



Chepontuc Footnotes

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

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

EASTER ISLAND AND PATAGONIA TO CAPE HORN!

Program

Easter Island and Patagonia
to Cape Horn
With John and Barbara
Youker

When: 7pm Nov. 21
What: Presentation

Where: Saratoga Springs
Library

John Youker, retired educator, and his wife Barbara, will present a multi-media program of their travels to Easter Island and the southern Andes of Argentina and Chile to Cape Horn. With a start on Easter Island, they go back through Buenos Aires, through Patagonia, Moreno Glacier Nat. Park, Torres del Paine Nat. Park, and the islands of Terra Del Fuga to Cape Horn. Nature and beauty at the bottom of South America is the main focus of their program.



Climate Reality

Whether it is severe storms such as Hurricane Sandy, extreme flooding, elevated global temperatures, expanding droughts, or melting ice and rising sea levels, climate change is having an increasingly adverse impact on our planet. SUNY Plattsburgh at Queensbury Branch Campus Dean, Dr. Steve Danna, has recently received training as a Climate Reality Leader through the Climate Reality Project and will present information about Climate Change's causes, problems, impacts, and solutions. This session is for those individuals concerned about our changing climate and interested in strategies to mini-

mize climate change impacts for our generation and generations to come.

Dr. Stephen Danna is Dean of the SUNY Plattsburgh at Queensbury Branch Campus. He has 25 years experience in teaching and administration, and prior to that, worked with the National Oceanic and Atmospheric Administration and U.S. Naval Oceanographic Office as an oceanographer. A middle school guest lecturer at a school assembly in Bay St. Louis, MS., led him to discover a hidden passion for education. A year later, he was teaching physics and chemistry to high school students in Glens Falls, N.Y. Dr. Danna has received teaching fellowships from Princeton University, University of Wisconsin-Madison, and Drew University, and was honored in 1997 with the National Science Teachers Association's Exemplary High School Science Teaching Award. He maintains an active blog on education and leadership topics (<http://racetothetopdannas.wordpress.com>), and has published papers with the National Staff Development Council, National Science Teachers Association, Journal of School Leadership, and Phi Delta Kappan.

In Dr. Danna's words, "I am deeply passionate about climate change. I understand the science, and it is frightening. However, I am a hopeful individual and believe it is within our power to change the carbon conversation and reverse the ominous trends presently occurring in our environment. There is a lot at stake, and this generation and generations to come depend on us to do the right thing."

Program

Climate Reality
With Stephen Danna
When: 7pm Jan. 15
What: Presentation

Where: Crandall Library

We Could Use Your Help!

By Laura Fiske, Chapter Chair

The days are getting shorter and the nights and mornings cooler. This is the time to start planning for winter activities. How about the winter Firetower challenge? If you enjoyed hiking the trails to the Firetowers in other seasons, now is the time to start working towards your winter Firetower patch. The winter challenge takes place between December 21st and March 21st. You use the same list of firetowers and just write "winter challenge" on the top of the brochure. Since its inception in 2011 three winter patches have been earned (2 men and 1 woman). Give the winter challenge a try and become number four.

In main club news, there is a new Membership and Development Committee. The mission of this committee is to assist the club's membership and development department in the areas



"Give the winter challenge a try and become number four."

of events and campaigns, membership growth, grants and planned giving. If you have an interest in this area and would like to help out the main club please consider getting involved. Please contact the committee chair Jean-Claude Fou'ere' at jcfouere@gmail.com.

We currently have an opening for publicity committee chair. This position is a member of the executive committee and involves alerting the media about our programs and outings. It would also be helpful to have experience and interest in using social media since that is becoming a more important vehicle for communicating. Please contact me if you are interested.

I also remind everyone that we could use some help on the standing committees that are listed on this page of the newsletter. Many of the committee chairs operate with only one person. Please consider volunteering.

Hunting Season is underway. Wearing a blaze-orange vest, jacket, hat, or pack cover is one of the most important things you can do to stay visible to hunters. If you do not have blaze-orange clothing items, then bright colors (such as yellow) will help. Steer clear of wearing earth-tones and white.

Chepontuc Footnotes

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

Executive Committee Officers:

Chapter Chair Laura Fiske
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First Vice Chair Kerri Healy
vicechair1@adk-gfs.org

Second Vice Chair vacant

Secretary John Caffry
Phone: 798-0624 secretary@adk-gfs.org

Treasurer John Schneider
Phone: 584-8527 treasurer@adk-gfs.org

Directors
Jonathan Lane, Bill Bechtel, Linda Ranado
Email for all directors: director@adk-gfs.org

Past Chapter Chair Maureen Coutant
Phone: 745-7834 pastchair@adk-gfs.org

Committee Chairs:

Annual Dinner vacant

Conservation Jacki Bave
Phone: 587-3754 conservation@adk-gfs.org

Education Linda Ranado
education@adk-gfs.org

Hospitality Gretchen Steen
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Phone: 581-9367 wilderness@adk-gfs.org

Young Members Group Jonathan Lane
Phone: 744-4594 ymg@adk-gfs.org

WELCOME WAYNE RICHTER OUR NEW OUTINGS CHAIR!

Wayne Richter, our Chapter's new Outings Chair began serious hiking with a hiking and back-packing class in college that took him to the White Mountains and the Franconia Ridge. And so began a serious and still worsening addiction to summits. After graduate school in the flat lands of Iowa, Wayne returned to the northeast to spend a few years in New Jersey, and to hike the Jersey Highlands and Catskills. During this time Wayne also contributed to an edition of the Long Path Guide. It was then on to Florida where, well, hiking opportunities were rather limited.

In 1990, Wayne gratefully followed his wife to her new job at Skidmore College because he knew the hiking would be great (well, that wasn't the only reason for coming north, but it was a good one). He soon joined ADK but, with a young daughter, his time on the trail was limited. With his daughter through high school, Wayne returned to hiking in a big way, becoming a 46er a few years ago. Along the way, he began participating in club hikes, and soon took the next step to become a leader. Wayne is now working on the winter 46 and is looking forward to helping others enjoy the trail as Outings Chair.

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

2014 Chapter Winter Weekend at Heart Lake

We are again renting the Wiezel cabin for the Glens Falls – Saratoga Chapter of ADK for our winter weekend 2014! We have reserved it for the weekend of February 8th thru the 10th. This three night stay cost is \$110 per person and includes the cabin costs and dinners for Saturday and Sunday nights. (If costs come in below this estimate, we will distribute refunds accordingly.)

The cabin is located near Adirondack LOJ, with the High Peaks at our doorstep. The cabin has heat, lights, and running water, including a full kitchen and two bathrooms. It sleeps 16 and I will begin accepting reservations with payment from members ASAP. A waiting list will be maintained. Please send checks made payable to Steve Mackey to:

Steve Mackey
21 MacArthur Dr
Glens Falls, NY 12801-2317

Please email any questions to Steve at:
smackey33@verizon.net

Fire Tower Challenge News By Kathi and Tim Noble

I've been taking note of some of the trails that usually are not hiked by those participating in the FTC. Woodhull and Lyon are among the leaders. The gate at Woodhull being closed at times is a deterrent, but a call to the local Forest Ranger could help with one's decision to make the trip. Many that do hike Woodhull will also hike Bald (Rondaxe) the same or next day, making a weekend of it in Old Forge. The distance to Lyon deter some, but with the addition of Loon Lake Mountain to the FTC and a new, less steep trail could make it worth the trip. They are not far apart and could be hiked in the same day by those looking to experience the 'challenge' part of the Fire Tower Challenge.

In the last month we've had nine more people receive their patches for completing the FTC. Congratulations to:

Charles Langlois
Karen Valenta
John Greene
Robert and Nancy Taylor
Bud Barner
Debbie Connor
Nick Lanzillo
Cynthia Burkee

Executive Committee Meeting Minutes

Minutes from June 5, 2013

Treasurer John Schneider presented the May Treasurer's Report. The Club paid the March dues at the beginning of June. It is two months behind. The Chapter received \$130 from the NYS Solid Waste Association for leading a hike at its annual meeting at the Sagamore. The second \$100 installment was paid to Bob Aspholm for the painting that the Chapter donated to the auction at the Black Fly Affair. Total assets are \$6,337, down \$20 for the month.

Chapter Chair Laura Fiske will publicize the Officer and Executive Committee openings in the newsletter. She also **discussed amending the by-laws** to eliminate the **Annual Dinner Committee** as a separate committee and merge it back into the Programs Committee.

Membership Chair Pat Desbiens reported that membership was +4 in April. In May, 9 new members were recruited at EMS Club Days.

Education Chair Linda Ranado said that there will be a total of 8 camperships this year. She did a program for third graders on Leave No Trace principles at the Moreau Lake State Park Conservation Day.

Trails Chair Tom Ellis reported that the trailwork is done for the year, and that he will go back and check on it once or twice.

Outings Chair Wayne Richter introduced himself as a 20+ year Club member, and discussed his interests.

John Caffry reported for the **Conservation Committee** on the ADK Action Alert for the APA's classification of the Essex Chain Lakes. ADK favors a mostly Wilderness classification, with floatplanes being prohibited.

NEW MEMBERS

JULY 2013

New Members

Joseph Babcock, Glens Falls
Denise Blanchard, Wilton
James, Lesley, James & Katie Conway, Queensbury
James & Natalya Duncan, Day
David, Paula, Kamryn, Logan, Kayla & Devin Dyer, Warrensburg
Eileen Joyce, Lake Luzerne
Michael Letzring, Schuylerville
Richard Mohrmann & Serena Lafayette, Gansevoort
Joanna Monroe, Hudson Falls
Brian Nentwick, Greenfield Center
Laura Novohradsky, Queensbury
Harrison, Jessie & Owen Sangster, Hudson Falls
Casey Schofield, Saratoga Springs
David Sherman, Clifton Park
Christian Silvia, Clifton Park

Rejoined Members

Caroline Hambley, Rainbow Lake, New York
Chris Hunsinger, Lake George
James, Kathleen & Connor Kilduff, Saratoga Springs
Donald & Ann Miller, Greenwich
Jen Shepherd, Corinth
Cheryl C.M., Cheryl, Ian & Alican Simpson, Argyle

AUGUST 2013

New Members

Camille, Al, Colin & Nate Amodeo, Clifton Park
Jenn, Kris, Noah & Luke Benson, Gansevoort
James Bornheim, Ballston Spa
Connie Bosse, Glens Falls
Pat Farrell, Brant Lake
Richard Goldy, Hudson Falls
John & Judith Goralski, Queensbury
Andrew Haskins, Ballston Spa
Frank McCann, Malta
Corey McKenna, Saratoga Springs
Andrew, Katherine, Amelia Roginski & Jennifer Benaman, Saratoga Springs
Mary Shartle, Greenfield Center
Margery Therrien, Ballston Lake
Matthew Zembo, Kathryn, Alex & Ella Weller, Ballston Spa

Rejoined Members

Fran Balch, Ballston Spa
Joyce S. Cole, Gansevoort
Tammy Huggins, Orlando, Florida
Adam & Kateri Orr, Queensbury
Thomas Penders, Queensbury
Rachel Redden, Baldwinsville, New York
Thomas Zelker, Granville

Outings and Programs Schedule

[See adk-gfs.org website for latest calendar]

Date	Day	Type	Destination	Leader(s)	Rating
November					
4	Mon	Geocache	Monday Geocache	Sarah King	NR
5	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
6	Wed	Meeting	Executive Committee Meeting - Carl Rs	Laura Fiske	NR
9	Sat	Hike	Mt. Jo	Jen Shepherd	C-
9	Sat	Hike	Hadley Mountain	Reg Prouty	B
10	Sun	Hike	Cat and Thomas Mts.	Jack Whitney	B
12	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
16	Sat	Bushwack	Calamity Mountain	Jayne Boudier	A
16	Sat	Meeting	Executive Committee-Davidson Bros-Glens Falls	Pat Desbiens	NR
17	Sun	Hike	Porter Mt	Steve Mackey	A
19	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
21	Thu	Program	Easter Island to Cape Horn	Sarah King	NR
24	Sun	Hike	Buck Mt.	Jack Whitney	B
26	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
28	Thu	Hike	Turkey Trot #15 Saratoga Battlefield Hike	Rich Crammond	C+
30	Sat	Bushwack	Barton High Cliffs	Jayne Boudier	A
December					
1	Sun	Hike/Snowshoe	Pilot Knob Beginners Hike with map and compass	Jack Whitney	B
2	Mon	Geocache	Monday Geocache	Sarah King, Mo Coutant	NR
3	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
4	Wed	Meeting	Executive Committee Meeting - Saratoga	Laura Fiske	NR
10	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
14	Sat	Bushwack	Wallface Mountain	Jayne Boudier	A
14	Sat	Hike/Snowshoe	Wilton Wildlife Park Hike/Snowshoe	Rich Crammond	C+
15	Sun	Hike/Snowshoe	YMG - Noonmark & Grub	Jonathan Lane, Rachel Lane	B+
17	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
21	Sat	Hike/Snowshoe	Seymour	Jen Shepherd	A+
22	Sun	Hike/Snowshoe	Winter Fire Tower Challenge Vanderwhacker Mt.	Jack Whitney	B
29	Sun	Hike/Snowshoe	Winter Fire Tower Challenge St. Regis and Azure Mts.	Jack Whitney	B
31	Tue	Walk/Hike	Tuesday Treks	Maureen Coutant	NR
January					
1	Wed	Hike/Snowshoe	Winter Saranac 6er Ampersand Mt.	Jack Whitney	B
1	Wed	Hike/Snowshoe	Annual Buck Mountain New Years Day Hike	Reg Prouty, Bob Aspholm	B-
4	Sat	Hike/Snowshoe	YMG - Roostercomb & Snow Mountain	Jen Shepherd	B+
5	Sun	Hike/Snowshoe	Winter Saranac 6er Challenge McKenzie / Haystack Mts	Jack Whitney	B+
6	Mon	Geocache	Monday Geocache	Sarah King, Mo Coutant	NR
11	Sat	Hike/Snowshoe	Northwest Bay Uplands	Jayne Boudier	A
12	Sun	Hike/Snowshoe	Winter Saranac 6er challenge Scarface Mt.	Jack Whitney	B
25	Sat	Hike/Ski	Pyramid & Gothics	Steve Mackey	A
25	Sat	Hike/Ski	Mount Jo	Reg Prouty	C+
25	Sat	Hike/Snowshoe	Stillwater Locks Eagle Watch Hike/Snowshoe	Rich Crammond	C

Outings Detail

MONDAY GEOCACHE

Mon, Nov 4, 2013, time TBD, Rating: NR

Sarah King - 798-0615, scubakings@roadrunner.com

- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. If they aren't too recent, then Sarah has probably already found them! So we leave it up to Sarah to plan where we go each month. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

TUESDAY TREKS - [Walk/Hike]

Tue, Nov 5, 2013, 9:00 am, Rating: NR

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

- Each week we'll walk or hike within an hour of the Glens Falls/Saratoga area. We may change to another day of the week if the forecast for Tuesday is not good. Call or email Monday to check where and when we'll be going.

EXECUTIVE COMMITTEE MEETING - CARL RS

Wed, Nov 6, 2013, 7:00 pm, Rating: NR

Laura Fiske - chapterchair@adk-gfs.org

- Executive Committee Meeting - Carl Rs

MT. JO - [Hike]

Sat, Nov 9, 2013, 7:00 am, Rating: C-

Jen Shepherd - 518-312-0133, jshepherd501@gmail.com

- Mt. Jo might not be the mighty challenge that the High Peaks provide but it's still a very enjoyable climb with some great views. Let's hope for good weather, maybe even a little snow, and head up towards Lake Placid. The hike is two miles with under 1,000 ft. of elevation. This is a great trip for beginners or even a seasoned hiker looking for a leisurely day on the trails with good company. Contact hike leader if interested. Email is faster and preferred, no phone calls after 7pm please. When emailing, please provide your full name and contact number. Bad weather will cancel. See you on the trails!

HADLEY MOUNTAIN - [Hike]

Sat, Nov 9, 2013, 8:00 am, Rating: B

Reg Prouty - 518-747-9736

- This popular mountain near the Hadley Luzerne area affords excellent views of the Great Sacandaga River and Reservoir. The fire tower will not be open this time of year but it is climbable up to the hatch. Ascent is 1,525 feet from the Tower Road parking lot and round trip distance is 3.8 miles of gradual to moderate climbing.

CAT AND THOMAS MTS. - [Hike]

Sun, Nov 10, 2013, 8:00 am, Rating: B

Jack Whitney - 793-9210, jack1758@roadrunner.com

- Explore the west side of Lake George with great views of Lake George and beyond. We will start from Thomas and hike to Cat Mt. and take the Richard Hayes Philips trail back to the Thomas cabin. Call or e-mail leader to sign up.

TUESDAY TREKS - [Walk/Hike]

Tue, Nov 12, 2013, time TBD, Rating: NR

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

- See November 5.

CALAMITY MOUNTAIN - [Bushwack]

Sat, Nov 16, 2013, 5:00 am, Rating: A

Jayne Boudier - 793-3770, boudier@verizon.net

- We'll take the easiest approach, from Calamity Pond. We'll hike approximately 10 miles (including about three miles bushwacking on the mountain), and 2000 ft. ascent. Moderate to slow pace and 'spectacular views from overlooks' (says Morrissey). From Upper Works.

EXECUTIVE COMMITTEE-DAVIDSON BROS-GLENS

FALLS - [Meeting]

Sat, Nov 16, 2013, 1:00 am, Rating: NR

Pat Desbiens - 518-899-9688, pdesbien@nycap.rr.com

- This is a roundtable discussion for the Chapters Executive Committee members in the greater Capital district to discuss membership recruitment/retention and volunteer recruitment. Laura Fiske, Jonathan Lane and Pat Desbien are planning on attending. It is being held on November 16 from 1:00 - 5:00 p.m.

PORTER MT - [Hike]

Sun, Nov 17, 2013, 6:30 am, Rating: A

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

- I've never been up Porter from the Keene Valley Airport side, so this will be a nice opportunity to do something different. If we get enough people, maybe we can split and have a group go up Cascade the normal way, and we can do a key exchange. Otherwise we will just go back the way we came. Distance to the summit from the airport is 4.5 miles (one way). There could be ice so bring yak tracks or the equivalent. Also it could easily be winter conditions so bring warm clothing just in case.

TUESDAY TREKS - [Walk/Hike]

Tue, Nov 19, 2013, 9:00 am, Rating: NR

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

- See November 5.

EASTER ISLAND TO CAPE HORN - [Program]

Thu, Nov 21, 2013, 7:00 pm, Rating: NR

Sarah King - 798-0615, scubakings@roadrunner.com

- John Youker, retired educator, and his wife Barbara, will present a multi-media program of their travels to Easter Island and the southern Andes of Argentina and Chile to Cape Horn. With a start on Easter Island, they go back through Buenos Aires, through Patagonia, Moreno Glacier Nat. Park, Torres del Paine Nat. Park, and the islands of Terra Del Fuga to Cape Horn. Nature and beauty at the bottom of South America is the main focus of their program.

BUCK MT. - [Hike]

Sun, Nov 24, 2013, 8:00 am, Rating: B

Jack Whitney - 793-9210, jack1758@roadrunner.com

- Join us for this classic hike on the east side of Lake George. Great views from the summit. Depending on weather conditions bring micro spikes and snow shoes. Call or e-mail leader for details.

TUESDAY TREKS - [Walk/Hike]

Tue, Nov 26, 2013, 9:00 am, Rating: NR

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

- See November 5.

TURKEY TROT #15 SARATOGA BATTLEFIELD HIKE

Thu, Nov 28, 2013, 8:00 am, Rating: C+

Rich Crammond - 584-2380

- Let's work up another holiday hunger with around five miles of hiking for this morning outing. Cameras, field glasses, and warm clothing will be good to have. Meeting place will be at the Visitors Parking Lot off of RT. 32, Stillwater. Please call the leader to sign up and see you there. Happy Thanksgiving to all my ADK hiking buds!

BARTON HIGH CLIFFS - [Bushwack]

Sat, Nov 30, 2013, 7:30 am, Rating: A

Jayne Boudier - 793-3770, boudier@verizon.net

- 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 five

Outings Detail

miles of (comparatively) easy bushwacking, 800 ft. of ascent, at a moderate to unhurried pace. The A rating here stands for 'all day hike.'

PILOT KNOB BEGINNERS HIKE WITH MAP AND COMPASS

Sun, Dec 1, 2013, 9:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- Starting from the Buck Mt. trail head we will head toward Inman Pond. Turning right up thru the cull and to the summit. We will return via the scenic route. Participants should bring a protractor or orienteering compass. Dress in layers. Call or e-mail leader for details.

MONDAY GEOCACHE

Mon, Dec 2, 2013, 9:00 am, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
Colead: Maureen Coutant - 745-7834 or mojim@roadrunner.com
- See Nov. 4th

TUESDAY TREKS - [Walk/Hike]

Tue, Dec 3, 2013, 9:15 am, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- Each week we'll walk or hike within an hour of the Glens Falls/Saratoga area. We may change to another day of the week if the forecast for Tuesday is not good. So, call or email Monday to check where and when we'll be going.

EXECUTIVE COMMITTEE MEETING - SARATOGA

Wed, Dec 4, 2013, 7:00 pm, Rating: NR
Laura Fiske - chapterchair@adk-gfs.org
- Executive Committee Meeting - Saratoga

TUESDAY TREKS - [Walk/Hike]

Tue, Dec 10, 2013, 9:15 am, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See Dec. 3rd

WALLFACE MOUNTAIN - [Bushwack]

Sat, Dec 14, 2013, 5:00 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- This is #71 of the Adirondack 100 highest, and is supposed to have great views. We'll hike approximately 11 miles, most of it on the Indian Pass trail, two miles of bushwacking, and 1,600 ft. ascent. An early start should allow for a moderate, unrushed pace. From Adirondack Loj.

WILTON WILDLIFE PARK HIKE/SNOWSHOE

Sat, Dec 14, 2013, 10:00 am, Rating: C+
Rich Crammond - 584-2380
- Let's hike or snowshoe around the park again this year for about three miles total. We will go by the old fire tower as well. Meeting place: Dicks Sporting Goods parking lot off of Route 50, Wilton Mall. Merry Christmas and please dress for cold weather. Please call leader to sign up and for more information! See you there to get 'er done!

YMG - NOONMARK & GRUB - [Hike/Snowshoe]

Sun, Dec 15, 2013, 7:30 am, Rating: B+
Jonathan Lane - 518-744-4594, saratogahiker@infoqorp.com
Colead: Rachel Lane
- For anyone who has hiked up Noonmark Mountain before, you know how incredible the views are! And if you haven't been on top of Noonmark, come enjoy the 360-degree views. After we have had our fill of beautiful views for the day, we'll go fill ourselves up at Noonmark Diner before the ride home. Approximately seven miles round trip; moderate pace. Be prepared for potentially icy conditions. Rain will cancel. Please sign up by the Friday beforehand.

TUESDAY TREKS - [Walk/Hike]

Tue, Dec 17, 2013, 9:00 am, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See Dec. 3rd

SEYMOUR - [Hike/Snowshoe]

Sat, Dec 21, 2013, 5:00 am, Rating: A+
Jen Shepherd - 518-312-0133, jshepherd501@gmail.com
- The first official day of winter calls for a big adventure! If you are working on your winter 46 and still need Seymour or just an experienced hiker looking for some winter trail fun, this might be a trip for you! The hike is 14 miles round trip with an elevation gain of 2,370 ft. The first few miles are relatively flat, some rolling terrain, the ascent is ... steep! Be prepared to add an extra six miles round trip if we can't drive all the way back to the summer trailhead. Full winter gear will be required including plenty of food, fluids, and warm layers. Contact hike leader if interested. Email is faster and preferred, no phone calls after 7pm. When emailing, please provide full name and contact number. Sign ups no later than Thursday before the hike. Bad weather will cancel. See you on the trails!

WINTER FIRE TOWER CHALLENGE VANDERWHACKER

MT. - [Hike/Snowshoe]

Sun, Dec 22, 2013, 7:15 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- We will try to hike or snowshoe this mountain. Hopefully, we will not have much snow and will be able to drive to the summer trailhead. If there is a lot of snow then we will hike another winter fire tower. Call or e-mail leader for details.

WINTER FIRE TOWER CHALLENGE ST. REGIS AND AZ-

URE MTS. - [Hike/Snowshoe]

Sun, Dec 29, 2013, 6:30 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This hike to St. Regis will also count toward the Winter Saranac 6er challenge. If the road is passable from the north we will also hike Azure. Call or e-mail leader for details.

TUESDAY TREKS - [Walk/Hike]

Tue, Dec 31, 2013, 10:00 am, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- New Years Eve hike? Sledding? Skating? Hmm ... call to find out!

WINTER SARANAC 6ER AMPERSAND MT. - [Hike/ Snowshoe]

Wed, Jan 1, 2014, 7:30 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- Join us on the first day of the year for the grand views. The Winter Saranac 6er challenge requires that you hike the six peaks which include Baker, McKenzie, Haystack, Scarface, St. Regis and Ampersand Mountains. Ampersand is 5.4 miles round trip with an ascent of 1,775 ft. and 3,054 feet of elevation. Call or e-mail leader for details.

ANNUAL BUCK MOUNTAIN NEW YEARS DAY HIKE

Wed, Jan 1, 2014, 8:00 am, Rating: B-
Reg Prouty - 518-747-9736
Colead: Bob Aspholm - *518-683-4970
- We will again celebrate New Years by climbing the popular Buck Mountain from the Pilot Knob side, as it is the easiest to get to in winter. It is only about five miles round trip with moderate climbing with a few steeper spots. There will be plenty of time to have lunch and sing Auld Lang Syne on top about noon or a little earlier.

YMG - ROOSTERCOMB & SNOW MOUNTAIN - [Hike/ Snowshoe]

Sat, Jan 4, 2014, 7:00 am, Rating: B+
Jen Shepherd - 518-312-0133, jshepherd501@gmail.com
- I'm hoping for enough snow to warrant snowshoes on this trip. We'll plan to do a loop trip visiting Roostercomb first and then

Outings Detail

Snow. Hike is roughly 7.5 miles roundtrip. Pace will be moderate. Pack all of your winter gear including plenty of food, fluids, and warm layers. To make it more fun, feel free to bring and/or wear something festive that says the holidays are near. Santa may come early on one of the summits! Contact hike leader if interested. Email is faster and preferred, no phone calls after 7pm please. When emailing, please include your full name and contact number. Bad weather will cancel. (YMG is for young adults AND the young at heart!) See you on the trails!

WINTER SARANAC 6ER CHALLENGE MCKENZIE AND HAYSTACK MTS - [Hike/Snowshoe]

Sun, Jan 5, 2014, 7:00 am, Rating: B+
Jack Whitney - 793-9210, jack1758@roadrunner.com
- McKenzie is one of the more difficult climbs of the challenge. You will need good climbing snow shoes and microspikes or crampons. This hike/snowshoe is 7.2 miles round trip, add two miles round trip for Haystack. Call or e-mail leader for details.

MONDAY GEOCACHE

Mon, Jan 6, 2014, 9:00 am, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com
- See Nov. 4

NORTHWEST BAY UPLANDS - [Hike/Snowshoe]

Sat, Jan 11, 2014, 7:00 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- This 1,300-acre watershed of Northwest Bay Brook lies west of Clay Meadows, and is owned by the Lake George Land Conservancy. It has mountains, swamps, knobs, brooks, and a pond that we can explore via old roads and trail-marked woods. We'll hike/snowshoe approximately seven miles, and 1,800 ft. ascent. The A rating stands for 'all day,' at a moderate to leisurely pace.

WINTER SARANAC 6ER CHALLENGE SCARFACE MT. - [Hike/Snowshoe]

Sun, Jan 12, 2014, 7:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This is the fifth Saranac 6er peak. Roundtrip 6.8 miles / Ascent: 1480' /Elevation 3353.' If time permits we will add Baker Mt. with a round trip of 1.8 miles. Call or e-mail leader for details.

PYRAMID & GOTHICS - [Hike/Ski]

Sat, Jan 25, 2014, 7:00 am, Rating: A
Steve Mackey - 793-6484, smackey33@verizon.net
- I've led this trip the past several years, so that fact that I'm leading it again, means it's pretty spectacular. We will ski in the Ausable Road, then drop our skis off near Lower Ausable Lake and snowshoe from there. We've had people that don't ski go, and they made it okay, but it is really a fun ski out. (Plus we wiz by the snowshoers like they are standing still). The road is 3.5 miles and the climb is 2.74 miles (one way). The upper part of Pyramid is extremely steep and the summits of both peaks can have very strong winds.

MOUNT JO - [Hike/Ski]

Sat, Jan 25, 2014, 8:00 am, Rating: C+
Reg Prouty - 518-747-9736
- Mount Jo is an easy 1.3 mile 700 ft. ascent mountain that since it is actually 2,876 feet high has great views of Heart Lake and the High Peaks region. Some is steep, but not for long. Round trip from ADK Loj parking lot is 2.6 miles via the less steep route. We will meet at the Glens Falls Panera at 8 AM.

STILLWATER LOCKS EAGLE WATCH HIKE/SNOWSHOE

Sat, Jan 25, 2014, 9:00 am, Rating: C
Rich Crammond - 584-2380
- This outing will be around one mile along the Hudson and

Hoosick Rivers. Field glasses, warm gear, and Eagle eyes will come in handy! We will meet at the small parking area between the channel and canal bridges, Stillwater Lock No. 4. Please call leader to sign up and for more information. See you there!

Additional reviews can be found on our chapter web site at adk-gfs.org by clicking on "Reviews" in the Chapter Links.

Register by January 15th for the ADK Winter Mountaineering School!

There are three programs:

- 1) Weekend Day Hikes
 - 2) Weekend Backpacking
 - 3) Week-long Combination Day Hikes/Backpacking.
- www.winterschool.org

Pharaoh Lake Wilderness Area News:

Have you hiked in the Pharaoh Wilderness Area? If you haven't what you will find are beautiful lakes and ponds, quiet solitude, great backpacking, easy walking, and delightful swimming. And when you come back, let us know what you found. We are particularly interested in flowers, animals, trail and lean-to conditions, and just about anything notable either good or bad. Your Glens Falls-Saratoga ADK Chapter has adopted the entire Pharaoh Lake Wilderness Area.

Use this simple form as a guide to report back to us:

Unusual animals: _____

Unusual plants: _____

Trail conditions (blow-down, beaver activity, signs missing or incorrect, etc.): _____

Lean-to conditions: _____

Other: _____

Please email your report to: metadatatjim@gmail.com

Or, please mail your report to:

Pharaoh Lake Wilderness Area
Glens Falls-Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, NY 12801

Trip Reviews

Tuesday Evening Paddle Tue, Aug 6, 2013, Maureen Coutant and The Mackeys

- We had several kayakers attend, that normally kayak with the Capital District Kayakers Group (Sea Dogs). We put in, in the Hudson, near the Harry Betar Park in South Glens Falls and then paddled upstream as far as the Dam, near the beginning of the Feeder Canal Trail. We then turned around (and got the sun out of our eyes) and got to take advantage of the current. There was a concert going on in the Park at the take out, so several of us went up and stayed until the end. 10 Participants: Lise Fuller, Nancy Lyons, George Sammons, Tina Crook, David Naylor, Paul Dietershagen, Suzanne Pierce, Tom Moeller, Steve and Licia Mackey

Allen Peak Sat, Aug 17, 2013, Mike Fuller

- The people, weather and a 46er finisher made Allen another great summer hike. With a first thing in the morning Hudson foot-soaking then we started with our hiking boots. I sure miss the floating bridge at Lake Jimmy. For many this was their first time to Allen. I told my story of my first winter hike to Allen with legendary hike leader Ron Lester who named the peak 'The Big Nasty' but that is just in the winter. With the combination of old logging roads and well worn trails it made for an enjoyable time to Skylight Brook. A short break, a warning of the Red Slime and we were on our way up. The slide treated us to some first views. Wow! The Red Slime was not as bad this year! Soon we were all on the summit. Now, to celebrate everyone's first time on Allen. Congratulations to Cecilia for her 46er finish and to the others for adding another peak to their list. After a champagne toast and lunch we headed back, where we passed many hikers headed up. I stopped for a short swim in the Hudson, we got out with light to spare. A really great day with great people. 12 Participants: Daniel Stewart, JP Martin, Bob Mueller, Leighann Helson, Maryanne MacKenzie, Nancy Kass, Joe Babcock, Cecilia Elwert, Aaren Harris, Renee Melfi, Sue Atwood, Mike Fuller.

Tuesday Evening Paddle Tue, Aug 20, 2013, Maureen Coutant

- It was a warm evening, but nice on the Hudson River just upstream of the Feeder Canal Dam. The water was smooth as glass, which was quite a contrast with the conditions last year when we paddled this section with almost white caps! We paddled up to the 'booms,' used during the logging years on the river. On our return trip we were treated to a fairly close swim by a couple of beavers. One came within a few yards of George's boat. An osprey also flew right over us fairly low, so it was a great evening out! 6 Participants: Stewart Brown, Mo Coutant, Mark Janey, Dave Naylor, George Sammons, and Charlotte Smith.

Saddleback and Basin Sat, Aug 24, 2013, Wayne Richter

- Wow! Probably the best hiking weather of the summer, two great peaks and a wonderful group made for a fabulous day. We were lucky enough to get a few places in the Garden lot and several of us ferociously guarded the one remaining spot while we shuttled two cars to and from Marcy Field. A cold front the night before gave us a chilly start to the day but brilliant sunshine and some time on the trail soon had us warmed up. A snack at Johns Brook Lodge and another at Slant Rock, and we were on our way up the first ascent along the Shorey Short Cut. We rested and regrouped at the junction with the Range Trail, then made the big climb to Basin. We spent nearly an hour on the summit enjoying the sun and the view or, in JP's case, a snooze before heading for Saddleback. The climb was formidable as always but, working together, we got everyone up

in good form. The new slide on Saddleback was fun for all and we made it out before dark. 15 Participants: Susan Atwell, Nicole Durocher Beaulne, Jennifer Ferriss, Helen Hokula, John Kwasnowski, Michael Letzring, JP Martin, Eleanor Molinary, Gino Radovic, Patrick Reilly, Wayne Richter, Nick Ringelberg, Mark Rye, Mike Sutherland, and Kathy Sutherland.

Lost Gorge Sat, Aug 31, 2013, Jayne Boudier

- Little rain was forecast, but down clouds and dripping trees made up for it. We were sopped in no time. But a gorge is a great place to be when no views are to be had, even though the wet rock was not as user friendly as usual. Lost gorge is dramatic, and beautiful, and they liked it! This day needed an exemplary group, appreciative, full of good humor, and looking for adventure. Here they are; 5 Participants: Pete Benoit, Pete Biesemeyer, Jayne Boudier, Scott Cooper, and Glen Watson.

Pharaoh Mtn. Sat, Aug 31, 2013, Reg Prouty

- Despite a socked in summit and threatening rain showers, it was a warm summer day with no bugs and all six of us realized that there are actually four summits, not three, on Pharaoh. Even though we had no views we had a relaxing lunch on the East summit. 6 Participants: Reg Prouty, Dan Monroe, Jack Whitney, Tory Stephens, Mayumi Kate, and Dave Perkins.

Dial/Nippletop Sat, Sep 7, 2013, Bill Morse

- No rainout today. A good climb up Bear Den and Dial, although some members started out way too fast. We paid later for that quick start. Other than that, a good climb to Dial and onto Nippletop. Good fall like temperatures and no sign of any bugs. A bit windy on top of Nippletop, but not much off the summit. The trip down to Gill Brook was steep at first, but it is downhill rather than up and down. Gill brook was very low but still looked inviting for a dip. But no takers, although some members want to come back and picnic by the brook. Trips always end with the never ending Lake Road. Great hike and we beat the rain. 12 Participants: Nick Ringelberg, JP Martin, Cheryl Agris, Sandy Demers, Patrick Reilly, Susan Keely, Rebecca Schmoeyer, Joann Walczak, Colleen Downing, Karen Burka, Joe Burka, and Bill Morse.

Monday Geocache Mon, Sep 9, 2013, Sarah King and Maureen Coutant

- Well, once we arrived at county home bridge in Warrensburg to begin our paddle on the Schroon River, our group of six paddlers soon became a group of five as Mo discovered that Jim had taken her paddles out of the car! We missed you Mo! So our group of five set out to paddle upstream and look for some geocaches. Checking the water level on the gauging station website, and seeing that the water was quite low, I put a call in to Licia to bring her garden hoe. That might seem like an odd request but many of the caches placed on the Schroon are small tubes or pill bottles ziptied to branches over the river. Having taken this trip last year, we learned that a garden hoe was an ideal tool to grab those branches and reach the caches. The weather was great and we enjoyed a leisurely paddle and managed to find 10 caches as we paddled upstream. Many were able to log from the seat of our kayaks but a couple required getting out on an island or on the shoreline. Thanks to Brian and Licia for doing the dirty work! We returned to the bridge and enjoyed homemade banana bread compliments of Licia and some delicious brownies made by Jeanne. A great

Trip Reviews

trip with great company. We left the bridge at 9:15am and returned at 1:45pm for a total of seven miles. 5 Participants: Sarah King, Licia Mackey, Brian Nichols, Jeanne Phillion-Nichols, and Marjory Moeller.

Tuesday Evening Paddle Tue, Sep 10, 2013, Maureen Coutant and The Mackeys

- I actually did this trip a week early on 9/5, but intended to do another trip the following week on 9/10. Appointments and weather got in the way on the scheduled week ... so it was good we got out the week before. We paddled on the downstream section from the Spier Falls Dam on the Hudson. This section is always so nice with little boat traffic and surrounded by mountains. We'll have to come back to enjoy it in October when the mountains are full of color. 14 Participants: Jim Brown, Mo Coutant, Carolyn Curren, Sandra Deeb, Bill Glendenning, Judith Halstead, Licia and Steve Mackey, Tom Moeller, Dave Naylor, Andrew and Anne Paolano, George Sammons, Charlotte Smith.

Dix and Hough Sat, Sep 14, 2013, Wayne Richter

- What I think was the clearest air of the summer treated us to terrific views. From the summit of Dix we even saw the bridge on Lake Champlain. With a trip to Hough in between, we had two very quite different experiences on Dix. On the way in, clouds partially covered some of the higher summits and made for interesting patterns all around. On the way out, the clouds had lifted to give us a bright Great Range and clarity as far as the Santanonis. Our trip over and back to Hough was wonderful – the climb back up the ridge to Dix's Beckhorn is one of my favorites. Add a little adventure with a yellow jacket nest on the trail, and we had a great day. Thanks to John for posting some terrific annotated photos. 11 Participants: Susan Atwell, Alex Gaylord, Leighann Helson, Helen Hokula, John Kwasnowski, JP Martin, Wayne Richter, Nick Ringelberg, Jacques Roeth, Maureen Roeth, and David Sherman.

YMG - Camel's Hump - Vermont High Peak Sun, Sep 15, 2013, Jonathan Lane

- What a spectacular day! The weather was perfect and we enjoyed incredible views from the summit. A wonderful day with great people! 4 Participants: Debra Hummel, Jonathan Lane, Ethan Lawas, and David White.

Beenies Brook Slide - Lower Wolf Jaw Sat, Sep 21, 2013, Steve Mackey

- We started from the Garden under partly sunny skies. Hoping for a shorter walk in, we gave the South Side Trail a try and found Johns Brook low enough for a safe, easy crossing. Beenies Brook Slide is marked by a huge cairn, but the debris below the slide removed any doubt. The slide began gently but soon steepened. Other than some slippery algal spots where the water was running, our ascent went well. We initially had fine views of early fall color across the Johns Brook Valley. As we went up, though, the clouds came down and we were soon socked in with high winds that made us think more of the middle of November. Surprisingly soon, we reached the headwall near the top of the slide, and exited into the woods via a herd path to the left. Fifteen minutes later, we were on the summit of Lower Wolf Jaw with only the clouds and the wind for company. As we descended from Wolf Jaw Notch, the skies cleared, the wind dropped and mid-September returned. We did some rock hopping along beautiful Johns Brook on our way back to complete the day. 2 Participants: Steve Mackey and Wayne Richter.

Noonmark Mountain Sun, Sep 22, 2013, Jen Shepherd

- The forecast for our little outing looked pretty dreary. Not

wanting to give in to the rain, the hike went on as planned though I did push the meet time back a little. Once the group gathered, they had the option of the short & steep trail or the longer & more gradual trail. Short & steep won and we were off to the Ausable Club. As we made our way toward Keene Valley, the skies were clearing up to a vibrant blue with brilliant fall colors all around us. So much for that rain! It was a beautiful fall day with the promise of potential cloud cover as time ticked on. At our first viewpoint we were treated to a rainbow in front of the Great Range! The trail was tricky with wet rocks, roots and leaves but we made our way up without incident. The summit was windy and had a winter chill. We bundled in layers, enjoyed a quick refuel and got some photos. A stealthy ninja snuck up on us followed by a shirtless man in shorts (it was really cold up there!). You just never know what you're going to see in the Adirondacks! After a hasty retreat to lower levels we got a group shot and made great time back to the cars enjoying typical 'trail talk.' What hike up Noonmark Mountain wouldn't be followed up by coffee and pie at the Noonmark Diner? Thanks to everyone for coming and the enjoyable day, hope to see you on the trails again soon! 7 Participants: Jen Shepherd, Leighann Helson, Erica Halbrook, Joanne Walczac, Susan Keeley, Brad Campinell, and Brian Keech.

Tuesday Evening Paddle Tue, Sep 24, 2013, Maureen Coutant and The Mackeys

- This week we paddled in the Dunhams Bay section of Lake George for a little while and then headed into the wetland area. When we were out in the bay we had to paddle around a scuba diving area. They were just packing things up and said they were pulling milfoil ... or looking for it. They said there was plenty of it there. Too bad. We retreated back to the wetland to avoid the waves and had a nice paddle. The leaves weren't even close to peak, but there was enough color to make it even prettier than normal! 7 Participants: Mo Coutant, Tina Crook, Paul Dietershagen, Ally Olsen, Licia and Steve Mackey, Charlotte Smith.

Big Slide via The Brothers Sat, Sep 28, 2013, Reg Prouty

- Even though we arrived at the garden parking lot at 7:20 A.M. we discovered the lot had filled up the night before at 9:00 P.M. So we drove to Marcy Field and got the shuttle. As the shuttle does not go all the way back to the garden when the lot is full as they say they cannot turn it around we were left off a few tenths of a mile down the road. We began our hike at 8:00 and 4 1/2 hours later arrive at a crowded summit with about 50 people on it. Reg played the Star Spangled Banner on his pocket trumpet and Oh Canada as there were about 80% Canadians up there. Since the men knew we could not make it back by 6 P.M. to get the shuttle, the ladies who were faster said they would leave the summit at 1:20 and we arranged to meet them at 7:15 in the Garden. The guys returned via the Slide Brook Trail and the Phelps trail arriving at the garden at 6:45. It was a bright sunny gorgeous day to enjoy the views of the Great Range. Thanks to the ladies for catching that shuttle and saving us an extra 3.6 mile walk on the roads. 5 Participants: Reg Prouty, Ray Boucher, Judy Halstead, Bob Morrissey, and Peg Nolan.

Outings Instructions: For more information see "Chapter Handbook" on our website's Chapter Links

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 is the meeting spot 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 0.5 miles 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 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.)** *An ADK Liability Waiver must be provided by the 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. — please do not wear 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!

Ratings

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 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.

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.

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 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 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, 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 STREET to the first,

traffic light. LEFT onto SPRING STREET 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 STREET (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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PLEASE DELIVER PROMPTLY. THANK YOU.

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!

