



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

GLENS FALLS-SARATOGA CHAPTER ADIRONDACK MOUNTAIN CLUB

Registrations
must be received by
Friday, October 15

Annual Dinner

Friday, October 22, 2010

Holiday Inn Saratoga Springs,
232 Broadway (Route 9), Saratoga Springs, NY
Cash Bar 5:30 p.m. • Dinner 7:00 p.m.

*Featuring Peter Fish in his hilarious,
legendary 'A Ranger's Rambles'*

Prepare to be entertained with Peter Fish's quick wit and cheerful smile as we hear stories of memorable mountain experiences and how to be properly prepared for your next adventure in the woods. Find out if you are as "ready as a Ranger" when you hit the trail.

Peter Fish is the iconic and retired High Peaks Wilderness Area Forest Ranger, having served the public, the Forest Preserve and the Department of Environmental Conservation for over a quarter century. An avid hiker and Adirondack 46er, Fish has hiked, snowshoed or skied major peaks of the Adirondacks, New England, Scotland and Ireland.

The Holiday Inn Saratoga offers a warm, welcoming place to gather in the friendly Adirondack tradition. **We welcome non-members and invite you to become an ADK member at the Dinner.** Please reserve early to guarantee your place at the table!



Glens Falls-Saratoga Chapter ADK Annual Dinner 2010

Hors d'oeuvres: Cocktail Hour/Cash Bar

Fresh Vegetable Crudités
Imported & Domestic Cheeses with Crackers



Mixed Green Salad with House Vinaigrette
Rolls & Butter

Entrees: Choice of One

- Slow Roasted Prime Rib of Beef Au Jus (\$29) •
- Baked Salmon Filet Beurre Blanc (\$24) •
- Roast Young Turkey with Herb Stuffing (\$22) •
- Veggie: Tomato Basil Penne tossed with Seasonal Vegetables & Feta Cheese (\$19) •

Roasted Baby Red Potatoes • Seasonal Mixed Vegetables



Mixed Berry Torte
Coffee, Tea, Decaf

Reservations Instructions/Directions

1. All reservations must be PREPAID and RECEIVED BY **FRIDAY, OCTOBER 15 (no exceptions)**
 2. Sorry, phone reservations cannot be accepted — use mail in form below.
 3. Please make checks payable to: **GLENS FALLS-SARATOGA CHAPTER ADK**
 4. Mail reservation form (below) and check to:
JOHN SCHNEIDER, 6 NONCHALANT DR., SARATOGA SPRINGS, NY 12866
 5. We do not mail confirmations back to you. Your meal ticket will be waiting for you at the registration table.
 6. For more information contact **HEIDI KARKOSKI** at hikerheidi46@rocketmail.com or go to www.adk-gfs.org
 7. Please reserve early as space is limited. Sorry, we cannot accommodate telephone reservations or reservations received after October 15. Thank you for participation in the ADK community.
- DIRECTIONS** to Holiday Inn Saratoga: 232 Broadway (intersection of RT 9, RT 50 and E. Circular St, across from Stewart's) Hotel: 518-584-4550; online at www.spa-hi.com (Parking lot at hotel)

RESERVATION FORM

Your Contact Phone Number _____

For more information, contact Heidi Karkoski at hikerheidi46@rocketmail.com or go to www.adk-gfs.org

DINNER SELECTION (PLEASE CHECK ONE)

NAME (please PRINT CLEARLY for your name tag)	Turkey \$22	Beef \$29	Fish \$24	Veggie \$19
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____

Checks payable to: **Glens Falls Saratoga Chapter ADK**. Please enclose payment and mail to:
JOHN SCHNEIDER, 6 Nonchalant Dr., Saratoga Springs NY 12866

A bounty of autumn fun

BY HEIDI teRIELE KARKOSKI

It's hard to believe that it's time for the fall issue of *Footnotes*. Well, the days have been getting shorter and the golden-rod and asters blooming trailside are another clue. Now is the time to mark your calendars and plan to attend one or more of the great events scheduled this autumn.

ADK's Fall Outing is slated for September 10 through 12 at Camp Fowler in Speculator. This is a fabulous region to explore and with more than 25 activities scheduled — including hikes, paddles, bicycling and more — there is something for everyone.

Your Chapter has lined up two informative programs in the coming months. Jean Holcomb will present the story of her trek over the Appalachian Trail, a six-month journey from Maine to Georgia, on September 30, and Mark Bowie presents a photographic journey through the Adirondack seasons on November 10. My thanks go to Terry Peek, our out-going Programs Chair for booking a lively series of programs in 2010.

If you haven't attended the Chapter



CHAPTER CHAIR Report

*There's still lots to do
as the weather
gets cooler.*

Annual Dinner, or it has been awhile since you have, join us in October for a relaxing evening with fellow members. I am pleased that Peter Fish has agreed to entertain us this year with his woodland wisdom, delivered with a hearty dose of humor. We packed the house the last time the former ranger spoke at the Annual Dinner, so get your tickets early. This is a great opportunity to introduce a friend to ADK; members and non-members are welcome!

The Executive Committee resumes its

regular monthly meeting schedule in September and meets on the first Wednesday of each month through June. Members are always welcome to attend these meetings and share your thoughts and ideas. We are looking to fill the vacancy in the position of Programs Chair, so if you would like to help out planning programs for 2011, contact me or any member of the EC. More details about all of the happenings listed above are found in this issue.

Best wishes for a colorful, bright fall season!

Club Day at EMS!

EMS on Route 50 in Wilton will be holding their Club Day Event on Friday, October 1 and Saturday, October 2. Drop by and check out the great discounts on clothing and gear plus stop by at our Chapter table and say hello!

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
P.O. Box 2314 Glens Falls, NY 12801 • www.adk-gfs.org

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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:
CRANDALL PUBLIC LIBRARY**

Program: Local woman hikes Adirondack Trail

In June of 2009, Jean Holcomb, long time resident of Saratoga Springs and hike leader for the Glens Falls/Saratoga Chapter of ADK began an epic journey to hike the entire Appalachian Trail. It wasn't supposed to happen that way. Jean's original plan was to start in April but a torn rotator cuff and frozen shoulder intervened and almost deep-sixed her hiking plans. After much painful physical therapy and a lot of hand wringing she made the

decision with the suggestion of her son, EJ, to make a later start and hike the trail the "wrong way" by starting in Maine.

About 80 percent of thru hikers on the Appalachian Trail start at the southern terminus at Springer Mountain, Georgia, sometime in late March to early May. A small number, usually around 200, begin at the northern end in Baxter Park, Maine. Jean's plan had been to start in late April and do at least half the trail in one season. If possible she would continue on to New York and finish there, thus walking home. When the shoulder injury prevented this approach, she made the reluctant decision to start in Maine and see how far she could get. The bad part of starting in Maine is that Maine is generally considered the most difficult part of the hike with New Hampshire a close second, so you are immediately faced with the most wild wilderness of the entire trail two days out, not to mention some pretty nasty climbs, flooding rivers and black flies to greet you as you begin. Nonetheless there is an upside: Georgia never closes! Even a slow poke like Jean, who at age 62 averaged about 13 miles a day, had a chance of finishing the entire trail before winter set in. And it took just about that long. Jean climbed Katahdin on June 5 and finally wandered

Program

**'APPALACHIAN TRAIL
ADVENTURE'**

WHEN: 7 P.M., SEPTEMBER 30

**WHAT: PRESENTATION WITH
JEAN HOLCOMB**

**WHERE:
SARATOGA PUBLIC LIBRARY**



up on Springer on December 17. It was a three-season hike.

It is virtually impossible to describe six months on the trail in a few sentences but suffice it to say there were many adventures and human interactions which were often unanticipated and always interesting. Maine was certainly a baptism by fire. With record rainfalls, not only were trails washed out and bugs at maximum swarm, but also on the many river crossings there are no bridges in Maine, which were often terrifying. The good news is that once you have done Maine all the rest seems just a bit easier. Even though there were trials and tribulations of one sort or another all along the trail all Jean had to do was say to herself, "Heck, I did Maine, I can do this." And so, somehow, somehow, she just kept getting closer to Georgia until it seemed that there would be no stopping her short of a hurricane or broken leg.

There were good times along with the bad and many friends joined the lone hiker along the way. Virginia really was "almost heaven" with its fall colors and crisp weather and the Smokies were magical even in the snow. So come hear all about it at 7 p.m., September 30, at Saratoga Library. The show will knock your (hiking) socks off!



Education Corner

By **Linda Ranado,**
Education Chair

As we do each fall, we are beginning our search for next summer's 2011 sponsorships to DEC's Camp Colby and Pack Forest and ADK's Teen Trails program. This past season we were able to send five candidates to the DEC camps and two to the ADK Trails program. As usual, our chapter pays for the selected candidates to attend these programs. The subsidy by our chapter is \$250 for the ADK program and \$325 for the DEC programs. Interested youth who qualify may apply to any of the following:

The Lake Colby Environmental Education Camp, for youth who are 12 to 14 years old, is located on the western shore of Lake Colby, just outside the Village of Saranac Lake. A week at Colby promises fun and adventure. Campers participate in a discovery group while at camp, completing six lessons ranging from group dynamics to field, forest, and pond explorations, to a study of human impact. Group members learn science, solve challenges, play games, keep a journal, catch salamanders, net butterflies and discover the interconnectedness of life on earth. College-educated counselor staff guides all activities, encouraging participation and respect among group members while interpreting the natural world for campers. Additionally, campers choose from a variety of optional activities throughout the week that introduce them to outdoor pursuits and pastimes. Experiences include fishing, canoeing, archery, exploring a bog and overnight camping trips.

Pack Forest, located in the southern Adirondacks, offers programs in environmental studies. The camp is located in Warren County, about five miles north of Warrensburg, on 2,500 acres of woodlands. The property includes

an 85-acre lake and countless miles of trails leading to mountain vistas, marshes and the banks of the Hudson River. Pack Forest offers youth 12 to 14 and 15 to 17 years old a chance to explore forestry, aquatic biology, wildlife management, field ecology and other environmental issues. Workshop attendees learn about professional forestry techniques, such as the use of Biltmore sticks and increment borers. The program emphasizes group dynamics and teamwork as essential to the environmental decision-making process. Staff encourages interaction, communication and cooperation as campers seek solutions to group challenge activities. Students also discover their individual strengths and abilities. As well as advanced outdoor workshops, campers participate in exhilarating out-of-camp canoeing or backpacking trips in the beautiful Adirondacks. Optional activities during the workshop include fly fishing, hiking, swimming, shooting sports and orienteering.

(The above descriptions were taken from the DEC website where further information may be obtained)

The Teen Trails program, run by ADK, provides opportunities for high school students (aged 14 to 17) who are excited by the idea of spending up to five days camping and doing quality trail work. ADK will provide food, group camping gear, tools and experienced leadership. The focus of this program is on educating participants on the ways and means of trail maintenance. Participants learn how to properly install water devices such as water bars, how to harvest a tree using tools such as a crosscut saw and axe, and how to use boulders with a steel bar. Teamwork and shared responsibility are key elements of this program. Specific sites for the Summer 2011 program will be posted on our site as soon as available.

Application forms for all of these sponsorships may be downloaded from our website (www.adk-gfs.org) and, when completed, sent to: Linda Ranado, 18 Pine Ridge Road, Hadley, NY 12835

Applications must be received by January 7, 2011. If you have any questions, you may call Linda at 696-7265 or e-mail lrnado@hotmail.com.

2011 Chapter Winter Weekend at Heart Lake

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

From the cabin, we will be able to cross-country ski and snowshoe many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await your snowshoes. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mt. Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfasts and dinners are included in the price. The Wiesel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 in four four-person bunkrooms. The rate for the weekend should be no more than \$120 per person, if we fill all 16 spaces.

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

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

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



A little about the nominees ...

Chapter members will be asked to vote at our annual meeting/dinner, Friday, October 22, 2010, at the Saratoga Springs Holiday Inn, on the Chapter Officers for 2011. The nominating committee has presented the following slate of officers for 2011:

Chairperson: Maureen Coutant
1st Vice Chair: Tricia Lockwood
2nd Vice Chair: Laura Fiske
Secretary: John Caffry
Treasurer: John Schneider
Board of Directors: Jonathan Lane

MAUREEN COUTANT

I have been a member of ADK for more than 15 years. During that time I have been very involved with the Chapter. In the 1990s, I served as the Chapter Chair after first learning the ropes in the Vice Chair positions. I've chaired the Nominating Committee a few times and also served as a Director for our Chapter on ADK's Board of Directors. My husband and I have led many hikes in the past and more recently I've been leading walks while our daughter is in school. We also try to lead as many paddling trips as we can from spring through the fall. On the Club level, I have been on the committee for ADK's annual fundraiser and am the Chairperson for ADK's Lake George Property "headquarters" at Exit 21. I've stayed involved with ADK to support all the great things that the organization does locally and statewide. We educate the public and young people about preserving the outdoors and respecting nature, we maintain trails and provide hiking opportunities and we advocate for the Adirondacks and locally.

TRICIA LOCKWOOD

I have been an ADK member since 2006. For the past two years I have been involved with the Chapter serving as the 2nd Vice Chair. During that time I have also helped with organizing the Chapter Basket for the annual Black Fly Affair. I am slowly working on completing the 46 High Peaks and the Fire Tower Challenge. In addition to hiking, I also enjoy snowshoeing, biking, golf, basketball, softball and snowmobiling. I live in Kingsbury and work in Greenwich as a credit analyst. I look forward to being able to continue on the committee for another year.

LAURA FISKE

I have been a member of the ADK and the Glens Falls/Saratoga chapter for many years and have participated in the leadership of the chapter as the Education Committee chairperson and a Director. I am currently in my second term as a Director for the chapter. In addition to my role in the chapter, I am a member of the club Finance and Audit Committee. In addition to hiking I have become involved in my third organized bike tour. I look forward to serving the chapter as a Director and the 2nd Vice Chair for the upcoming year.

JOHN CAFFRY

I have been an ADK member since 1985. Since that time, I have served ADK in many capacities, such as: Member of Chapter Executive Committee since 1987; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary since 2006; former member of ADK Board

of Governors and Executive Committee; former chair of ADK Headquarters Committee; current member (since 1988), and former chair, of ADK Conservation Committee. I have participated in the Adopt a Lean-to program since 2003. I am a native of Glens Falls, currently living there with my wife, Ellen, and our two daughters. I am a member of the Caffry & Flower law firm in Glens Falls. Occasionally, I can find time for hiking, paddling and all varieties of skiing.

JOHN SCHNEIDER

For more than twenty years I served the chapter in many, if not all, capacities, including: hike leader, executive committee member, newsletter editor, chapter representative on the ADK Board of Directors (currently representing our chapter). At the club level, I have been active on the Trails Committee and organizer of ADK's Adopt a Lean-to program in partnership with New York State Department of Environmental Conservation. I also organize our chapter annual "winter camp" at Heart Lake.

JONATHAN LANE

I became a member of the Glens Falls-Saratoga Chapter of the Adirondack Mountain Club in the Spring of 2005. Since then, I have become a Life Member, started and continue to organize the Younger Members Group for the GF-S Chapter, completed the GF-S-sponsored Fire Tower Challenge, reached the summit of all 46 Adirondack High Peaks, lead hikes on a regular basis, and continue to help take the Chapter to new, exciting levels with my out-of-the-box thoughts and ideas.

New members

GF-S CHAPTER

New Members to the GF/S Chapter:
May 2010

- Sarah Bachman & Lachlan Ingram, Cobbitty, Australia
- David & Kathy Boyce, Holly Springs, North Carolina
- James Bunzey, Bennington, Vermont
- Rachel Chinski, Niskayuna
- Joyce Cleveland, Bolton Landing
- Richard Daley, Wilton
- Diane Demetriou, Hadley
- Nathan Drew, Saratoga Springs
- Barbara Floryshak, Tribes Hill

- Douglas Freehafer, Ballston Spa
- Jason Grard, Hudson Falls
- Courtenay W. Hall, Stillwater
- Dean & Pamela Higgins, Saratoga Springs
- Matthew Lynn, Queensbury
- Katherine Mapstone, Canandaigua, New York
- Debra Mitchell, Canton
- Greg & Shannon Morin, Buskirk
- Ryan Morrison, Saratoga Springs
- Joseph Murphy, Saratoga Springs
- Susan Nauman, Cohoes
- Peg Quinn, Saratoga Springs
- Richard Rodel, Wilton
- John & Julie Scheidegger, Gansevoort
- Kirstie Szlasa, Gansevoort
- Ken Vandermark, Randolph, Vermont
- Crystal Waszk, Salem

June 2010

- Deidre Baugh & Kevin Martin, Stillwater
- Tammy Becker, Queensbury
- Colleen Downing, Saratoga Springs
- Brandi Farr, Blaine Rowland & Jacob Baker, Queensbury
- Owen Grant, Saratoga Springs
- Dale Hiram, Coopersburg, Pennsylvania
- Kelly Hungerford, Glens Falls
- Thomas & Marilyn Jacobs, Glens Falls
- Guy Lehine, Queensbury
- Andrew & Susan Liucci, Queensbury
- Carolyn & Doug Murray, Toms River, New Jersey
- Benjamin Shanks, Saratoga Springs
- Michael Steding & Andrea Howard, Ballston Spa
- Scot Jacoby, Poughkeepsie, New York
- Richard W. Mock, Amsterdam



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on inside rear cover. OUTINGS DETAILS & CONTACT INFORMATION are found in the "Outings" section. Changes or additions made after publication can be seen on our web page: www.adk-gfs.org. **Programs** held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between Crandall Public Library in Glens Falls and Saratoga Springs Public Library. Future Programs: TBD. **Executive Committee Meetings** held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Carl R's Cafe Restaurant and Bar in Glens Falls and Wesley Health Care Center in Saratoga Springs. Future Meetings: September 1, October 6, 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

September		Outing Type	Destination	Leader/Contact	Rating
1	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
5	Sun	Hike	Dippikill Hike	Allen Altman	C+
11	Sat	Hike	High Peak, Haystack	Alison Darbee, Joe Murphy	A+
11	Sat	Hike	Moreau State Park Ridge Hike	Judy Halstead	B
11	Sat	Paddle/Camp	Wakely Mountain, Cedar River Flow	Jayne Boudier	A
14	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
18	Sat	Hike	*YMG* — Cliffs and Falls	Jonathan Lane	B+
18	Sat	Hike	Mount Adams	Neal Van Dorsten	B-
19	Sun	Hike	Tongue Mountain Range — Northwest Bay	Lorraine MacKenzie	B-
25	Sat	Hike	Gore Mountain	Rich Crammond	B+
26	Sun	Paddle	West Branch of the Sacandaga Paddle	Ray Bouchard	B
28	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
30	Thu	Program	Jean Holcomb to recount Appalachian Trail	Jean Holcomb	NR
October					
2	Sat	Hike	Santanoni	Jayne Boudier, Jean Holcomb	A
2	Sat	Hike	Big Slide Via Three Brothers	Reg Prouty	A
3	Sun	Hike	More of Moreau	Bill Schwarz	B+
3	Sun	Paddle	Fall Stream Paddle	Ray Bouchard	B
6	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
9	Sat	Hike	*YMG* — *High Peak* — Tabletop	Jonathan Lane	A-
9	Sat	Hike	Virgin Falls Bushwhack	Rich Crammond	B
10	Sun	Hike	Peaked Mountain	Neal Van Dorsten	B-
12	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
16	Sat	Hike	*YMG* — High Peak, Colden	Alison Darbee	A+
22	Fri	Other	Annual Dinner with Ranger Emeritus Peter Fish	Heidi teReile Karkoski	NR
23	Sat	Other	ADK Headquarters Fall Workday	Maureen Coutant	NR
24	Sun	Hike	*YMG* — Pharaoh Mountain	Alison Darbee	B
26	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
30	Sat	Hike	McKenzie and/or Moose	Jayne Boudier	A
31	Sun	Hike	*YMG* — Avalanche Pass	Jonathan Lane	B+
November					
3	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR
6	Sat	Hike	*YMG* — Treadway Mountain	Alison Darbee	B+
10	Wed	Program	Adirondacks: In Celebration of the Seasons — Mark Bowie	Terry Peek	NR
13	Sat	Hike	*YMG* — Noonmark Mountain & Diner	Jonathan Lane	B+
20	Sat	Hike	Barton High Cliffs Loop	Jayne Boudier	B+
25	Thu	Hike	Turkey Trot # 12	Rich Crammond	C+
December					
1	Wed	Meeting	Executive Committee Meeting	Heidi Karkoski	NR



Outings

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

DIPPIKILL HIKE

Sunday, September 5
Time: 10:00 a.m., McDonald's, Route 9, Warrensburg (I-87 Exit 23)
Rating: C+
Leader: Allen Altman — 800-396-0276 or altmanscientific@gmail.com
I'm an out-of-town chapter member and invite other members to my annual Dippikill hike. Dippikill is ten miles from Warrensburg and is owned by the Student Association of the University of Albany. We'll hike the beautiful "Ridge Trail" to the twin summits of Dippikill Mountain (el. 1,582') which offers spectacular views of the Hudson River and surrounding mountains. After the hike you may spend the rest of the day at the Dippikill Pond swimming, canoeing (canoes provided by the Student Association are already at the pond) and enjoying the almost-untouched ecology. Approximately 3.5 - 4 miles with some uphill.

***HIGH PEAK* — HAYSTACK HIKE**

Saturday, September 11
Time: 5:30 a.m.
Rating: A+
Leader: Alison Darbee — darbear@gmail.com
Colead: Joe Murphy — 518-580-6302
Ready for the third highest High Peak? Round trip 17.8 miles with an elevation gain of 3,570 feet. We'll start hiking from the Garden parking lot to JBL, up to slant rock, over little Haystack and then on to the real summit of Haystack. This will be a long but rewarding day. Proper hiking gear and endurance a must! Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

MOREAU STATE PARK RIDGE HIKE

Saturday, September 11
Time: 9:00 a.m.
Rating: B
Leader: Judy Halstead — 583-2504 or halstead@skidmore.edu
After arranging a shuttle, we'll do a through hike taking advantage of this great asset close to home. Plan on 4-5 miles of hiking with lots of ups and downs, some stream crossings and several quality lookouts. A typical Moreau Ridge hike includes views of the Hudson River, the southern Adirondacks and graceful, soaring raptors. Bring lunch, water and appropriate gear. Contact leader for details and directions.

WAKELY MOUNTAIN, CEDAR RIVER FLOW PADDLE/ CAMP

Saturday-Sunday, September 11-12
Time: 7:30 a.m.
Rating: A
Leader: Jayne Boudier — 793-3770
We'll climb Wakely mountain (67th of Adirondack 100 highest, with a 70-ft. fire tower) on Saturday. Whoever wants to camp overnight can paddle the Cedar River Flow on Sunday. It is a beautiful place to wake up! 6 1/2 miles of hiking with 1,636 ft. ascent, and 6-10 miles of paddling, at a moderate to leisurely pace. Leader has camping gear and boats to lend.

EVENING PADDLE

Tuesday, September 14
Time: time TBD
Rating: NR
Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

***YMG* — CLIFFS AND FALLS HIKE**

Saturday, September 18
Time: 8:00 a.m.
Rating: B+
Leader: Jonathan Lane — 744-4594 or saratoghiker@infogorp.com
Fish Hawk Cliffs, Indian Head, Rainbow Falls, and Beaver Meadow Falls — wow, this is going to be an awesome hike! Each an incredible destination by itself, but together should make for quite a memorable day. Approximately 10 miles round trip at a comfortable pace, with just enough elevation gain to get your blood pumping. Rain will cancel.

MOUNT ADAMS HIKE

Saturday, September 18
Time: 8:30 a.m.
Rating: B-
Leader: Neal Van Dorsten — 644-9453 or nealvan@aol.com
This is a great hike in a somewhat remote area. According to a ranger I spoke with, the tower at the top can be partially climbed and affords spectacular views of many of the High Peaks, including Marcy. It is only 2.3 miles to the top and has a modest elevation gain. We will meet at the Son of a Sailor restaurant in Bolton Landing at around 8:30 a.m. Call or e-mail trip leader to sign up.



TONGUE MOUNTAIN RANGE — NORTHWEST BAY HIKE

Sunday, September 19

Time: 8:00 a.m.

Rating: B-

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

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

GORE MOUNTAIN HIKE

Saturday, September 25

Time: 9:00 a.m.

Rating: B+

Leader: Rich Crammond — 584-2380

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

WEST BRANCH OF THE SACANDAGA PADDLE

Sunday, September 26

Time: 8:00 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

This is a 10-mile one-way paddle with the current along a peaceful, slow, meandering stream. As we move along at a leisurely pace we'll be able to view the rolling hills of the Silver Lake Wilderness Area to the east and the Ferris Lake Wild Forest area to the west. Trout Lake will be our destination for lunch and an opportunity to explore the floating bogs that are found there. We'll position at least one car on Route 10 at the take out near the entrance to the "Shaker Place." Please bring a PDF. You might also consider bringing a hat and sunglasses plus a windbreaker and gloves if the air is cool. It wouldn't hurt to bring along a change of clothes in a waterproof bag, just in case you get wet.

EVENING PADDLE

Tuesday, September 28

Time: time TBD

Rating: NR

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

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

SANTANONI HIKE

Saturday, October 2

Time: 5:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

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

I haven't been to Santanoni in a long time, and the re-opened old ridge trail sounds exciting. Thirteen miles, 3,000 ft. ascent, at as moderate and relaxed a pace as possible.

BIG SLIDE VIA THREE BROTHERS HIKE

Saturday, October 2

Time: 7:00 a.m.

Rating: A

Leader: Reg Prouty — 518-747-9736

We will start from Glens Falls early, as it is often difficult to get a parking spot in the Garden parking lot. Round trip distance is about 8 miles, 9.5 if we do a loop hike. Elevation change is 2,800 feet from the Garden. Pace will be moderate, as we will take time to enjoy the fall foliage of the Great Range from the other side. Plan on an all-day hike with an optional stop for dinner on the way back.

MORE OF MOREAU HIKE

Sunday, October 3

Time: 8:00 a.m.

Rating: B+

Leader: Bill Schwarz — 307-6091 or bschwarz@nycap.rr.com

We'll traverse both ridges of Moreau State Park's western section for numerous views of the lake and Hudson River. Expect plenty of elevation changes, even with the start at Spier Falls Road's high point. Parking is limited, making the trip size limited. Expect to car-pool. This is a nine-mile hike, so bring lunch, water, and a sense of adventure. Meet at Panera. Rain cancels.

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.



FALL STREAM PADDLE

Sunday, October 3

Time: 8:00 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

This is a leisurely paddle on a slow meandering stream that begins at the northern end of Piseco Lake. We'll be paddling against the current into Fall Lake and then continue on to a lovely picnic spot on Vly Lake. There will be some beaver dams along the way, most of which can be scooted over with a short burst of speed. However, it is possible that we will have to get out of our canoes or kayaks a few times, so be prepared for wet feet. Please bring a PDF. You might also consider bringing a hat and sunglasses plus a wind-breaker and gloves if the air is cool. It wouldn't hurt to bring along a change of clothes in a waterproof bag, just in case you get wet.

YMG — *HIGH PEAK* — TABLETOP HIKE

Saturday, October 9

Time: 6:30 a.m.

Rating: A-

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

One of our "trail-less" High Peaks. We may take a short side-trip to Indian Falls, too, before returning to the trailhead. Approximately 11 miles round trip at a moderate pace. Rain will cancel.

VIRGIN FALLS BUSHWHACK HIKE

Saturday, October 9

Time: 8:30 a.m.

Rating: B

Leader: Rich Crammond — 584-2380

Virgin Falls is in the Blue Ledge area of Minerva. The bushwack is six miles round trip. Meet at Rich's camp 0.6 miles up Winding Road from 28N in uptown Minerva. Wear something orange. Call leader for car pooling details. See you there.

PEAKED MOUNTAIN HIKE

Sunday, October 10

Time: 8:30 a.m.

Rating: B-

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

This is a spectacular fall hike. Last year we saw a flock of loons getting ready to depart. The trail goes along Thirteenth Lake, then up a brook to Peaked Pond, then on to Peaked Mountain. It is a short, steep traverse to the top, but most of the hike is fairly level, affording pretty scenery and many diverse ecosystems. Call or e-mail to join.

EVENING PADDLE

Tuesday, October 12

Time: TBD

Rating: NR

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

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

YMG — *HIGH PEAK* — COLDEN HIKE

Saturday, October 16

Time: 6:00 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

This hike will be a fast-paced hike for those who want to sweat, savor views from the top, and sweat some more! Our forest workout will be a round trip of approximately 13 miles. Please e-mail leader by the Thursday before the hike for full details and to sign up!

YMG — PHARAOH MOUNTAIN HIKE

Sunday, October 24

Time: 7:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

This will be a fast-paced hike for those looking for a good workout. We'll start at Crane Pond and head up to Pharaoh Mountain. There are great views from the top where a fire tower once stood. (hunting season = wear some blaze orange) Please e-mail leader by the Thursday before the hike for full details and to sign up!

EVENING PADDLE

Tuesday, October 26

Time: TBD

Rating: NR

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

Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details. This will probably be the last of the season ... potluck dinner to follow possibly.

MCKENZIE AND/OR MOOSE HIKE

Saturday, October 30

Time: 6:00 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

These two almost-High Peaks rule northwest of Lake Placid, and have 360-degrees worth of ledge views between them. Approximately 13 miles, and 3,000 ft. ascent (if we do both), at as moderate a pace as possible. We may do a side trip to Loch Bonnie on the way down.

YMG — AVALANCHE PASS HIKE

Sunday, October 31

Time: 7:00 a.m.

Rating: B+

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

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

Our chapter is
now on facebook!



***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!

***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.

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.

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.

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

**Our Chapter looking for artists.
If interested, contact
Jonathan Lane at 744-4594 or
saratoghiker@infogorp.com**



Evening Paddle, June 1, Maureen Coutant, 13 participants

- We had a great paddle/picnic in the Spier Falls section of the Hudson. It was the first time in that area for some and the first time on a trip for others. Steve taught Gen how to use her paddle to spray other kayakers, but fortunately they were the ones who got the most wet! We scouted out the rocks and picked the best one for the picnic and shared food, stories and fun. Mike and Gen went swimming and then loaded up two big bags of garbage from the woods nearby and hauled them out. Participants: Gen, Jim and Mo Coutant, Ralph DeCristofaro, Mike George, Gerry and Lynn Hare, Ken Hughes, Licia and Steve Mackey, Maria Rawson, Alison Saville, Charlotte Smith.

Mo-Rodd Midweek Adventure, June 2, Maureen Coutant and Gary Rodd, 9 participants

- This week we hiked Buck Mountain from the backside. Surprisingly, no one had done it this easier way but the trip leader. The bugs weren't bad at all, the weather was great, and the view spectacular as always. The pine pollen wasn't as bad as last week, but you could actually see a line of it on the Lake below. That was a first. Participants: Maureen Coutant, Diane Hurr, Albina Ientile, Sarah King, Laurie LaFond, Gary Rodd, George Sammons, Sandi Sullivan, Kathy Taylor.

High Peak, Seymour, June 5, Alison Darbee and Joe Murphy, 9 participants

- We left Queensbury in a torrential downpour, complete with lightning and thunder, hoping for the best! We got lucky and drove out of the storm as we headed north to the Corey's Road trailhead. By the time we hit the trail all sprinkles had stopped. The mist and clouds eventually departed as the day went on and we got a few dramatic views from the top. Sunshine accompanied us on the way down and out. Great group, and great attitudes even on our short scenic route experience! Thanks to all for a great day and congrats on another High Peak! Participants: Madeline Kowalik-Bova, Ray O'Connor, Brandon Myers, Helena Nevarez, Wayne Richter, Mike Stahl, Gary Wilcox, Joe Murphy, Alison Darbee.

Mo-Rodd Mid-week Adventure, June 9, Maureen Coutant and Gary Rodd, 8 participants

- This was the day of the tragedy in another part of Lake George where a kayaker was hit by a motor boat and drowned. We were paddling in the inlet and NW bay and only saw one boat while we were out. The main thing is that the motor boat saw us. After I found out about the

accident, it made me thankful for our large groups and intentional planning to not be on the lake during busy times or in busy areas. It's a beautiful lake, but you need to be careful and even when you are, terrible things can happen. I think we'll all be a little more aware and careful due to this incident. Our trip was saved at the beginning by an Americader who had an extra paddle. We were unloading when we realized that in our effort to conserve gas, a paddle wasn't moved to the car that had a kayak loaded onto it in the Panera parking lot! We paddled out to the bay, but didn't make it to the point before the wind and waves came up. That was the point where we turned around and let the waves push us back to the inlet. Sarah also found some kayak geocaches along the way. Participants: Mo Coutant, Ely Fuller, Sarah King, Licia Mackey, Gary Rodd, George Sammons, Kathy Taylor, Bill Thomas.

High Peak, Dix from Route 73, June 13, Alison Darbee and Joe Murphy, 7 participants

- We left Queensbury with an overcast sky and passed through sprinkles on our way to the Round Lake trailhead. We had a slight mist in the air during our travels, and a very muddy hike. Can't say that we had a view from the top, but we now know what it's like to be in a cloud! Needless to say, a great group, a fine hike, and we even had a first time High Peak hiker in our group! Thanks to all for a great day and congrats on another High Peak. Participants included Madeline Kowalik-Bova, Terje Kuusk, Helena Nevarez, Dan Rammacher, Ryan Simko, Joe Murphy, Alison Darbee.

Monday Geocache, June 14, Maureen Coutant and Sarah King, 7 participants

- This month we did a "kayak" caching trip on Glen Lake. We found some in the "fen" (wetland) area and got to one spot that none of us had ever been. That's the great thing about geocaching, it brings you to places you never knew existed or could access! Anyway, this spot was in a culvert under a bridge that looked like it was on or near the Great Escape. A few cars went over and they were probably thinking, how did those kayakers get there? Later three or four more caches were found on the lake section. Participants: Mo Coutant, Mike George, Sarah King, Licia Mackey, Becky Meath, Marjory Moeller, Don Thorn.

Evening Paddle, June 15, Maureen Coutant, 23 participants

- We continued the paddle/picnic theme from the last paddle, but this time on the section of the Hudson River just south of Hadley. We paddled up to the rocks and got out and



picnicked overlooking the water coming from the waterfall and through the chute up river. This time the super soakers were on hand. Steve and Gen were again the wettest but this time only Mike went swimming! Participants: Ray Bouchard, Nancy Citro, Gen, Jim and Mo Coutant, Ralph DeCristofaro, Sandy Deeb, Mike George, Judy Halstead, Ken Hughes, Morris (and Joey) Kopels, Licia and Steve Mackey, Joy Muller & Gary McCoola, Becky and Tom Meath, Andrew and Anne Paolano, Jim Ralston, Maria Rawson, George Sammons.

Mo-Rodd Midweek Adventure, June 16, Maureen Coutant and Gary Rodd, 9 participants

- This week the group went up Thomas. There was some talk of doing Cat, but the plan changed and everyone finished up before the rain started! Participants: Ralph DeCristofaro, Kelly Fletcher, Dianne Hurtt, Licia Mackey, Gary Rodd, Kelsey Ross, George Sammons, Kathy Taylor, Neil Van Dorsten.

High Peak, Mount Marshal, June 19, Alison Darbee and Joe Murphy, 8 participants

- We had good temperatures and a fun hike that included some deep mud pits on our way up to the top of Marshal. Participants: Madeline Kowalik-Bova, David Crouse, Seth Dunn, Susan Keely, Helena Nevarez, Rebecca Smith, Joanne Walczak, Alison Darbee.

Mo-Rodd Mid-week Adventure, June 23, Maureen Coutant and Gary Rodd, 6 participants

- We had a nice paddle along the Schroon River between Exit 25 and 26, above the rapids and dam! We were thankful for the clouds which kept us from getting too warm. This was the first time doing the trip for many of us. We spotted cars so that we could just paddle with the current. Ahhhh. Participants: Mo Coutant, Charlie Czech, Mike George, Licia Mackey, George Sammons, Don Thorn.

Northville Placid Trail Wakely Dam to Lake Durant, June 26, Carolyn Cyr, 5 participants

- We opted to spot cars at Wakely Dam and hike from north to south, starting at Lake Durant. The trail and the weather were dry despite forecasts for rain. A stop at Stephens Pond and lean-to allowed time for snacks. Soon we joined the newly constructed trail completed by the ADK Trail Crew last year. We all enjoyed a delightful walk in the woods along the slightly rolling terrain. We felt a few sprinkles during lunch at the junction of two streams, just before an impressive new bridge. The day was completed by a short walk along Cedar River Road — now we have

all officially completed this lovely section of the NP Trail. Participants: George Baranauskas, Carolyn Cyr, John Devine, Kendra Pratt, Gary Wilcox.

Evening Paddle, June 29, Maureen Coutant, 24 participants

- Wow! I can't believe how many people hadn't paddled the Feeder Canal, yet have lived in Glens Falls for quite some time! So, this turned out to be the night to give it a try! It didn't hurt that we had plenty of daylight, water in the canal, and perfect weather. Except for one branch grabbing Mike's hat and glasses, it was a great trip. Everyone seemed to enjoy this unique paddling experience and I hope they share the experience with a friend and do it again. Participants: David and Mary Alley, Kathy Bradley, John Caffry, Nancy Citro, Gen, Jim, and Mo Coutant, Charlie Czech, Sandy Deeb, Mike George, Beth and Steve Gurzler, Ken Hughes, Sarah King, Daisy and John, Becky and Tom Meath, Andrew and Anne Paolano, Gretchen Romanesko, Janet Stephens, Rudy Tomasik.

Mo-Rodd Midweek Adventure, June 30, Maureen Coutant and Gary Rodd, 8 participants

- We had great weather for our last outing. We did an easy hike up to the gazebo at Pilot Knob Lookout and had a little picnic and soaked up the sun. We all shared some goodies and headed down to the lake for a dip. It was actually too chilly for all but the kids on the trip. As I write this a week later we're in the midst of a heat wave! What a difference a week can make! See everyone in the fall! Participants: Gen and Mo Coutant, Mike George, Kyra Lombard, Licia Mackey, George & Irene Sammons, Bill Schwarz

Pillsbury Fire Tower, July 7, Alison Darbee, 8 participants

- Yes we hiked in the heat! We had hazy views from the top but a welcoming breeze greeted us on the tower landings. We learned some new flowers and bird songs along the way and I think all had a good time. Participants: Ray Bouchard Carolyn Cyr, Chris Curtin, Nathan June, Helena Nevarez, Jamie Newton, Marsha Noble, Alison Darbee.



High Peaks, Dial & Nippletop, July 10, Alison Darbee and Joe Murphy, 6 participants

- Despite the forecast for rain we headed out to a muggy climb up through Elk Pass to Nippletop and then over to Dial and out. Some things overheard or that happened on this hike: Is this the shoulder of Noonmark? Is this the shoulder? This is all bear den is? Now this has to be the shoulder ... I also think someone in our group may or may not have some use for Preparation H, and another could for sure use a shield from pooping birds! Thank you to #6646 for knowing and naming all the peaks on view from Whiteface on down the line! Joke telling and some good ribbing rounded out the day. Participants: Venus Webb, Rebecca Smith, Brian Lamos, Madeline Kowalik-Bova, Joe Murphy, Alison Darbee.

YMG — Fire Tower Challenge — Kane Mountain, July 10, Jonathan Lane, 4 participants

- A nice, easy hike with great company. The rain stopped earlier in the morning, so we were able to enjoy great weather for our hike. After taking in the beautiful views from the tower, we returned to the trailhead and headed for Sawdust Cafe, which was located near a large swamp and had a special of Steak and Frog Legs! None of us found out if they really taste like chicken. Participants: Dan French, Chandra Geremick, Jonathan Lane, Marsha Noble.

Treadway Mountain, July 17, Reg Prouty, 8 participants

- The blueberries were sweet, larger than usual and abundant as a cheerful eager group made their way to the beautiful summit of Treadway mountain. As the people enjoyed a leisurely lunch the leader provided background music on his pocket trumpet. Participants: Jim Brown, Susan Keely, Terje Kuusk, Katie Pangia, Reg Prouty, Mickey Onofrietto, Joanne Walczak, Nancy Weber.

Nundagao Ridge, July 18, Ellen DuBois, 7 participants

- Conditions: Beautiful clear day with long range views of the Dix Range, the Great Range, Big Slide, Pitchoff, Cascade, Porter, the Jay Range and Whiteface. We maintained a steady, easy pace, stopping often on the rocky open sections to enjoy the varying views. Everyone seemed to enjoy the perfect weather and scenery. Participants: Fred Lieber, Steve Rodriguez, Sandy Yellen, Ray Boucher, Roxanne Weippert, Michael Marmar, Ellen DuBois.

St. Regis Fire Tower, July 21, Alison Darbee, 5 participants

- We started out with a beautiful sunny day and got off the mountain just as it started to thunder. The views were wonderful up top and we took a leisurely lunch break. I must say our group had some rather stimulating conversations pretty much all day, even when we stopped for vittles at the Noonmark Diner, the thought-provoking prattle did not stop! Thanks to all for making an enjoyable day! Participants: Carolyn Cyr, Sue Howard, Katie Pangia, John Synakowski, Alison Darbee.

Linsey Marsh, July 24, Rich Crammond, 4 participants

- We saw a mother Hermit Thrush with her little one. There were lots of wildflowers, red effs and many kinds of mushrooms along the trail. As we approached the open marsh, a female Mallard took flight. It was a fine day to be on the trail in the Adirondacks. My thanks to Liz, Gail and my son Rich for hiking along. Participants: Liz Gee, Gail Epstien, Rich E. Crammond, Rich D. Crammond.

Cascade Peak, July 31, Reg Prouty, 7 participants

- It was a great day to be on a High Peak with unlimited visibility in all directions, so clear we could see the fire tower on Hurricane and the weather station on Whiteface as well as Lake Champlain as clear as a bell with the naked eye. Seven climbers enjoyed the beautiful summit for over an hour while we waited for two of them to rejoin us from doing Porter. Kim, Heather and Jane added their first ever High Peak and Marianne did her first two in the same day. Roy added No. 2 and No. 3 as he did Porter with Marianne. Patriotic music — including both U.S. and Canadian National Anthems — was provided by the leader as well as selections from musical shows on the pocket trumpet. Participants: Jim Brown, Heather Capobianco, Marianne Hines, Jane Kana, Roy Hoffman, Reg Prouty, Roy Hoffman.

High Peaks, Street and Nye, July 31, Alison Darbee and Joe Murphy, 16 participants

- We had a wonderful weather day and a large group! We got lucky as the river was down for easy crossing and we met some great people along the trail today as well. Participants: Terje Kuusk, Cole Hickland, Ken Tarullo, Carly Tarullo, Tom Ostrander, David Crouse, Jackie Cordell, Madeline Kowalik-Bova, Venus Webb, Brian Keech, Susan Keely, Helena Nevarez, Larry Chasnoff, Howard Chasnoff, Joe Murphy, Alison Darbee.



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.

