



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

The Electric Car: Charging the Way to a Clean, Cost-Effective Daily Commute



Chapter member Paul Dietershagen, who has over six months "run time" with a pure electric vehicle, will give an informative presentation on his experience driving, maintaining, and integrating the electric vehicle into his lifestyle. He'll discuss the factors influencing his decision to go all-electric, the pros and cons associated with ownership and leasing EVs, as well as broach more global questions, such as "are electric vehicles really green?" and "how different is driving an EV from driving a gas-car?"

The presentation will include:

An overview of alternate fuel vehicles (hydrogen, electric, natural gas); past, present, and potential future

of EVs (history, technology, legislation); how EVs work (the engineering); facts vs. myths; global questions and perspectives; current EV options (e.g. Leaf (Nissan), Volt (Chevrolet), i3 (BMW), Tesla; Buying or Leasing an EV (what it means to you); and personal experiences/insights.

Paul is a licensed professional engineer. He has a B.S. in Mechanical Engineering from Manhattan College and an M.S. in Mechanical Engineering from RPI. He has over 30 years experience as an engineering manager, including 25 years with GE.

Program

The Electric Car: Charging the Way to a Clean, Cost-Effective Daily Commute With Paul Dietershagen
 When: 7pm May 22
 What: Presentation

Where: Saratoga Library

Meet Outing Leader Bill Schwarz

Having stayed a number of times at ADK Loj on vacation, I made it a priority to join ADK when I moved from NYC to Glens Falls in 1998 on a job transfer. I had led cycling and XC ski trips for HI/AYH for 20 years and became an ADK leader soon after moving to the area. I specialize in fall hikes (bugs find me tasty during the summer) and cross-country ski day trips, especially to lesser-known areas. I enjoy hiking with other leaders who know more about the Adirondacks than I do. My favorite walks are in Moreau Lake State Park and the 13th Lake region.

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

It's Spring!

By Laura Fiske, Chapter Chair

As I write this chapter chair report for the early spring issue of the newsletter, it is hard to think about spring when it is below zero outside. But, as it always does, spring will arrive and the sunshine will make it feel warmer. Since we have had a "real" winter this year in the Northeast we need to be more concerned about mud season this year. Rather than think of it as not being able to go to the High Peaks, think of it as trying something different. Visit the "Low" Peaks or try something different like a nature walk or a bike ride. If you just can't stay away from the High Peaks please be sure to check the DEC website for a "mud season" advisory. Mud season is not a set time. If a trip is scheduled and the DEC has issued an advisory, it will be rescheduled or the outing will be changed to something different or to an alternate location. If this happens the outing leader will let you know.

Speaking of outings, the chapter is becoming more involved with social media as another mechanism to advertise activities (outings, programs, volunteer opportunities). Be sure to be-



"Visit the 'Low' Peaks or try something different like a nature walk or a bike ride."

come a friend of our facebook page and expect to see more email notifications. Be sure to make sure your email address is up-to-date so you don't miss out on any information. Additionally, if you would rather receive the *Chepontuc* electronically be sure to opt-out on the chapter website. This will make your chapter "greener" and reduce the cost associated with publishing the newsletter. The newsletter is a large expense item and any savings are put back into the chapter which benefits everyone.

Lastly, I want to encourage you to become more involved in the chapter through volunteering. In the spring and fall, the chapter volunteers to help out at EMS Club Days and the Adirondack Sports and Fitness Expo. We have a small dedicated group of volunteers that help out at these events, but we need more helping hands. All it takes is an interest to chat with people and about two hours of your time. I'm sure many of you can devote two hours, twice a year to help promote the organization with the ultimate goal of increasing ADK's membership. Start putting away the heavy coats and winter boots and get ready for **SPRING!**

Chepontuc Footnotes

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

Executive Committee Members

Officers:

Chapter Chair Laura Fiske
Phone: 884-0345 chapterchair@adk-gfs.org

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

Second Vice Chair vacant

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

Treasurer Steve Mackey
Phone: 793-6484 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
Phone: 638-6139 hospitality@adk-gfs.org

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Programs Sarah King
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Publicity vacant
publicity@adk-gfs.org

Trails Tom Ellis
Phone: 638-6139 trails@adk-gfs.org

Web site George Sammons
Phone: 743-9692 webmaster@adk-gfs.org

Wilderness Jim Schneider
Phone: 581-9367 wilderness@adk-gfs.org

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

We're looking for help!

We need a Second Vice Chair and a Publicity Chair! Contact Laura Fiske for more info at 518-884-0345 or chapterchair@adk-gfs.org

By Linda Rinado,
Education Chair

The Education committee is proud to announce this year's camperships for the 2014 DEC and ADK summer programs.

Our DEC Camp Colby recipients are Genevieve Coutant of Queensbury and Claire Holloway of Amsterdam. Our Pack Forest sponsorships go to Nicholas Wright of Ballston Spa and Fantasia Timson of Schenectady. Being sponsored for the ADK Teen Trails projects week are Walker Caffry Randall of Waitsfield, Vermont who will be learning as he helps out with the Stony Creek project and Andrew Williams whose placement was not determined as of this writing. Thanks to these candidates for taking the time and interest to apply. I look forward to hearing about your experiences.

Fire Tower Challenge News
By Kathi and Tim Noble

Winter is the off season for many hikers. But there are many different things to experience and see out on the trail. Tracks of animals large and small usually go unnoticed during the warmer hiking seasons but appear as mini highways as they crisscross the snow covered trails leading to Fire Towers. With the foliage off the hardwoods you can see through the forest and spot more wildlife and see out over valleys and down to ponds and lakes before reaching the summit. One doesn't have to climb the tower during the winter to experience the great views you might usually miss if you don't climb the tower steps. Have fun!

This past month saw the addition of two new members to the FTC fraternity, congratulations to the both!

George Crzyb, Carteret, NJ

Kevin Rooney, Chittenango, NY

A TASTE OF TANZANIA: Treks, Towns and Safaris Near the Roof of Africa

Look an elephant in the eye, tour the real-life setting of The Lion King, hike through rain forests and moorlands with bizarre flowers and trees, watch the sun rise from Mounts Meru and Kilimanjaro, and meet some of the people of East Africa as Don Berens presents a slide show of his 2013 visit to northern Tanzania's mountains, towns and game parks.



Program

A Taste of Tanzania With Don Berens

When: 7pm April 24
What: Presentation

Where: Saratoga Library

Don Berens has been a member of ADK since the 1970s and lives in Latham, NY. He first finished his Adirondack 46 in January 1982 and has done a dozen more rounds since then. He has completed climbs of the Catskill 35, the Northeast 113, and the high point of each of the fifty US states. He has climbed over 15,000 feet on three continents and bicycled from Los Angeles to Boston. Don regularly leads hikes and bike trips for the Albany Chapter

of ADK. He is a lawyer retired from NYS service, married with two adult children and a grandchild on the way.

White Nose Syndrome

In March of 2007 a group of wildlife biologists entered Hailes Cave In Albany County NY to conduct the annual survey of hibernating bats. They came out having witnessed the first casualties of an exotic disease called white-nose syndrome that has since killed millions of bats across the eastern half of the continent and continues to move relentlessly westward.

At this program, we will discuss the history and current status of the disease and efforts that are underway to combat it with retired New York State Al Hicks Wild Life Biologist.



Program

White Nose With Al Hicks

When: 7pm March 19
What: Presentation

Where: Crandall Library

Spring mud season alert: Stay below 3,000 feet

During spring mud season, trails are particularly vulnerable to erosion. The spring thaw creates mud that penetrates much deeper into the soil than the surface mud created by summer rains, and trails are thus more easily damaged by hikers' boots. Alpine vegetation, which is fragile and endangered to begin with, is also particularly vulnerable at this time. It is therefore best to stay off higher elevation trails during early spring.

The New York State Department of Environmental Conservation institutes a voluntary trail closure in the Eastern High Peaks during this time of year

that asks hikers to refrain from traveling above 3,000 feet. This is done to protect alpine vegetation and prevent trail erosion. More information on trail conditions in the Adirondacks can be found on the DEC Web site or by contacting the DEC Forest Rangers at 518-897-1200.

Closure typically runs from May through early to mid-June. If you are planning a trip to the High Peaks during this period, please call the ADK High Peaks Information Center at 518-523-3441 or DEC Region 5 headquarters to learn about trail conditions and whether the voluntary closure is in effect.

Trails to Avoid:

High Peaks Wilderness Area

• All trails above 3,000 feet – wet, muddy now conditions prevail, specifically at:

- Algonquin
- Colden
- Feldspar
- Gothics
- Indian Pass
- Lake Arnold Cross-Over
- Marcy
- Marcy Dam
- Lake Colden
- Phelps Trail above Johns Brook

Lodge

- Range Trail
- Skylight
- Wright
- and all trail-less peaks

Dix Mountain Wilderness Area

- All trails above Elk Lake and Round Pond

Giant Mountain Wilderness Area

- All trails above Giant's Washbowl, "the Cobbles," and Owls Head

Alternative trails:

Weather permitting, alternative trails for hiking:

- Debar Mt. Wild Forest —
 - Azure Mountain
- Giant Mountain Wilderness —
 - Giant's Washbowl
 - Roaring Brook Falls
- High Peaks Wilderness
 - Ampersand Mountain
 - Cascade
 - Big Slide
 - Brothers
 - Porter from Cascade (avoid all other approaches)
- Hurricane Primitive Area
 - The Crows
- Hurricane Mountain from Route 9N
- McKenzie Mt. Wilderness –
 - Haystack Mountain
 - McKenzie Mountain
- Pharoah Lake Wilderness Area
 - Pharoah Mountain
- Saranac Lake Wild Forest
 - Baker Mountain
 - Panther Mountain
 - Scarface Mountain

NEW MEMBERS - NOVEMBER 2013

Kaleigh Ahern, Charlton
 Dena Amodio, Clifton Park
 Chris Caruso, Hudson Falls
 Caitlin Connors, Queensbury
 Kevin Emblidge, Lake George
 Eric Gentino, Ballston Spa
 Elizabeth & Robert Hogan, Glens Falls
 Dave Johnson, Burnt Hills
 Dave & Pat Mann, Hadley
 Douglas Noordsy, Canaan, New Hampshire
 Bobby Perron, Saratoga Springs

REJOINED MEMBERS - NOVEMBER 2013

David Barker, Saratoga Springs
 James Hanley & Michele Quirk, Glens Falls
 Mark MacDonald, Scotia
 Amanda & Chris Mohr, Queensbury
 James Osborn, Ballston Spa

NEW MEMBERS - DECEMBER 2013

Codee Carlisle, Hudson Falls
 James Curwick, Rexford
 Lauren Hayward, Ballston Spa
 Helen Hokula, Catskill
 Nathan Laing, Waterford
 Seth Landry, Glens Falls
 Rachel, Matthew, Ryan & Kyle Novak, Queensbury
 Sarina Ogden, New York, New York
 Matthew, Stella & Sean O'Grady, Waterford
 Jodi Townsend, Ballston Spa
 Reggie Wright, Fort Ann

REJOINED MEMBERS - DECEMBER, 2013

Dr. Katja E. Bock, Saratoga Springs
 Paul Kraus, Walnut Creek, California
 William, Tabitha, Owen, Oliver & Vivian Orthwein, Saratoga Springs
 Jeffrey Pearl, Queensbury
 Mary & John Rabideau, Ballston Spa
 Cathy & Patrick Torosian, Austin, Texas
 Steve Weinstein, New York, New York
 Vicki Zeldin & David Wilcox, Cleverdale



Become a Campground Host for ADK!

By Jon Bowen, Campground Host Coordinator

My wife, Kathy, and I have been campground hosts at Heart Lake for 8-9 weeks during the past 8 years. Our week at Heart Lake is always enjoyable and we look forward to it each year. The campground host program is available to all ADK members by contacting the coordinator. This past year Doug Paquette, the coordinator of the program “retired” and I was asked to coordinate the host program for this summer.

The week begins at 12 noon on a Sunday and ends a week later at 12 noon. A typical day for us begins early when we walk from the campground to the Loj to check our email using the Loj’s wifi. This is followed by breakfast in the dining room where we interact with the Loj guests and some campers who sign up for breakfast. Experiences hiking the High Peaks are exchanged; “newbies” are given advice; when asked, we suggest trails and hikes to inexperienced hikers, etc. At 8am, we check in at the front desk and provide with a list of late camping arrivals to contact about registering at the Loj. Sometimes there are other messages to transmit to campers. We make a circuit of all the campsites picking up litter as we go. We check the washroom to ensure both have necessary supplies. Usually, we finish our loop between 9 and 9:30am and again check in at the front desk to let them know of any problems.

At that point, we are free for a few hours. We walk to the Loj kitchen to make our trail lunch then we usually hike somewhere that’s not too long—Rocky Falls, Marcy Dam, Mt. Jo, Mt Van Hoevenburg from Heart Lake or other trails in the vicinity such as Owl Head Lookout, Blueberry Cobbles, Rooster Comb, Baxter Mtn, Cooper Kiln Pond, Hay

Stack Mountain (Saranac Lake), etc. With the campground responsibilities, there isn’t enough time to hike the longer High peak trails, although a few times I have climbed a high peak while Kathy did the host duties.

Later in the afternoon, we make another circuit of the campground. This time, we check to see if campers who should have checked out actually left. We enter unoccupied campsites and pick up litter or other items that should not be there. We also check occupied sites where no one is around for food left out that bears and other animals would be attracted to. Since we are both musicians (hammered dulcimer, flute, pennywhistle) late afternoon is a good time for us to practice at our campsite.

Dinner at the Loj is next with people extolling the day’s exploits and planning the following day’s hikes. After dinner we return to our site where we sell firewood after the High Peaks Information Center (HPIC) is closed. We usually sit around a fire reading between sales. Quiet hours are at 10pm and a staff member walks the campground at that time and speaks with groups who are too loud. Prior to the 10am quiet time, Usually 9:30-9:45 we make a loop in the campground to warn people of the impending quiet time.

The campground has a short list of rules that we remind campers of during our interactions with them on each of our “walk-throughs”.

If the above appeals to you, perhaps you’re interested in learning more about the Campground Host Program. If so, email ADK.CGH@gmail.com. This email address can also be accessed through ADK’s website.

Make sure to check our web site for the next EMS club day! As an ADK club member you can get gear at a discount!

www.adk-gfs.org

Receive Chepontuc via email!
Log on to

www.adk-gfs.org

Executive Committee Meeting Minutes

Minutes from December 4, 2013

Treasurer John Schneider presented the October and November Treasurer's Reports. John purchased a two-year supply of stationery for \$294 and renewed the postal permit for the newsletter for \$200. The club received \$1,050 for the Ragnar Relay, which equates to 21 Chapter volunteers. He has invested \$5,000 in Chapter Notes with the Club.

Chapter Chair Laura Fiske presented John Schneider with a card and a gift in honor of his **over 30 years** of service to the Club and the Chapter.

Chapter Chair Laura Fiske reported that SUNY Adirondack is still interested in having an ADK program for student members and the incoming Club president supports this idea, which would be similar to a program at SUNY Buffalo. This would require a contact person at the Chapter.

Laura Fisk, Jonathan lane and Pat Desbiens attended the Chapter Roundtable with other Chapters and mainly discussed membership.

Young Members Group Chair Jonathan Lane reported that one chapter has positively tested the idea of a meet-up group for outings, with certain controls in place to alleviate the Club's concerns about liability. After some discussion, it was agreed that he and Wayne Richter will work on this idea for the Chapter.

Jim Schneider reported that he is working to finish the revisions to the Firetower book. He will also revise the Firetower Challenge brochure and add the winter challenge. He asked that the Executive Committee consider applying some of next year's \$5,000 Club donation to this project. Jonathan suggested trying to raise money for this on Kickstarter.

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: metadataajim@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

Outings and Programs Schedule

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

Date	Day	Type	Destination	Leader(s)	Rating
March					
1	Sat	Bushwack	Hoffman	Jayne Boudier	A
1	Sat	Hike/Snowshoe	Iroquois	Mike Fuller	A+
2	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
2	Sun	Ski	Botheration Pond Loop	Bill Schwarz	B+
2	Sun	Snowshoe	Giant and Rocky Peak	Steve Mackey, Rick Lennox	A
3	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
4	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
5	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
8	Sat	Hike/Snowshoe	Baldhead and Moose Bushwack	Jayne Boudier	A
8	Sat	Ski	Cross- Country Ski	Reg Prouty	C
9	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
11	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
15	Sat	Hike/Snowshoe	Allen 'The Big Nasty'	Mike Fuller	A+
15	Sat	Hike/Snowshoe	YMG - Goodnow - Firetower Challenge	Jonathan Lane	B-
16	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
16	Sun	Walk/Ski/Snowshoe	Colvin and Blake	Steve Mackey, Rick Lennox	A+
18	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
19	Wed	Program	Bats and White -Nose Syndrome presented by Al Hicks	Sarah King	NR
22	Sat	Hike/Snowshoe	OK Slip Falls and Hudson River Gorge	Nick Ringelberg, Jayne Boudier	A-
25	Tue	Walk/Ski/Snowshoe	Tuesday Trek	Mo Coutant	NR
29	Sat	Hike/Snowshoe	Prospect Mtn. from the South	Reg Prouty	C+
April					
1	Tue	Walk/Hike	Tuesday Trek	Mo Coutant	A++
2	Wed	Other	Executive Committee monthly meeting.	Laura Fiske	NR
7	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
8	Tue	Walk/Hike	Tuesday Trek	Mo Coutant	NR
12	Sat	Hike/Snowshoe	Bullhead Mountain Bushwack	Jayne Boudier, Jean Holcomb	A
12	Sat	Hike	Denton Wildlife / Hudson Crossing	Rich Crammond	C+
13	Sun	Hike/Snowshoe	YMG - Noonmark & Noonmark	Jonathan Lane, Rachel Lane	B+
19	Sat	Hike	Roostercomb and Snow	Reg Prouty	B
22	Tue	Walk/Hike	Tuesday Trek	Mo Coutant	NR
24	Thu	Program	A TASTE OF TANZANIA: Treks, Towns and Safaris Near the Roof of Africa	Sarah King	NR
26	Sat	Bushwack	Blue Ridge Mountain	Jayne Boudier	A
26	Sat	Trail work	Tongue Mountain	Tom Ellis	B
27	Sun	Hike	Cat & Thomas Mountains	Lorraine MacKenzie	B
29	Tue	Walk/Hike	Tuesday Trek	Mo Coutant	NR
May					
3	Sat	Paddle/Camp/Hike	North Saddle and South Bay Diameter	Jayne Boudier	A
3	Sat	Walk	Spring Bird Walk – Wilton Wildlife Preserve & Park	Rich Speidel	C-
5	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
6	Tue	Walk/Hike	Tuesday Trek	Mo Coutant	NR
7	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
10	Sat	Hike	Sleeping Beauty and Bumps Pond Loop	Reg Prouty	B
10	Sat	Walk	Spring Bird Walk – Pack Forest, Warrensburg	Rich Speidel	C-
11	Sun	Hike	Pharoah Mountain	Lorraine MacKenzie	B+
13	Tue	Paddle	Tuesday PADDLE	Mo Coutant	NR
17	Sat	Hike	Peaked Mt. Pond and Summit Hike	Rich Crammond	B
20	Tue	Walk/Hike	Tuesday Trek	Mo Coutant	NR
22	Thu	Program	The Electric Car: Charging the Way to a Clean, Cost-Effective Daily Commute	Sarah King	NR
24	Sat	Walk/Hike	Spring Bird Walk & Climb – Pack Forest, Warrensburg	Rich Speidel	C
27	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR

Outings Detail

HOFFMAN - [Bushwack]

Sat, Mar 1, 2014, time TBD, Rating: A
Jayne Boudier - 518-793-3770, boudier@verizon.net
- From Big Pond, we'll head north up a nice hard-wooded ridge (with views east) toward Hoffman's thick, sprucey, summit. But a few minutes further is an excellent peek at Elk Lake and the High Peaks. This bushwack is 11 miles (eight are trail-less), 2,500 ft ascent, at as moderate a pace as possible.

IROQUOIS - [Hike/Snowshoe]

Sat, Mar 1, 2014, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- Depending on the conditions and group, we'll use the Avalanche Pass route for the ascent or return. This is a big day so know your limits. No calls after 7:00 night before hike or morning of hike.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Mar 2, 2014, 7:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- We will continue to work on the Winter Fire Tower Challenge - mountain to be selected closer to the date of the hike or even the date of the hike determined by weather and conditions. Please call or e-mail leader the week before the hike to determine what mountain we will be hiking. When contacting leader, please leave a telephone number where you can be reached.

BOTHEARATION POND LOOP - [Ski]

Sun, Mar 2, 2014, 8:00 am, Rating: B+
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- Let's try it again--I finally got to ski this loop off the Siamese Ponds trail twice last year and it was great! This is a six-mile backcountry tour (no beginners!) with mild ups and downs; we may be breaking trail so metal-edged skis are a plus. Bring lunch, water, and a sense of adventure. Poor snow conditions may mean we go nearby to Garnet Hill ski center, which charges a fee. And there may be a stop in North Creek for coffee or hot chocolate on the way home.

GIANT AND ROCKY PEAK - [Snowshoe]

Sun, Mar 2, 2014, 7:00 am, Rating: A
Steve Mackey - 793-6484, smackey33@verizon.net
Colead: Rick Lennox - rick@groupw.com
- We will go up Giant from the Chapel Pond trailhead, then go over to Rocky, and then climb back up Giant. Total distance is around 8.5 miles. The climb back up Giant is a killer.

MONTHLY MONDAY GEOCACHE

Mon, Mar 3, 2014, time TBD, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@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 TREK - [Walk/Ski/Snowshoe]

Tue, Mar 4, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- Each week we'll walk/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 MONTHLY MEETING - [Other]

Wed, Mar 5, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board Meeting- Carl R's Exit 18

BALDHEAD AND MOOSE BUSHWACK - [Hike/Snowshoe]

Sat, Mar 8, 2014, 6:30 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- These two 2,800 ft. mountains dominate north of Stoney Creek, and have views that include nearby Crane Mountain. We'll go eight miles (six trailless), with a 2,400 ft. ascent, at a moderate pace. The 'A' rating stands for 'all day hike.'

CROSS-COUNTRY SKI

Sat, Mar 8, 2014, 9:30 am, Rating: C
Reg Prouty - 518-747-9736
- The location of this cross-country ski trip will be fairly close to Glens Falls or Saratoga depending upon snow conditions in the area. Possible locations could be Cole's Woods in Queensbury, Wilton Wildlife, or several possible locations in the Warrensburg area. Hopefully we will have a lot of good snow base this winter and some nice fresh powder the day of the outing. My preference would be Cole's Woods as there are numerous loops possible with some good fun filled hills to enjoy.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Mar 9, 2014, 8:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- See March 2nd.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Mar 11, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See March 4th

ALLEN 'THE BIG NASTY' - [Hike/Snowshoe]

Sat, Mar 15, 2014, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- Winter's most fun hike? Or is it? I've had a great time leading this in summer and winter. We should have plenty of daylight for last week-end of winter. It's 18+ miles, so know your limits. No calls after 7:00 pm night of hike or morning of hike.

YMG - GOODNOW - FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sat, Mar 15, 2014, 7:30 am, Rating: B-
Jonathan Lane - 744-4594, saratogahiker@infogorp.com
- This is a great peak for beginners and offers a beautiful view of the High Peaks. Round-trip distance is about 3.8 miles with 1040' elevation change. Moderate, comfortable pace with plenty of time to enjoy the beautiful surroundings. Rain will cancel.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Mar 16, 2014, 8:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- See March 2nd

COLVIN AND BLAKE - [Walk/Ski/Snowshoe]

Sun, Mar 16, 2014, 6:30 am, Rating: A+
Steve Mackey - 793-6484, smackey33@verizon.net
Colead: Rick Lennox - rick@groupw.com
- I know that Mike McLean is leading this in February, but Rick needs them and he can't make Mike's trip. We will also try and ski the road if possible, but non-skiers are welcome. It is approximately 14 miles round trip. We plan on going up the regular trail, because I think you can't take the trail from the lakes anymore, but I will check on it. Plan on being annoyed on how far away Blake is.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Mar 18, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See March 4th...wear some green, it's close enough to St. Patrick's Day!

BATS AND WHITE-NOSE SYNDROME PRESENTED BY AL HICKS - [Program]

Outings Detail

Wed, Mar 19, 2014, 7:00 pm, Rating: NR

Sarah King - 744-9348, scubakings@roadrunner.com
- This program will be held at Crandall Public Library at 7pm. Program Description: In March of 2007 a group of wildlife biologists entered Hailes Cave In Albany County NY to conduct the annual survey of hibernating bats. They came out having witnessed the first casualties of an exotic disease called white-nose syndrome that has since killed millions of bats across the eastern half of the continent and continues to move relentlessly westward. We will discuss the history and current status of the disease and efforts that are underway to combat it.

OK SLIP FALLS AND HUDSON RIVER GORGE - [Hike/Snowshoe]

Sat, Mar 22, 2014, 6:00 am, Rating: A-
Nick Ringelberg - 522-6863, nickringelberg@nycap.rr.com
Colead: Jayne Boudier - 793-3770 or boudier@verizon.net
- We'll hike this newly opened area to the beautiful 250 foot OK Slip Falls! Also possible (likely) is a half mile side trail that drops down about 300 feet to where the outlet of the OK Slip Brook meets the Hudson River Gorge. (We might see some whitewater rafters.) And another two mile bushwalk to Carters Landing on the Hudson River, site of the disappearing stream! About 10 miles (half of it bushwalking) and 1,200 feet ascent through mature open forest on level to rolling terrain (most of the time). Near Indian Lake. See Steve Mackey's video: [View Youtube Video](#)
(https://www.youtube.com/watch?v=b2oPI_0hCp8)

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Mar 25, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See March 4th

PROSPECT MTN. FROM THE SOUTH - [Hike/Snowshoe]

Sat, Mar 29, 2014, 9:00 am, Rating: C+
Reg Prouty - 518-747-9736
- This alternate route to the Summit of Prospect overlooking Lake George and views as far south as the Corning Tower in Albany on a clear day will be only about an hour each way. Round trip distance is about 4 1/2 miles with only a few hundred feet of elevation change. The pace will be relaxed with plenty of time for lunch on top.

TUESDAY TREK - [Walk/Hike]

Tue, Apr 1, 2014, 4:00 am, Rating: A++
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll be doing the Great Range from start to finish...then stop at the Noonmark for dinner and home by 7pm. Seriously...look at the date and then see March 4th.

EXECUTIVE COMMITTEE MONTHLY MEETING. - [Other]

Wed, Apr 2, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board Meeting-Saratoga- Wesley Health Center

MONTHLY MONDAY GEOCACHE

Mon, Apr 7, 2014, time TBD, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com
- See March 3rd

TUESDAY TREK - [Walk/Hike]

Tue, Apr 8, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See March 4th

BULLHEAD MOUNTAIN BUSHWACK - [Hike/Snowshoe]

Sat, Apr 12, 2014, 7:00 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
Colead: Jean Holcomb - *583-0658 or jholcomb5@nycap.rr.com
- About Bullhead, Morrissey says 'this peak is unofficially 102, but

who's counting'. Starting from King's Flow, we'll head east on the Puffer Pond trail, and follow his black route up Bullhead's western ridge. Round trip is about six miles (including about 1 1/4 miles of bushwacking) and 1,800 ft ascent. Siamese Ponds Wilderness Area.

DENTON WILDLIFE / HUDSON CROSSING - [Hike]

Sat, Apr 12, 2014, 9:00 am, Rating: C+
Rich Crammond - 584-2380
- This will be a two-part outing with around two miles of hiking the woods at Denton and then driving to the Hudson Crossing parking area by Lock 5, Schuylerville, also with around two miles of hiking. Easy pace for some bird watching along the way. Meeting place: Denton Wildlife Sanctuary trail head, Northumberland, Rt. 4. Look for black Ford pickup.

YMG - NOONMARK & NOONMARK - [Hike/Snowshoe]

Sun, Apr 13, 2014, 7:30 am, Rating: B+
Jonathan Lane - 744-4594, saratogahiker@infogorp.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 five miles round trip; comfortable, moderate pace. Be prepared for potentially icy conditions. Rain will cancel. Please sign up by the Friday beforehand.

ROOSTERCOMB AND SNOW - [Hike]

Sat, Apr 19, 2014, 8:00 am, Rating: B
Reg Prouty - 518-747-9736
- These two mountains in the Keene Valley area afford good views of many of the High Peaks. We will ascend Snow first on the way to Roostercomb. Round trip is about six miles with 1,750 feet of ascent and a moderate pace.

TUESDAY TREK - [Walk/Hike]

Tue, Apr 22, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See March 4th

A TASTE OF TANZANIA: TREKS, TOWNS AND SAFARIS NEAR THE ROOF OF AFRICA - [Program]

Thu, Apr 24, 2014, 7:00 pm, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
- This program will be held at Saratoga Public Library at 7pm. Look an elephant in the eye, tour the real-life setting of The Lion King, hike through rain forests and moorlands with bizarre flowers and trees, watch the sun rise from Mounts Meru and Kilimanjaro, and meet some of the people of East Africa as Don Berens presents a slide show of his 2013 visit to northern Tanzania's mountains, towns and game parks.

BLUE RIDGE MOUNTAIN - [Bushwack]

Sat, Apr 26, 2014, 6:00 am, Rating: A
Jayne Boudier - 518-793-3770, boudier@verizon.net
- This adventure includes an ex-beaver dam wade, possibly a trail for some of the way, a crash site (for details, read "C-46 crash on Blue Ridge Mountain, NY 1944"), and a 100 Highest mountain. We'll go 10 miles (most of it bushwacking), and 2400 ft. ascent, at a moderate pace. From Mason Lake, Lake Pleasant.

TONGUE MOUNTAIN - [Trail work]

Sat, Apr 26, 2014, 9:00 am, Rating: B
Tom Ellis - 638-6139, hola@hughes.net
- The clearing/maintenance work will start at the northern end to Deer Leap. Then we will head south to Clay Meadows. Call leader for more details.

Outings Detail

CAT & THOMAS MOUNTAINS - [Hike]

Sun, Apr 27, 2014, 9:00 am, Rating: B

Lorraine MacKenzie - 518-791-9794, otczone@aol.com

- The Lake George Land Conservancy has done a fantastic job establishing an enjoyable trail system in this preserve. We will be taking a newly formed blue trail up to the cabin on Thomas Mountain, stop to enjoy the view then continue along the ridge onto the summit of Cat. Its elevation of almost 2,000 ft provides a scenic view of Lake George. The total loop will be seven miles with approximately 1,000 ft of elevation gain. Rain cancels.

TUESDAY TREK - [Walk/Hike]

Tue, Apr 29, 2014, time TBD, Rating: NR

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

- See March 4th

NORTH SADDLE AND SOUTH BAY DIAMETER - [Paddle/Camp/Hike]

Sat, May 3, 2014, 7:00 am, Rating: A

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

- May 3-4. These two live on South Bay, near Whitehall. Saturday we'll put in at the Route 22 bridge over South Bay, set up camp somewhere, and paddle to and past the Diameter Cliff. This end of South Bay is seriously wild and gorgeous- last year we got most of the way back to South Bay Hamlet, and saw eagles, beaver, osprey, and spawning Alligator Gar. On Sunday we'll go up North Saddle from Devil's Den and have a look at where we were yesterday. 8-10 miles of paddling, and 4-6 miles of hiking, with 1300 ft ascent. See 'http://www.governor.ny.gov/press/04232013-finch-land-acquisition', under 'S' for Saddles Mountain Preserve.

SPRING BIRD WALK – WILTON WILDLIFE PRESERVE & PARK

Sat, May 3, 2014, time TBD, Rating: C-

Rich Speidel - 623-2587

- May is the best month to hear and see migratory birds in our area. This will be a leisurely morning walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we will stop often and keep track of the species identified. Please bring binoculars. Group size is limited, so please call ahead to register. The rain date is Sunday, May 4.

MONTHLY MONDAY GEOCACHE

Mon, May 5, 2014, time TBD, Rating: NR

Sarah King - 744-9348, scubakings@roadrunner.com

Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com

- See March 3rd

TUESDAY TREK - [Walk/Hike]

Tue, May 6, 2014, time TBD, Rating: NR

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

- See March 4th

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, May 7, 2014, 7:00 pm, Rating: NR

Laura Fiske - 888-888-8888, lheacox@nycap.rr.com

- Board Meeting Carl R's Exit 18

SLEEPING BEAUTY AND BUMPS POND LOOP - [Hike]

Sat, May 10, 2014, 8:30 am, Rating: B

Reg Prouty - 518-747-9736

- This beautiful 7.6 mile loop overlooking Lake George is a favorite in any season. We will start from Dacy Clearing if the road is open and from the DEC parking lot if it is not. Ascent is 1,038 feet to the summit with a moderate pace and lots of time for lunch on top.

SPRING BIRD WALK – PACK FOREST, WARRENSBURG

Sat, May 10, 2014, time TBD, Rating: C-

Rich Speidel - 623-2587

- A leisurely morning walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory

and native birds crossing our path. We will check for birds around Pack Forest Lake and the Grandmother's Tree, a towering 175 foot white pine some 315 years old. Please bring binoculars. The rain date is Sunday, May 11.

PHAROAH MOUNTAIN - [Hike]

Sun, May 11, 2014, 8:30 am, Rating: B+

Lorraine MacKenzie - 518-791-9794, otczone@aol.com

- We will start at Crane Pond Road, pass Alder & Crane Ponds, then straight up to the summit. Hopefully we will be too early for the black flies! If it's a clear day, we'll have great views of Schroom Lake, the High Peaks and Lake Champlain. Maximum distance will be 10 miles, with approximately 1,500 ft of elevation gain. Rain cancels.

TUESDAY PADDLE

Tue, May 13, 2014, time TBD, Rating: NR

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

- This week we will begin the every other week paddle trip. So instead of me during a day trip and evening trip for May and June I'm going to be doing the paddle in place of the walk/hike each week. Sometimes it will be in the day and other times in the evening...so send an email or call Sunday or Monday to find out the where and when! Usually flat water somewhere within a 1/2 hr of Glens Falls, but not always!

PEAKED MT. POND AND SUMMIT HIKE

Sat, May 17, 2014, 8:30 am, Rating: B

Rich Crammond - 584-2380

- This will be a hike to a nice place in the 'Dacks (hope for good weather), around 1,100 feet of elevation change and 7.2 total hiking miles. Cold or cool weather gear and black fly head nets may be needed. Bring them along. Meeting place: Tops Supermarket parking lot, Main Street, North Creek. Look for the black Ford F150 pickup. Let's get 'er done!

TUESDAY TREK - [Walk/Hike]

Tue, May 20, 2014, time TBD, Rating: NR

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

- See March 4th

THE ELECTRIC CAR: CHARGING THE WAY TO A CLEAN, COST-EFFECTIVE DAILY COMMUTE - [Program]

Thu, May 22, 2014, 7:00 pm, Rating: NR

Sarah King - 744-9348, scubakings@roadrunner.com

- This program will be held at Saratoga Public Library at 7pm. Chapter member Paul Dietershagen, who has over six months "run time" with a pure electric vehicle, will give an informative presentation on his experience driving, maintaining, and integrating the electric vehicle into his lifestyle. He'll discuss the factors influencing his decision to go all-electric, the pros and cons associated with ownership and leasing EVs, as well as broach more global questions, such as 'are electric vehicles really green?' and 'how different is driving an EV from driving a gas-car?'

SPRING BIRD WALK & CLIMB – PACK FOREST, WARRENSBURG

Sat, May 24, 2014, time TBD, Rating: C

Rich Speidel - 623-2587

- A morning to afternoon bird walk along Pack Forest Lake, and a gradual 400 foot climb to a scenic overlook atop Ben Wood Mountain. We will cover a round trip distance of about five miles at an easy pace, and record the birds identified. Please bring binoculars. The rain date is Sunday, May 25.

TUESDAY PADDLE

Tue, May 27, 2014, time TBD, Rating: NR

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

- See May 13th

Trip Reviews

Tuesday Treks Tue, Dec 3, 2013, Maureen Coutant

- This week we walked along the Hudson River at the Hudson Pointe Preserve. Our mission was to try to do the loop trail across the bridge. We thought we might make it until we reached a point where the river was across the trail with no way to get around it. So we backtracked and walked along the upper ridge trail and approached the bridge from the other direction. This time we were a little closer but the river was across the trail again. But someone had put a board partially across, and with good balance and luck you could make it ... poles helped too. Sydney and Steve did some bridge improvement, but not enough to convince the rest of us to risk it! Great day out! 18 Participants: Joanne Armstrong, Carol Barrett, Mo Coutant, Paul Dietershagen, Rich Drew, Sarah King, Eric Krantz, Licia and Steve Mackey, Kathy McMahon, Sydney Morrell, Mary Anne Nyhan, George Sammons, Bill Schwarz, Joanne Sztot, Don Thorn, Edna Van Dorten, and Don Washburn.

Tuesday Treks Tue, Dec 10, 2013, Maureen Coutant

- This week we did a loop trail of Thomas Mountain by going up the new trail and then down the old trail. There was a little bit of snow that made the woods look lovely, but covered up the ice in places. We were glad for our kahtoola grippers and Eric put them on his shopping list when he lost another brand grippers on the way in. We shared and were able to make it up the trail that way. Those are pricey, but well worth the money for outings with ice! We enjoyed the view from the first lookout and again at the cabin. A beautiful day out! 7 Participants: Joanne Armstrong, Mo Coutant, Rich Drew, Eric Krantz, Licia Mackey, Joanne Sztot, and Neal Van Dorsten.

Wilton Wildlife Park Hike/Snowshoe Sat, Dec 14, 2013, Rich Crammond

- Man, was it cold for this outing, but guidance I had in past years from ADK leaders like Jungle Jim Mosher, Jayne Boudier, Ron Lester and others came in handy, and I passed along some things learned along the way from them. We all stayed warmed but didn't stop too long either. Highlights of this hike were watching a huge pileated woodpecker, looking at the old wooden silo, and just being with folks who enjoy the great outdoors like myself. A rugged group for sure. 5 Participants: Donna Williams, Kathy Horn, Doug Beers, Herb Phillips, and Rich Crammond.

Tuesday Treks Tue, Dec 17, 2013, Maureen Coutant

- This week we skied on the XC trail behind the Queensbury Schools. We'd just gotten a snowfall with enough to ski and we headed out on this cold day (See Steve's frozen mustache in the web site photo gallery) because warm weather and rain was on the way later in the week. So we skied around the trails and explored a little toward the new trail being worked on to go though the Rush Pond area. It was a great day to be out, even if it was only in the single digits! 10 Participants: Judy Beers, Rene Clarke, Mo Coutant, Bill Glendenning, Eric Krantz, Licia and Steve Mackey, George and Irene Sammons, and Joanne Sztot.

Winter Fire Tower Challenge St. Regis and Azure Mts. Sun, Dec 29, 2013, Jack Whitney

- This was the first mountain of the season where we put on snowshoes. This is the farthest mountain north of the Saranac Six. It was a cold, windy day at the summit but the sun was shining. We took several pictures at the top and dropped down off the summit for lunch. We did not climb Azure Mt. as it was getting late in the day. A good day in the woods. 5 Participants:

Jen Ferris, Rich Holm, Margie Litwin, Dan Monroe and Jack Whitney.

Winter Saranac 6er Ampersand Mt. Wed, Jan 1, 2014, Jack Whitney

- Happy New Year! We had a cold, icy start - the temperature was 5 degrees! There was not enough snow for snowshoes so it was time to put on the microspikes. Toward the top it was not only icy, but steep. We made it to the summit where we encountered a little bit of wind. We took several pictures and then retreated down to the bridge where we ate lunch and exchanged stories. We headed for our vehicles and drove to Saranac Lake where we decided to climb Baker Mt. It was a quick hike up in dropping temperatures. We made it to the summit, took a quick break and then decided to hike the loop trail back to our cars. 6 Participants: Eric Kimmelman, Dan Pekrol, Francis Willis, Ethan Willis, Dan Monroe, and Jack Whitney.

Annual Buck Mountain New Years Day Hike Wed, Jan 1, 2014, Reg Prouty and Bob Aspholm

- We worked our way up the back side of Buck from the East side this year using our crampons, as there were icy spots. We arrived on the summit just about lunch time and found a spot out of the wind for lunch and a quick mini-concert from Reg on the pocket trumpet. 8 Participants: Reg Prouty, Judith Goralski, John Goralski, Larry Glasheen, John Susko, Ania Gaguine, Bob Aspholm, and Thomas Kerr.

YMG - Tabletop with possible Phelps add on Sat, Jan 4, 2014, Jen Shepherd

- It was a frigid early morning start with temps below zero as we left the warm cars behind at the Loj. Only a few people were signed in ahead of us for Tabletop. We set a healthy pace to get warmed up and were removing layers before reaching the Algonquin junction. Our break at Marcy Dam was cut short by a frigid wind. It was turning out to be an incredibly gorgeous day despite the cold. I wanted to linger and take photos but the cold kept me moving. Shortly after passing the Phelps junction, anyone hiking in the area this morning was startled by a sonic boom ... something I've never heard before! At first we thought it was an avalanche. Not long after our loud scare, we passed a friend on his way back from Tabletop just short of the junction. We got a view and weather report before heading our respective ways. The trail to the summit of Tabletop was soft powder and nicely broken out by the few people that had gone in ahead of us. As we climbed higher and turned around, the view we were treated to was absolutely stunning. We couldn't have asked for a more crystal clear day! I was numb from the cold and feeling battered by the continuous wind determined to steal any warmth I could produce but I couldn't help stopping to turn around frequently and admire that view! The summit was rather blustery, as promised, but it didn't stop us from getting the usual summit photos and lingering an extra minute before a hasty retreat! Okay, others lingered and I flew back down the trail faster than I've ever moved before desperate to reach a slightly more wind-less lower elevation while the rest of my poor group followed. Lunch was a quick break back at the Tabletop junction before continuing back towards Phelps. Three people were still full of energy and ready to enjoy the second peak of the day, I sent them on while I accompanied the remaining two hikers back to the parking area. Reports from Phelps were stunning views and an enjoyable pink sky from the setting sun during the trip back to meet up with me. Shout out to the Albany chapter for braving the overly windy exposed summits of the

Trip Reviews

Macs, some of whom I had the pleasure of waiting with at the Loj for our remaining hiking parties. There were six participants on this trip including a first timer, who not only did very well, but also got his first two winter High Peaks ... congrats Dominic! Big thanks to Wayne for accompanying the Phelps group while I hiked out. Thank you to everyone for coming out and making for a memorable day on the trails! 6 Participants: Jen Shepherd, Leighann Helson, Wayne Richter, Dominic Romani, Dan Kemp, and Mark Oliviero.

Winter Saranac 6er Challenge McKenzie and Haystack Mts Sun, Jan 5, 2014, Jack Whitney

- We were originally planning to do McKenzie and Haystack this day; however, due to a less than ideal weather forecast we decided to climb Scarface instead. We started the day wearing our microspikes due to the icy conditions. It was a gradual start, which after a mile or so started to climb up to the shoulder, then another climb up to the summit and then the flat walk over to the viewless real summit. After a short break we headed back down to our vehicles and tried to stay ahead of the storm (unsuccessfully) back home. 8 Participants: Dan Pekrol, Francis Willis, Ethan Willis, Rich Holm, Eric Kimmelman, Dan Stec, Dan Monroe, and Jack Whitney.

Monday Geocache Mon, Jan 6, 2014, Sarah King and Mo Coutant

- Today we decided to explore a new nature preserve in Stony Creek. Dean Farm Heritage Trail is right next to Stony Creek Historical Association on Murray Road in Stony Creek. There's a new sign and trailhead in the parking lot, which was a sheet of ice the day we were there. We really didn't need showshoes and micro spikes were really just needed in the parking lot. There were three new caches that we were there to hunt. One involved sliding on our backs under a bridge (glad the ground was frozen), another one near a bench along the trail, and the third was near a nice wooden viewing platform over Stony Creek. There were a lot of bridges and platforms here. The trail was both on open rolling hills, which were nice and sunny that day, and through the woods. It took us about an hour to find the caches and leisurely walk throughout the preserve 3 Participants: Mo Coutant, Sarah King, and Licia Mackey.

Tuesday Treks Tue, Jan 7, 2014, Mo Coutant

- We actually went out Wednesday instead of Tuesday since it was the worst day of the 'Polar Freeze.' It wasn't balmy on Wednesday, but without much wind and lots of layers the single digits felt fine. We explored the trails in the Rush Pond Area of Queensbury. It's the wetland you see across from the Great Escape as you are driving south on I87. John Strough, Queensbury Supervisor, and friends have been volunteering their time and building lovely foot bridges and advocating for a recreational trail through there for years, maybe even decades. This past year they've made some real progress and we were all impressed! 8 Participants: Mo Coutant, Sarah King, Licia Mackey, Andrew Paolano, Bill Schwarz, Joanne Szot, Johanna and Laurie Williams.

Northwest Bay Uplands Sat, Jan 11, 2014, Jayne Boudier

- This hike was switched from rainy Saturday to partly sunny Sunday. After tramping down the snow bank between the road and trailhead for Nick's 4WD truck, we found the trail ablaze with many newly added trail-markers (Now the challenge of finding them has moved south of Pole Hill Pond). We were glad to see the original canvas strip markers were still left, as relics or maybe because they're so hard to spot. And there's signage-State Mountain has been added to the fun! So now the tract has

2 1/2 mountains with views, along with one beautiful pond and (more) signage indicating that there is a reasonable portage to it from Padanarum Road! It sure has changed a lot since last year! (Maybe next year there will be a plowed parking lot and a sign-in box). Beautiful Place! We had a great day, all day! 3 Participants: Jayne Boudier, Jean Holcomb, and Nick Ringelberg.

Winter Saranac 6er challenge Scarface Mt. Sun, Jan 12, 2014, Jack Whitney

- This trip was changed to McKenzie & Haystack since we climbed Scarface last week. There were spring conditions down low but as we started to climb McKenzie the ice changed from soft to hard. We encountered several steep, icy sections, which we carefully worked our way through. Then there were several ups and downs to the summit. We had to use a rope just before the summit to scramble up and down. It was very windy on the summit, so it was a quick exit off. All the look-outs were blocked off due to the icy conditions. It was a steep scramble down and then we headed over to Haystack, the second summit of the day, and the final Saranac Six for Dan Monroe and me. Arriving back at our vehicles, we then drove into Saranac Lake so that Dan and I could ring the bell and sign the register. 8 Participants: Dan Pekrol, Francis Willis, Ethan Willis, Rich Holm, Eric Kimmelman, Dan Stec, Dan Monroe, and Jack Whitney.

Tuesday Trek Tue, Jan 14, 2014, Mo Coutant

- This week we decided to explore a little known trail at Moreau State Park. The trail is actually across the street from the entrance. We wound up wandering around most of the time on the trail and only lost it for a little while. Good thing there were plenty of us to look for markers. We were wishing we'd brought our GPS and probably would have laughed at our paths doubling back on each other each time we lost the trail! We had a great finish roasting hot dogs and warming up apple packets in the fireplace at the warming hut! Can't beat that! 9 Participants: Mo Coutant, Paul Dietershagen, Nance Kimball, Sarah King, Eric Krantz, Lica Mackey, Bill Schwarz, Johanna and Laura Williams.

Catamont Cliffs Sat, Jan 18, 2014, Jayne Boudier

- Long playful otter slides and tracks were along our way down to Fly Brook, clear in the dusting on top of the crusty frozen snow. Our tracks looked more laborious. The for-many-years-dependable deadfall jam across Fly Brook was down to one icy log ending with a waterfall, so we scouted upstream a-ways to a fallen large yellow birch, with enough crown and ice chunks to get us across dryly. We crunched most of the way up in the shade of Catamont, then climbed into the sunshine, and slush-thin enough to glue it and leaves to our points as we navigated a second, taller steep hill. Two bounding deer up the slope made easy of what was, for us, the adventure of the day. Lunch was leisurely while we calculated daylight left, and bid the Cliffs adieu. We had an enthusiastic conversation going, about BMW motorcycles and touring, on the way back. Beautiful day, better than forecast! 3 Participants: Jayne Boudier, Rachel Sloan, and Keith Strack.

Haystack Sat, Jan 18, 2014, Steve Mackey

- We got to the 'Garden Trailhead' around 7:20 with around six vehicles, and unfortunately, there wasn't even one parking space left. We then decided to drive all the way to the LOJ and hike Haystack via the Van Hoevenberg Trail. It was going to add a couple of miles and quite of bit of elevation, but there wasn't a lot of options. The trail was icy and everyone wore their micro spikes until we were most of the way up Marcy. We

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all stopped at Indian Falls and were treated to spectacular views of the MacIntyre Range. Some of us bushwhacked a short cut to the range trail and luckily it was pretty short, because it was also really thick and ugly. We then snowshoed the rest of the way to little Haystack. There were climbers coming back that advised us to switch to crampons, so we all got to use all our gear. There were clouds slowly coming in, but we still had outstanding views in every direction. Skylight and Marcy were especially spectacular. We all lined up and raised our hiking poles and Heather came through our arch and officially finished her long quest. I just finished filling out her winter 46 form and I noticed that she did four winter peaks back in 1997 when she was 9 years old. It was a great day and many thanks to all my old and new friends that came along. 12 Participants: Jungle Mosher, Wayne Richter, David Charles, Cecilia Elwert, Jen Shepherd, Rick Lennox, Bernie Yelle, Ben Yelle, Patrick Reilly, Mike Fuller, Steve and Heather Mackey.

Saranac 6er - Ring The Bell Sun, Jan 19, 2014, Jack Whitney

- Change of plans. Since we had finished the Saranac Six the previous week, we decided to climb a fire tower mountain this week. Our choice was Mt. Adams and what an adventure it was. Powdered snow at the bottom and treacherous ice on the upper half of the trail. Going up was an adventure. Coming down was exhilarating; a feeling that still lingers a week later! A tough but good day in the mountains. 4 Participants: Dan Monroe, Dan Pekrol, Pat Desbiens, and Jack Whitney.

Tuesday Trek Tue, Jan 21, 2014, Mo Coutant

- If we waited for the temps to get into the teens, we wouldn't have gone out the past couple of weeks! Undaunted by the temperature hovering just above zero, we bundled up and walked along the trails in the Skidmore North Woods. This has definitely been a winter season for grippers and bundling up! We've gotten pretty good at bundling and were all warm to even sweating by the time we were done. Most of us finished the outing with a nice lunch at Uncommon Grounds followed by a quick trip to the Northshire Bookstore. 5 Participants: Mo Coutant, Liz Gee, Eric Krantz, Licia Mackey, and Joanne Szot.

Pyramid & Gothics Sat, Jan 25, 2014, Steve Mackey

- First the bad news, the view from Pyramid is one of the finest views in the High Peaks, and we got zero views. Now all the good news, the skiing was way better than expected and we got to wiz out in record time. Sydney got her first High Peak and her first Winter High Peak at the same time. Rainbow Falls was its usual spectacular self. There were all kinds of recent beaver activity to see along the Ausable Road. We heard a Great Horned Owl on the way out. Last but not least, the climb up Pyramid from the Sawteeth intersection is still as steep as advertised, and the wind was as strong as advertised. 4 Participants: Mike Fuller, Jesse Cole, Sydney Morrell, and Steve Mackey.

Stillwater Locks Eagle Watch Hike/Snowshoe Sat, Jan 25, 2014, Rich Crammond

- The snow was flying and the cold air was biting but the eagles were nowhere to be seen. We dressed warmly so a good time was had anyway. Highlights of this outing were glassing other smaller birds, and shaking off them cabin fever blues by hiking along with good people and being near the old home town. 4 Participants: Jean Holcomb, Saidie Crammond, Debbie Crammond, and Richie Crammond.

Winter Fire Tower Challenge Sun, Jan 26, 2014, Jack Whitney

- We went to Black Mt., staying close to home since it was another cold day. There was about 3 - 4 inches of snow on the ground. It was one of those days where you didn't feel like getting out of bed but after conquering that roadblock, it was a good workout getting to the summit. We didn't stay long due to the cold and decided to head back down the same way we came up rather than making it a loop trip. 4 Participants: Charlotte Smith, Dan Pekrol, John Susko, and Jack Whitney.

Tuesday Trek Tue, Jan 28, 2014, Mo Coutant

- We'd gotten a couple of inches or so of snow on the weekend, so we had to try out the skiing while we could. We headed up to Cronins in Warrensburg to ski along the Hudson River and check out the ice jam. It's a beautiful place to ski and so generous of them to allow public access. We also enjoyed all the bird houses and stands put up for Osprey or Eagles to use for nests. We skated around the course a couple of times (Steve) and a little less for the rest of us. Then we drove up to RT 28 along the river to check out the river ice and then back to The Willows in Warrensburg for lunch and paper snowflake making. 8 Participants: Mo Coutant, Paul Dietershagen, Liz Gee, Bill Glendenning, Eric Krantz, Licia and Steve Mackey, and Rick Morse.

Monthly Geocache Outing Mon, Feb 3, 2014, Sarah King and Mo Coutant

- This month we had a nice walk around Palmer Pond. We just needed our grippers this day. We found all the caches we were looking for on this adventure. Thanks to Sarah's tools and determination we were able to chip the ammo box out of the ice that had built up on the bottom and partially on it's sides. She was not going to leave it unsigned!! Great day out as always! 3 Participants: Sarah King, Mo Coutant, and Licia Mackey .

Tuesday Trek Tue, Feb 4, 2014, Mo Coutant

- This week we decided to go up to Lake George and do a mixed outing. Some of us attempted to skate on the oval that Duffy's has been clearing while the other 1/2 of the group XC skied up the east side of the lake for awhile. The oval had been perfectly smooth the week before, but I didn't take into account that in between was winter carnival and some dim snowmobilers would drive on the skating oval and ruin it! We made our way across the lake to another area that was being cleared and skated there before returning to meet up with the skiers who reported better conditions than expected! The we walked over to Cafe Veros for a nice lunch by the fireplace! Perfect day..sunny, no wind, good company! 8 Participants: Mo Coutant, Paul Dietershagen, Bill Glendenning, Nancy Kimball, Licia Mackey, Sydney Morrell, Bill Schwarz, and Joanne Szot .

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

Upcoming ADK Skills Workshops

GPS 101

March 9 (Lake Placid)

This course will provide an introduction to Global Positioning Systems. We'll discuss how GPS works, including coordinate systems and other associated terminology, and explains the uses and limitations of GPS. Throughout the course, we'll go outside and conduct field exercises to solidify our new skills.

Location: Heart Lake Program Center (Lake Placid) or Member Services Center (Lake George)

Cost: \$72 (Members receive 10% discount) includes instruction and use of equipment

Map & Compass Fundamentals

March 16

This is a great refresher course or a good place to learn the basics of map and compass skills. This course offers an introduction to the fundamentals of map reading, identification of terrain **features, compass use, and triangulation. You'll go home with much more confidence in your ability to use a map and compass when it really counts!**

Location: Heart Lake Program Center (Lake Placid)

Cost: \$72 (Members receive 10% discount), Includes instruction and use of materials

Wilderness First Aid

March 29-30, 2014

This intensive course with Wilderness Medical Associates teaches students how to deal with medical emergencies when they are miles from help. The classes offer hands-on scenarios and lecture structure, through which students will learn to assess patients and become certified in wilderness first aid, CPR, and anaphylaxis training. Class time will be spent both inside and out.

Location: Heart Lake Program Center

Cost: \$240 includes instruction and materials.

Package: \$330 includes instruction, materials, meals, and lodging for two nights.

Wilderness First Responder

April 6 – 13, 2014

These intense courses with Wilderness Medical Associates teach students how to deal with medical emergencies when they are miles from help. Wilderness First Responder (WFR) is the ideal medical training for outdoor educators, guides, SAR team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. All eligible students who successfully complete the course will receive Wilderness Medical **Associates' Wilderness First Responder, Anaphylaxis, and Healthcare Provider level CPR certifications.** Class time will be spent both inside and out.

Location: Heart Lake Program Center

Cost: \$695 includes instruction and materials.

Package: \$895 includes instruction, materials, meals, and lodging for 8 nights.

To register for any of the above call 518-523-3441

or log on to www.adk.org, click on "education" and "guided trips and workshops."

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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POSTMASTER: CONTAINS DATED MATERIAL.
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!

