



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

Annual Dinner 2011

Friday, October 7, 2011
The Queensbury Hotel,
88 Ridge Street, Glens Falls, NY
Cash Bar 6:00 p.m. • Dinner 7:00 p.m.

*Registrations
 must be received by
 Saturday, October 1*

*Featuring the stunning photography of Mark Bowie
 presenting "Night Over the North Country"*

Nature photographer and writer Mark Bowie, a specialist on night photography, will present a spectacular multimedia presentation of the beauty, mystery, awe and wonder of the Adirondacks at night! Mark Bowie's work has been published internationally in books and magazines, on calendars and posters, and in advertising media. His first two coffee table books, *Adirondack Waters: Spirit of the Mountains* and *In Stoddard's Footsteps: The Adirondacks Then & Now*, have become landmark regional publications. He followed those with *The Adirondacks: In Celebration of the Seasons*. Each won the Adirondack Center for Writing's Photography Book of the Year. Mark recently released a new e-book, *The Light of Midnight: Photographing the Landscape at Night*. He is a staff instructor for the Adirondack Photography Institute, leading digital photography workshops and tours, includ-



© Mark Bowie

ing night photography workshops.

The Queensbury Hotel offers an elegant, comfortable 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 2011

Hors d'oeuvres: Cocktail Hour/Cash Bar

International Cheeses and Sliced Fresh Fruit
Seafood Saint Louis Dip with Rye Crostini
Miniature Spring Rolls with Plum Sauce



Queensbury Garden Salad
Rolls & Butter

Entrees: Choice of One

- Roasted Prime Rib of Beef served with Natural Au Jus (\$38) •
 - Pan Broiled Salmon with Dill Butter (\$29) •
- Marinated Grilled Chicken Breast served with Lemon Thyme Sauce (\$25) •
 - Vegetarian: Grilled Vegetable Risotto (\$24) •

Steamed Red Bliss Parsley Potatoes • Honey Glazed Carrots



Raspberry Decadence
Coffee, Tea, Decaf

Reservation Instructions

1. All reservations must be PREPAID and RECEIVED BY **SATURDAY, OCTOBER 1 (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

DIRECTIONS to The Queensbury Hotel: 88 Ridge Street - I-87 Exit 18, east onto Broad Street, bear left onto Ridge Street at 5-way intersection. Hotel: 518-792-1121; Online at www.queensburyhotel.com. Discounted room rate for night of event, \$109 based on availability.

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)

<u>NAME</u> (please PRINT CLEARLY for your name tag)	<u>Chicken</u> \$25	<u>Beef</u> \$38	<u>Fish</u> \$29	<u>Veggie</u> \$24
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

Club offers many opportunities

BY MAUREEN COUTANT

Our daughter, Gen, is almost 9 and likes the idea of being a 46er. As some of you with similarly aged children can relate, she likes the idea more than the actual hiking! But if she's going to join us on a hike, it's easier to convince her to hike Phelps than Buck Mountain. We're running out of the "shorter" High Peaks hikes though, so we'll see how long her enthusiasm lasts. I have to admit that mine waned once we had hiked Allen and a few other long mountains remained. Jim and I still have a handful to do and starting over with Gen might actually be the motivation needed for us to finish the challenge.

We hiked Phelps on a beautiful Saturday in July, so that Gen could get her 4th High Peak. The ADK parking lot was full by the time we got there. That's the price you pay for being a late riser. Luckily, Jim dropped Gen and me at the parking lot and we started off and guessed how long it would take him to catch up (before Marcy Dam was the winning bet). It was great to see so many people out and enjoying this gorgeous area and I was amazed at how many ADK t-shirts I saw during the day. I might have been imagining things, but I think they were the friendliest of the hikers we passed. That's the way it should be though. After all, when we're hiking in the Heart Lake area we should think of ourselves as hosts. The High



CHAPTER CHAIR Report

Don't miss the annual
Chapter Dinner
on Oct. 7th.

Peaks visitor center is our main contact point with the public and for many tourists to the area, it's the first time they've heard about the Club. It's also our opportunity to educate the public about the recreational possibilities, conservation efforts to protect this wonderful area for my daughter's generation and the next.

Our Wilderness Chair, Jim Schneider, reported to us [see *Chepontuc* No. 1104] about the destruction of a lean-to in the Pharaoh Wilderness area this spring. He has also reminded us of the thin Ranger coverage there in our Chapter's adopted

wilderness area. Please help us protect that area and assist the Rangers by being additional eyes and ears. Contact Jim at wilderness@adk-gfs.org or me at chapterchair@adk-gfs.org.

Remember to send in a few of your favorite digital photos to Steve Mackey (smackey33@verizon.net) to be included in the December Chapter Slide Social. Steve has volunteered to put together the photos from Chapter members for a slide show and pot luck dessert event. Send them in the highest quality possible. I think you'll see a couple of our photos from Phelps, or maybe Gen in Heart Lake in her hiking clothes, including socks!

Finally, we hope to see you at the Chapter Dinner on Oct. 7th for Mark Bowie's program at the Queensbury Hotel. I anticipate his program inspiring the photographer in all of us to send in photos for our slide social!

And the winners are ...

Our July and August Opt-out winners are Bob and Lisa Reepmeyer and Helena Nevarez! Congratulations! Have you opted-out

today? Get your *Chepontuc* online and you too will be entered to win fun prizes! Log-on to www.adk-gfs.org!

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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25 Black Point Road, Ticonderoga, NY 12883
Phone: 585-7206 • E-mail: pastchair@adk-gfs.org

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Young Members Group *Jonathan Lane*

547 Middle Line Road, Ballston Spa, NY 12020
Phone: 744-4594 • E-mail: ymsg@adk-gfs.org

Explore the North Country Scenic Trail

Mary Coffin, chair of North Country Trail team from Onondaga Chapter of ADK, will give us a presentation on the North Country National Scenic Trail in the Adirondacks. The presentation will be a mix of maps and pictures

Mary has taken while scouting sections of the trail. We will learn about this 4,600-mile and seven-state National Scenic Trail and the planned route within the Adirondack Park as the trail makes its way from Black River Wild Forest to Crown Point. About 147 miles are planned for the Park with about half on existing trails.

Program

'NORTH COUNTRY NATIONAL SCENIC TRAIL'
WHEN: 7 P.M., WEDNESDAY, SEPTEMBER 28
WHAT: PRESENTATION WITH MARY COFFIN
WHERE: SARATOGA SPRINGS PUBLIC LIBRARY COMMUNITY ROOM

EMS Club Day

Make sure you check our website at www.adk-gfs.org to find out when EMS will have its club day, which means discounts on all kinds of clothes and gear!

Help Wanted!

The Glens Falls-Saratoga Chapter of ADK is always looking for members to get involved!

If you have a little time to help the Chapter, here are a few areas where we could use your help.

- Newsletter mailing — contact: Tricia Lockwood at vicechair@adk-gfs.org
- Publicity Chairperson — contact Bill Betchel at publicity@adk-gfs.org
- Fire Tower Challenge Correspondent — contact Barb Bave at firetower@adk-gfs.org

Conservation News

By Jacki Bave

ADK Advocacy Efforts Successful — During the 2011 session, the New York State Legislature passed three bills that will help to protect the state's lands and waters from negative impacts of drilling for natural gas. ADK's Advocacy Office worked with bill sponsors and lobbied intensively for passage of this legislation.

The water withdrawal bill authorizes DEC to regulate, monitor and limit industrial water withdrawals from New York's lakes and streams. This legislation will protect our waters from the effects of hydraulic fracturing, or hydrofracking, a process that requires millions of gallons of water for extracting natural gas. This bill was a legislative priority for ADK.

Two other bills will protect Allegany State Park from drilling threats. New York State does not own all subsurface mineral rights in the park, but one bill provides for subsurface claims that have been dormant for 20 years to revert to state ownership. The other bill gives the Office of Parks, Recreation and Historic Preservation the authority to regulate above-ground drilling activities within the park.

New York's DE C announced that its plan for mitigating the environmental impacts of hydrofracking will prohibit sur-

face drilling on state-owned land including parks, forest areas and wildlife management areas. ADK has pushed for this protection for state lands vulnerable to drilling, including state-owned portions of the Finger Lakes and North Country Trails.

ADK Wilderness Legal Defense Fund — It is sometimes necessary for ADK to pursue legal action when protecting the state's natural resources, but raising funds for specific projects often takes more time than is available to meet court deadlines. At the June Board of Directors meeting, a resolution was passed to establish an ADK Legal Defense Fund. This fund will enable ADK to act quickly when the need arises. To donate to this special fund, send a check payable to the Adirondack Mountain Club to ADK's Development Department, 814 Goggins Road, Lake George, NY 12845, ATTN: Deb Zack. (In addition to a \$1000 donation, an anonymous donor has pledged 10 cents for each dollar contributed by ADK members and chapters, up to an additional \$1000. This challenge ends December 3.)

New Statewide Emergency Dispatch Number — In June, DEC announced a new dispatch number for forest rangers and environmental conservation officers. The 24/7 statewide contact phone number for all regions, agencies and calls-for-service is (518) 408-5850.

New members

GF-S CHAPTER

May 2011

- Ruth Ann Assmann, Ballston Spa
- Robert Barnett, Ballston Lake
- Leona Center, Cambridge
- Patrick Collier, Fort Edward
- Dan, Alica, Ian, Michaela, Grace & Diana Dorsey, Queensbury
- Karen Flewelling, Saratoga Springs
- Keith Forbes, Sonia Silva & Julian Silva-Forbes, Saratoga Springs
- Michael Huffman, Fort Edward
- Joseph E. Kelly, Wilton
- Charles & Melissa Lehrbach, Queensbury
- Jolene Lozewski, Clifton Park
- Mary Anne & Michael Macica, Lake Luzerne
- Justine Mosher, Queensbury
- John Myers, Gansevoort
- Richard Saunders, Corinth
- Vickie, Steven, Brayden & Amelia Shattuck, Queensbury
- Daniel, Hiliary & Peter Stec, Queensbury
- David Wright, II, Saratoga Springs

Rejoined Member May 2011

- Jason, Amy, Ella & Henry Campopiano, Queensbury
- Tony Falace & Katie Farone, Greenfield Center
- Keith Kelley, Salem
- Donna, Ron, Ian & Chris LaBounty, Crown Point
- Linda Rastinehad, Ballston Spa
- David Spingarn, Saratoga Springs
- Linda A. Thomas, Greenfield Center

June 2011

- Bruce Frost, Queensbury
- John Kodjak, Glens Falls
- Ian LaBounty, Crown Point
- Lawrence Nowak, Saratoga Springs
- Kippy & Alicia Poole, Scotia
- William Richardson, Ballston Spa
- Jen Shepherd, Corinth
- MaryAnn Spiegel, Middleburg, Florida
- Mara Staffield, Greenfield Center
- Jonathan Sulkin, Saratoga Springs
- Kerri & Brianna Thomas & Devin Buxton, Vt.
- Ken Vandermark, Randolph, Middle Granville
- Teresa Williams, Queensbury
- Elizabeth & Damon Wright, Grand Island, NY
- Mark Yanus, South Glens Falls

Rejoined Members

- Bonnie Andretta, Kattskill Bay
- David Freeman, Gansevoort
- Kathryn Quoi, Albany
- Duncan, Amy, Quinn & Alex Wardwell, Richmond, Vt.



Heart Lake Weekend slated

The Chapter will hold its 2011 Winter Weekend at the Wiezel Trails Cabin at Heart Lake from Friday, February 10, 2012, to Monday, February 13, 2012.

From the cabin, we will be able to cross-country ski and snowshoe to 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 Mount 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. Dinners and breakfast coffee are included in the price. The Wiezel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 in four four-person bunkrooms.

In many of our past years, we have had one or more persons finishing their Winter 46 during this weekend. We may have one or two finish that quest next February.

The rate for the weekend should be no more than \$100 per person, if we fill all 16 spaces.

To reserve your spot, send your deposit of \$100 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, NY 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, we must find new volunteers to plan and execute dinners. The kitchen is quite small, and if all of us made our own dinners would cause quite a bottleneck. Thus, we are looking for volunteers to handle this important part of the weekend.

Do not wait until the last minute to make your reservations. The past few years, we had a number of persons who thought they were registering early enough, only to find out that the reservations were full, and they had to be wait-listed.

Enjoy your fall, but think of the Chapter Winter Weekend 2012.

all the fun, the counselors and the food.

Fourteen to 17-year-olds who like a bit more of a challenge and aren't afraid to get dirty, camp out and prefer more physical activity, are more likely to enjoy ADK's five day Teen Trail program. With this program they get on-site trail maintenance training and learn the value of teamwork. Skills developed may include how to install water bars, harvest tress, and/or move boulders. Specific sites for the 2012 season will be determined at a later date. If interested in any of these, go to our website, click on Education Corner and download the application to the camp of interest. Completed applications should then be sent directly to me as indicated on the form.

On another note, committee member Nancy Buckley and myself enjoyed a day of scavenger hunt nature recognition hikes at the Girl Scout Camporee at Camp Wood Haven in Galway back in June.

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

Is your e-mail info correct?

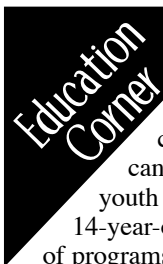
The ADK Membership database has "bad" email addresses for the members in the list below. Glens Falls Saratoga Chapter emails that are periodically sent are being "hard bounced" for these addresses.

If you are on this list, please send an email to webmaster@adkgfs.org to notify us of your correct email address.

- Beebe, Carolyn E.
- Benson, Heather and David Zuka
- Brescher, Sherri and Richard
- Constantine, Lynda and David
- Cordell, Jacqueline
- Cox, Marie
- Deleso, John and Kim
- Donnelly, Jean
- Fogarty, Gerald and Carol
- Fuller, Andrew Fuller and Anna Wierzbowska-Fuller
- Gelber, Beth and Jeff Farbaniec
- Gillespie, Joyce and Thomas
- Gordon, Harold
- McGlynn, James and Jessica
- Miller, Jayne
- Naple, Barbara
- Nieradka, Steven and Lisa
- Pope, Brant and Barbara
- Redden, Teresa Redden and Stephen Graceffo
- Schryer, David
- Schupp-Star, Carol
- Schwartz, Elaine
- Silvia, Alan Silvia and Learay Rayburn-Silvia
- Slein, David and Paula
- Sullivan, Douglas and Kelly
- VerDow, Dennis and Peggy
- Zink, Benjamin

Send in photos for 'slide social'

Send in your photos to Steve Mackey who will create a montage for our 'slide social' dessert pot-luck program in 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.



By Linda Ranado

As fall approaches, the Education Committee continues to seek out applicants for its 2012 summer youth scholarships. Twelve to 14-year-olds can take advantage of programs at either DEC's Camp Colby, outside Saranac Lake, or Pack Forest, just above Warrensburg. Through a combination of hands-on experiences and fun outdoor activities, these campers learn about field, forest, water, basic ecology and human solutions, and the natural environment. An optional NYS Hunter Safety Program is available to first time campers in this age range. Teamwork and group dynamics are key elements utilized by 15 to 17-year-old campers at Pack Forest as they explore the fields of forestry, aquatic biology, wildlife management, field ecology and other environmental issues. Here, an optional shooting sports program is available to these first timers. This past summer's attendees, Min Nai OO and Sar Tin, said they enjoyed hiking Crane Mtn,



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., of each month (except July and August) and alternate between Crandall Public Library in Glens Falls and Saratoga Springs Public Library. Future Programs: Sept. 28, Nov. 30 **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: TBD. **Outings Committee Meetings** Future Meetings: TBD.

September		Outing Type	Destination	Leader/Contact	Rating
3	Sat	Hike	Macomb, South Dix, East Dix	Bill Morse	A+
4	Sun	Hike	Pilot Knob Ridge Preserve	Roger Fulton	B-
10	Sat	Other	Lost Gorge Bushwack	Jayne Boucher	A
11	Sun	Paddle	Kunjamuk Stream	Ray Bouchard	B
11	Sun	Hike	Algonquin and Iroquois High Peaks	Bill Carpenter	A+
17	Sat	Hike	Snowy Mountain — *Fire Tower*	Rich Crammond	A-
18	Sun	Hike	Seymour, High Peak	Alison Darbee	A+
18	Sun	Hike	5th Peak Lean-to — Tongue Mountain Range	Lorraine MacKenzie	B
18	Sun	Walk/Hike	Coles Woods — Fall Wildflower Trek — Glens Falls	Roger Fulton	C
19	Mon	Geocache	ADK Monthly Monday Geocache trip	Maureen Coutant, Sarah King	NR
24	Sat	Hike	*YMG* — Cliffs and Falls	Jonathan Lane	B+
25	Sun	Hike	High Peak — Haystack	Joe Murphy, Ray O'Conor	A+
25	Sun	Hike	Family-Friendly Shelving Rock Falls	Jill Gruben	C
25	Sun	Hike	Big Slide Mountain	Bill Carpenter	A+
28	Wed	Program	North Country National Scenic Trail in the Adirondacks	Sarah King	NR
October					
1	Sat	Hike	High Peaks, Nippletop and Dial	Wayne Richter, Alison Darbee	A+
2	Sun	Hike	Roostercomb Mountain	Sandy Yellen	B
2	Sun	Hike	Moreau State Park Ridge Ramble	Bill Schwarz	B
2	Sun	Paddle	Fall Stream Paddle	Ray Bouchard	B
4	Tue	Hike	Hopkins via Mossy Cascade Trail	Maureen Coutant	B+
7	Fri	Program	Chapter Annual Dinner	Heidi teRiele Kardowski	NR
8	Sat	Bike	Ride around Whiteface Mountain	Steve Mackey	A+
8	Sat	Hike	Vanderwhacker Mountain — *Fire Tower*	Rich Crammond	B
9	Sun	Hike	Noonmark-Round Mountain Loop	Lorraine MacKenzie	B+
9	Sun	Hike	5 Summits of Pitchoff Mountain	Ellen DuBois	B
15	Sat	Hike	Gore — *Fire Tower* — Hike	Alison Darbee	B+
15	Sat	Other	ADK Lake George Property workday	Maureen Coutant	NR
16	Sun	Hike	Merck Forest	Ray Bouchard	B
17	Mon	Geocache	ADK Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
18	Tue	Hike	Buck Mountain from Hogtown	Maureen Coutant	C+
22	Sat	Hike	Cat and Thomas Mountain Preserve	Alison Darbee	B
22	Sat	Hike	Family-Friendly Kane Mountain Firetower	Jill Gruben	C-
30	Sun	Hike	*YMG* — Mount Marcy — High Peak	Jonathan Lane, Kiki Kelly	A
31	Mon	Hike	McKenzie and/or Moose	Jayne Boucher	A
November					
5	Sat	Hike	Black Mountain Loop Fire Tower	Alison Darbee, Marsha Noble	B
13	Sun	Hike	Crane Mountain	Ray Bouchard	B
14	Mon	Geocache	ADK Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
24	Thu	Hike	Turkey Trot #13 (Saratoga Battlefield Hike)	Rich Crammond	C+
27	Sun	Hike	*YMG* — Winter Holiday Kickoff	Jonathan Lane, Kiki Kelly	C



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.*

MACOMB, SOUTH DIX, EAST DIX HIKE

Saturday, September 3

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. I have had to cancel this hike twice in the last 6 months due to illness, but I will be good to go for this trip.

PILOT KNOB RIDGE PRESERVE HIKE

Sunday, September 4

Time: 3:00 p.m.

Rating: B-

Leader: Roger Fulton — 386-956-6089, Roger@RogerFulton.com
More difficult than my other recent hikes, this will get your attention as you hike up about 600 feet in about .6 miles. That'll get your blood pumping! But you'll be rewarded with a great view of Lake George from the gazebo at the top. Consider it a "moderate" hike of about 1.5 miles round trip. You should be in reasonable condition for this hike. Call or e-mail Roger for a reservation and directions. Limited to 12 adults. Heavy rain or thunderstorms cancel.

LOST GORGE BUSHWACK

Saturday, September 10

Time: 7:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

The gorge is full of user-friendly rocks, crystal pools, and falling water. We'll hike seven miles (half of them trailless), and 1,100 ft. ascent, at an unhurried to moderate, "let's take all day" pace. North Boquet River, Dix Mountain Wilderness.

KUNJAMUK STREAM PADDLE

Sunday, September 11

Time: 8:45 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

The Kunjamuk is a slow meandering Adirondack stream located just south of Speculator along routes 8 and 30. We will launch at Kunjamuk Bay and paddle upstream about 4.5 miles north to Elm Lake then reverse direction, paddling back with the current. 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 you will have to get out of your canoe or kayak a few times so be prepared for wet feet. The round trip distance is about 9-10 miles. The pace will be leisurely, so slow paddlers are more than welcome. I plan on stopping for a short hike to Kunjamuk Cave as

we make our way upstream to Elm Lake. You must have a PDF in order to participate. You might also consider bringing a hat, sunglasses, and sunscreen. You might want a windbreaker and gloves if the air is cool and it wouldn't hurt to put a change of clothes in a waterproof bag in your canoe or kayak just in case.

ALGONQUIN AND IROQUOIS HIGH PEAKS HIKE

Sunday, September 11

Time: TBD, Rating: A+

Leader: Bill Carpenter — 793-5506

Here is your chance to get two more High Peaks, or just a nice day on the mountains! If time permits, and someone also needs Wright Peak, the possibility to hike it may be open. Moderate pace.

SNOWY MOUNTAIN — *FIRE TOWER* — HIKE

Saturday, September 17

Time: 8:00 a.m.

Rating: A-

Leader: Rich Crammond — 584-2380

This will be a 7.8-mile round trip hike with an ascent elevation change of 2,106 feet. The summit is at 3,899 feet. Dress for the weather and bring a head lamp or flash light or both. This is a rugged hike for sure, but we can get 'er done! Meeting place will be at 8:00 a.m. at Grand Union in the Village of North Creek. We will car-pool from there. Hike is in the Indian Lake area. Please call leader for details and to sign up. See you there!

SEYMOUR, HIGH PEAK HIKE

Sunday, September 18

Time: 5:30 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

This hike will start at Corey's (off of Route 3 between Tupper and Saranac Lake), and after about 5+ miles of hiking to the Ward Brook lean-to, we will begin the bushwack/herd path up to the summit. Round trip is about 14 miles. Participants must be in prime condition, having hiked in the High Peaks this season already. Please be prepared to stay with the group, pace will be moderate/fast. E-mail leader by the Thursday before the hike for details and to sign up.

5TH PEAK LEAN-TO, TONGUE MOUNTAIN RANGE HIKE

Sunday, September 18

Time: 8:00 a.m.

Rating: B

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

Autumn in Lake George is a wonderful experience. This 5-mile round trip is a great way to get beautiful views of the lake without much effort. Elevation gain is only 1,500 feet. Rain cancels.

COLES WOODS, FALL WILDFLOWER TREK, GLENS FALLS

Sunday, September 18

Time: 3:00 p.m.

Rating: C

Leader: Roger Fulton — 386-956-6089, Roger@RogerFulton.com

Several miles of trails criss-cross this urban oasis near Glens Falls. We'll cover about 1.3 miles at a leisurely pace exploring nature and



Outings

the remaining fall wildflowers. Call or e-mail Roger for a reservation and directions. Limited to 12 adults. Heavy rain or thunder-showers cancel.

ADK MONTHLY MONDAY GEOCACHE TRIP GEOCACHE

Monday, September 19

Time: 9:00 a.m.

Rating: NR

Leader: Maureen Coutant — 745-7834, mojim@roadrunner.com
Colead: Sarah King — 798-0615, scubakings@roadrunner.com
Join us on a walk, hike, or paddle to find some caches hidden in the area. We generally stick to within an hour of Glens Falls. You don't need to have a GPS or know what geocaching is to join us. We'll teach you all about it during the time we're out. We're usually out until about 1 or 2, so pack a lunch along with some snacks. We generally go at a medium pace with stops to look for the caches. Call or e-mail a few days before for the specifics of the trip.

***YMG* — CLIFFS AND FALLS HIKE**

Saturday, September 24

Time: 7:30 a.m.

Rating: B+

Leader: Jonathan Lane — 744-4594, 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.

HIGH PEAK — HAYSTACK HIKE

Sunday, September 25

Time: 5:30 a.m.

Rating: A+

Leader: Joe Murphy — 518-580-7618, jmurphy@skidmore.edu
Colead: Ray O'Connor — 518-583-0354, moconn14@nycap.rr.com
We will meet at Panera Bread off Exit 19 at 5:30 a.m. Then we will travel to The Garden and take the Phelps Trail past JBL, Slant Rock, Little Haystack, all the way up to Mount Haystack (4,960', the third highest peak in the Adirondacks). The hike will be approximately 18 miles round trip. Participants must be in prime condition, having hiked in the High Peaks this season already. Please contact leaders by the Thursday prior to sign up.

FAMILY-FRIENDLY SHELVING ROCK FALLS HIKE

Sunday, September 25

Time: 10:30 a.m.

Rating: C

Leader: Jill Gruben — newsletter@adk-gfs.org
Family-friendly hike to Shelving Rock Falls. Approximately 3.5 miles round trip if we hike down to Lake George beyond the top of the falls. This is a beautiful and calm journey. The hike is appropriate for all ages, but particularly for youngsters. Leader and husband carry their 14-month-old twins and their 4-year-old child can hike this by himself. E-mail leader with any questions and to sign up by the Wednesday before the hike.

BIG SLIDE MOUNTAIN HIKE

Sunday, September 25

Time: TBD

Rating: A+

Leader: Bill Carpenter — 793-5506

Here is your chance to get another High Peak or have a nice day on the mountain. Moderate pace.

HIGH PEAKS, NIPPLETOP AND DIAL HIKE

Saturday, October 1

Time: 6:00 a.m.

Rating: A+

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

Colead: Alison Darbee — darbear@gmail.com

We'll start hiking from the Ausable Club parking lot, head up to Nippletop first and then over to Dial. On the way down, we'll go over Bear Den and the shoulder of Noonmark as well. About 14.5 miles round trip. Be prepared to stay with the group and to go at a moderate pace. We will take time to enjoy the day in the woods. Bring a headlamp just in case. Please e-mail the leader by the Wednesday before the hike for more information and to sign up.

ROOSTERCOMB MOUNTAIN HIKE

Sunday, October 2

Time: 8:00 a.m.

Rating: B

Leader: Sandy Yellen — 584-2763

Roostercomb is a nice moderate climb with great views of the High Peaks. Hopefully there will also be some great color on the trees. The hike will be five miles round trip with 1,750 feet of climbing. Call leader for details and to sign up.

MOREAU STATE PARK RIDGE RAMBLE HIKE

Sunday, October 2

Time: 8:30 a.m.

Rating: B

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

We'll traverse both ridges of the state park's western section, which provide numerous views of the lake, as well as the Hudson River and Spier Falls Dam. There are plenty of elevation changes in this 10-mile route; bring lunch, water, and a sense of adventure. We plan to start at the top of the pass on Spier Falls Road, where parking is restricted, so expect to carpool. Trip size is limited, and rain cancels. Meet at Panera.

FALL STREAM PADDLE

Sunday, October 2

Time: 8:45 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

This is a leisurely paddle on a slow, meandering stream that begins near 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 you will have to get out of your canoe or kayak a few times so be prepared for wet feet. You must have a PDF in



order to participate. You might also consider bringing a hat, sunglasses, and sunscreen. You might consider a windbreaker and gloves if the air is cool and it wouldn't hurt to put a change of clothes in a waterproof bag in your canoe or kayak just in case.

HOPKINS VIA MOSSY CASCADE TRAIL HIKE

Tuesday, October 4

Time: 8:30 a.m.

Rating: B+

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

This trip is outside my normal midweek hike area. We'll be traveling up to the High Peaks area for this trip. With an ascent of 2,120 feet and 6.2 miles of hiking, this is a bit more challenging than our regular midweek hikes. The view is worth the effort though! Trip size is limited, so call or e-mail soon.

RIDE AROUND WHITEFACE MOUNTAIN BIKE

Saturday, October 8

Time: 7:00 a.m.

Rating: A+

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

In the July/August issue of *Adirondack Explorer* they had an article on a bike trip around Whiteface Mountain. In the article, the bikers rode 48 miles and it took them around 4 hours. On the northwestern leg it follows the Saranac River and passes Franklin Reservoir, a road I don't think I've ever been on before. The route also goes up over Whiteface near the ticket booth, so there is a climb of approximately 900 feet. Sounds like a nice adventure.

VANDERWHACKER — *FIRE TOWER* — HIKE

Saturday, October 8

Time: 9:00 a.m.

Rating: B

Leader: Rich Crammond — 584-2380

Meeting place: Boreas River Picnic Area pull-off, 16.2 miles from North Creek on Route 28N, Minerva. This hike has 5.4 miles of hiking with 1,650 feet of elevation change. This hike was rained out in June so let's try it again October! Please call leader to sign up. See you there!

NOONMARK-ROUND MOUNTAIN LOOP HIKE

Sunday, October 9

Time: 7:30 a.m.

Rating: B+

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

Beautiful autumn views are to be had this time of the year in the High Peaks. Noonmark is a nice summit to use as the observation deck. The trip will be 5 miles round trip and 3,100 feet in elevation gain. Rain cancels. (I will be away September 23 through October 2. Please do not try to sign up during this week.)

5 SUMMITS OF PITCHOFF MOUNTAIN HIKE

Sunday, October 9

Time: 9:00 a.m.

Rating: B

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

The hike will start from the East parking lot off of Route 73 (lot closer to Keene) and the finish will be at the West parking lot on Route 73 (lot closer to Lake Placid). This is a perfect fall hike with many summits and views. Most of the work is done early on when climbing the eastern most peak. It continues along a ridge trail from summit to summit and then ends on the spectacular western-most peak with the balanced rock summit. The meeting location will be at the Noonmark Diner. If you plan to have breakfast show up early enough so that you can be ready to leave by 9 a.m. If you are calling after Thursday night you can reach me at (518) 576-9110

GORE — *FIRE TOWER* — HIKE

Saturday, October 15

Time: 8:00 a.m.

Rating: B+

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

This fire tower hike will be about 9 miles round trip with an elevation gain of close to 2,483 feet. Be prepared to stay with the group at a moderate pace. Please e-mail the leader by the Wednesday before the hike for more information and to sign up.

MERCK FOREST HIKE

Sunday, October 16

Time: 8:45 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

Merck Forest & Farmland Center is located in Rupert, Vt., a little over an hour drive from Panera. It consists of 3,100 acres that includes 28 miles of hiking/skiing trails as well as a working farm. I expect to visit the farm first to see the animals which typically include chickens, pigs, sheep and horses. The Belgium work horses love apples and carrots; pack a few if you want to make a friend or two. After visiting the farm (elevation is approximately 1,800') I plan on hiking up Mount Antone (elevation 2,600 feet) followed by some of the interior trails for a total distance of 6-8 miles and a couple of thousand feet elevation change. The area is typical rural Vermont countryside so there is very little level ground but nothing terribly steep either. Dress for the weather. Remember, it's always colder at 2,000' compared to Glens Falls.

ADK MONTHLY MONDAY GEOCACHE

Monday, October 17

Time: 9:00 a.m.

Rating: NR

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

Colead: Sarah King — 798-0615, scubakings@roadrunner.com

See Sept. 19th trip



BUCK MOUNTAIN FROM HOGTOWN HIKE

Tuesday, October 18

Time: 9:00 a.m.

Rating: C+

Leader: Maureen Coutant — 745-7834, mojom@roadrunner.com
We'll be hiking to the summit of Buck Mountain from the backside (off Shelving Rock Road). This is the easiest way to climb Buck with an ascent of 1,130 feet and a round trip of 4.6 miles.

CAT AND THOMAS MOUNTAIN PRESERVE HIKE

Saturday, October 22

Time: 8:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

We will go up to Cat first and then loop over to Thomas, and if the weather is favorable sit for a spell at the cabin on Thomas. The round trip is about 7 miles of some climbing with a few challenging spots. Be prepared to stay with the group at a moderate pace. Please e-mail leader by the Wednesday before the hike to get more information and to sign up.

FAMILY-FRIENDLY KANE MOUNTAIN — *FIRE TOWER* — HIKE

Saturday, October 22

Time: 11:00 a.m.

Rating: C-

Leader: Jill Gruben — newsletter@adk-gfs.org

Join us on a fall foliage family-friendly hike in Caroga with a fire tower to climb! This 1-mile round trip hike is excellent for little hikers and those wanting to explore a southern Adirondack mountain. From the fire tower there are views of Canada Lake, West Lake and Pine Lake. There's also a fire observer's cabin to check out. Leader and husband carry their 15-month-old twins and their 4-year-old child can hike this himself. E-mail Leader with any questions and to sign up by the Tuesday before the hike.

***YMG* — MOUNT MARCY — HIGH PEAK HIKE**

Sunday, October 30

Time: 6:00 a.m.

Rating: A

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

Colead: Kiki Kelly

Let's celebrate Halloween a couple of days early on top of New York! Hiking-friendly costumes are encouraged, but not required. Halloween treats are most definitely welcome! Approximately 14-15 miles round trip with an ascent of 3,166'. Moderate pace; rain will cancel.

MCKENZIE AND/OR MOOSE HIKE

Monday, October 31

Time: 6:00 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

These almost High Peaks rule northwest of Lake Placid, and have 360-degrees worth of ledge views between them. Approximately 13 miles, and 3,000 feet of ascent, at as relaxed a pace as possible.

BLACK MOUNTAIN LOOP — *FIRE TOWER* — HIKE

Saturday, November 5

Time: 8:00 a.m.

Rating: B

Leader: Alison Darbee — darbear@gmail.com

Colead: Marsha Noble

Let's get outside and stay in shape in November. Round trip is about 6.6 miles with an elevation gain of 1,064 feet. Great views at the top. Please be prepared to stay with the group at a moderate pace. E-mail leader by the Wednesday before the hike for more information and to sign up.

CRANE MOUNTAIN HIKE

Sunday, November 13

Time: 8:45 a.m.

Rating: B

Leader: Ray Bouchard — 893-7314

Crane Mountain is located near Garnet Lake and offers views of Mount Blue, Hadley and Moose mountains, among others. The relatively short 1.4-mile climb to the summit belies the fact that there is a nearly 1,200' elevation gain. It is steep enough at one point to warrant the use of a ladder. Once we reach the top we'll make the steep descent to Crane Pond then another steep descent to the Putnam Brook Trail. There will be a lot of tree grabbing on this hike so the pace will match the terrain. Not too many people run up or down this mountain or more to the point, I won't be. The open rock faces can be covered in ice at this time of year so consider bringing crampons. Please dress for the weather and the elevation. Ascent 1,154 ft.; Total hike is about 4 miles; Elevation is 3,254 ft.

ADK MONTHLY MONDAY GEOCACHE

Monday, November 14

Time: 9:00 a.m.

Rating: NR

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

Colead: Sarah King — 798-0615, scubakings@roadrunner.com

See Sept 19th trip.

TURKEY TROT #13 (SARATOGA BATTLEFIELD) HIKE

Thursday, November 24

Time: 8:00 a.m.

Rating: C+

Leader: Rich Crammond — 584-2380

Meeting Place: Visitors parking lot off Route 32. Let's work up that ol' holiday hunger again this year with around five miles of hiking. It was real cool last year so dress warm. Please contact leader to sign up. Happy Thanksgiving!

***YMG* — WINTER HOLIDAY KICKOFF HIKE**

Sunday, November 27

Time: 7:00 a.m.

Rating: C

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

Colead: Kiki Kelly

Let's kick off the Winter Holiday season with a hike up Mount Jo, then lunch and holiday shopping in the beautiful town of Lake Placid. Hiking distance will be about 2 miles round trip with an elevation gain of about 650'.



MacNaughton Mountain, Sunday, June 5, Joe Murphy and Ray O’Conor, 6 participants

- A nearly 12-hour day, but an adventure had by all. We left the ADK Loj and headed to Wallface Ponds. From there we had a one-mile true bushwack on a southwest heading to the summit of MacNaughton. It was difficult at times, but once we reached the top there were some partially discernable herdpaths, and a false peak, but we did find the true peak with the misspelled sign. Participants: David Crouse, Madeline Kowalik-Bova, Brian Lamos, Joe Murphy, Ray O’Conor, Wayne Richter.

Buck Mountain, Sunday, June 5, Lorraine MacKenzie, 9 participants

- It was the perfect day for a hike. Everyone else must have thought so because not only did we see beautiful views of Lake George, but also we met up with many good friends on the summit. Participants: Ray Bouchard, John Susko, Wendy Hull, Sandy Yellen, Bil Carpenter, Jack Whitney, Mark Rye, Shelly Burke, Lorraine MacKenzie.

Evening Paddle, Tuesday, June 7, Maureen Coutant

- This week we paddled along the Feeder Canal from the beginning in Glens Falls to the take out in Hudson Falls. It’s always an interesting trip through the city of Glens Falls — under bridges, culverts, and even part of a Finch Paper building. We were even treated at the end with two hot air balloons flying overhead. Pretty cool! Participants: (Can’t find my list!)

Midweek Jaunt, Tuesday, June 7, Maureen Coutant, 7 participants

- This week we walked along the trails in the Saratoga State Park. We mostly avoided the bugs and stayed in the shade to avoid the heat as well. This was a different trip than we normally do, but we still visited the geyser and some of our other favorite spots. Then we headed to Congress Park and the Bread Basket and enjoyed lunch overlooking the park. Participants: Andrea Chartier, Mo Coutant, Licia Mackey, George & Irene Sammons, Dianne Sante, Bill Schwarz.

YMG — Dix — High Peak, Saturday, June 11, Jonathan Lane and Kiki Kelly, 9 participants

- This was definitely a wet hike! It rained for most of the hike, but our spirits weren’t dampened. Unfortunately, no views were to be had from the summit, except for thick clouds surrounding us. But good company and plenty of laughs made up for it. We also helped carry a few items a few miles in to help a local Eagle Scout with his Eagle Project of putting in a new latrine. Participants: Amanda Brinton, Jackie Cordell, Meghan Drastal, Joan Ferguson, Jonathan Lane, Rachel Luch, Gina Miller, Sharon Shieh, Joanne Walczak.

Birding Field Trip, Washington County Grasslands, Sunday, June 12, Laurie LaFond and Rich Speidel, 12 participants

- In the midst of another rainy weekend, we had good luck during the morning walk and drive around the grasslands, a designated Important Bird Area. It rained just hours before, and started again as we ended at noontime. Fortunately, the morning weather was dry, overcast and comfortably cool. We saw most of the grassland birds on our wish list: two northern harriers, eastern meadowlarks (both at-risk species), kestrels, and red-tailed hawk. The attractive bobolink was a common and welcome sight; a pleasant song from the grasses with flashes of black and white. We discovered a variety of other songbirds (including bluebird, mockingbird and brown thrasher), and completed a fine tour of the open country with 41 species. Participants: Jim Campinell, Patrick Collier, Pat Fitzgerald, Liz Gee, Alan Gee, Mark Janey, Licia Mackey, Merle Nichols, Scott Nichols, Kathleen Swantak, Laurie LaFond, Rich Speidel.

Monthly Monday Geocache, Monday, June 13, Maureen Coutant and Sarah King, 5 participants

- This month we hiked Sleeping Beauty Mountain on Lake George. The road from the Hogtown parking lot to Dacy Clearing parking lot was closed, so we had to walk in and that added 2+ miles to the trip. We found many caches on this trip including a cache series that Sarah and I have been wanting to do for years. We have a very creative cacher in our area who did a great job on a cache called “Sleeping Beauty — Prince Charming.” Look it up! We were also treated to seeing a mother grouse who came out on the trail to lead us away from her baby. Participants: Mo Coutant, Susan Howard, Diane Hurtt, Sarah King, Chuck Wilkison.

Midweek Jaunt brunch, Tuesday, June 14, Maureen Coutant, 10 participants

- We had beautiful weather for our picnic brunch at the Pilot Knob gazebo. An easy hike up and then we shared fruit, snacks, and brownies and conversation before returning to the parking lot. Thanks to all who came out on the trips from last fall to this trip. You served as my motivation to get out and explore the area and were great company! Enjoy the summer and look through the calendar for other ADK trips to attend. Participants: Andrea Chartier, Mo Coutant, Ralph DeCristofaro, Ann Fisher, Mike George, Licia Mackey, Jim Ralston, George Sammons, Bill Schwarz, Judith Thomas.



Henderson Lake, Saturday, June 18, Jayne Boudier, 4 participants

- Everyone wanted to camp, so we did, near the lean-to. Scott Ryan and Terry had never even been to the Upper Works — what a treat! This place is spectacular, and so was the weather! We hiked up into Indian Pass after seeing it from the lake, on Saturday. We saw tumbled huge rocks and contorted trees, towered over by the dark Wallface cliff, and backlit by late afternoon sun. Sunday wind whipped the lake into a froth, and discouraged biting bugs. We did a leisurely tour of Henderson's irregular shoreline, including all the inlets. We saw cliffs, swamps, rocks, towering pines, overhanging cedars, puffy clouds, mountains ... we slowed down and stopped at many beautiful places, found diving ospreys, a nesting loon, fishing lures, big tadpoles, blooming pitcher plants ... but not my hat. Great trip! Great group! Participants: Jayne Boudier, Scott Cooper, Terry Fluri, Scott Ryan.

Killington and Pico (Green Mountains), Sunday, June 19, Joseph Murphy and Alison Darbee, 9 participants

- After a little change in the starting location of the hike due to a bridge out on the trail road, we spent the day hiking along the AT/LT and the Sherburne Pass. The weather was beautiful and we had our lunch on the top of Killington and then proceeded over to Pico. Participants: Kelly Belenchia, Alison Darbee, Kathy McAuley, Dan Moellman, Joe Murphy, Marsha Noble, Margaret O'Keefe, Mark Rye, Linda Veraska.

Lake George bike trip, Tuesday, June 21, Steve Mackey, 3 participants

- I can see this being an annual event. All four activities had a pretty good turnout. We were the first ones to Lake George, but it was mostly downhill, and after our little picnic, we still had to ride home. We stopped at several historic monuments and Roger taught us some interesting history. Participants: Patricia Lockwood, Roger Fulton, Steve Mackey.

Longest Day Event — Evening Outings, Tuesday, June 21, Maureen Coutant, 23 participants

- Thanks to ADK member Eric Krantz for allowing our paddling group the opportunity to launch from his home on Lake George. This gave us a chance to paddle along a different section of the Lake George shoreline. We had quite the flotilla and although we didn't reach our intended destination, we all enjoyed being out on the water on a beautiful evening. Then we made it down to Shepards Park and met up with fellow ADKers after their trips for a picnic dinner! Thanks to all who came out and made our first Longest Day Event a success! Participants: Joanne Armstrong; Andrea and Ken Chartier; Mo Coutant; Charlie and Linda Czech; Anna and Jim Dickson; Kassie and Paul Dietershagen;

Mike George; Bill Glendening; Judith Halstead; Phoebe Jackson; Sue Jefts; Eric Krantz; Joy Muller-McCoola; Anne and Kevin McCullough; Louis Palmer; Jim Ralston; George Sammons; Jim Schaad.

YMG — Eagle & Balsam — Catskill High Peaks Sunday, June 26, Jonathan Lane and Kiki Kelly, 5 participants

- We started out with an amazing breakfast at Sweet Sue's down in the Catskills and even got to meet Sue herself, who is also a hiker. We then headed for the trail. Great weather, some annoying bugs, a few chipmunks, song birds, and woodpeckers. No views from these peaks, but great company and lots of laughs made up for it. There was also chocolate-covered bacon and a pepino melon to snack on! Participants: Bill Barton, Adeline Brym, Jonathan Lane, Rachel Luch, Mark Rye.

Street and Nye, Sunday, June 26, Lorraine MacKenzie, 3 participants

- We hiked on the rain date of July 9. Only three of the original 20 who signed up could make it but it was definitely worth the delay. It was sunny with a nice breeze and a comfortable temperature; ideal conditions! These mountains just have a bad rep. about the views, or lack thereof. We had time to investigate the summits thoroughly and actually found great views from both peaks! Santanoni, Panther, Algonquin and Iroquois, among others, were in full view just a few yards south west of the actual summit on Street and Big Slide, Cascade and Porter were visible looking due east on Nye. Participants: Karen Burka, Johnny MacKenzie, Lorraine MacKenzie.

Pitchoff Mountain Loop, Sunday, June 26, Sandy Yellen, 7 participants

- The weather wasn't always the best but we still had some views and lots of fun. By the time we got to Stewarts for our little social, the sun was shining on us. What a great group of hikers! Participants: Jan Carlson, Marvin Fine, Cecilia Elwert, Jack Whitney, Kathy Quoi, Dan Monroe, Sandy Yellen.

Mount Marcy, Sunday, July 3, Joe Murphy and Ray O'Connor, 13 participants

- It was a very patriotic weekend hike, even though we had overcast weather and our heads were in the clouds on the summit, but the clouds finally broke for our visit to Indian Falls on the return trip! We celebrated the holiday with a group photo sporting a large United States flag and many handheld ones. The adventure was shared by Andrew Conley, Joanne Conley, Colleen Downing, Cole Hickland, Susan Keely, Jeanne Michela, Joe Murphy, Jamie Newton, Marsha Noble, Ray O'Connor, Mark Rye, Dan Stec, Joanne Walczak.



“Trail-gating” Pillsbury Mountain Fire Tower, Monday, July 4, Jonathan Lane, 13 participants

- Great weather, awesome company, and yummy food! The cook-out back at the trailhead made for a great end to a nice hike. Participants: Fatima Hammed, Sue Howard, Debbie Hummel, Nathan June, Pallavi Kahai, Jonathan Lane, Patricia Rechberger, Greg Stephens, Lynn Stephens, Ravi Verma, Donna Zimmer, Mitch Zimmer, Mimi Zucker.

Evening Paddle, Tuesday, July 5, Maureen Coutant, 14 participants

- We had a beautiful evening to paddle upstream on the Hudson from the boat launch a few miles south of Lake Luzerne. We paddled up to Lake Luzerne and had quite a workout to get past the current from where the Sacandaga was emptying into the Hudson. Once we passed that, we had a nice picnic dinner on the rocks below Rockwell Falls. It was neat to be there after seeing that area submerged earlier in the year after the crazy run-off/spring rain. Nice quick trip with the current on the way back! Participants: Dave Avigdor; Mo Coutant; Kassie and Paul Dietershagen; Bill Glendenning; Sarah King; Licia and Steve Mackey; Joy Muller-McCoola; Larry Murello; Suzanne Pierce; Jim Ralston; George Sammons; Brooke Smith.

High Peak, Redfield, Saturday, July 9, Alison Darbee, 11 participants

- We had a great group of strong hikers out for this hike. The weather cooperated and we got both Redfield and Cliff for everyone in the group working on their peaks! Thanks for making this a great day in the woods everyone! And thanks to Wayne for co-leading this hike! Participants: David Crouse, Theresa Blanchard, Erica Bourdeau, Chris Long, Jamie Newton, Helena Nevarez, Marsha Noble, Yun Shieh, Klaus Summerlatte, Wayne Richter, Alison Darbee.

Hudson River Paddle, Saturday, July 9, Dave Avigdor and Joy Muller-McCoola, 8 participants

- This was the perfect summer day! The river was high enough to carry us over rocky flats and warm enough to swim; the wind was at our backs. This was 15 miles of beautiful green and blue views as we meandered down river with a bald eagle checking on our progress. Participants: David Avigdor; Beth Johansen; Gary McCoola; Joy Muller-McCoola; Larry Murello; Julie and Irwin Nathanson; George Sammons.

Hudson Pointe Nature Preserve, Sunday, July 10, Roger Fulton, 3 participants

- Three of us enjoyed a great 2.5-mile trek checking out wildflowers and the views of the Hudson River. A nice “walk in the woods” with great views and good company. Participants: Debora Hummel, Sue Benedetti, Roger Fulton.

Blueberry Pancake Hike, Saturday, July 16, Maureen Coutant and Jim Coutant, 22 participants

- We had a beautiful day hiking up to “blueberry field” on a Lake George mountain. The adults had trouble keeping up with the kids on the way up and slowing them down on the descent! We had the kids look for: wintergreen, sweet fern, red mushrooms, monster rocks, and a cave to slow them down and keep them interested! Of course, blueberries and pancakes on top with a great view of the lake was the highlight! Participants: Abbey, Bob and Saige Carpenter; Gen, Jim and Mo Coutant; Brendan and Reilly Doller; Anne, Candace, Nia and Rodger Hurley; Sarah King; Brett, Katelyn, Lyndsey and Stephen Lange; Licia Mackey; Claudia Mahoney; Clark, Cynthia and Michael Seeley

Hour Pond, Saturday, July 16, Rich Crammond, 4 participants

- Overall, this was a nice day to be in the Adirondacks. The bugs were out and it was hot but we made the best of it and had a good day in the woods. The highlight of this hike was seeing the fish jump up from the water at Hour Pond and hiking with some real nice rugged people and old hiking bud, Chuck Gibson. Thank you all for sharing this day. It just doesn’t get any better! Participants: Karen Burka, Ann Gibson, Chuck Gibson, Rich Crammond

Street and Nye, Sunday, July 17, Joe Murphy, 10 participants

- Many thanks to Wayne Richter for joining as co-leader the day of the hike. A great day had by all; it was a fun hike and very hot near the summits with the bright blue skies and sun shining down. A fun lunch was had at the junction to the two peaks. Participants: Dave Acquavella, Colleen Downing, Paul Etu, Erica Halbrook, George Haviland, Fran Herve, Denise McQuade, Joe Murphy, Wayne Richter, and Pete Sage.

Armstrong and Upper Wolf Jaw, Sunday, July 17, Lorraine MacKenzie, 9 participants

- We had the pleasure of encountering two waterfalls and spectacular views from two summits. One of the novice hikers experienced the overwhelming assistance from a few of the veteran hikers. It was a great day in the woods. Participants: Mark Rye, Joanne Walczak, Klaus Sommalatte, Rich Holm, Dick Smith, Susan Keely, Ravi Verma, Sandy Yellen, Lorraine MacKenzie.



Trip reviews

Evening Paddle, Tuesday, July 19, Maureen Coutant, 17 participants

- We got out before the heat wave hit and had a very pleasant paddle along the Hudson River. We launched from the park between Exits 17 and 18 that you see while you're on the Northway and paddled upstream to the "very impressive beaver dam." Andrea and Ken actually saw a beaver. We also saw some herons, including a green heron. Great evening out as usual! Participants: Dave Avigdor; Andrea and Ken Chartier; Janet and Rene Clarke; Mo Coutant; Rosemarie and Todd Earl; Mike George; Licia and Steve Mackey; Joy Muller-McCoola; Larry Murello; George Sammons; Mike Shoemaker; Kathy Sonnabend; Jan Stephens.

Raquette Lake, Saturday, July 23, Jayne Boudier, 6 participants

- A fishing derby crowded the village, slowing our launch, and the lake was plenty windy as we headed for Tioga Point, via Big Island and Pine Knot. We settled at a quieter, primitive camp on nearby Eldon Bay, with nice winds and a sand bar for night swimming. Sunday's best swimming was at the Needles, and the Hens and Chicken Islands sported seven roosters — free ranging! We found the floating loon nest, took a nice walk along the trail to West Mountain, and found some nice, icy spring water. Congratulations to Joe and Karen, on their first, and sticky, canoe camping experience! We had two beautiful days! Participants: Jayne Boudier; Joe and Karen Burka; Scott Cooper; Scott and Kathie Ryan.

Glens Falls Area Evening Bike Ride, Wednesday, July 27, Ellen DuBois, 5 participants

- Great ride! The weekly rides have been fun. More riders are always welcome! Participants: Ellen DuBois, Tom Dubois, Hope Caruso-Adler, Joanne (last name unknown), Steve Mackey.

YMG — Mount Marshall — High Peak Saturday, July 30, Jonathan Lane and Kiki Kelly, 21 participants

- We had a huge group for this awesome hike, so we split into two groups. We visited the memorial, took in the views at Flowed Lands, then spent a few minutes at the scenic bridge a little past the turn up to Marshall before back-tracking and heading up the mountain. Lots of bright green moss and refreshing waterfalls kept us company on our trek to the summit, where we enjoyed yummy cookies and beautiful views. Participants: Linda Acierno, Katherine Bannigan, Jackie Cordell, Colleen Downing, Ellen DuBois, Bill Farstad, Mary Farstad, Amy Fazio, Erica Halbrook, Marianne Hines, Dan Kane, Kiki Kelly, Dan Kemp, Jonathan Lane, Renee Melfi, Pete Sage, Mark Stanley, Dan Stec, Joanne Walczak, Nate Walrath, Venus Webb.

Mount Ellen and Mount Abraham (Green Mountains), Sunday, July 31, Joe Murphy and Alison Darbee, 7 participants

- Unfortunately some last-minute cancellations made this a small group, but the hike in Vermont was greatly enjoyed by all, and so was the fabulous weather! We hiked from Lincoln Gap over Abraham, Little Abe, Lincoln, Nancy, and to Ellen ... and then back again. Participants: Walt Addics, Alison Darbee, Joe Murphy, Ray O'Connor, Margaret O'Keefe, Wayne Richter, and Jay Summerson.



Lake George vista October 2010 of Jill Gruben (Rubinstein) wearing Ian, Michael Rubinstein wearing Maya, Adam and Boo the Bernese Mountain Dog

Welcome New Outings Leader!

Jill Gruben, our chapter's newsletter editor, is eager to lead "family friendly" events. Gruben, a past president of the Mosaic Outdoor Club of Albany, Inc., and half-way to being a 46er (having been on High Peak hiatus until her children are older) is excited to offer a few beautiful and rewarding fall hikes focused on nature-loving families.

"I'm sure there are other ADK members like myself and my husband Michael Rubinstein who love to be outside and are determined to expose their children to all the fun and awesome experiences one can have while being in the woods," Gruben said. "And hopefully they will be able to join us!"

Gruben, a downhill skier and yoga aficionado, expects to lead events that little and big kids alike will find enjoyable. Gruben and her husband hike with their 14-month-old boy/girl twins and 4-year-old son.



Outing instructions

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

SIGN UP

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

MEETING PLACE INFORMATION

PANERA BREAD

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

• From NORTHWAY (I-87)

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

TRAVEL INFORMATION/CAR POOLS

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

PARTICIPATION GUIDELINES

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

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

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

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

RATINGS

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

*Descriptions are only typical and can vary.

HIKING NEEDS/PREPARATION/EQUIPMENT

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

SPECIAL WINTER NEEDS

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

BECOME AN OUTINGS LEADER

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

Program and meeting directions

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

WESLEY HEALTH CARE CENTER

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

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

CARL R'S CAFÉ RESTAURANT AND BAR

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

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

LAKE GEORGE ADK HEADQUARTERS

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

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

SARATOGA SPRINGS PUBLIC LIBRARY

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

- From Northway (I-87)

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

- From Route 9 and Route 50

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





Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
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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.

Do you have a new e-mail address?

If you change your e-mail address, please e-mail the chapter Webmaster (webmaster@adk-gfs.org), so that you will continue to receive information from our chapter between newsletters. The Webmaster will update the Chapter e-mail list and forward the change to ADK Headquarters.

