



# Chepontuc Footnotes

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



Beauty surrounds the Inca Trail.

## The Peru and Inca Trail

Long-time ADK members Molly and Steve Bederian traveled to Peru several years ago, spending several days at the village of Olan-taytambo in the heart of the Inca sacred valley. From this village, they explored Inca culture and temples. They also mountain biked through the high mountain village of Hulack, day-hiked the salt valley of Maras (see NatGeo) and to nearby high ridges to see Inca quarries, burial mounds and observe Condors. After these adventures and to acclimate to the 10,000 ft-elevation, they stepped off on a 4-day guided hike of the Inca trail; a 35 km footpath through the Peruvian Antiquities Zone. Amongst glaciated peaks, the trail crossed several high passes ("Dead-Woman's Pass" at 14,000 ft was the highest) and through arid, alpine and jungle climates. The trail terminates at the lost city of Machu Picchu. They have prepared a PowerPoint slide show from their travel pictures and are very pleased to share them with us.

### Program

The Peru and Inca Trail

When: 7pm Jan. 26  
 What: Presentation with Steve and Molly Bederian

Where: Saratoga Springs Public Library

## Gasland movie screening

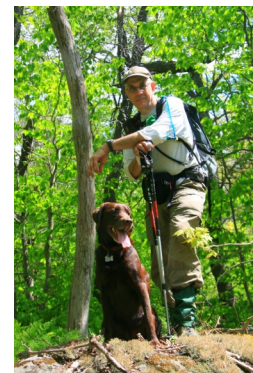
Co-sponsored by the Southern Adirondack Audubon Society, this program is a screening of the movie Gasland, which was a Sundance Valley Film Fest winner and has been a launching point of many conversations about hydrofracking. The screening will be followed by a conversation about the current status of the NYS legislative process and hydrofracking. Neil Woodworth, ADK's Executive Director, and Sean Mahar, Director of Government Relations and Communications from Audubon New York, will speak on the topic and are available to answer your questions!

### Program

Gasland

When: 6:30pm Jan. 25  
 What: Movie Screening with Q&A from ADK Executive Director Neil Woodworth

Where: Crandall Library



Don't miss the **Hiking the Catskills 100 Highest** program with chapter member Alan Via at 7pm Feb. 23rd at Crandall Library.

# Programs!

By Maureen Coutant

## Chepontuc Footnotes

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Glens Falls Saratoga ADK Chapter  
Adirondack Mountain Club  
PO Box 2314, Glens Falls, NY, 12801

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#### **Young Members Group Jonathan Lane**

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For this issue, I want to highlight our Chapter programs. We have some diverse offerings, and I'd like to thank Sarah King for pulling them together. Of course, our biggest thanks go out to the presenters who spend countless hours preparing their programs and sometimes traveling quite a distance to put them on.

For January, you will notice we have two programs listed on consecutive nights. We've been invited by the Southern Adirondack Audubon Society to help sponsor the showing of the movie *Gasland*. It

will be shown at Crandall Library on Wed, Jan. 25<sup>th</sup>, 6:30pm. After the movie, ADK's Executive Director, Neil Woodworth, will update us on the status of hydrofracking legislation in NYS and its potential impact. It will be an interesting evening! The next night, our regular Chapter Program is from Chapter members Molly & Steve Bederian of Saratoga. They will give us a tour of Peru and the Inca Trail. This program is at the Saratoga Public Library.

On February 23rd, another ADK'er Alan Via, will conduct a presentation on Hiking the Catskills 100 Highest, which goes along with his book of the same name, at the Crandall Public Library. In March, on Wed. the 21<sup>st</sup> will be another



### **CHAPTER CHAIR Report**

*Our Programs  
are always fas-  
cinating and we  
love to have a  
good crowd!*

adventure from two of our Chapter's long trail hikers, Steve Mackey and Jean Holcomb. You might remember that they both did the Appalachian Trail as a through-hike a few years ago, in opposite directions. Earlier this year, they hiked the John Muir Trail, and they will share photos from the trip.

I really hope you can make it to the programs mentioned above. They are always fascinating and we love to have a good crowd for the presenters. Please see the Program section of the newsletter for more details on the upcoming programs and mark your calendars.

If you missed the program last September, ADK'er and Chair of the North Country team, Mary Coffin, gave a presentation

on the North Country National Scenic Trail and its possible route through the southern Adirondacks. She and members of the Schenectady Chapter of ADK have been scouting and GPS'ing the routes. If you'd like information about the trail or would like to help scout and GPS some connector bushwhacks contact: [marycoffin@gmail.com](mailto:marycoffin@gmail.com) or visit [www.northcountrytrail.org](http://www.northcountrytrail.org).

Finally, if you have a program or have seen one that you think Chapter members would enjoy, please contact Sarah King. Or, if you want to get more involved with the Club, please email me and I'll connect you with something fun. We're always looking for new helpers!

# Executive Committee Meeting Minutes Synopsis

## Minutes from October 5, 2011

**Chapter Chair Mo Coutant:** The Loon Lake Mountain Fire Tower will be included in the Fire Tower Challenge. The Chapter voted to join the North Country Trail Association.

**Membership Mo Coutant for Pat Desbiens:** Our Chapter is about 10% of the Club's total membership.

**Outings Co-Chair Maddie Kowalik-Bova:** New patches for leaders have arrived and will be given to the leaders of three or more outings; leaders of six or more outings will get a gift card.

**Newsletter Chair Jill Gruben:** The chapter voted to design the newsletter in-house.

**Fire Tower Challenge:** New correspondents are Cathy and Tim Noble.

**Nominating Committee Chair Linda Fiske:** The slate will be the only candidates in the election.

**Club Board of Directors Jonathan Lane:** The Club lost \$66,000 in business when Hurricane Irene closed the

lodges, but that may be covered by insurance; the Club is doing a good business all over the country teaching Leave No Trace training programs; access to the lodges has been restored; membership is up by over 200, but dues revenue is slipping; overall, cash flow is okay; the new website will be up in November.

**Young Members Group Chair Jonathan Lane:** YMG & Chapter Facebook pages each have +70 friends.

**Wilderness Chair Jim Schneider :** Chapter carried lumber to rebuild a bridge in the Pharaoh Lake Wilderness Area.

**Conservation Chair Jacki Bave:** At the request of Saratoga Plan she made a site visit to the **Spruce**

**Mountain Fire Tower** and learned that people get lost on the trail because of the patchwork of multiple land ownerships. She worked with a logger on trail maintenance and helped with GPS mapping.

**Website Chair George Sammons:** The database has 1,502 names and we have e-mail addresses for 893. There are 118 members who have opted out of the print version of the newsletter.

## New Members September 2011

- Doug Baehm, Saratoga Springs
- John, Sandy, Ben & Liza Balet, Ballston Spa
- Judd Byrnes, Lake George
- MaryJane Crotty, Ballston Lake
- Debbie & Bart D'Avignon, Greenwich
- Mary DeSantis, Glens Falls
- Todd & Ellen Downing, Saratoga Springs
- Kati Gilbert, Hadley
- Brian Goodge, Glens Falls
- Barbara Griffith, Shrewsbury, Vermont
- Barbara Honors & Glenn Milstey, Gansevoort
- Wendy Hull, Salem
- Jacqueline Kusnierz, Gansevoort
- Richard Leach, Queensbury
- Gina, Natalie & Isabella MacNiven, Corinth
  
- Robert Murray, Warrensburg
- Leslie Nestor, Ian & Alexander Engel, Glens Falls
- Chris Palmatier, Schroon Lake
- Ellen Pike, Chestertown
- Max Powell, Albany
- Sean Reilly, Saratoga Springs
- Marek, Emily, Sophia Rzonca; Debi & Sabrina Noti, Ballston Lake
- Deanna, Noah & Aaron Scannell, Sara-

toga Springs

- Jennifer, Raymond, Parker & Christopher Sheerer, Corinth
- Beth, Wesley, Benjamin & William Wallace, Queensbury
- Andie Zajaceskowski, Saratoga Springs

## Rejoined Members

- Stewart Brown, Glens Falls
- Philip Cross, Ballston Spa
- Ann M. Diller, Gansevoort
- Scarlett Miles, Palmyra, New York
- Yu K. Stanley, Utica
- Daniel Whalen, Waterford
- Jean J. Wood, Hudson Falls

## New Members October 2011

- Tom Barkley, Saratoga Springs
- Matthew, Lindsay & Lauren Beaudier, Northport, New York
- Robert Benedict & Michele Kenna, Beverly, Mass
- Tim, Mary Rose, Colin & Dylan Rose, Saratoga Springs
- Nancy & Bob Briskie, Schenectady
- Tammy & Michael Caldwell, Glens Falls
- Denise & Gary Ganotes, Corinth
- Luanne & Mike Hetz, Ballston Spa
- Marge Huseman, Ticonderoga

- Gail & Robert Lansing, Glens Falls
- Nancy Lyons, Gansevoort
- Mark Meigher, New York, New York
- Jennelle & Justin Miles, Queensbury
- Florence Nolan, Glens Falls
- Daniel Poole, Kattskill Bay
- Jill, Scott, Tori & Evan Strock, Gansevoort
- Cris Vanderburg & Kathleen Schenck, Saratoga Springs
- Dennis & Mary Lou Walsh, Clifton Park
- Todd Zenio, Gansevoort

## Rejoined Members October 2011

- Frank Brady, Saratoga Springs
- Leo Butera, Clifton Park
- Mark Dailey, Saratoga Springs
- R.B. Dundon & Dana La Rose, Dorset, Vermont
- Thomas & Leslie Fine, Brewster, New York
- Deborah Nordyke, Curtis, Jon, Erik
- Katrin Schreiner, Hadley
- Christine, Stephen & Joe Ross, Queensbury
- B.J. & J.C. Webster, Chestertown

**By Linda Rinado,  
Education Chair**

As of this writing, we have one DEC Youth candidate for the 2012 season.

Hopefully, this will be remedied by the time this issue is in your hands. We are still seeking candidates for the ADK Teen Trails program. This is open to youth from 14-17 who are not afraid to be out getting "down and dirty" as they get hands-on training in the varied skills of trail maintenance while under the supervision of experienced ADK counselors. This year's program holds even more significance in light of the widespread damage caused by this past year's weather and gives candidates a chance to really make a difference as they help in the repair and upkeep of trails "in need." Applications can be downloaded from the education link on our website and sent to the address appearing on the application. Fees to participate in these programs (\$350 for DEC and \$250 for ADK) will be paid for by our chapter.

### **Chapter rents snowshoes**

Snowshoes are at ADK Member Services in Lake George. Call 668-4447 for reservations and hours.

We have two pairs of men's MSR Denali snowshoes, two pairs of women's Tubbs' snowshoes and two pairs of children's Tubbs' snowshoes.

#### **Chapter Members:**

\$10/weekday; \$15/weekend

#### **Non-Members:**

\$13/weekday; \$18/weekend

Did you know that the Banff Mountain Film Festival will be in Saratoga on Sunday, Feb. 12<sup>th</sup>?

See our web site for details:

[adk-gfs.org/newsdriver.php?item=042](http://adk-gfs.org/newsdriver.php?item=042)

## **Conservation News**

**By Jacki Bave**

### **ADK Advocacy Focus on Risks of Hydrofracking**

There has been intense debate in New York State over the past several years regarding proposals to allow high-volume hydraulic fracturing (hydrofracking) on New York's public lands. ADK has worked to promote awareness of the dangers of this type of gas drilling (i.e. water contamination, disruption of natural areas) and to convince the New York State legislature that this type of development is inconsistent with the purposes for which it created state parks, forests, wildlife management areas and trail corridors. ADK has also sought stricter regulations of such drilling activity in NYS in order to protect our groundwater and aquifers. In response to ADK's advocacy efforts, DEC has proposed prohibiting gas drilling and its related infrastructure (roads, etc.) on such public lands. The private energy industry, however, is lobbying Governor Cuomo to reverse this decision and to open our public lands for hydrofracking.

In November, ADK issued an Action Alert to inform the membership about the importance of commenting to DEC and the Governor and persuade them to prohibit leasing the oil and gas rights under the surface of public

lands and support stricter regulations for oil drilling in

NYS. Our website, [www.adk-gfs.org](http://www.adk-gfs.org), has carried the complete Action Alert with information on where to submit comments. Additional information about hydrofracking is available on the Club's website at [www.adk.org](http://www.adk.org).

### **Saratoga Countywide Map Available Online**

Saratoga PLAN, in partnership with the Saratoga County Chamber of Commerce and the Saratoga County Board of Supervisors, has created a countywide online trail map. After receiving a grant from the county, Saratoga PLAN was able to hire Chris Ferraro, a graduate student from the State University at Albany, who worked with the county officials to collect the data used to create the graphic information system. Over 200 miles of public non-motorized use trails and 124 miles of snowmobile trails are available on the site, as well as information about trailheads, parking, canoe and kayak access points and use regulations. Our chapter's website has a link to the maps ("Viewing Saratoga County Trails using Google Maps and Mapping Data from Saratoga PLAN").

## **Fire Tower Challenge News**

We are pleased to welcome our new Fire Tower Correspondents Tim and Kathi Noble!

A reminder that our Chapter offers a Winter Fire Tower Challenge! Climb 18 of the Adirondack Mountains with fire towers and all five of the Catskill fire towers between December 21, 2011 and March 21, 2012 and you can earn a rocker for your Fire Tower Challenge patch. You can keep track of your climbs on the regular brochure, noting at the top of the form that it's the Winter Challenge. The rocker patch fee will have a nominal fee. Please note that, like the regular Fire Tower Challenge, it is not necessary to climb the actual towers. In fact, it is inadvisable to climb an icy fire tower. Good luck to all you winter hikers!

## **ADK Winter Mountaineering School**

Based out of the Adirondack Log from Jan. 27—Feb. 2, the Club will sponsor the Winter School focusing on winter day hiking, weekend backpacking, weeklong combination day hike/backpacking, and advanced backpacking. Each section will include instruction in climbing steep terrain using crampons and ice axes, honing showshoeing skills, winter trip planning, mountain safety, and navigation. ADK has sponsored the Winter School for over 55 years! The deadline for registration is Jan. 15! For more information and downloadable application forms go to [www.winterschool.org](http://www.winterschool.org) or call 523-3441.

## **AND THE WINNER IS ...**

Our October Opt-Out winners are Richard and Judith Palmer of Schaghticoke!

Our November Opt-Out winner is Gregory T. Shaw of Fort Edward!

Have you opted-out today? Log on to [www.adk-gfs.org](http://www.adk-gfs.org) to get your *Chepontuc Footnotes* online!

## **Receive Chepontuc via email!**

**Log on to**

**[www.adk-gfs.org](http://www.adk-gfs.org)**

## **WE WANT TO HEAR FROM YOU!**

What types of outdoor related apps for “smart phones” do you find fun, interesting, and/or helpful? Let us know! Contact Jonathan Lane at [ymsg@adk-gfs.org](mailto:ymsg@adk-gfs.org)

### **WANTED**

**Help labeling newsletter for mailing**

Send all Inquiries to [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)

### **WANTED**

**Digital Artist**

Needed to help create digital images for Chapter for various projects. Contact Jonathan lane at [ymsg@adk-gfs.org](mailto:ymsg@adk-gfs.org)

### **WANTED**

**Publicity Chair**

Send all Inquiries to [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)

# Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
<b>January</b>					
1	Sun	Hike/Snowshoe	Annual New Years Day Buck Mtn. Snowshoe	Reg Prouty, Bob Aspholm	B
3	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
4	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
7	Sat	Camp/Hike	Spotted - East Dix Overnight	Neal Andrews	A
10	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
14	Sat	Hike/Snowshoe	YMG - Fire Tower - Leader's Choice	Jonathan Lane, Rachel Luch	B
15	Sun	Snowshoe	Barton High Cliffs Loop	Jayne Boudier	A
17	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
21	Sat	Hike/Ski	Pyramid & Gothics	Steve Mackey	A
22	Sun	Ski	Cross Country Ski Trip	Sandy Yellen	B
23	Mon	Geocache	Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
24	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
25	Wed	Program	Gasland Screening & discussion	Maureen Coutant	NR
26	Thu	Program	The Peru and Inca Trail	Sarah King	NR
28	Sat	Hike/Snowshoe	Stillwater Locks Eagle Watch	Rich Crammond	C
31	Tue	Walk/Ski/Snowshoe	Midweek outing	Maureen Coutant	NR
<b>February</b>					
1	Wed	Meeting	Executive Committee Meeting at Wesley	Maureen Coutant	NR
5	Sun	Ski	Thirteenth Lake--Botheration Pond Loop	Bill Schwarz	B+
7	Tue	Walk/Ski/Snowshoe	Tuesday outing	Maureen Coutant	NR
11	Sat	Hike/Snowshoe	Gothics Via Beaver Meadow Falls Trail	Mike McLean	A
11	Sat	Snowshoe	YMG - Sweeet Pancake Hike - Fire Tower	Jonathan Lane, Jen Shepherd	B
11	Sat	Snowshoe	Heart,Bear, and Rock Ponds Valentine	Reg Prouty	B+
12	Sun	Bushwack	Inman Pond to Buck Mountain Bushwack	Jayne Boudier	A
13	Mon	Geocache	Midmonth Geocache	Sarah King, Mo Coutant	NR
14	Tue	Walk/Ski/Snowshoe	Tuesday outing	Maureen Coutant	NR
18	Sat	Snowshoe	Spruce Mtn Firetower w/ Saratoga Plan	Jacki Bave, Andy Fyfe	C
19	Sun	Ski	South Meadows to Tahawus	Steve Mackey	A+
21	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
23	Thu	Program	Hiking in the Catskills 100 Highest	Sarah King	NR
25	Sat	Ski	Skiing around Wilton	Bill Schwarz	B
26	Sun	Snowshoe	Shelving Rock Mt. and Waterfall	Sandy Yellen	C
28	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
<b>March</b>					
4	Sun	Hike/Snowshoe	Vista Trail from Shelving Rock to Erebus	Jayne Boudier	A
6	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
7	Wed	Meeting	Executive Committee Meeting at Carl R's	Maureen Coutant	NR
10	Sat	Snowshoe	Mount Colden	Steve Mackey	A
10	Sat	Snowshoe	Lost Pond and Berryhill Pond	Reg Prouty	C
12	Mon	Geocache	Midmonth Geocache	Sarah King, Maureen Coutant	NR
13	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
20	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
21	Wed	Program	John Muir Trail by Steve Mackey and Jean Holcomb	Sarah King	NR
25	Sun	Other	Baldhead and Moose Bushwack	Jayne Boudier	A
27	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR

# Outings Schedule

## **ANNUAL NEW YEARS DAY BUCK MTN. SNOWSHOE HIKE**

Sun, Jan 1, 2012, 8:00 am, Rating: B

Leader: Reg Prouty - 518-747-9736

Colead: Bob Aspholm - \*pine4442@gmail.com

- Come one come all to help us welcome the 1st day of 2012 with a celebration atop one of our favorite local small mountains. The weather will not stop us. Lets hope for lots of fresh powder. Round trip is about 5 1/2 miles. Pace is moderate with time to enjoy the summit.

## **MIDWEEK OUTING WALK/SKI/SNOWSHOE**

Tue, Jan 3, 2012, 9:30 am, Rating: NR

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

- Hopefully we'll have snow and can be out on our snowshoes or skis. For January we'll start slightly later, but may adjust depending on where we decide to go. Send in your suggestion and email on Sunday to find out where we'll be headed and the details.

## **EXECUTIVE COMMITTEE MEETING MEETING**

Wed, Jan 4, 2012, 7:00 pm, Rating: NR

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

- Executive Committee meeting at Carl R's in Queensbury

## **SPOTTED - EAST DIX OVERNIGHT CAMP/HIKE**

Sat, Jan 7, 2012, 4:00 am, Rating: A

Leader: Neal Andrews - 899-5500, wantlocks@aol.com

- This trip is an introductory trip to the Rochester Winter Mountaineering Society (RWMS). RWMS is an outings club that camps only on winter weekends. Full Winter Gear needed as well as a warm sleeping bag. The Spotted East Dix ridge is open and exposed affording 360 degree views, and a possibly windy day.

## **MIDWEEK OUTING WALK/SKI/SNOWSHOE**

Tue, Jan 10, 2012, 9:30 am, Rating: NR

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

- See Jan 3rd

## **YMG - FIRE TOWER - LEADER'S CHOICE HIKE/SNOWSHOE**

Sat, Jan 14, 2012, time TBD, Rating: B

Leader: Jonathan Lane - 744-4594,

saratogahiker@infogorp.com

Colead: Rachel Luch

- We'll snowshoe up one or two Fire Tower peaks and have a wonderful time! Contact leader for information regarding destination and meeting time.

## **BARTON HIGH CLIFFS LOOP SNOWSHOE**

Sun, Jan 15, 2012, 8:30 am, Rating: A

Leader: Jayne Boudier - 793-3770

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

## **MIDWEEK OUTING WALK/SKI/SNOWSHOE**

Tue, Jan 17, 2012, 9:30 am, Rating: NR

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

- See Jan. 3rd

## **PYRAMID & GOTHICS HIKE/SKI**

Sat, Jan 21, 2012, 6:30 am, Rating: A

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

- This will be the third time I've led this, (so it shows how good a trip it is). I want to ski into Lower Ausable Lake and then switch to snowshoes and hike up Pyramid and Gothics. Every year I get a few people that don't ski, so non-skiers are welcome, but it's a lot more fun skiing and a lot faster on the way out. It also is a fairly easy ski (usually) so if you are semi-proficient, I would give it a try. The last part of the climb up Pyramid is really steep, so be prepared. It can be really cold and windy so bring proper gear.

## **CROSS COUNTRY SKI TRIP SKI**

Sun, Jan 22, 2012, 8:00 am, Rating: B

Leader: Sandy Yellen - 584-2763

- If anybody got new skis for Christmas here's a good chance to try them out. We may go locally on groomed trails and pay no fee or travel to groomed trails and pay for the snow. Both ways are fun. Pray to the snow gods so we don't get rained out like last year. Call leader for details and to sign up.

## **MONTHLY MONDAY GEOCACHE GEOCACHE**

Mon, Jan 23, 2012, 9:30 am, Rating: NR

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

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

- Email to find out where we'll be looking for geocaches this day. Even if you don't have a GPS, come along anyway and help us look for the hidden containers in the woods.

## **MIDWEEK OUTING WALK/SKI/SNOWSHOE**

Tue, Jan 24, 2012, 9:30 am, Rating: NR

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

- See Jan. 3rd

## **STILLWATER LOCKS EAGLE WATCH HIKE/SNOWSHOE**

Sat, Jan 28, 2012, 9:00 am, Rating: C

Leader: Rich Crammond - 584-2380

- This hike or snowshoe will be around one mile along the Hudson and Hoosick Rivers. Field glasses and eagle-eyes will come in handy. We will meet between the channel and canal bridges, Stillwater area, Lock No. 4. See you there!

## **MIDWEEK OUTING WALK/SKI/SNOWSHOE**

Tue, Jan 31, 2012, 9:30 am, Rating: NR

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

- See Jan 3rd.

## **THIRTEENTH LAKE--BOTHERATION POND LOOP SKI**

Sun, Feb 5, 2012, 8:00 am, Rating: B+

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

- It's a nice hike around this new loop off the Siamese Ponds trail, so let's try it in winter. Bring backcountry skis and a sense of adventure; there are some ups and downs. We'll start at Old Farm Clearing trailhead and travel about 8 miles. There may be a hot chocolate stop in North Creek on the way back. Please call by noon Saturday to sign up. No snow? This will then become a hike (it's happened before). Meet at Panera's.

## **TUESDAY OUTING WALK/SKI/SNOWSHOE**

Tue, Feb 7, 2012, 9:15 am, Rating: NR

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

- We'll snowshoe or ski, depending on the conditions, generally within an hour of Glens Falls. Hopefully we'll have plenty of snow to play in! Send your suggestions by email on Sunday to find out where we'll be headed and all the details. Remember, the Club rents out Chapter snowshoes for Men, Women and Children from the Headquarters building at Exit 21!

# Outings Schedule

Leader: Mike McLean - 315-262-2564, mpmclean@twcny.rr.com  
- We'll head in from the Ausable Club at 8 am with Gothics being the main objective. We will determine as we go as to whether we return the way we came or via Armstrong and Upper Wolf Jaws or Pyramid. The outing is 11-plus miles round trip.

## **YMG - SWEEET PANCAKE HIKE - FIRE TOWER HIKE/SNOWSHOE**

Sat, Feb 11, 2012, 6:30 am, Rating: B  
Leader: Jonathan Lane - 744-4594, saratogahiker@infogorp.com  
Colead: Jen Shepherd

- For this weekend before Valentine's Day, we will begin 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! I wonder if they'll make heart shaped ones? After filling our bellies, we'll head out to hike up nearby Mount Tremper via the Phoenicia Trail, which is a moderate 6.2 miles round trip along an old jeep road. Keep an eye out for cupids and hearts drawn in the snow. And don't forget the chocolate! Contact leader for meeting location.

## **HEART, BEAR, AND ROCK PONDS VALENTINE HIKE/SNOWSHOE**

Sat, Feb 11, 2012, 7:30 am, Rating: B+  
Leader: Reg Prouty - 518-747-9736

- This 5.4 mile loop in the Putnam Pond area of the Pharaoh Lake Wilderness area is a very enjoyable way to celebrate the weekend before Valentine's Day. There is only 430 feet of elevation change but the last time I did this we took turns breaking trail so it also could be a good workout. There are remains of an old blast furnace left over from the mining days near Rock Pond.

## **INMAN POND TO BUCK MOUNTAIN BUSHWACK**

Sun, Feb 12, 2012, 7:30 am, Rating: A  
Leader: Jayne Boudier - 793-3770  
- From Inman Pond we'll follow the bumps around Crossett Pond and on to Buck Mountain. This outing is approximately 8 miles (maybe half of them trailless) and about 1,800 ft. ascent. Snowshoes will likely be needed. The A rating is because this is an all day bushwack, but the pace will be moderate, with stops.

## **MIDMONTH GEOCACHE GEOCACHE**

Mon, Feb 13, 2012, 9:15 am, Rating: NR  
Leader: Sarah King - 798-0615, scubakings@roadrunner.com  
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com  
- We'll head out to find some recently hidden treasure boxes (geocaches) generally within an hour of Glens Falls. Email or call the weekend before to find out where we're going. It could be a hike or just a walk in the woods. You don't need a GPS to join us, just be willing to help in the hunt or wait while we search.

## **TUESDAY OUTING WALK/SKI/SNOWSHOE**

Tue, Feb 14, 2012, 9:15 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com  
- See Feb. 7th.

## **SPRUCE MTN FIRE TOWER W/ SARATOGA PLAN SNOWSHOE**

Sat, Feb 18, 2012, 9:30 am, Rating: C  
Leader: Jacki Bave - 587-3754, jackibave@gmail.com  
Colead: Andy Fyfe (Saratoga PLAN)  
- Join us for a snowshoe up Spruce Mountain, one of the Fire Tower Challenge peaks. This 2,003 ft. mountain, located in Corinth, has a 1.1 mile trail to the summit, with about 1,000 ft of elevation gain. For years, Saratoga PLAN, ADK, and other

interested parties have been working to secure official public access to the summit and its fire tower. Andy Fyfe of Saratoga PLAN has obtained permission from the patchwork of private landowners for this trip. Bring snowshoes, a lunch, and please dress appropriately for winter trips. (Note: restoration of the tower will begin once the access has been secured, but for now the tower is closed.) Meeting time/place: 9:30 Saratoga train station; 10:00 Trailhead For driving directions to the train station or the trailhead, please email jackibave@gmail.com.

## **SOUTH MEADOWS TO TAHAWUS SKI**

Sun, Feb 19, 2012, 6:00 am, Rating: A+  
Leader: Steve Mackey - 793-6484, smackey33@verizon.net  
- If we can get enough people we will split into two groups. One group will ski north from Tahawus and the other will ski south from South Meadows, and when we meet, we can exchange car keys. If we don't get enough people we will instead ski to Avalanche Pass from South Meadows and back. We did this trip a few years ago, and if conditions are good, it is a great trip. This is a classic outing. If you are a pretty decent skier, give it a go!

## **TUESDAY OUTING WALK/SKI/SNOWSHOE**

Tue, Feb 21, 2012, 9:15 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com  
- See Feb. 7th

## **SKIING AROUND WILTON SKI**

Sat, Feb 25, 2012, 8:30 am, Rating: B  
Leader: Bill Schwarz - 307-6091, bschwarz@nycap.rr.com  
- Saratoga County has added park areas near the Wilton Preserve in the past few years, and they have skiable trails! So we'll explore some of them--the Edie/Bullard tract most likely, plus the Old Gick Farm and maybe Camp Saratoga's ungroomed trails. There may be multiple driving destinations within a few miles of each other. Bring touring or backcountry skis. We'll go for about 4 hours. Please call by Friday noon to sign up. Meet at Panera's.

## **SHELVING ROCK MT. AND WATERFALL SNOWSHOE**

Sun, Feb 26, 2012, 9:00 am, Rating: C  
Leader: Sandy Yellen - 584-2763  
- This mountain makes a great beginner snowshoe. It's actually an old road up to a pavilion (long gone) for afternoon tea or dancing. If anyone wants to bring tea we'll have a party. If not, we'll just dance (in snowshoes?) or have lunch. It's 3 miles round trip and 650 ft. of elevation and another .2 miles to the waterfall. If there's no snow we can always hike it. Call leader for details and to sign up.

## **TUESDAY OUTING WALK/SKI/SNOWSHOE**

Tue, Feb 28, 2012, 9:15 am, Rating: NR  
Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com  
- See Feb 7th

## **VISTA TRAIL FROM SHELVING ROCK TO EREBUS HIKE/ SNOWSHOE**

Sun, Mar 4, 2012, 7:30 am, Rating: A  
Leader: Jayne Boudier - 793-3770  
- Starting at Shelving Rock, we'll work our way up the ridge to just below Erebus. Expect some poorly marked trails and some bushwacking. There are nice views along the way. A short, steep bushwack up to the summit of Erebus is also a possibility and is the difference between a 6-8 mile, 1,700 to 2,200 ft. ascent trip. Expect to be out all day, at a moderate to relaxed pace.



## Outings Schedule

### TUESDAY OUTING WALK/SKI/SNOWSHOE

Tue, Mar 6, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com  
- See Feb 7th

### MOUNT COLDEN SNOWSHOE

Sat, Mar 10, 2012, 6:00 am, Rating: A

Leader: Steve Mackey - 793-6484, smackey33@verizon.net  
- I haven't been up Colden in quite a while, so it is time to go back. March is the best time of year for winter hiking, between lots of snow, more sunshine, and longer days, it should be great. We will leave from Adirondack Loj and go up the Lake Arnold Trail. We will probably return the same route, but we might return via Lake Colden if conditions are good. Let's hope we have lots of snow and get to break some trail for a change.

### LOST POND AND BERRYMILL POND SNOWSHOE

Sat, Mar 10, 2012, 8:00 am, Rating: C

Leader: Reg Prouty - 518-747-9736  
- These two little ponds near Putnam Pond State Park are a very enjoyable snowshoe with only a total distance of 6.7 miles and total ascent of 565 feet. If the snow is gone we will hike. Meet at exit 19 Panera's at 08:00 AM.

### MIDMONTH GEOCACHE GEOCACHE

Mon, Mar 12, 2012, 9:15 am, Rating: NR

Leader: Sarah King - 798-0615, scubakings@roadrunner.com  
Colead: Maureen Coutant - 745-7834 or mojim@roadrunner.com  
- See Feb 13th

### TUESDAY OUTING WALK/SKI/SNOWSHOE

Tue, Mar 13, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com  
- See Feb 7th

### TUESDAY OUTING WALK/SKI/SNOWSHOE

Tue, Mar 20, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com  
- See Feb 7th

### BALDHEAD AND MOOSE BUSHWACK OTHER

Sun, Mar 25, 2012, 7:30 am, Rating: A

Leader: Jayne Boudier - 793-3770  
- These two 2,800 footers live north of Stoney Creek, have interesting terrain, and nice views. This outing is six miles (mostly bushwacking), and 2,200 ft. of ascent, at a moderate, 'lets take all day' pace.

### TUESDAY OUTING WALK/SKI/SNOWSHOE

Tue, Mar 27, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com  
- See Feb 7th

### FLORA & FAUNA PROGRAM WITH SO. ADK AUDUBON SOCIETY PROGRAM

Wed, Mar 28, 2012, 7:00 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com  
- We are joining the Southern Adirondack Audubon Society again for another program. This time we will be enjoying a presentation of flora and fauna put together by ADK's Education Department. Join us at Crandall Library at 7pm. Look for more information in the next newsletter!

## Trip Reviews

### Family-Friendly Shelving Rock Falls Sun, Sep 25, 2011, Jill Gruben

- The weather held out for a great walk in the woods! Thank you to Mo Coutant for co-leading! The mosquitoes were out in full force, giving all of us some welts. But that didn't detract from the enjoyable conversations, camaraderie and chocolate chip cookies. Everyone relaxed on the rocks along the Lake George shore, breathing in the view while Wasana took a dip! Along the trail, we saw many varieties of mushrooms in various shapes, sizes and colors. There were also quite a few caterpillars, which we thought might be albino wolly-bears. It turns out they were hickory tussocks!

10 Participants : Susan Kearing, Maureen Coutant, Carol Schupp Starr, Cathy and Wasana Fleming, Michael, Jill, Adam, Maya and Ian Rubinstein

### High Peaks, Nippletop and Dial Sat, Oct 1, 2011, Wayne Richter and Alison Darbee

- Although the leader denies all knowledge of an e-mail message in which he supposedly promised great fall foliage and some wonderful views, eight hikers somehow braved a weather forecast promising rain and wind to head for Nippletop and Dial. After assembling in the Ausable Club parking area, we headed out under low clouds. Light rain broke out shortly entering the forest off the Lake Road. The pond at Elk Pass was truly beautiful as the water and mist enhanced the fall colors. By the time we reached the exposed shoulder on the way to the ridge, the rain had quit but the wind was ferocious, and the layers came on. Nippletop was blustery and lost in the clouds. We lingered only long enough to point out the peaks that first timers could not see. We continued over Dial and Bear Den Mountain in the clouds until well below Noonmark shoulder where the rain started up again. The stream below the trail as we approached Lake Road was a visual treat with its many cascades. We had a cheerful, cohesive group throughout and definitely had a fine time.

8 Participants : Alison Darbee, Owen Grant, Jon Laurin, Susan Keely, Eleanor Molinary, Marsha Noble, Wayne Richter, Joanne Walczak.

### Ride around Whiteface Mtn Sat, Oct 8, 2011, Steve Mackey

- The weather was about as good as it gets and the leaves were at their peak. The major trailheads like Giant, and Cascade had more cars than I have ever seen. We decided to do the loop counter-clockwise starting in Saranac Lake. That way we got the road from Saranac to Lake Placid over with first. It is the busiest, and the roughest of the ride. Also as we warmed up, we were able to ditch some clothes at a pull off, and then pick them up with the car on the way home, without going out of our way. In about the first mile we lost Jim Coutant with a flat tire. Luckily we had enough tools to fix it fairly quickly. Heading out of Lake Placid we saw 'the perfect picture', and stopped pretty quickly. Unfortunately, we didn't provide much warning to Jim Schneider, and we had a little accident. No injuries though, I saved that issue for when we got going again, when I ran into Jim Coutant. The climb up White Face was fairly intense, but nothing we couldn't handle. In the Franklin Falls area, we came across a detour and a bridge closed. Since we didn't know how far the detour was going to be, and since we had bikes, we decided to check out the bridge. The water was fairly shallow, so we took our shoes off and carried the bikes across. It made the ride into an official 'adventure.' As we headed into Saranac, I kept looking for landmarks, but to no avail. It turned out we were on a road I've never been on before. We weren't lost though, there was a road sign telling us that we were headed towards Saranac. All in all, a gorgeous trip.

## Trip Reviews

4 Participants : Jim Schneider, Jim Coutant, Bill Bechtel, and Steve Mackey.

### **Vanderhacker Mountain - Fire Tower Sat, Oct 8, 2011, Rich Crammond**

- This was a day to remember. Blue skies, great views, no bugs, and nine hardy hikers to spend the day with. Highlights of this outing were having a group picture taken, Reg Playing his pocket trumpet, and some cool views from the tower cab. It just doesn't get any better. Thanks to all for hiking along on this extra nice day in the Adirondacks.

9 Participants : Jen Shepherd, Ania Gaguine, Karen Burka, Reg Prouty, Charlie Czech, Gail Lansing, Charlotte Smith, Mark Janey, and Rich Crammond.

### **Five summits of Pitchoff Mountain Sun, Oct 9, 2011, Ellen DuBois**

- The weather was absolutely perfect. Trail conditions were pretty good, even if it was a little wet and muddy in spots, especially at the swamp on the east summit. The views were excellent and continuous on the Rocky Summits. We had a fun group with everyone helping each other over the rough spots.

6 Participants : Annie Franzese, Cynthia Staniels, Randolph Franklin, Joanne Armstrong, Eva Freeman and Tom DuBois.

### **Evening Paddle Tue, Oct 11, 2011, Maureen Coutant**

- This week we returned to the Stewarts Dam Reservoir. A planned trip there just after the hurricane had only a few participants, so we went again and we were rewarded by finding the bald eagle nest and seeing the eagle posing in a near-by tree. Come to the 'Slide Social' to see the photo!

12 Participants : Joanne Armstrong, Patty Campbell, Andrea and Ken Chartier, Mo Coutant, Charlie and Linda Czech, Licia and Steve Mackey, Carl Sammer, George Sammons, and Bill Thomas.

### **Gore Fire Tower Hike Sat, Oct 15, 2011, Alison Darbee**

- The rain coats went on, then off, then on, etc. etc. today! The rain kept some would be participants away today, but even with the clouds and drizzle we managed to get some great views from the top. Good hiking companions also made it a great day out in the woods!

7 Participants : Ravi Verma, Ania Gaguine, Tricia Lockwood, Helena Nevarez, Dan Stec, Jon Laurin, and Alison Darbee.

### **ADK Monthly Monday Geocache Mon, Oct 17, 2011, Maureen Coutant and Sarah King**

- This month we decided to find the caches along the 'red' trail up Cat Mountain since Sarah hadn't done these yet. Well, we found the caches but not the 'red' trail. I wanted to check it out to see if it was a trip to do with my 'midweek' group. Now we know it isn't! But if you're on the top of Cat, you should follow the red trail along the top of the mountain to get a nice view of Tongue Mountain and into the narrows. After that view the trail disappears!

5 Participants : Mo Coutant, Tom Hall, Sarah King, Brian Nichols, and Licia Mackey.

### **Buck Mtn from Hogtown Tue, Oct 18, 2011, Maureen Coutant**

- Some of the group hadn't done Buck from this approach. The fall rain led to a few more stream crossings than I remembered and the leaves made it a bit slippery. The view from the top is always worth any difficulties you encounter on the trail.

9 Participants : Joanne Armstrong, Andrea Chartier, Mo Coutant, Bill Glendenning, Licia Mackey, George Sammons, Neal Van Dorsten, Bill Wasilowski, and Deb Wood.

### **Family-Friendly Kane Mountain Firetower Sat, Oct 22, 2011, Jill Gruben**

- Dampness and thick fog didn't hamper the spirits of those on this outing! Even though there were no views other than grey from the top of the firetower, we enjoyed chatting along the trail and touching lots of moss. A great hike to do again!

8 Participants : Jim Horvath, Ankie Meuwissen, Anika Horvath, Michael and Jill Rubinstein (Gruben), Adam, Maya, and Ian Rubinstein.

### **Evening Paddle Tue, Oct 25, 2011, Maureen Coutant**

- We finished the season with a short paddle around Glen Lake followed by a wonderful potluck dinner at the Mackey's camp. Thanks to the Mackeys for hosting us and all those who attended this and all the other paddle trips this season. Great season as usual.

11 Participants : Mo Coutant, Anita Dingman, Mike George, Bill Glendenning, Licia and Steve Mackey, George Sammons, John Schneider, Bill Thomas, Chuck Wilkison and Paul Dietershagen.

### **ADK Lake George Property workday - Rescheduled Sat, Oct 29, 2011, Maureen Coutant**

- Thanks to all that came out on our delayed ADK Headquarters Fall workday! I was nervous we would only have a couple of people raking the whole property due to the date change. But thankfully many of the regulars and a few irregulars (kidding) showed up and made the work quick and that's always fun! Thanks to: Mitch Wallace, Bruce Katz, the Nichols family (thanks for the cookies!), the Mackeys, the Sammons, Joanne Armstrong, Jack Freeman, Chuck Wilkison, Anita Dingman, Laurie LaFond, and the Coutant family (especially Jim for the cookies!)

### **YMG - Cliffs & Falls Sun, Oct 30, 2011, Jonathan Lane and Kiki Kelly**

- What a perfect Autumn day in the woods! Everyone was wearing something festive, from tiny goat horns to an elephant nose to an entire giant slice of pizza! Just imagine hiking all day with a giant slice of pizza... fortunately, everyone made it out of the woods safely, including the pizza! Cliffs, waterfalls, and yummy Halloween treats were enjoyed by all.

7 Participants : Natalie Babij, Bill Barton, Shelly Burke, Kiki Kelly, Jonathan Lane, Rachel Luch, and Jen Shepherd.

### **Black Mt. Loop Fire Tower Sat, Nov 5, 2011, Alison Darbee and Marsha Noble**

This was a great day in the woods with good weather, clear views and a jovial group who enjoyed an extended lunch in the sun. We ended up with few last minute cancelations so the group shrunk a little just before we set out. Thanks to Marsha for a great job on her first Co-lead!

11 Participants : Marsha Noble, Dan Bates, Susan Keely, Greg Shaw, Chandra Gremick, Jim Franco, Mary Alice Nyhan, Don Washburn, Joanne Armstrong, Jon Laurin, and Alison Darbee.

**WANT TO READ MORE TRIP REVIEWS?**

[adk-gfs.org/reviews.shtml](http://adk-gfs.org/reviews.shtml)

## Outings Instructions: *For more information see "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 MINI MUM 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.

### 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 ring 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!

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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 ring 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!

### Ratings

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.

### 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. New faces offer more varied outings while sharing their personal favorite destinations. Contact the Outings Chairs on page 2 for more information.

## Programs 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](http://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:** • EXIT 21 of the Northway. Turn WEST onto ROUTE 9N South. ADK is on the LEFT.

**Saratoga Springs Public Library:** Henry Street., Saratoga Springs, NY 12866, 584-7860,

• **From Northway (I-87),** Take Exit 14 onto Route 9P North (Union Avenue). Proceed 1.5 miles, past three traffic lights to T-junction, RIGHT onto CIRCULAR ST. to the first, traffic

light. LEFT onto SPRING ST. for two blocks., RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

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



# Chepontuc Footnotes

Glens Falls - Saratoga Chapter Adirondack Mountain Club  
P.O. Box 2314,  
Glens Falls, New York 12801

www.adk-gfs.org

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## Are you moving?

*If you are moving, please forward your change of address, including new phone number, to*

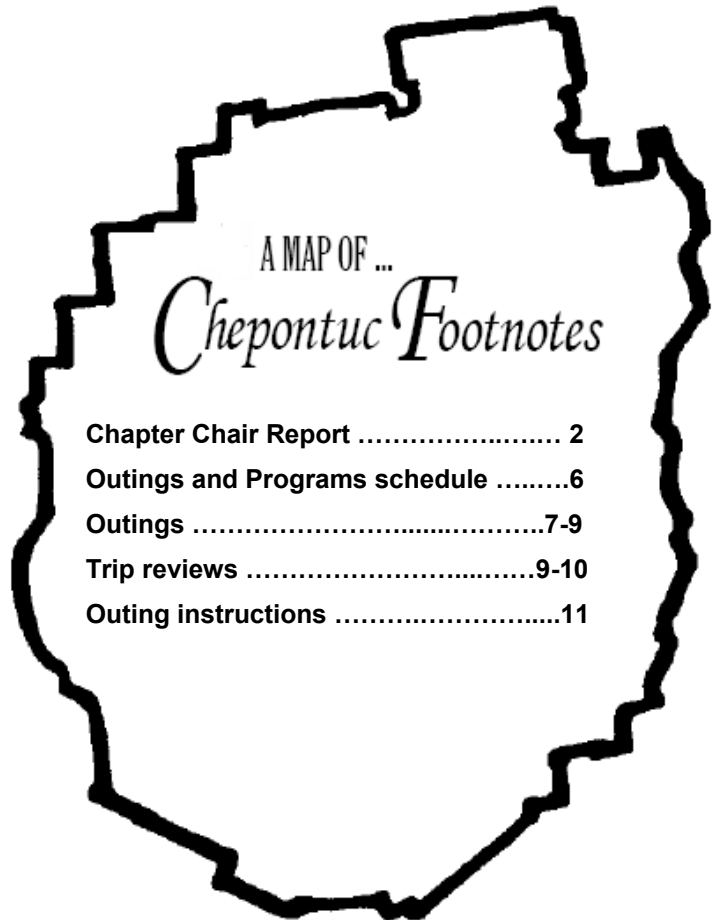
*Adirondack Mountain Club,  
814 Goggins Road,  
Lake George, New York 12845.*

*You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club.*

*Therefore, any change of address need NOT be sent to the Chapter - one form or one call to the Club is all you need!*

### **Reminder:**

**Please include your e-mail address when renewing your membership!**



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