

Members of the Adirondack Mountain Club help shape today's Adirondacks. Our actions today can change (or not change) the fabric of the Park and write the next chapter in its history. What an important and worthy task to take on! Stay informed about current issues by checking the club's website often, subscribe

to ADK Today — an online connection to the latest news, or curl up with *Adirondack* magazine. Speak out and take an active role in the issues you feel strongly about, volunteer to maintain trails, or tell a friend about ADK. Find your own way to leave your mark on the Park.

Thank you all for supporting ADK and the Glens Falls-Saratoga chapter. I am pleased to have served you as chapter chair for the past two years and look forward to helping the Club in new ways. I take away a greater appreciation for the accomplishments of ADK and the challenges ahead. The greatest appreciation though is for the members — it is the connection with people that makes it all worthwhile. Cheers!

Chepontuc Footnotes

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By Linda Rinado

As fall progresses, the Education Committee continues to seek out applicants for its 2011 summer youth scholarships. Twelve to 14-year-olds can take advantage of programs at either DEC's Camp Colby, outside Saranac Lake, or Pack Forest, just above Warrensburg. Through a combination of hands-on experiences and fun outdoor activities, these campers learn about field, forest, water, basic ecology and human solutions, and the natural environment. An optional NYS Hunter Safety Program is available to first time campers in this age range. Teamwork and group dynamics are key elements utilized by 15 to 17-year-old campers at Pack Forest as they explore the fields of forestry, aquatic biology, wildlife management, field ecology and other environmental issues. Here, an optional shooting sports program is available to these first timers. This past summer's attendees, Blah Hsae and Hsemde Eh, said they had fun fishing, canoeing

and playing various games. Fourteen to 17-year-olds who like a bit more of a challenge and aren't afraid to get dirty, camp out and prefer more physical activity, are more likely to enjoy ADK's five day Teen Trail program. With this program they get on-site trail maintenance training and learn the value of teamwork. Skills developed may include how to install water bars, harvest tress, and/or move boulders. Specific sites for the 2011 season will be determined at a later date. If interested in any of these, go to our website, click on Education Corner and download the application to the camp of interest. Completed applications should then be sent directly to me, as indicated on the form.

On another note, committee member Bob Buckley will be helping out at the Boy Scout Camporee at Saratoga State Park on October 2nd and offering his expertise to those scouts working on their Hiking and Backpacking Merit Badges. As usual, our committee is available on an outreach basis to schools and organizations to give presentations, and lead workshops or discussions, whether it's an introduction to hiking, a tie-in to a class activity, or the sharing of outdoor experiences.

Remember your input and involvement is always welcome as we continue to try to keep our youth connected to and appreciative of the natural beauty about them.



ADK Rendezvous

John Schneider, our chapter Treasurer, presents our chapter's \$1,000.00 donation to Wes Lampman, ADK's Director of Field Programs, at the ADK Rendezvous on October 2, 2010. The gathering brought together volunteers of lean-to adopters and trail stewards for a day of presentations, lectures and workshops relating to lean-to and trail stewardship.

New members

GF-S CHAPTER

New Members to the GF/S Chapter:
July 2010

- Christopher & Cathi Castrio, Argyle
- Patrick Daily, Hoosick Falls
- Katrina Durnberg, Ballston Spa
- Robert Hanley, Saratoga Springs
- Gene Ireland, Lake Luzerne
- Norman W. James, Ballston Lake
- Kelly Kenyon-Ramirez & Raymond Ramirez, Schuylerville
- Madeline Kowalik-Bova, Greenfield Center
- Gino, Jessica, Leah & Joseph Radovic, Gansevoort
- Rachel Redden, Queensbury
- Mark Reynolds, Lake George
- Jim Romeo, Clifton Park
- Carol & Gabriel Schupp-Star, Saratoga Springs
- Douglas & Kelly Sullivan, Ballston Spa
- Brian White, Saratoga Springs
- Steve Wolcik & Stacey Ellis, Queensbury
- David Woodlock, Monroe, New York

Rejoined Members

- Carol, Robert, James & Meaghan Haugaard, Saratoga Springs
- Heidi Merrithew, Queensbury
- Jayne Miller, Ann Arbor, Michigan
- Kevin, Luke, Elizabeth, Mike Pumiglia & Kathryn Leopold, Saratoga Springs
- Stephen Graceffo, Teresa & Rachel Redden, Queensbury



2011 Chapter Winter Weekend at Heart Lake

The Chapter will hold its 2011 Winter Weekend at the Wiezel 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 Wiezel 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!

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

ADK Testifies at EPA Hearing on Hydrofracking — ADK's Executive Director Neil Woodworth testified at an Environmental Protection Agency hearing on September 13th about gas drilling in New York's Marcellus Shale using the process called hydrofracking. He expressed concern about the environmental impacts from potential groundwater contamination, as well as the need to disclose the chemicals used in fracking and to monitor the disposal of spent fracking chemicals. The possible negative effects of massive water withdrawals from New York's rivers and streams were also part of his testimony. Check ADK's website for the text of ADK's comments, and to learn more about gas drilling in New York's Marcellus Shale.

Chapter Supports Fire Towers — As an extension of our chapter's Fire Tower Challenge, we support several groups that work to preserve and maintain fire towers, and to maintain trails that hikers use to access the towers. Several of the groups also have summit steward programs. These summit stewards, or guides, greet visitors to the summits, educate them on the history of the towers and interpret the natural history of the mountain. We thank the following organizations for the work they do, and for making our experience on these summits more meaningful: Hadley Mountain Fire Tower, Vanderwhacker Fire Tower, Friends of Spruce Mountain Fire Tower and Friends of Poke-O-Moonshine Fire Tower.



Fall's Bounty

By Jill Gruben

It was a gorgeous fall day, crisp and cool. The leaves red, yellow and gold circled down to the Earth. Crunch, crunch and swish sang our boots along the trail. Black Mountain stood stolid in the distance. Snap went the camera for a happy picture about a mile into the hike.

Later, at the point sitting by a calm Lake George, we dug into our packs for pb&j sandwiches, apples and carrots. The view of the lake was stunning. Where was the camera? Each thought the other had it on hand. It must have fallen out of the mesh side

pocket of the pack. On the return trek, the four people we greeted had not seen a camera. But how could they with the layer of leaves canvassing the ground? Disappointment set in and yet the mind was eased by the beauty of the day. The stillness of the ponds and the hush of a breeze floated our worry away. Oh well, we mused, a new camera will get purchased.

At the trailhead register to sign out, satisfied by our physical efforts, we smiled wide. There sat our camera on the register shelf. Besides the splendor of nature, we were reminded of another reason to love hiking — the honesty of the people who hike.

We want to hear from you!

At the September Executive Committee meeting we discussed the need for membership feedback. It is important to make sure we are properly representing you, our membership. Let us know what you think! Whether it is in the form of outings you would like to see scheduled, ideas for programs, a response to something you've read, changes to the newsletter or the website, or your perspective on the causes that ADK supports. It is also our goal to keep our members informed. In upcoming newsletters, look for the minutes of the Executive Committee meetings. We also plan to include the chapter's budget. Please send your comments and suggestions to newsletter@adk-gfs.org.

Leave No Trace

ADK supports the seven principles of the Leave No Trace program:

1. PLAN AHEAD AND PREPARE

Know the regulations and special considerations for the area you'll visit.

Prepare for extreme weather, hazards, and emergencies.

Travel in groups of less than ten people to minimize impacts.

2. TRAVEL AND CAMP ON DURABLE SURFACES

Hike in the middle of the trail; stay off of vegetation.

Camp in designated sites where possible.

In other areas, don't camp within 150 feet of water or a trail.

3. DISPOSE OF WASTE PROPERLY

Pack out all trash (including toilet paper), leftover food, and litter.

Use existing privies, or dig a cat hole five to six inches deep, then cover the hole.

Wash yourself and dishes at least 150 feet from water.

4. LEAVE WHAT YOU FIND

Leave rocks, plants, and other natural objects as you find them.

Let photos, drawings, or journals help capture your memories.

Do not build structures or furniture or dig trenches.

5. MINIMIZE CAMPFIRE IMPACTS

Use a portable stove to avoid the lasting impact of a campfire.

Where fires are permitted, use existing fire rings and only collect downed wood.

Burn all fires to ash, put out campfires completely, then hide traces of fire.

6. RESPECT WILDLIFE

Observe wildlife from a distance.

Avoid wildlife during mating, nesting, and other sensitive times.

Control pets at all times, and clean up after them.

7. BE CONSIDERATE OF OTHER VISITORS

Respect other visitors and protect the quality of their experience.

Let natural sounds prevail; avoid loud sounds and voices.

Be courteous and yield to other users on the trail.



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: November 10. **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: November 3, December 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

November		Outing Type	Destination	Leader/Contact	Rating
2	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
3	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
6	Sat	Hike	*YMG* — Treadway Mountain	Alison Darbee	B
7	Sun	Hike	Tremper Mountain *Fire Tower* Catskills	Lorraine MacKenzie	B-
9	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
10	Wed	Program	Adirondacks: In Celebration of the Seasons — Mark Bowie	Terry Peek	NR
13	Sat	Hike	*YMG* — Noonmark Mountain & Diner	Jonathan Lane	B+
14	Sun	Hike	Sawteeth	Jean Holcomb	A+
15	Mon	Geocache	Monthly Geocache	Maureen Coutant, Sarah King	NR
16	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
20	Sat	Hike	Barton High Cliffs Loop	Jayne Boudier	B+
21	Sun	Hike/Snowshoe	Crane Mountain	Ray Bouchard	B
23	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
25	Thu	Hike	Turkey Trot # 12	Rich Crammond	C+
27	Sat	Hike/Snowshoe	Hadley Mountain at Sunset	Jean Holcomb	C+
30	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
December					
1	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
4	Sat	Hike/Snowshoe	Bear Pond Loop	Neal Van Dorsten	C+
5	Sun	Hike/Snowshoe	Tongue Mountain Range, 5 Mile Pt	Jean Holcomb	A-
7	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
11	Sat	Hike/Snowshoe	Wilton Wildlife Park	Rich Crammond	C+
12	Sun	Hike/Snowshoe	*YMG* — *Fire Tower* — Spruce Mountain	Jonathan Lane	C+
13	Mon	Geocache	Monthly Geocache	Maureen Coutant, Sarah King	NR
14	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
18	Sat	Hike/Snowshoe	Black Mountain — *Fire Tower*	Alison Darbee, Ryan Simko	B
18	Sat	Hike/Snowshoe	Peebles Island State Park	Reg Prouty	C
18	Sat	Hike	Calamity Mountain	Jayne Boudier, Jean Holcomb	A+
21	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
26	Sun	Ski	Santanoni Great Camp	Ray Bouchard	B
28	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
January					
1	Sat	Hike/Snowshoe	Buck Mountain from Pilot Knob(East side of Lake George)	Reg Prouty, Bob Aspholm	B
4	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
8	Sat	Hike/Snowshoe	Middle Mountain Bushwack	Jayne Boudier	A-
10	Mon	Geocache	Monthly Geocache	Maureen Coutant, Sarah King	NR
11	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
15	Sat	Hike/Snowshoe	*YMG* — *Fire Tower* & Grub — Owls Head Mountain	Jonathan Lane	B
18	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
22	Sat	Hike/Snowshoe	High Peak — Big Slide	Alison Darbee, Ryan Simko	A+
22	Sat	Hike/Snowshoe	Stillwater Locks Eagle Watch	Rich Crammond	C
25	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR



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.*

MIDWEEK JAUNT WALK/HIKE

Tuesday, November 2

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojom@roadrunner.com
Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com

YMG — TREADWAY MOUNTAIN HIKE

Saturday, November 6

Time: 7:00 a.m.

Rating: B+

Leader: Alison Darbee — darbear@gmail.com

This will be another fast-paced hike for those who like to move! We'll hit the trail at the Putnam Pond State Campgrounds and also take a side trail around Clear Pond on the way out, we'll plan on stopping for lunch at a lean-to near the pond as well. Approximate round trip mileage 8.5 or so. Please e-mail leader by the Thursday before the hike for full details and to sign up!

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The Opt-out feature is live! If you want to receive *Chepontuc Footnotes* via e-mail rather than postal mail visit our website at www.ADK-GFS.org.

TREMPER MOUNTAIN — *FIRE TOWER* — CATSKILLS HIKE

Sunday, November 7

Time: 9:00 a.m.

Rating: B-

Leader: Lorraine MacKenzie — 791-9794 or otczone@aol.com
Tremper is one of the five Catskill fire towers included in the challenge. It's six miles round trip on an old jeep trail with just under 2,000 feet elevation gain. Some foilage may still be on the trees and temperatures might still be warm. Hunting season starts November 20 — no real need for orange! Meeting place to be determined by participant locations. Rain cancels.

MIDWEEK JAUNT WALK/HIKE

Tuesday, November 9

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojom@roadrunner.com
Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com

YMG — NOONMARK MOUNTAIN & DINER HIKE

Saturday, November 13

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 haven't been on top of Noonmark, come enjoy the 360-degree views. We will head up Round Mountain first, then make our way to Noonmark. After we have had our fill of beautiful views for the day, we'll go fill ourselves up at Noonmark Diner before the ride home. Approximately 7 miles round trip; moderate pace. Rain will cancel.

SAWTEETH HIKE

Sunday, November 14

Time: 6:00 a.m.

Rating: A+

Leader: Jean Holcomb — 583-0658 or jholcomb5@nycap.rr.com
I would like to do my Sawteeth round trip going up the scenic trail and down the Sawteeth/Gothics main trail. About 13 miles with 7 miles of dirt road walking but well worth the trek as this hike has a little of everything scenery-wise. About 8 to 9 hours so bring headlamps for the road coming out and winter gear depending on what we encounter (ice for sure). About 2,500 feet elevation gain. I would call this an average mid-level High Peak.



MONTHLY GEOCACHE

Monday, November 15

Time: TBD

Rating: NR

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

Colead: Sarah King

Sarah and I will pick a location to find some hidden geocaches using hand-held GPSs. If you don't have one, no worries ... come anyway. Once we get close, we always just need helpers to look. The fun part is just getting out on the trails. We'll probably be in the Moreau State Park or somewhere within an hour of Glens Falls.

MIDWEEK JAUNT WALK/HIKE

Tuesday, November 16

Time: TBD

Rating: NR

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

Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com

BARTON HIGH CLIFFS LOOP HIKE

Saturday, November 20

Time: 8:00 a.m.

Rating: B+

Leader: Jayne Boudier — 793-3770

These spectacular "little known cliffs that range for 1/4 mile along an unnamed mountain" were called Barton High Cliffs by Barbara McMartin. They live in Hague, northeast of Brant Lake. We'll do a loop that gives us views as we cross the top, and then a look up the cliffs as we pass below them on our way back. Less than 5 miles of (comparatively) easy bushwacking, 800 ft. of ascent, at a moderate, unhurried pace.

CRANE MOUNTAIN HIKE/SNOWSHOE

Sunday, November 21

Time: 8:45 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

Crane Mountain is located near Garnet Lake and offers views of Mountain Blue, Hadley and Moose mountains, among others. The relatively short 1.4-mile climb to the summit belies the fact that there is a nearly 1,200' elevation gain. It is steep enough at one point to warrant the use of a ladder. Once we reach the top we'll descend to Crane Pond via a fairly steep trail then loop back to the trail we came in on. November can bring almost any kind of weather so snowshoes may be required. I would highly recommend you carry crampons such as Stabilicers or Micro-spikes in your pack. There is a short stretch of open rock face and it could be covered with ice at this time of year. Ascent 1,154 ft.; total hike for the day is about 2.7 miles unless we decide to hike around the perimeter of Crane Pond; elevation is 3,254 ft.

MIDWEEK JAUNT WALK/HIKE

Tuesday, November 23

Time: TBD

Rating: NR

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

Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com

TURKEY TROT # 12 HIKE

Thursday, November 25

Time: 8:00 a.m.

Rating: C+

Leader: Rich Crammond — 584-2380

Let's work up that old holiday hunger again this year. Wildlife viewing along the way. Total distance is around five miles. Bring your binoculars and dress for colder weather. We will meet at the Visitor's Parking lot at Saratoga Battlefield off 32N. Call leader for details.

Invite your friends to join

ADK

Our chapter is
now on facebook!



HADLEY MOUNTAIN AT SUNSET HIKE/SNOWSHOE

Saturday, November 27

Time: 1:00 pm,

Rating: C+

Leader: Jean Holcomb — 583-0658 or jholcomb5@nycap.rr.com

Let's embrace the night! Hadley has a great potential for sunset views and then maybe shooting stars or moonlight. We can meet at 3 p.m. and bring our Thermos of hot chocolate or hot cider and some warming soup and do a sunset dinner on the mountain. All extras are welcome such as music or a telescope or a singalong sheet. Owl calling, perhaps? Bring lots of warm clothes and mittens to hang around in and good headlamps for the trip down.

MIDWEEK JAUNT WALK/HIKE

Tuesday, November 30

Time: TBD

Rating: NR

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

Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojim@roadrunner.com

BEAR POND LOOP HIKE/SNOWSHOE

Saturday, December 4

Time: 9:00 a.m.

Rating: C+

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

This is a beautiful loop that takes in Heart Pond, Bear Pond, Rock Pond, Little Rock Pond and North Pond. It is a little up and down, but not much elevation change. It is located in the quiet Pharaoh Lake wilderness area. The total on the trip is about six miles, but an optional two-mile loop around Rock Pond can be added if the going is easy. This is a really pretty hike. Call or e-mail to confirm. We will plan to meet at Son of Sailor restaurant in Bolton Landing or at the Putnam trailhead. Call leader for details.

TONGUE MOUNTAINRANGE, 5 MILE PT HIKE/ SNOWSHOE

Sunday, December 5

Time: 8:00 a.m.

Rating: A-

Leader: Jean Holcomb — 583-0658 or jholcomb5@nycap.rr.com

I like climbing up the Tongue Mountain ridge from Clay Meadow and then down to the lake at 5 mile point. There is plenty of elevation gain on this less than 7-mile round trip (assuming I don't get lost). If conditions are all ice and no snow, we can bail out on the ridge and go to the lean-to instead. About 2,200 feet elevation gain and probably 7 to 8 hours' time. Have winter gear and stabilizers or snowshoes depending on conditions, also headlamps.

MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, December 7

Time: TBD

Rating: NR

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

Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojim@roadrunner.com

WILTON WILDLIFE PARK HIKE/SNOWSHOE

Saturday, December 11

Time: 10:00 a.m.

Rating: C+

Leader: Rich Crammond — 584-2380

We will hike or snowshoe on the new trail off Edie road near Route 50. A few miles of hiking will do the trick for this wintertime outing. We will meet near Dick's in the Wilton Mall parking lot off Route 50. Call leader for details.

YMG — *FIRE TOWER* — SPRUCE MOUNTAIN HIKE/SNOWSHOE

Sunday, December 12

Time: 9:00 a.m.

Rating: C+

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

A short, easy hike with a fire tower at the summit. Approximately 2.2 miles round trip with 1,000 feet elevation change. Contact leader for meeting location.

MEMBER NEWS:

Steve Mackey is now bicycling across country! Follow his progress on our web site — www.adk-gfs.org



MONTHLY GEOCACHE

Monday, December 13

Time: TBD

Rating: NR

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

Colead: Sarah King

Sarah and I will pick a location to find some hidden geocaches using hand-held GPSs. If you don't have one, no worries ... come anyway. Once we get close, we always need helpers to look for the cache. The fun part is just getting out on the trails. We'll probably be in the Moreau State Park or somewhere within an hour of Glens Falls.

MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, December 14

Time: TBD

Rating: NR

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

Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com

BLACK MOUNTAIN — *FIRE TOWER* — HIKE/ SNOWSHOE

Saturday, December 18

Time: 7:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

Colead: Ryan Simko — 219-775-3336 or rmsimko@gmail.com

We'll be hoping for a snowshoe but it's a good idea to have stabilizers ready just in case! Round trip loop 6.6 miles, with about 1046ft. in elevation change. Be ready for winter hiking conditions and a moderate steady pace. Please contact the leaders by the Thursday before the hike for more information and to sign up!

PEEBLES ISLAND STATE PARK HIKE/SNOWSHOE

Saturday, December 18

Time: 9:00 a.m.

Rating: C

Leader: Reg Prouty — 518-747-9736

There are many trails, cross trails and loops possible in this little island near Waterford at the confluence of the Hudson and Mohawk rivers. We could do anywhere from 2-4 miles of hiking or snowshoeing at a relaxed or moderate pace depending upon people's desires or stamina levels. It has some very scenic overlooks of the two rivers and their archaeological formations and also is the home to many deer and aviary wildlife. We will meet at the visitor center parking lot just over the bridge in Waterford.

CALAMITY MOUNTAIN HIKE

Saturday, December 18

Time: 6:30 a.m.

Rating: A+

Leader: Jayne Boudier — 793-3770

Colead: Calamity Jean Holcomb — 583-0658 or jholcomb5@nycap.rr.com

We'll start at Upper Works and take the easiest approach, from Calamity Pond. Approximately 10 miles (including about three miles bushwacking the mountain), and 2,000 ft. ascent, at a very moderate pace. Morrissey claims there are spectacular views from the overlooks.

MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, December 21

Time: TBD

Rating: NR

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

Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com

SANTANONI GREAT CAMP SKI

Sunday, December 26

Time: 8:45 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

This will be an opportunity to try out all that new gear you got for Christmas as you ski back in time to the only publicly owned Adirondack Great Camp. If there isn't enough snow for skiing then it will become a hike. The unique architecture of the camp and the remoteness of the area make it a place worth visiting at any time of year but winter is special because the snow adds to the peace and tranquility. The B rating is because the total round trip distance is 10 miles but the pace will be appropriate for novice skiers. We'll be skiing on an old carriage road with elevation changes of only a few hundred feet so it's fairly easy if you can handle the mileage. If you are using wax-less skis I would recommend that you apply the appropriate glide wax to the bottoms ahead of time to prevent wet snow from sticking to them. This area is usually colder and snowier than Glens Falls so dress appropriately. Please consider bringing extra mittens, a scarf or balaclava and a hat. A hot beverage is usually a welcome treat on a cold day.



MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, December 28
 Time: TBD
 Rating: NR
 Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
 We'll try to do a family-friendly adventure this week, for break week. Maybe something at Moreau. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojim@roadrunner.com

BUCK MOUNTAIN FROM PILOT KNOB (EAST SIDE OF LAKE GEORGE) HIKE/SNOWSHOE

Saturday, January 1
 Time: 8:00 a.m.
 Rating: B
 Leader: Reg Prouty — 747-9736
 Colead: Bob Aspholm — 747-9736
 This event will be either a snowshoe if there is enough snow or a hike and will be our annual New Year's Day Hike. Round trip is only 6.6 miles with an ascent of 2,000 feet. Pace will be moderate. Come help us celebrate the first day of 2011 with the singing, ringing of bells, and the sound of the trumpet.

MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, January 4
 Time: TBD
 Rating: NR
 Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
 Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojim@roadrunner.com

MIDDLE MOUNTAIN BUSHWACK HIKE/SNOWSHOE

Saturday, January 8
 Time: 7:00 a.m.
 Rating: A-
 Leader: Jayne Boudier — 793-3770
 This mountain lives west of Jabe Pond. It's smaller than neighboring Catamont, but is very beautiful, and has great views. We'll start from Wardsboro Road (the original road to Hague) and be crossing Fly Brook along the way. 7-8 miles of comparatively easy bushwacking, and 1,300 ft. ascent, at a take-all-day pace.

MONTHLY GEOCACHE

Monday, January 10
 Time: TBD
 Rating: NR
 Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
 Colead: Sarah King
 Sarah and I will pick a location to find some hidden geocaches using hand-held GPSs. If you don't have one, no worries ... come anyway. Once we get close, we always need helpers to look for the cache. The fun part is just getting out on the trails. We'll probably be in the Moreau State Park or somewhere within an hour of Glens Falls.

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



MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, January 11

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojom@roadrunner.com
Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com

YMG — *FIRE TOWER* & GRUB — OWLS HEAD MOUNTAIN HIKE/SNOWSHOE

Saturday, January 15

Time: 8:00 a.m.

Rating: B

Leader: Jonathan Lane — 744-4594 or saratogahiker@infogorp.com
Come enjoy this isolated peak that provides a panoramic view from the summit! Approximately 6.2 miles round trip with 1,150 ft. elevation change at a moderate pace. We'll stop for some grub on our return home.

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.

MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, January 18

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojom@roadrunner.com
Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com

HIGH PEAK — BIG SLIDE HIKE/SNOWSHOE

Saturday, January 22

Time: 5:30 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Colead: Ryan Simko — 219-775-3336 or rmsimko@gmail.com
We will start from the Garden parking lot and head up over the three Brothers and depending on conditions either retrace our steps or come down the Slide Brook Trail for a round trip hike of about 9.4 miles. Be prepared for winter High Peak conditions, snowshoes and crampons/stabilizers a must. Some prior winter High Peak experience would be prudent before attempting this hike. Ascent is 2,800 ft. (Super low degrees and storms will cancel). Please contact leaders by the Thursday before the hike for more details and to sign up.

STILLWATER LOCKS EAGLE WATCH HIKE/SNOWSHOE

Saturday, January 22

Time: 9:00 a.m.

Rating: C

Leader: Rich Crammond — 584-2380

We may need snowshoes for this outing along the Hudson and Hoosick rivers. About one mile along the river. Field glasses and eagle eyes will come in handy. We will meet at the small parking area between the two Stillwater bridges or carpooling can be arranged. Call leader for details. See you there.

MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, January 25

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojom@roadrunner.com
Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojom@roadrunner.com



Mt. Adams Fire Tower, August 4, Alison Darbee, 8 participants

- We had a good group of hikers today, lots of talk, lots of photos, and good views from the tower. Thanks Helena for taking the lead. Anyone figure out what that giant alien, fluorescent green caterpillar thingy with a horn was yet? Participants: Charlie Czech, Liz Gee, Jonathan Lane, Wanda Moceiu, Helena Nevarez, Marsha Noble, John Synakowski, Alison Darbee.

Hotwater Pond, August 7, Rich Crammond, 3 participants

- This was by far a great day to be hiking in the Adirondacks. Low bugs and cool temps and blue skies above us as we walked along the old railroad bed tracks northward. We looked in the caves, then hiked to the pond for some real nice views and a snack. Then it was back to the starting point to end the day's outing. The only critters we saw were one ruffed grouse and three rock hounds. Participants: Maureen Jones, Laura LaPlanchi, Rich Crammond.

Giant Mountain, August 8, Lorraine MacKenzie, 10 participants

- What a great day! Warm at the base but cool on the summit! All but three of us opted to go to Rocky Peak. Views were magnificent from both peaks. On the return trip, everyone realized just how far up we climbed since we just kept going down, down, down. Participants: Erica Halbrook, George Haviland, Shelly Burke, Frank Gandhi, Terje Kuusk, Joanne Walczak, Susan Keely, Sandy Yellen, Roy Hoffmann, Lorraine MacKenzie.

Evening Paddle, August 10, Maureen Coutant, 6 participants

- This trip was to see the huge beaver dam near Hudson Point along the Hudson River. We put in just under the Northway and headed west. Normally we check out the little coves and don't get too far down the river, but this time we headed straight upstream and everyone admired the fine work of the busy beavers! Participants: Ray Bouchard, Mo Coutant, Mike George, Bill Glendening, Joy Muller-McCoola, George Sammons.

Wakely Fire Tower, August 12, Alison Darbee, 6 participants

- Overcast, but not so bad as to cloud our views from the tower! Good group, had some yoga lovers strike a pose on some rocks and I'm sure a certain someone will never forget her camera again! Participants: Charlie Czech, Sue Howard, Nathan June, Marsha Noble, John Synakowski, Alison Darbee.

High Peaks, Cascade and Porter, August 21, Alison Darbee, 9 participants

- It was a scumdidlyumptious kind of day. We had a great group of people. Congrats to Mark on his first two High Peaks! Others in the group were out to add to their growing lists of peaks and several were out to just enjoy and revisit these peaks again! Even though we shared the trail with a large crowd of adults, kids and dogs, we were still able to enjoy the great views from both peaks. I also have to mention that there was a great deal of cupcake envy going on today too. (Jon you could have at least let us have some frosting off of the wrapper!) Participants: Caren Crootof, Erica Halbrook, Susan Keely, Jonathan Lane, Ann Mundy, Mark Rye, Sandy Yellen, Joanne Walczak, Alison Darbee.

South Pond, August 21, Jayne Boudier, 8 participants

- We and the loons had this beautiful place all to ourselves on a cloudy to slightly sunny, coolish day — before the rain. Blue Mountain watched as we visited the rocky outlet, passed an osprey nest, and found an island site with a nice beach, primitive chairs, and a table for lunch. A float plane buzzed as we cruised more islands, explored rock bars, and enjoyed the inlet. The grand finale of toothy rocks strung between islands that we navigated on the way out had us agreeing that this is one special place. You were a great, appreciative group! Thank you for being so easy, and helpful. Participants: Jayne Boudier, Joe and Karen Burka, Charlie and Linda Czech, Gail Epstein, Bill Glendening, Jean Holcomb.

Evening Paddle, August 24, Maureen Coutant, 9 participants

- This trip was postponed until 8/31 due to vacation and we wound up going out during the late August heatwave! The heat caused three of us to jump in the Hudson River to cool off and a few others to go wading before we started the paddle. We paddled upstream on the Hudson from the end of Richardson Street in Glens Falls to the remnants of the booms used a century ago for logging. The water was like glass and the temperature cooled as we paddled. Another nice evening out on the water. Participants: Joanne Armstrong, Maureen Coutant, Bill Glendening, Melissa Ientile, Licia and Steve Mackey, Suzanne Pierce, Don Thorn, Sara Weiskotten.



Dippikill Hike, September 5, Allen Altman, 11 participants

- The previous week's smoggy and very hot weather cleared just in time for the start of a hike. There were a few showers that the cold front brought, but even these were gone when we reached the summit of Dippikill Mountain, resulting in beautiful views of the surrounding mountains, High Peaks and Hudson River. The advantages of being an Outing Leader were reinforced by this hike. Four hikers behind the leader were stung by bees, some several times, but the leader did not notice them at all. They were able to continue the hike and everyone agreed the day was a good one. Participants: Allen Altman, Catherine Altman, Virginia Carluccio, Ralph DeCristofaro, Marion Drastal, Megan Drastal, Mason Drastal, Mark Janey, Mary Moran, George Zickler, Joyce Zuckler.

High Peak, Haystack, September 11, Alison Darbee and Joe Murphy, 12 participants

- Great group and great attitudes! Excellent clear views were had from the top and we even met Tony Goodwin! Ray O'Connor finished his 46th over on Basin and we knew he was there as we could see his yellow shirt from Haystack (sorry we couldn't see Joe running around with the flag!) We all met up again for the hike out! Great day for all and congrats to Sue on her first High Peak! And thanks to Bill for helping out too! Participants: Beau Breslin, Karen Burka, Joe Burka, David Crouse, Roy Hoffman, Bill Morse, Ray O'Connor, David Sayer, Bob Sellar, Sue Thompson, Joe Murphy, Alison Darbee.

Moreau State Park Ridge Hike, September 11, Judy Halstead, 10 participants

- After arranging the shuttle, ten eager hikers headed up to the ridge from the southwestern trailhead near the spring following the yellow markers of the Western Ridge Trail. It was a beautiful day and the view west over the turn in the Hudson was spectacular. After ups and downs, stream crossings and several quality lookouts, we had lunch at the last look out over the Hudson before turning on the trail to the Moreau Lake lookout. Reg entertained us with his trumpet and we watched kayakers below paddle upstream. After enjoying the lake lookout we headed back to rejoin the Western Ridge trail and our cars at the northern most trailhead on Spier Falls Road. Participants: Jim Brown, Reg Prouty, Ralph DeCristofaro, Ann Svenson, Gust Svenson, Mark Janey, Marsha Noble, Andy Liucci, Randolph Franklin, Judy Halstead.

Evening Paddle, September 14, Maureen Coutant, 12 participants

- The group decided to paddle upsteam and against a fairly steady wind to start our trip. We were once again on the Spier Falls section of the Hudson River, but decided to go the opposite direction than we normally take. It's always impressive to paddle up to a dam (not right up to it!). The wind made for a much easier paddle back to the launch! Participants: Mo Coutant, Paul Dietershagen, Bill Glendening, Beth Gurzler, Sarah King, Licia & Steve Mackey, Joy Muller-McCoola, Scott Nussbaumer, Bob & Sandy Powell, George Sammons.

YMG — Cliffs and Falls, September 18, Jonathan Lane, 11 participants

- Wow, what can I say about this hike? With heaping helpings of perfect weather, beautiful views, and great company, it was incredibly delicious! There were even yummy cookies and a gourmet cupcake involved! Participants: Shelly Burke, Charlie Czech, Karen Darfler, Fatima Hamed, Marianne Hines, Mark Janey, Nathan June, Susan Keely, Jonathan Lane, Marsha Noble, Joanne Walczak.

Tongue Mountain Range — Northwest Bay, September 19, Lorraine MacKenzie, 5 participants

- It was a cloudy day but warm — no bugs and lovely trail next to Lake George. Swimming would have been an option if it was sunny. The lake was calm on the return on the boat over to Bolton Landing. Nice day, nice people great way to spend a Sunday. Participants: Nancy Weber, Adeline Brym, Jane Kana, Jennifer, Lorraine MacKenzie.

Gore Mountain, September 25, Rich Crammond, 14 participants

- It was a grand day in the Adirondacks for this hike with cool temperatures and fall colors. There were two downfalls to this hike: unleashed dogs and I don't think most of the people enjoyed the hike. They ran up the trail to the summit and back down. Taking the time to enjoy one's surroundings works for me. Thanks to Rich Myette and Dan Monroe for waiting at the parking lot for Reg and myself at the end of the hike. Participants: Charlotte Smith, John Synakowski, Meg Gallien, Joan Bleikamp, Reg Prouty, Rich Myette, Susan Howard, Marsha Noble, Chandra Geremick, Jim Frann, Madeline Kowalik Bowa, Allison Darbee, Dan Monroe, Rich Crammond.

Evening Paddle, September 28, Maureen Coutant, 6 participants

- Rain postponed this trip to the weekend. Well, it wasn't raining, but it was certainly windy. Windy enough that the waves caused us to get wet anyway. Luckily the water was still warm and we knew what we were getting into! We paddled close to shore on the west side of Lake George around Tea Island to Green Harbour. Participants: Mo Coutant, Paul Dietershagen, Jonathan Feinberg, Ely Fuller, Judy Halstead, Eric Krantz.



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
P.O. Box 2314 • Glens Falls, New York 12801
www.adk-gfs.org

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SARATOGA SPRINGS, NY
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.

