



Chepontuc Footnotes

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

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



Monument Valley, Utah.

JOHN SCHNEIDER

A true Western adventure!

Last year Schneider and his wife, Eileen, purchased a motor home in Yuma, Arizona, and took two weeks to bring it home to Saratoga Springs. Their cross-country trip took them to the Grand Canyon, Arizona (both South and North Rim); Monument Valley, Utah; Durango, Colorado; Great Sand Dune National Park, Colorado; and Tall Grass Prairie National Preserve, Kansas.

Come join Schneider as he takes you on two scenic rides of more than 50 miles along the South and North Rim of the Grand

Canyon, hikes into the Canyon from the North Rim, and takes a day hike on the more than 800-mile long Arizona Trail. On a half-day tour he visits Monument Valley.

Come ride the Durango-Silverton Narrow Gauge Railroad as it snakes and climbs its way along the Animus River for 45 miles between Durango and the former mining town of Silverton, Colorado. Join along on a visit to Great Sand Dunes National Park, a park in a setting that does not seem real.

Program

'THE GRAND CANYON, MONUMENT VALLEY, AND OTHER GREAT WESTERN PLACES'
WHEN: 7 P.M., MAY 25
WHAT: PRESENTATION WITH JOHN SCHNEIDER
WHERE: SARATOGA SPRINGS PUBLIC LIBRARY

Longest Day of the Year Event

It's so nice outside in June, that we're trying something new this year with an Outdoor Evening Program! We have organized four or more evening outings to take advantage of the extended daylight on Tuesday, June 21st. You may have to leave work a bit early to

meet up with the group, but hopefully you can join us on one of the trips. The plan is for the trips to end around 7 and all meet up in Shepard Park in Lake George around 7:30. Bring your own picnic dinner or grab a slice

of pizza in the village. It will be a great chance to get out, be active, and then catch up with people you may not have seen in awhile or meet fellow ADKers. If you can't make it to one of the outings, just meet us at the park for the eating and chatting portion of the evening!

You will need to sign up for the outings. Please contact the trip leader as soon as you can. More trips may be added if needed. See the Outings Schedule inside.

Bike along the Warren County Bike Trail — Steve Mackey, smackey33@verizon.net, 793-6484

Birding in the Lake George area — Laurie LaFond, laf27.media@yahoo.com, 955-8301

Hike up French Mountain — Gary Rodd, sandgrodd@roadrunner.com, 792-4937

Paddle on the west side of Lake George — Maureen Coutant, mojim@roadrunner.com 745-7834

Program

'LONGEST DAY OF THE YEAR EVENT'
WHEN: EVENING, JUNE 21
RAIN DATE: JUNE 22
WHAT: VARIOUS OPTIONS

Sign on to our online version!

Opt Out to Get into Awesome Prizes! When you sign up to receive Chepontuc Footnotes online not only will you help save a tree and our chapter money, but also you will be entered

into a raffle to win prizes such as an ADK fleece, Planet Earth DVD, signed copy of Views From on High, or a ticket to our Annual Dinner! **DO IT NOW:** www.adk-gfs.org

Lots going on this spring

BY MAUREEN COUTANT

We've had a couple of great programs, which I hope you were able to attend. In February, Mary Brown gave us a first-hand behind-the-scenes look at a scientist support crew in Antarctica. Then, the Mackey's gave us a spectacular multimedia presentation of their fall 2010 bike trip across America in March. I can't tell you how many wonderful comments I've heard about both shows. We have another great show this month, on Wednesday, May 25, at Saratoga Springs Library. John Schneider will give a slide show on a trip he took last year to the American Southwest. The black and white copy of his photo in the newsletter doesn't do it justice. Check out our website www.adk-gfs.org to see it in color and click on the May-July newsletter tab on the right hand side under "Quick Links."

While you're at our website, you'll see how easy it is to view the newsletter. In fact, starting with this issue, the online version may have some added content that we couldn't fit into the printed newsletter. Plus, you can print out pages you'd like to post on your refrigerator as reminders or print out the whole newsletter for that matter. Our bimonthly newsletter is our greatest expenditure, at almost 50% of our budget. We hope that some of you will decide to opt out of having a newsletter mailed to you when you see how easy and convenient it is to view it online. While we're exploring a number of ways to reduce this cost, this is a way you can help right away. We've heard from



CHAPTER CHAIR **Report**

Join us for the
"outings" program
in June!

many folks that they like to have the paper in hand. You can still have it, but this way you get to choose which pieces of paper you really want to have "in hand."

Back to our programs, I apologize for all of the recent date and location changes. None of these errors were due in any part to our fine volunteer newsletter editor. They were simply the result of miscommunications between all of the parties involved in pulling these events together, including me. New people in new jobs and little missing details can have a big impact! On the upside,

it did reinforce the value of getting on our Chapter Email alert list! Our webmaster maintains this list and sends out e-mails when the newsletter is posted online, as a reminder of upcoming programs, and to alert you to program changes. See the box elsewhere in the newsletter to find out how to get on the list. Don't worry; we'll try not to overload your mailbox. You can also "opt-out" of the newsletter when you sign up for the e-mail alerts.

Finally, I'd like to note that in June we're trying something new and doing "outings" for a program! We hope we'll have nice weather and you will join us for an outing of your choice followed by food and good conversation at Shepard Park in Lake George during the evening of June 21. It should be fun and it's always good to try new things. It's also good to try old things again. That's what we'll be doing in December. We'll be showing photos from you — if you submit some! See more info on the Programs page!

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Conservation News

By Jacki Bave

Spruce Mountain Fire Tower — Efforts are continuing to establish a permanent legal route to the summit of Spruce Mountain, which is a destination of our chapter's Fire Tower Challenge. Saratoga PLAN and New York State own property along the route, and the trail also crosses private parcels of land. The 1.5 acres underneath the state-owned tower were supposed to be transferred from the county to the state last year, but the deal fell through. The Chairman of the Saratoga County Trails Committee, Ed Kinowski, has called for Saratoga County Supervisors to renew efforts to transfer the land under the Spruce Mountain Fire Tower to the state, or to a land trust. Mr. Kinowski fears liability issues as the hike to the fire tower summit becomes more and more popular. Once the land transfer is finalized, Friends of Spruce Mountain Fire Tower will repair and restore the tower.

ADK Will Support Legislation to Regulate Hydrofracking in New York State — The Club's Conservation Committee and Board of Directors have voted to pass a resolution calling for ADK to actively support legislation which would provide statewide hydrofracking regulations, as well as regulations for water withdrawals associated with it. Hydrofracking is a natural gas extraction technique that relies on pumping a pressurized mixture of water, sand

and chemicals into shale formations to free the natural gas for extraction. ADK's concern is the threat of water contamination, as well as the effects of drawing high volumes of water from rivers and lakes in the state. In addition, the Marcellus Shale, a potential source of natural gas, extends under Allegany State Park and some of our state forests. Development of well sites would change the character of the lands from natural areas to industrial sites. Legislation known as the "Omnibus Fracking Bill" would establish standards for control and treatment of contaminated water resulting from hydrofracking operations, and prohibit drilling in certain areas such as watersheds, state parks and forests, and critical habitats. An associated "Water Withdrawals Bill" would create a statewide program to regulate water withdrawals. ADK's Public Affairs Office will work for passage of these bills. To learn more about the proposed legislation and to see the Club's resolution, visit the ADK website.

Additional Developments Regarding New York's Public Right of Navigation — New York's Attorney General has taken action in support of the public's right to paddle on navigable waters in New York State. This right is being challenged by private landowners along Shingle Shanty Brook in the Whitney Wilderness, who have put up barriers and no trespassing signs, and filed a lawsuit against a paddler who published an account of a paddling trip along the brook between Little Tupper Lake and Lake Lila. New York's Department of Environmental Conservation has supported the public's right to travel on the water route, and ordered the landowners to remove the barriers. The AG has made a motion to the court for DEC and New York State to intervene in the case in order to uphold the right of public navigation.

Education
Corner

By Linda Ranado

Spring is here and our Education Committee is in full bloom. Besides sponsoring our five DEC camperships at Camps Colby and Pack Forest, we will also be sponsoring William Roberts of Queensbury to participate in ADK's Teen Trails program, offered out of our Heart Lake headquarters. As a participant, Roberts will be contributing his time and energy as he gets "on the job" training in trail maintenance at a site yet to be determined. Hopefully, we will hear about the experiences of all of our sponsored camperships come Fall.

Our outreach program continues to grow. As usual, we look forward to our annual day of workshops as we help Queensbury third graders celebrate Adirondack Day on May 26th by enlightening them on the "dos and don'ts" of hiking. Also in May, we are planning to share our expertise with students from St. Mary's School in Glens Falls in hopes of furthering their knowledge of and appreciation of hiking and of their natural environment. With the same intent in mind, June 18th will find us at Camp Woodhaven in Galway at the "Woodsie Wonder Camp-o-ree" hosted by the Girl Scouts of Northeastern New York.

I close with a two-fold reminder. First, remember we are available to offer outreach programs (workshops, hikes, etc.) to interested schools and organizations who would like to encourage our youth to "get outside" and enjoy the natural wonders about them. Second, as usual, if anyone is interested in helping out or suggesting new avenues for us to explore, please contact me at lrando@hotmail.com or 696-7265.

KICK UP YOUR BOOTS AT

A Black Fly Affair!

ADK's annual Black Fly Affair is buzzing around the corner! Make your reservation today!

The event will take place on Saturday, May 21, 2011, at 7 p.m. at Hiland Park Country Club in Queensbury.

- Silent & Live Auctions
 - Libations and Delectable Edibles
 - Dancing through the Decades to the music of "Standing Room Only"
- Black tie optional; Hiking Boots Mandatory
\$45 per person in advance (\$55 at the door)

Auction items include art, jewelry, chapter baskets, lodging and dining, outdoor gear and weekend getaways!

Artist Jeanne Benas will be drawing caricatures to take home!

RSVP today at www.adk.org



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Executive Committee meeting synopsis

Minutes of the March 2, 2011, meeting

Chair Maureen Coutant received a letter from the Club thanking the Chapter for its 2010 donation of \$4,000.

Madeline Kowalik-Bova, Outings Committee Co-Chair, reported that the committee is reorganizing the outings leader information into a handbook.

John Caffry, Secretary, said that memorial donations honoring Alan R. Clark of Earlville, New York were received.

Jacki Bave, Conservation Chair, asked John Caffry about the status of the Shingle Shanty Brook navigation

rights lawsuit. John said that the Attorney General's Office and DEC have moved to intervene in the case. Jacki and others met with Saratoga County officials recently on the Spruce Mountain firetower access issue.

Education Chair Linda Ranado reported that all DEC camperships have been filled, but that there is still one opening for the ADK Teen Trails program. She is working on three potential outreach programs, including the Queensbury third grade program, one with Girl Scouts in Saratoga, and another one. Madeline said that she is a teacher and might like to have a program done in her class.

Mo reported for the **Programs Committee**, that the May program will be in Saratoga, with John Schneider giving a program on the Grand Canyon and other western sites.

Mo announced that **Laura Fiske will chair the Nominating Committee**, and that four more members are needed.

George Sammons, Website Chair, reported that he has renewed the registration for three years, at a substantial savings for the multi-year registration. He now has 560-570 people on the e-mail list.

Mo reported that Jonathan Lane will again be organizing the **Chapter Basket for the Black Fly Affair**.

Chapter receives donations for Fire Tower Challenge

By John Caffry, Chapter Secretary

The Glens Falls-Saratoga Chapter has generously received 15 checks totaling \$725.00 from memorial donations honoring Alan Clark of Earlville, New York, who died in February.

Mr. Clark was not an ADK member, but on August 12, 2009, he and his wife, Jinene, completed the Fire Tower Challenge on Wakely Mountain. The Challenge was created several years ago by the Chapter, which continues to administer

the program. Following Mr. Clark's death, his family designated the Chapter to be one of two suggested recipients of memorial donations in his honor. His published obituary discussed at length his love of the Adirondacks and his enjoyment of the Fire Tower Challenge over the last ten years.

The Chapter has arranged with the development staff at ADK Headquarters in Lake George to administer the donated funds, which will be used solely for the support of the Fire Tower Challenge.

Send in your photos for 'slide social'

We're dusting off a program from the past and upgrading it! Every December we used to invite members to bring some slides (and yes they were actually slides that went into a slide projector) of their adventures from the past year to share with the group. We also invited members to bring some Christmas cookies to share! It was a great way to get ideas for places that you'd like to visit either near or far. Seeing slides from a trip across Katahdin's Knife Edge in Maine inspired Mo and her husband to take a trip there. (See photo-

graph on the website!)

Steve Mackey has offered to collect the photos and put them together for the "slide" presentation this December. Just e-mail some of your favorite photos from ADK outings, your own outdoor adventures during the year, or flora/fauna shots to Steve at smackey33@verizon.net. Please limit your submissions to 5 to 10 photos.

More program details will be coming in the Nov.-Jan. newsletter.

New members

GF-S CHAPTER

New Members: January 2011

- Will & Sheryl Anthony, Glastonburg, Connecticut
- Robert & Laura Ryan, Clifton Park
- Jeff Baran, Lake Luzerne
- Jill Standinger, Hadley
- David Delcourt, Queensbury
- Barbara Stephens, Glens Falls
- Ronald Malewit, Queensbury
- Connor Sullivan, Porters Corners
- Steven Ropitzky, Stillwater
- Lauren Wadsworth, Saratoga Springs

Rejoined Members: January 2011

- Kathy Corbett, Saratoga Springs
- James Grinter, Queensbury

February 2011

- Jessica Paradis, Whitehall
- Mark Regan, Queensbury
- Beth Shropshire, Glens Falls
- Heather Thomas, Wells, Vermont
- Thomas Penders, Queensbury
- Scott & Elizabeth Evans, Katonah, NY
- Rob & Rachel Bedore, Queensbury
- James & Kathleen Kilduff, Saratoga Springs

Rejoined Members: February 2011

- Edward Burgher, Saratoga Springs
- Ernie Martindale, Queensbury
- Karl Smoczynski, Queensbury
- Sharon Zaccari, Lake George
- Richard & Denise Miraglia, Lake Luzerne



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: May 25. **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: May 4, June 1. **Outings Committee Meetings** TBD.

May		Outing Type	Destination	Leader/Contact	Rating
1	Sun	Hike	Black Mountain Loop	Carpenter, Kowalik-Bova	B
3	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
4	Wed	Meeting	Executive Committee Meeting, Glens Falls	Maureen Coutant	NR
7	Sat	Hike	Canary Pond	Rich Myette, Jayne Boudier	A-
7	Sat	Hike	Lost Pond and short Bushwhack	Rich Crammond	B-
7	Sat	Walk	Spring Bird Walk — Wilton Wildlife Preserve & Park	Rich Speidel	C
8	Sun	Hike	Noonmark Mountain	Steve Mackey	B
10	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
10	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
14	Sat	Hike	Spruce Mountain *Firetower*	Lorraine MacKenzie	B-
14	Sat	Other	ADK Lake George Property Work Day	Maureen Coutant	NR
15	Sun	Hike	Ampersand Mountain	Bill Carpenter	B
15	Sun	Hike	YMG — Windham — Catskill High Peak	Jonathan Lane	B
15	Sun	Walk	Spring Bird Walk — Wilton Wildlife Preserve & Park	Rich Speidel	C
16	Mon	Geocache	Midmonth Monday Geocache	Maureen Coutant, Sarah King	NR
17	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
21	Sat	Hike	Bear Pond Loop	Neal Van Dorsten	B
21	Sat	Other	Black Fly Affair	Maureen Coutant	NR
21	Sat	Paddle/Camp	Lake George 28 hr.	Jayne Boudier	A
22	Sun	Hike	Giant Mountain Hike	Bill Carpenter	A+
22	Sun	Paddle	Hudson River Gorge Whitewater Rafting Trip	John Schroeder	B
24	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
24	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
25	Wed	Program	The Grand Canyon, Monument Valley, and Other Great Western Places	John Schneider	NR
28	Sat	Hike	Phelps Mountain via Klondike Trail and Herdpath	Bill Morse	A-
28	Sat	Walk	Spring Bird Walk — Pack Forest, Warrensburg	Rich Speidel	C
29	Sun	Bike	Brant Lake Loop	Neal Van Dorsten	B+
31	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
June					
1	Wed	Meeting	Executive Committee Meeting, Saratoga	Maureen Coutant	NR
5	Sun	Hike	MacNaughton Mountain	Joe Murphy, Ray O'Connor	A+
5	Sun	Hike	Buck Mountain	Lorraine MacKenzie	B
7	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
7	Tue	Walk/Hike	Midweek Jaunt	Maureen Coutant	NR
11	Sat	Hike	YMG — Dix — High Peak	Jonathan Lane, Kiki Kelly	A+
11	Sat	Hike	Macomb, East Dix & South Dix	Bill Morse	A+
11	Sat	Hike	Vanderwhacker Mountain *Fire Tower*	Rich Crammond	B
11	Sat	Paddle/Camp	Lake George 28 hr.	Jayne Boudier	A
12	Sun	Hike	Giant & Rocky Peak Ridge	Joe Murphy, Wayne Richter	A+
12	Sun	Walk	Birding Field Trip — Washington County Grasslands	Laurie LaFond, Rich Speidel	C
13	Mon	Geocache	Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
14	Tue	Walk/Hike	Midweek Jaunt brunch	Maureen Coutant	NR
18	Sat	Paddle/Camp	Henderson Lake	Jayne Boudier	B+
19	Sun	Hike	Killington & Pico (Green Mountains)	Joseph Murphy, Alison Darbee	A+
19	Sun	Hike	Cascade and Porter High Peaks	Bill Carpenter	A
21	Tue	Bike	Lake George — Bike trip	Steve Mackey	B
21	Tue	Hike	Longest Day Event — hike up French Mountain	Gary Rodd	B-
21	Tue	Paddle	Longest Day Event — Evening Outings	Maureen Coutant	NR
21	Tue	Walk	Longest Day Event — Birding Outing	Laurie LaFond	C
25	Sat	Hike	High Peaks, Gray and Skylight	Alison Darbee, Wayne Richter	A+
25	Sat	Hike	Part of the Great Range Traverse	Ellen DuBois	A+
26	Sun	Hike	YMG — Eagle & Balsam — Catskill High Peaks	Jonathan Lane, Kiki Kelly	A
26	Sun	Hike	Street & Nye	Lorraine MacKenzie	A+
July					
3	Sun	Hike	Mount Marcy	Joe Murphy, Ray O'Connor	A+
5	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
9	Sat	Hike	High Peak, Redfield	Alison Darbee	A+
9	Sat	Hike	Rogers Rock	Neal Van Dorsten	B-
10	Sun	Hike	Table Top and Phelps High Peaks	Bill Carpenter	A+
14	Thu	Hike	Pilot Knob Gazebo	Neal Van Dorsten	C



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.*

BLACK MOUNTAIN LOOP HIKE

Sunday, May 1, 2011

Time: 7:00 a.m.

Rating: B

Leader: Bill Carpenter 793-5506

Colead: Madeline Kowalik-Bova outings@adk-gfs.org

Great views to be had from the summit and on the backside toward the lake. We will make this a loop hike, for a total of 6.7 miles round trip. Please call leaders for details.

MIDWEEK JAUNT WALK/HIKE

Tuesday, May 3, 2011

Time: 9:15 a.m.

Rating: NR

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

Each week we'll do a walk or hike generally within one hour of Glens Falls. I'll try to vary the activity to accommodate the different styles and abilities of the participants! Our outing will be on Tuesdays, but if the weather doesn't cooperate, we'll go later in the week. I'll send out an email to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details.

CANARY POND HIKE

Saturday, May 7, 2011

Time: 7:00 a.m.

Rating: A-

Leader: Rich Myette 745-5037

Colead: Jayne Boudier 793-3770

Getting to Canary Pond is as lovely as the pond itself. If you want to see what the Adirondacks looked like before being settled, then this is the hike for you. We'll pass through old growth forest with very large hemlock, ash, maple, and yellow birch. We'll be on a delightful section of the Northville-Placid Trail in the Silver Lake Wilderness Area, starting and ending at Whitehouse, with its long suspension bridge. If you haven't experienced the N-P Trail this would be a good introduction. Be prepared to hike 14 miles of rolling terrain. Meet at 7 a.m. sharp.

SAVE THE DATE!

Our Chapter Annual Dinner
will be held on Friday, October 14!
More details to come!

LOST POND AND SHORT BUSHWHACK HIKE

Saturday, May 7, 2011

Time: 9:00 a.m.

Rating: B-

Leader: Rich Crammond 584-2380

Meet at Rich's Camp, which is 0.06 miles up winding Ridge Road from Route 28N Minerva. We will drive (car pool) north on 28N. Then we will hike into the pond from the trailhead across the road from Stoney Pond Trailhead off Route 28N, Newcomb/Minerva area. Then we will do the short bushwhack around the pond, about 1,000 yards to see the beaver work and look for more moose signs. This is one of my favorite places to be in the Eastern Adirondacks. The total distance is around 3 miles. Please call leader to sign up. See you there!

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK

Saturday, May 7, 2011

Time: TBD

Rating: C

Leader: Rich Speidel 623-2587

May is the best month to hear and see migratory birds in our area. This will be a leisurely morning walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we will stop often and keep track of the species identified. Please bring binoculars. Group size is limited to 15, so please call ahead to register for either the May 7 or May 15 walk. Meeting place: Camp Saratoga, Scout Road.

NOONMARK MOUNTAIN HIKE

Sunday, May 8, 2011

Time: 8:00 a.m.

Rating: B

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

This a great moderately difficulty hike. If you're thinking of doing your first High Peak, though this isn't one, it gives you a good idea of what it is like. It is only 6 miles round trip, but it has a lot of climbing in a short period of time. The views are incredible and it doesn't take long for the views to appear. There could be mud, and it is apt to be windy on top, so dress accordingly.

EVENING PADDLE

Tuesday, May 10, 2011

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or

chapterchair@roadrunner.com

This is the start of the every-other Tuesday Evening Paddle trips. We go in the evening to give people a chance to get out after work with a group. The group generally doesn't go too fast, but we break into a faster and slower group if needed. I try to pick locations within a half-hour of Glens Falls, since we only have a few hours in the evening. We do flat water trips: lakes, rivers and streams. Sometimes there is a strong current, but not rapids. Depending on the forecast, the trip may get moved to a different evening. Call or e-mail Sunday evening to find out the details for the upcoming week.



MIDWEEK JAUNT WALK/HIKE

Tuesday, May 10, 2011

Time: 9:15 a.m.

Rating: NR

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

See May 3rd.

SPRUCE MOUNTAIN — *FIRETOWER * — HIKE

Saturday, May 14, 2011

Time: 9:00 a.m.

Rating: B-

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

For those of you working on you fire towers, Spruce Mountain is not too strenuous and is close to home. It is only 2.2 miles round trip with approximately 1,000 ft. of elevation gain. The trail is east of an old jeep road and the actual fire tower is in disrepair — not the most picturesque of hikes but I feel any day in the woods is a good day! Rain Cancels.

ADK LAKE GEORGE PROPERTY WORK DAY

Saturday, May 14, 2011

Time: 9:00 a.m.

Rating: NR

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

Come join fellow ADKers in a Spring Cleanup day at the ADK headquarters just off Exit 21. Coffee and donuts and lunch provided. We'll be there from 9 to 2ish, so drop in and stay for as long as you can. No skills required! Don't wear your best clothes. A pair of work gloves are handy. Afterward, we'll take a hike at the nearby Lake George Recreation trails, so bring your hiking boots, a water bottle and a snack!

AMPERSAND MOUNTAIN HIKE

Sunday, May 15, 2011

Time: 7:00 a.m.

Rating: B

Leader: Bill Carpenter 793-5506

Join us for this annual Ampersand hike. Getting ready for the High Peaks? Then this hike is for you! From the top, gaze into the bold face of the Seward Range and other High Peaks. On turning, one sees the Sarnac country. Round trip distance 5.4 miles with 1,775 feet of elevation change. Please call leader to sign up.

YMG — WINDHAM — CATSKILL HIGH PEAK HIKE

Sunday, May 15, 2011

Time: 7:00 a.m.

Rating: B

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

This is a relatively easy Catskill High Peak. The route we'll be taking is approximately 6.5 miles round trip with about 1,494' elevation change. Relaxed, moderate pace with plenty of time for taking photos. Contact leader for meeting location. Rain will cancel.

SPRING BIRD WALK — WILTON WILDLIFE PRESERVE & PARK

Sunday, May 15, 2011

Time: TBD

Rating: C

Leader: Rich Speidel 623-2587

May is the best month to hear and see migratory birds in our area. This will be a leisurely morning walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we will stop often and keep track of the species identified. Please bring binoculars. Group size is limited to 15, so please call ahead to register for either the May 7 or May 15 walk. Meeting place: Camp Saratoga, Scout Road.

MIDMONTH MONDAY GEOCACHE

Monday, May 16, 2011

Time: 9:15 a.m.

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, 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 pick somewhere within an hour of Glens Falls.

MIDWEEK JAUNT WALK/HIKE

Tuesday, May 17, 2011

Time: 9:15 a.m.

Rating: NR

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

See May 3rd.

BEAR POND LOOP HIKE

Saturday, May 21, 2011

Time: 9:00 a.m.

Rating: B

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

This is a beautiful loop that takes in five Adirondack ponds, including a stop at the old mine at Rock Pond and the quarry next to the pond. It is a little up and down but no real elevation change. The total trip is around 7 miles. This hike captures more pretty ponds in a short time and lots to look at. Meeting in Bolton Landing at 9:00 a.m. (parking area next to Son of a Sailor restaurant) or at the trailhead in Putnam Pond at ten. Call or e-mail for more information. Leader may bring a dog.



LAKE GEORGE 28-HR. PADDLE/CAMP

Saturday-Sunday, May 21-22, 2011

Time: 2:00 p.m.

Rating: A

Leader: Jayne Boudier — 793-3770

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

GIANT MOUNTAIN HIKE

Sunday, May 22, 2011

Time: 6:30 a.m.

Rating: A+

Leader: Bill Carpenter 793-5506

Giant is #12 of the 46 High Peaks. The views, looking at most of the High Peaks, are perhaps second only to Marcy. Please call leader by the Friday before the hike.

HUDSON RIVER GORGE WHITEWATER RAFTING TRIP

Sunday, May 22, 2011

Time: 8:30 p.m.

Rating: B

Leader: John Schroeder — 518-798-4734

The Hudson River Gorge offers 16 miles of spectacular whitewater and beautiful scenery. This full day, class III-IV whitewater trip, should provide our group with plenty of adventure. Wild Waters has offered our group a very enticing rate of \$62 per person. This price includes all safety equipment, wetsuits, booties, lunch on the river, transportation, and a New York State licensed guide on each raft. An optional dinner can be added to the trip for an additional \$7.50, which I would recommend, as it offers a nice chance to mingle after the trip. The date of our trip should provide us with the best of both worlds: early enough in the season for good water levels, but not so early that the cold weather and cold water make it difficult to stay warm. Minimum age is 12 years old. Please call Wild Waters directly at 1-800-867-2335 to book your trip, and be sure to mention that you are with John Schroeder's ADK group rafting on Sunday, May 22.

EVENING PADDLE

Tuesday, May 24, 2011

Time: TBD

Rating: NR

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

See write-up on May 10th.

MIDWEEK JAUNT WALK/HIKE

Tuesday, May 24, 2011

Time: 9:15 a.m.

Rating: NR

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

See May 3rd.

PHELPS MOUNTAIN VIA KLONDIKE TRAIL AND HERDPATH HIKE

Saturday, May 28, 2011

Time: 7:30 a.m.

Rating: A-

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

Leaving from South Meadows Road near the Loj we will follow the Klondike Trail 2.7 miles to the Klondike Lean-to. From the lean-to we will take the herd path up Phelps. Total of 8-8.5 miles with about 2,000 feet of ascent. An easy hike for the High Peaks. We will meet at 7:30 a.m. at Exit 29, Frontier Town. Bring your lunch for the top.

SPRING BIRD WALK — PACK FOREST, WARRENSBURG

Saturday, May 28, 2011

Time: 8:00 a.m.

Rating: C

Leader: Rich Speidel 623-2587

This will be a leisurely morning walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory and native birds crossing our path. We will check for birds around Pack Forest Lake and the Grandmother's Tree, a towering 175-foot white pine some 320 years old. Please bring binoculars. We identified 37 species of birds on the 2010 walk ... this year? The rain date is Sunday, May 29. Meeting place: Pack Forest-Route 9, 3/4 mile north of Route 28.

BRANT LAKE LOOP BIKE

Sunday, May 29, 2011

Time: 11:00 a.m.

Rating: B+

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

We will meet at the parking area at Exit 24. This ride is roughly 28 miles of relatively easy terrain. There are some ups and downs. We will take a leisurely pace and leave no one behind. First we will wind along the pretty Schroon River then do a loop around Brant Lake. Allow time for lunch and stops to enjoy the views, plus about 3 hours. Call or e-mail for details.

MIDWEEK JAUNT WALK/HIKE

Tuesday, May 31, 2011

Time: 9:15 a.m.

Rating: NR

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

See May 3rd



MACNAUGHTON MOUNTAIN HIKE

Sunday, June 5, 2011

Time: 5:45 a.m.

Rating: A+

Leader: Joe Murphy — 518-580-7618, jmurphy@skidmore.edu

Colead: Ray O'Connor — 518-583-0354 or moconn14@nycap.rr.com

We will meet at Panera Bread off Exit 19 at 5:45 a.m. Then we will either travel to the Upper Works or Adirondack Loj and take the trails to MacNaughton Mountain. Which path we decide is dependent upon group size. There are marked trails for most of the way on each trail, but then there are minimal herd paths and a lot of blowdown to contend with. Approximately 15 miles round trip.

BUCK MOUNTAIN HIKE

Sunday, June 5, 2011

Time: 9:00 a.m.

Rating: B

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

Buck Mountain was the first mountain I climbed in the Adirondacks. The person at ADK Headquarters suggested it and claimed it was an easy hike with only a "slight incline." With a distance of 6.3 miles round trip and 1,900 feet of elevation gain, I came to realize years later that it is "easy" only when compared to the High Peaks. It is a great hike with fantastic views of Lake George and well worth the effort! Rain cancels.

EVENING PADDLE

Tuesday, June 7, 2011

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@roadrunner.com

See May 10th

MIDWEEK JAUNT WALK/HIKE

Tuesday, June 7, 2011

Time: 9:15 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834, chapterchair@roadrunner.com

See May 10th

YMG — DIX — HIGH PEAK HIKE

Saturday, June 11, 2011

Time: 6:30 a.m.

Rating: A+

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

Colead: Kiki Kelly

This 6th highest Adirondack peak offers some spectacular views and shouldn't be missed. We will ascend over the Beckhorn and complete a loop via Hunters Pass. Pace will be moderate with plenty of time for photos. Round trip distance is about 14 miles. Rain will cancel.

MACOMB, EAST DIX & SOUTH DIX HIKE

Saturday, June 11, 2011

Time: 7:00 a.m.

Rating: A+

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

We will go up the slide on Macomb and head over to South and East then return via the Lillian Brook Trail. Bring plenty of food and your camera. We will meet at 7 a.m. at Exit 29 Frontier Town Parking lot.

VANDERWHACKER MOUNTAIN —*FIRE TOWER* — HIKE

Saturday, June 11, 2011

Time: 9:00 a.m.

Rating: B

Leader: Rich Crammond — 584-2380

Meeting place will be at the Boreas River Picnic area pull-off, 16.2 miles from North Creek on 28N. Hike is a total of 5.4 miles, with 1,650 feet of elevation change. Bug head nets will be good to have with you! See you there.

LAKE GEORGE 28-HR. PADDLE/CAMP

Saturday-Sunday, June 11-12, 2011

Time: 2:00 p.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This is the best time of year to beat the rush for nice island sites in the Narrows. And the late meeting time gives us most of Saturday to catch up on odd jobs. Kayaks are recommended. Put in from Shelving Rock Road (1/8-mile carry) or Huletts Landing (parking fee), most sites can be reached within a few miles. After setting up camp, we'll have Saturday evening and half of Sunday to take a leisurely look around. Points of interest could include Montcalm Point, Paradise Bay, French Point, Black Mountain Point, Five Mile Point, and Deer Leap. 12 miles or less of travel. Call leader for details (or with suggestions).

GIANT & ROCKY PEAK RIDGE HIKE

Sunday, June 12, 2011

Time: 6:45 a.m.

Rating: A+

Leader: Joe Murphy — 518-580-7618, jmurphy@skidmore.edu

Colead: Wayne Richter — devnull42@nycap.rr.com

We will meet at the Panera Bread off Exit 19 at 6:45 a.m. From there we will head to the Giant Mountain trailhead off Route 73 and take the Zander Scott Trail. We will hike up to Giant and then over to Rocky Peak. Approximately 9 miles round trip.



BIRDING FIELD TRIP — WASHINGTON COUNTY GRASSLANDS WALK

Sunday, June 12, 2011

Time: 8:00 a.m.

Rating: C

Leader: Laurie LaFond — 955-8301

Colead: Rich Speidel — 623-2587

Friends of the Washington County Grasslands IBA and ADK team up to look for grassland birds and spring migrants in the Washington County Grasslands Important Bird Area (IBA). This trip combines an auto loop around the heart of the IBA with a short trail hike through the gently rolling rural landscape. Likely sightings include American Kestrels, Bobolinks, Red-tailed Hawks, Bluebirds, Mockingbirds, woodpeckers, and many other songbirds. Possible sightings include threatened Northern Harriers, Eastern Meadowlarks, and other hawks. Please bring binoculars and take necessary precautions for tick bite prevention and sun protection. Group size is limited to 15, so please call Rich to register. Meeting place: Little Theater on the Farm — Plum Road, Fort Edward.

MONTHLY MONDAY GEOCACHE

Monday, June 13, 2011

Time: TBD

Rating: NR

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

Colead: Sarah King

Each month we explore an area looking for new caches that have been hidden. We sometimes do fairly flat walks or hike up a mountain. Geocaching is another activity to do while you're out and about. You use a GPS to find hidden treasures. Even if you're not a 'cacher,' it's fun to come along and get out in the woods. Call or e-mail a few days before to find out where we'll be going.

MIDWEEK JAUNT BRUNCH WALK/HIKE

Tuesday, June 14, 2011

Time: 9:15 a.m.

Rating: NR

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

This is the last 'midweek jaunt' of the season. We'll finish off the season with a hike up to the gazebo at the Pilot Knob Preserve for a potluck brunch. If anyone would like, we can do another short hike after feasting! I hope many of the folks who have joined me since last fall will be able to come for a last outing and socializing! It's also flag day, so wear Red, White, or Blue.

This edition of *Chepontuc Footnotes* and past issues are all available on-line!
Go to www.adk-gfs.org

HENDERSON LAKE PADDLE/CAMP

Saturday, June 18, 2011

Time: 7:00 a.m.

Rating: B+

Leader: Jayne Boudier — 793-3770

This is a beautiful, deep lake with cliffy shores, interesting swamps and inlets, and a great view of Indian Pass and High Peaks. We'll explore 6-7 miles worth of bays and inlets at an moderate, unhurried pace. Easy 1/4-mile carry; leader will help, has boat wheels, and also a boat to lend. From Upper Works.

KILLINGTON & PICO (GREEN MOUNTAINS) HIKE

Sunday, June 19, 2011

Time: 6:30 a.m.

Rating: A+

Leader: Joseph Murphy — 518-580-7618, jmurphy@skidmore.edu

Colead: Alison Darbee — darbear@gmail.com

We will meet at the Panera Bread off Exit 19 at 6:30am. We will then travel across state lines to visit the Green Mountains and hike Killington & Pico Peaks. Please contact leaders by the Friday before the hike for details and to sign up.

CASCADE AND PORTER HIGH PEAKS HIKE

Sunday, June 19, 2011

Time: TBD

Rating: A

Leader: Bill Carpenter — 793-5506

If you are working on your High Peaks or would like to start, this is a great hike. Moderate pace.

LAKE GEORGE — BIKE TRIP

Tuesday, June 21, 2011

Time: 6:00 p.m.

Rating: B

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

We thought it would be fun to do a hike, bike ride, and paddle trip on the longest day of the year, all ending in Lake George. Then we plan on having dinner (probably pizza) together in Lake George. I will lead the bike ride part, leaving from the beginning of the bike trail. (The parking area is just north of Sprinkles.) After dinner we will ride back, though if you have a ride waiting for you in Lake George, you are welcome to only ride the north leg. It would be wise to have water, an extra jacket, and some kind of lights (just in case the longest day, isn't long enough).



LONGEST DAY EVENT — FRENCH MOUNTAIN HIKE

Tuesday, June 21, 2011

Time: 4:45 p.m.

Rating: B-

Leader: Gary Rodd — 792-4937, sandgrodd@roadrunner.com

Join Gary for a hike up French Mountain (with landowner permission) during our June Program night! This trip is somewhat similar to Pilot Knob Preserve in that it's not too long and there's not too much of a warm up. You have a short walk to where the trail begins and then it's a fairly steady up. Mileage-wise it's probably similar to hiking to the waterfall at the Preserve. As always, if you have concerns or questions about your abilities call the trip leader! After the short hike, the group will move up Route 9 to meet other ADKers for dinner and socializing in Shepards Park along Lake George.

LONGEST DAY EVENT — EVENING OUTINGS

Tuesday, June 21, 2011

Time: 5:15 p.m.

Rating: NR

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

For our Chapter's June Program — 'the longest day event' — I will be leading a paddle trip on the west side of Lake George. We will be launching from a member's lakeside house who has graciously offered to let us do this once again. We will plan to be on the water by 5:30 and off by 7 p.m. so that we have time to get to the village and meet up with other ADKers for a picnic dinner in Shepards Park at 7:30. See the newsletter article for more details about the trips. Sign up early for meeting detail and since this trip size will be limited!

LONGEST DAY EVENT — BIRDING OUTING/WALK

Tuesday, June 21, 2011

Time: 5:30 p.m.

Rating: C

Leader: Laurie LaFond — 955-8301, laf27.media@yahoo.com

Join Laurie LaFond, our raptor specialist and organizer of the highly successful Winter Raptorfest, on a birding outing in the Lake George area as part of our Longest Day Event. Nesting activity makes sightings of warblers and other songbirds likely, and it's always fun to get out and listen to the evening serenade. Join fellow ADKers at Shepards Park after for a picnic dinner or pizza! See article for more details about the event. E-mail leader to get more specifics about the evening outing!

HIGH PEAKS, GRAY AND SKYLIGHT HIKE

Saturday, June 25, 2011

Time: 6:00 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Colead: Wayne Richter

We will start the hike from the Loj Parking Lot and head out over Marcy Dam out past a junction with Colden, and eventually hang a left to head to Lake Tear of the Clouds. We will be going at a quick pace with little dawdling. We will do the trailless Gray Peak first and then go get Skylight. Round trip approximately 18 miles with a total ascent of 4,265 ft. throughout the day. This will be a long day. Please e-mail leader by the Thursday before the hike for details and to sign up.

PART OF THE GREAT RANGE TRAVERSE HIKE

Saturday, June 25, 2011

Time: 8:00 a.m.

Rating: A+

Leader: Ellen DuBois — 518-798-4531, etdubois@netzero.net

This is the first part of the Great Range Traverse. The hike starts at the Roostercomb trailhead in Keene Valley. This is where we will meet at 8:00 a.m. The hike includes Roostercomb, Hedgehog, Lower Wolfjaw and Upper Wolfjaw. The return is via the Wolfjaw's notch to the interior outpost and out to the Garden. We can either spot a car at the Garden, take the shuttle if available, or walk 2 1/2 miles back to the Roostercomb trail head. The pace will be moderate to fast. Please contact me by phone or e-mail by Thursday prior to the hike.

YMG — EAGLE & BALSAM — CATSKILL HIGH PEAKS HIKE

Sunday, June 26, 2011

Time: 6:00 a.m.

Rating: A

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

Colead: Kiki Kelly

We will begin the day by having an awesome breakfast at Sweet Sue's in the Catskills! If you like pancakes, this is certainly the place to get the best! After filling our bellies, we'll head out to hike up two of the Catskill High Peaks, Eagle and Balsam. Approximately 9 miles round trip with about 3,014' elevation change. Moderate pace with plenty of time to take photos. Contact leader for meeting location. Rain will cancel.

WANTED

Chapter Publicity Chair!
Help market our chapter programs.
Send all Inquiries to
chapterchair@adk-gfs.org

WANTED

Help labeling the newsletter for mailing.
Send all Inquiries to
chapterchair@adk-gfs.org



STREET & NYE HIKE

Sunday, June 26, 2011

Time: 7:00 a.m.

Rating: A+

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

Nye Mountain stands only 3,895 feet tall but is part of the original 46 and still counts today toward the goal. Street does top the 4,000 foot mark by 166 feet. The total elevation gain will be approximately 2,300 feet over a distance of about 7.5 miles. Unlike many of the other High Peaks, the summit consists of trees, not bare rock, so views are limited. But, like all the other hikes, just being in the woods is fantastic! Rain cancels.

MOUNT MARCY HIKE

Sunday, July 3, 2011

Time: 5:45 a.m.

Rating: A+

Leader: Joe Murphy — 518-580-7618, jmurphy@skidmore.edu

Colead: Ray O'Connor — 518-583-0354 or moconn14@nycap.rr.com

We will meet at Panera Bread off Exit 19 at 5:45 a.m. We will then travel to the Adirondack Loj and take the blue trails past Marcy Dam to Mount Marcy. Approximately 15 miles round trip.

EVENING PADDLE

Tuesday, July 5, 2011

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or

chapterchair@roadrunner.com

See May 10th

HIGH PEAK, REDFIELD HIKE

Sat, July 9, 2011

Time: 5:30 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

This will be another fast-paced hike with little dawdling. We will start the hike from the Loj Parking lot. Round trip will be about 17 miles or so. If we have a fast enough paced group and time/conditions/emotions/fatigue, etc., dictate I will think about our group going up for Cliff, but please do not count on also getting Cliff today. Please e-mail leader by the Thursday before the hike for details and to sign up.

ROGERS ROCK HIKE

Saturday, July 9, 2011

Time: 9:00 a.m.

Rating: B-

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

This hike is short but fairly steep. The path up offers easy places to traverse the steep areas. The view from the top is fantastic and affords wonderful views of Lake George, both north and south. If weather permits, bring your suits for a quick swim after. We will meet in Bolton Landing at Son of a Sailor restaurant at 9:00 a.m. Total hike time is only about 1.5 hours round trip, but allow about three or so for the whole trip. Call or e-mail if you are attending.

TABLE TOP AND PHELPS HIGH PEAKS HIKE

Sunday, July 10, 2011

Time: TBD

Rating: A+

Leader: Bill Carpenter — 793-5506

Nice day in the mountains. Two more High Peaks for those working on them. Moderate pace.

PILOT KNOB GAZEBO HIKE

Thursday, July 14, 2011

Time: 9:00 a.m.

Rating: C

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

A nice stroll up to the Gazebo on Pilot Knob, great views of southern Lake George, then on to the waterfalls. This is a pretty hike and easy walking, with only a short climb at the start. Allow 3.5 hours round trip. Meet at Vero Cafe in Lake George, or the trailhead. Call or e-mail leader.

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, Tuesday, February 1, Maureen Coutant, 5 participants

- We tried to get out before the “big” storm hit, but we had a little fresh snow to play in and might have kept people home and off the roads. A few of us made it to Cronins and the Warren County trails in Warrensburg. A couple of us snowshoed on the trails through the woods while the others skied on the golf course. It was great to get out! Participants: Mo Coutant, Liz Gee, Sarah King, Erik Kranz, Licia Mackey.

Midweek Jaunt, Tuesday, February 8, Maureen Coutant, 11 participants

- This week we snowshoed along the trails in the Lake George Recreation area. We saw the refurbished lean-to and continued on along the back trail up Prospect. We only went part way up, but the fresh snow on the trees and along the trail was just stunning. Check out the photo gallery on our website for pictures of this trip and others. Participants: Carol Collins, Mo Coutant, Margaret Curtis, Liz Gee, Eric Krantz, Laurie LaFond, Bob and Kathy McMahon, Gary Rodd, George Sammons, Sandi Sullivan.

Colvin/Blake, Saturday, February 12, Bill Morse, 13 participants

- Our group of 13 started about 7:30 a.m. with light snow which got heavier the farther we went. The trail was well packed and easy to follow. We had no views due to the snow. Thanks to Dan a video of the hike is posted on Youtube: <http://www.youtube.com/watch?v=j4atc3dLfKs> is the address if you want to view. Thanks to Jim for taking over the hike when the hike leader could not continue. Participants: Jim Stine, Helena Nevarez, Terje Kuusk, Christine Mulvihill, Kevin Cox, Dan Forbush, Eberhard Burkowski, Wayne Dewey, Laura Dewey, David Charles, Carol Nestor, Bob Reinhart, Bill Morse.

Square Falls, Saturday, February 12, Rich Myette, 8 participants

- As our group moved up the East Branch of the Sagandaga River we encountered some difficult sections of deep snow on steep terrain. On the ridge over the gorge we took in some nice views down to the river and up to the surrounding mountains. Square Falls was difficult to locate due to extensive ice and snow deeply covering the rivers surface and the water falls. After lunch the group elected to navigate back downstream in the river’s gorge which proved to be beautiful and exciting with many ice and snow formations. Upon exiting the gorge we were treated to nearly whiteout conditions which eventually subsided. Jayne, Scott and Rich snowshoed up a small mountain as the others returned home. Participants: Wayne and Jenifer Jones, Nancy and Bob Buckley, Bob Bradley, Jayne Boudier, Scott Cooper, Rich Myette.

Monthly Monday Geocache, February 14, Maureen Coutant and Sarah King, 4 participants

- This month we found a series of geocaches along the Tongue Mountain trail from Clay Meadow up to the saddle. We thought we’d only do two or three, but wound up finding five or six. The trail looked like it had been snowblown it was so perfectly uniform in width. We had a great day out and Bruce brought some homemade gingerbread to top it off! Participants: Maureen Coutant, Bruce Cushing, Sarah King

Midweek Jaunt, Tuesday, February 15, Maureen Coutant, 11 participants

- This week we explored the trail into Berry Pond just west of the Lake George Recreation Trails. We snowshoed mostly uphill and finally came to a steep part that really kicked us! We decided to call it a (half) day and turn around. We’d gotten enough exercise and would return another time! Participants: Mo Coutant, Margaret Curtis, Diane Hurtt, Ginger and Joe Kelterborn, Eric Krantz, Licia Mackey, Bob and Kathy McMahon, Becky Meath, George Sammons.

Northwest Bay Uplands Tract, Saturday, February 19, Jayne Boudier, 7 participants

- Finding the trailhead unplowed, we started from Clay Meadows parking lot. The snow was unbroken, deep, and slippery under a crunchy crust that only the lightweights on MSR’s could stay on top of. But we made it up to Middle Mountain anyway, for lunch and a view. Nice day, appreciative group! Participants: Rob, Nate, and Josh Bedore; Jayne Boudier; Jean Holcomb; Nate June; Maria Rawson.

Lower Wolf Jaw, Sunday, February 20, Bill Morse, 5 participants

- A beautiful day for a hike, all sunshine and very little wind. This let us have great views up top. The trail was mostly packed with only a little trail breaking necessary. Sue and Mark went over to Upper Wolf Jaw and also had great trail conditions. They did encounter a fisher at the summit. Is this part of the State’s effort to save money by using wildlife as summit stewards? We saw very few hikers for such a nice day. This was Owen’s first winter peak. Congrats! Participants: Owen Grant, Sue Thompson, Mark Regan, Alan Schneider, Bill Morse.

Midweek Jaunt, Tuesday, February 22, Maureen Coutant, 7 participants

- This week we returned to the IBA (Important Bird Area) in Fort Edward and walked along the Nature Conservancy trail and then along a nearby snowmobile trail. We didn’t see too much bird activity, but it’s always good to get out and see new areas! However, I think the area may be haunted as my new hat went mysteriously missing! Beware! Participants: Mo Coutant, Ginger & Joe Kelterborn, Patty Kervin, Laurie LaFond, Licia Mackey, Becky Meath.



Pyramid & Gothics, Saturday, March 5, Steve Mackey, 4 participants

- Unfortunately, we didn't get any views (other than some blowing snow), but it was a good outing. I remembered that the last half mile up Pyramid was steep, but I was reminded again that it is really steep. It was a little difficult figuring out where the actual summit of Gothics was, but we found it without trouble. Our trail was disappearing quickly due to the high winds and since the summit is big and flat, it would be easy to lose track of the way back. Marsha didn't bring skis, so we got a little separated on the way out, but Mike stayed back with her, and she kept up a quick pace. Participants: Steve Mackey, Mike Fuller, Pat McCullough, Marsha Noble.

Midweek Jaunt, Tuesday, March 8, Maureen Coutant, 8 participants

- After a fresh snowfall, I realized I hadn't skied in Coles Woods yet this winter. We've done so many snowshoes that we hadn't gotten there yet. With warmer temperatures around the corner, we headed to the XC jewel in Glens Falls. We couldn't have been happier that we did. Perfect conditions and weather ... it almost made us wish spring wasn't just around the corner! Participants: Mo Coutant, Mike George, Licia and Steve Mackey, Becky Meath, Gary Rodd, George Sammons, Bill Schwarz.

Monthly Monday Geocache, March 14, Maureen Coutant and Sarah King, 7 participants

- This month we checked out a new preserve in Saratoga County: the Kalabus-Perry preserve, not far from the Wilton Wildlife Preserve. We found four geocaches on one side of the preserve and then went to the other side and found a cache which had a mission of telling a tall tale. We tossed out all kinds of ideas — Sarah winds up blinded and carried out on a stretcher made from branches in one version. Participants: Mo Coutant, Margaret Curtis, Bruce Cushing, Mike George, Sarah King, Licia Mackey, Becky Meath.

Midweek Jaunt, Tuesday, March 15, Maureen Coutant, 8 participants

- This week we went snowshoeing at the Van Dusen Preserve, a couple of miles from Exit 19. It's a short snowshoe up to a ridge and overlook that is nice to do when the leaves are off the trees. It's a bit of a bushwhack to find the overlook, but worth the effort. Participants: Mo Coutant, Margaret Curtis, Mike George, Sarah King, Licia Mackey, Becky Meath, George Sammons, Kitty Sconzo.

Midweek Jaunt, Tuesday, March 22, Maureen Coutant, 9 participants

- This week we tried to do the trail along the Hudson at the Hudson Pointe Preserve. We thought maybe the recent snow and cold weather would firm up the trail and allow us to get to the bridge. It almost did, but the high water swamped the trail and since we didn't bring hip waders we decided to return and take the trail along the ridge. Nice trip anyway and new area for some in the group. Participants: Mo Coutant, Margaret Curtis, Marsha Fagan, Liz Gee, Mike George, Ginger and Joe Kelterborn, Licia and Steve Mackey.

Midweek Jaunt, Tuesday, March 29, Maureen Coutant, 4 participants

- This week we headed up to the Pilot Knob Preserve and then over to see "Frankenpine." I'd never been to the preserve when there was snow, and there was surprisingly little in the woods and at the lookout. We didn't need our snowshoes, but grippers were a must! The lake was still frozen over and we even had a few snow flurries in the air. Yes, the calendar does say it's spring! Then we drove down the road a bit and took a short walk to see Frankenpine. It is very well disguised and you'd probably miss it if you didn't know where to look. See photo gallery online. Participants: Mo Coutant, Sarah King, Licia Mackey, and George Sammons.

Receive ADK news via e-mail

Reminder: Please include your e-mail address when renewing your membership!



We receive your membership information bimonthly and update our membership list with your latest information. We currently have e-mail addresses for over 600 memberships.

The chapter periodically sends e-mails to announce items of interest to our membership, reminders about Chapter programs, corrections or changes to items from the *Chepontuc Footnotes* Newsletter. The number of e-mails will be kept to a minimum.

If someone chooses not to receive the e-mails, they may "unsubscribe" after receiving their first e-mail by clicking on a link in the e-mail footer.

You may also add yourself to our e-mail list at any time by clicking on the e-mail link on our chapter's home page on the web which is located at www.adk-gfs.org.

Questions? Contact George Sammons at webmaster@adk-gfs.org



Outing instructions

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

SIGN UP

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

MEETING PLACE INFORMATION

PANERA BREAD

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

• From NORTHWAY (I-87)

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

TRAVEL INFORMATION/CAR POOLS

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

PARTICIPATION GUIDELINES

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

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

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

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

RATINGS

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

*Descriptions are only typical and can vary.

HIKING NEEDS/PREPARATION/EQUIPMENT

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

SPECIAL WINTER NEEDS

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

BECOME AN OUTINGS LEADER

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

Program and meeting directions

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

WESLEY HEALTH CARE CENTER

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

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

CARL R'S CAFÉ RESTAURANT AND BAR

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

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

LAKE GEORGE ADK HEADQUARTERS

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

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

SARATOGA SPRINGS PUBLIC LIBRARY

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

- From Northway (I-87)

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

- From Route 9 and Route 50

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





Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
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www.adk-gfs.org

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SARATOGA SPRINGS, NY
12866

Are you moving?

If you are moving, please forward your change of address, including new phone number and e-mail address 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.

