



Chepontuc Footnotes

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

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

Go Out And Try Winter Hiking!

If you've always wanted to try winter hiking, or are just looking for a different kind of winter outdoor experience, we have a lot of outings to offer you! Jack Whitney is leading several snowshoe hikes, welcoming beginners with great advice on clothing and footwear for a comfortable experience. For our younger members, or those young at heart or romantically inclined, Jen Shepherd is leading some Young Members Group hikes including a special Valentine's Day Singles Mingle (couples welcome, too) that will be fun! And if you like a shorter, local trip, check out the offerings from Mo Coutant, Sarah King, Bill Schwarz, Rich Crammond and Reg Prouty. So, look at our outings calendar on page 7. Remember, the chapter rents snowshoes.

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

Program

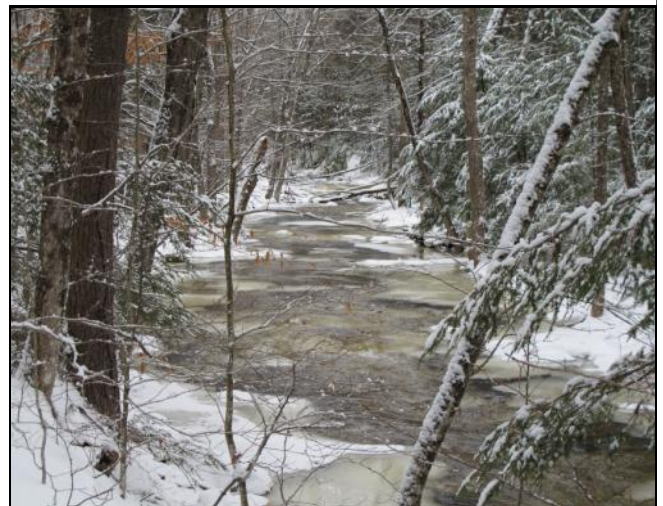
Adventures in and around the Adirondacks with Peter Fedorick

When: 7pm Jan. 21
What: Presentation

Where: Crandall Library

Adventures in and around the Adirondacks

Most would agree that the High Peaks of the Adirondacks enjoy the spotlight when it comes to discussions among outdoor enthusiasts from our area. Let's try something different by letting chapter member Peter Fedorick take us on a pictorial journey to some other Adirondack gems in his presentation "Adventures in and around the Adirondacks." Fedorick will show us often-overlooked images of paddling, hiking and biking available in our backyard, such as paddling Lens Lake, visiting the Tupelos of Lincoln Mountain State Forest, and biking the back roads of Shushan.



It's All About Winter!

By **Laura Fiske, Chapter Chair**

This is the first year in quite a while where we had snow for Thanksgiving. Maybe this will be an old-fashioned winter. If you are a current cold-weather snow lover or think you may be, there are plenty of winter activities and challenges available through ADK. Your chapter sponsors the Winter Firetower Challenge. ADK sponsors the winter Saranac 6er challenge, the Winter 46, and probably plenty of others if you search for them. Most of these challenges take place between December and March. Once again, there will be plenty of day trips led by your chapter volunteers over the next few months. Be sure to review the outing instructions in the back of the newsletter for special winter needs. Extra preparation is required for winter outings. Don't be shy about asking the outing leader questions. They are there to make sure you are safe and have a good time.

The second Winterfest is taking place at the ADK Loj on January 10th. This is a family-friendly day of outdoor recreation. Children and adults have the opportunity to try a variety of winter activities for free. Visit the ADK website or call 518-523-3441 for more details.

The ADK Winter Mountaineering School is scheduled for January 29th



"There are plenty of day trips"

through February 4th. The Winter Mountaineering School has been helping hikers enjoy the mountains in winter for over 60 years. Visit www.winterschool.org for more details.

Since this is the first newsletter that covers 2015, I want to encourage you to inform the Executive Committee if the chapter is meeting your needs. Do we provide a good mixture of outings and programs? What do you think of the chapter website? If you have any comments or suggestions on how to increase the value of your chapter membership, please contact me or anyone else on the Executive Committee. We also love positive feedback, so if there is

something we do particularly well, please let us know. Everyone's contact information is on the inside cover of the newsletter. Remember, the Executive Committee is here for you.

Lastly, we have openings on the Executive Committee. We have openings for vice chairs, directors and the publicity and younger member group committee chairs. Please contact me for more information. 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.

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

Executive Committee Officers:

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

First Vice Chair vacant

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:

vacant

Past Chapter Chair:

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

Committee Chairs:

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

Membership Pat Desbiens
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Newsletter/Editor vacant

Outings Wayne Richter
Phone: 893-7895 outings@adk-gfs.org

Programs Sarah King
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Annual Dinner Coordinator
Anne Paolano
annualdinner@adk-gfs.org

Publicity vacant

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 vacant

Thanks to All!

Thanks to the following outgoing Executive Committee members. These folks have served on the Executive Committee for a number of years and stepped down at the end of 2014. We wish them well in their future endeavors!

Kerri Healy – **First Vice Chair**
Jonathan Lane – **Younger Member Group Committee Chair and Director**
Bill Bechtel – **Director**
Jill Gruben – **Newsletter/Editor**

From the Editor

It is with sadness that I write informing you that this is my last edition as the *Chepontuc Footnotes* Editor. I have thoroughly enjoyed the six years spent editing and collecting copy, laying out the text and images that make up this newsletter, as well as being on the Executive Committee and working with everyone to make the chapter better.

I love the Adirondacks and am appreciative and proud of the good work that all of you do to support the continued sanctity of this acreage.

Over the years, as my family has grown, so have my obligations. I must make my family's health more of a balanced priority by taking a step back. I would like to specifically thank a few folks who have impacted me greatly: *George Sammons* for teaching me Microsoft Publisher and his patient support, *Mo Coutant* for always giving of her time and positivity, *Jacki Bave* for being a strong and thoughtful advocate, *Jonathan Lane* for his creativity and kindness, and *Heidi teRiele Karkowski* for her friendship and confidence in me to take on a leadership role in the chapter.

A lot of awesome people are in this organization. It's meaningful to be among them, cherishing and protecting the beauty of nature for all of us to enjoy, now and in the future. I feel blessed to have played a part. I will look forward to seeing you on the slopes or on the trails! All the best, Jill Gruben

Fire Tower Challenge News ***By Kathi and Tim Noble***

The first significant snow has fallen and it won't be long until snow shoeing and X-C skiing are the primary means of exploring our trails! That said, there is a "Winter Rocker" patch that can be earned for completing the FTC from December 21 through March 21. If you are looking for a rewarding challenge, consider working toward this feat. If you decide to embark on a tower trail during the winter, please plan accordingly and consider using some type of micro spike or crampon to better navigate icy trails. Since the last Newsletter, we've had 16 members complete the Fire Tower Challenge. Congratulations and thank you for participating! Have a wonderful Holiday season!

Renate Reeves-Ellington
Joanne Kennedy
Shane Holmes
Doreen Alessi-Holmes
Maribeth Williams
Dan Jones
Michael Kaiser
Dana Stockbridge
Kevin Owens
Lawrence Keefe
Tara Stanton
Becky Krasko
Bruce Merchant
Bonnie Stears
Marc Paul Payzant
Michael Moran



Program

**Offa's Dyke National Walking Trail
with Bill Schwartz and Charlotte Smith**

When: 7pm Mar. 18

What: Presentation

**Where: Crandall
Library**

The Banff Mountain Film and Book
Festival is coming to Saratoga Springs
on February 20, 2015!
Contact the Skidmore College Outing Club for more
info!
jpauker@skidmore.edu

Machu Picchu, Easter Island, and Lake Titicaca: Three More Bucket List Items



In May, Chapter member and former Treasurer, John Schneider, traveled to South America. After eight flights totaling about 15,000 miles, he visited three more places he had wanted to see since childhood: Lake Titicaca and Machu Picchu in Peru and Easter Island in Chile.

Lake Titicaca, between Peru and Bolivia, is the highest navigable lake in the world (12,500 feet above sea level) and the third largest lake in South America. He visited the famous floating reed islands and learned how they are created and maintained and took a ride on one of the reed boats; to get to the islands, these boats were the basis for

Norwegian explorer Thor Heyerdahl to make a reed raft (Kon Tiki) in the 1950s to travel to Polynesia.

Schneider toured the Inca ruins in and around Cuzco, the capital of the Inca Empire. Then he went on a four-day hike on the Inca Trail to Machu Picchu, one of the sacred sites of the Incas. On this trek were 24 hikers, three guides, and 42 porters, ranging in age from 19 to 72. The group was totally self-contained and had hot meals for breakfast, lunch and dinner. We traveled over three mountain passes, the highest at over 14,000 feet above sea level. Our evening campsites were at high elevation overlooking beautiful valleys. The Incas knew how to build their trails – five hundred years later we were hiking on their original trail. The visit to Machu Picchu, one of the Inca Empire's most sacred places, was like many other grand places I have visited ... the Grand Canyon and Yosemite quickly come to mind. In person Machu Picchu is much more than its photographs show. Machu Picchu is most mystical place.

Then we flew to Easter Island, about 2,400 miles off the coast of Chile. This is a relatively small volcanic island - triangular in shape and only about 10 miles per side. Here is where the native population created large statues for religious celebration. We spent four nights at Easter Island and saw just about all of the important sites on the island. Of the more than 1,000 statues made by the native population, only about 400 were brought out of the quarry and stood upright. Toward the end of the statue-building period, the native civilization imploded and all of the statues were tipped over as the tribes fought among each other. The natives then began to focus away from the statues. They adopted a birdman cult - the leader of the tribe with the swimmer who gathered the first bird egg of the season from a small offshore island became the leader of all tribes for one year. When Europeans “discovered” this island, the population had declined from about 10,000–12,000 to about 3,000. Easter Island is a fascinating place.

Retired since 1997, John Schneider has traveled extensively both in the United States and abroad. Among his many travels, he has twice visited Antarctica and the Galapagos Islands, taken river cruises in Europe and China; spent 33 days in South Africa, Swaziland, and Namibia, taken a 12-day train ride across Russia, traveled up the middle of the Atlantic on a 32-day ocean voyage, witnessed three total eclipses of the sun in the Caribbean, Mediterranean, and Western Pacific; and so far has visited 49 of the 50 states where he has hiked in about 38 of the major national parks. He has been to 52 countries and destinations recognized by the Travelers' Century Club. His bucket list continues to increase and he is looking forward to visiting Australia, his seventh continent, in the near future. He has registered for a hiking trip to the Patagonia region in 2016.

Program

Machu Picchu, Easter Island and Lake Titicaca: Three More Bucket List Items with John Schneider
When: 7pm Feb. 25
What: Presentation

Where: Saratoga Library

By Linda Rinado,
Education Chair

Our Glens Falls-Saratoga ADK chapter is seeking candidates to sponsor for week long summer camperships at DEC's **Camp Colby** and **Pack Forest**, and ADK's five day High School **Teen Trails** maintenance projects. These programs heighten awareness and appreciation of nature and environmental concerns via educational and/or recreational activities. For those selected, attendance fees (\$350 DEC and \$250 ADK) are paid by our chapter.

The Lake Colby Environmental Education Camp, for youth ages **11 to 13**, is located just outside the Village of Saranac Lake. Campers participate in a discovery group while at Camp Colby, completing six lessons ranging from group dynamics to field, forest, and pond explorations, to a study of human impact. Group members learn science, solve challenges, play games, keep a journal, catch salamanders, net butterflies and discover the interconnectedness of life on Earth. College-educated counselor staff guides all activities, encouraging participation and respect among group members while interpreting the natural world for campers. Experiences include fishing, canoeing, archery, exploring a bog and overnight camping trips. Sponsored camper Gen Coutant wrote ADK, *"I went to Camp Colby this summer and I loved it! I just wanted to tell you to try it because I had so much fun. We had an overnight trip. Another night we got to sleep in tents and we played a really fun game in the dark. We also swam a lot and had a really fun night called world dance. We had an awesome night hike and the counselors showed us some cool stuff. I learned tons of new games to teach my friends back home. All the counselors were really nice and fun and one of them even looked like Thor! Plus the cabins and beds were really nice, which sounds like an odd thing to say, but I have been to camps with really bad "cabins." Also, surprisingly, the bathrooms and showers were not that bad. There was a thing called the polar bear where you jumped in the water three times bright and early in the morning; it was so fun. Furthermore the food was great too. I am an extremely picky eater, but could always find something to eat. Overall this camp was the best one I have gone to and I hope to go back again and see you there. Thanks Glens Falls Saratoga Chapter of ADK for sponsoring me!"*

Pack Forest, just north of Warrensburg, offers camp sessions for both teens **14 to 17** years old and youth ages **11 to 13**. Sessions offer the older campers a chance to explore forestry, aquatic biology, wildlife management, field ecology and other environmental issues. Workshop attendees learn about professional forestry techniques, such as the use of Biltmore sticks and increment borers. The program emphasizes group dynamics and teamwork as essential to the environmental decision-making process. Staff encourages interaction, communication and cooperation as campers seek solutions to group challenge activities. Students also discover their individual strengths and abilities. Pack Forest campers participate in exhilarating out-of-camp canoeing or backpacking trips in the beautiful Adirondacks. Optional activities

during the week include fly fishing, hiking, swimming, shooting sports and orienteering. Camper Nicholas Wright thanked us for giving him *"this amazing experience to learn more about the wilderness ... we went fishing, we did archery, and even got to see a wild black bear. Overall it was amazing."*

ADK's Teen Trail five day projects are geared towards high school students (**aged 14 to 17**). This program, which relies upon teamwork and shared responsibility, focuses on trail maintenance. Participants learn how to properly install water devices such as water bars; how to harvest a tree using tools such as a crosscut saw and axe; or how to use boulders with a steel bar. Through the course of a trail project, which can be physically challenging, campers share in a fun and rewarding experience while forming new friendships and memories. Ultimately a quality trail project is completed by trail crews that will protect the natural resource for many years. ADK provides campers with food, group camping gear, tools and experienced leadership. Campership recipient Andrew Williams (seen in the photo below) said, *"We put in stepping stones and scree rocks along the lower section of the trail. My main job for the week was finding and carrying the stones to the trail. The previous trail crews had removed most the rocks nearby for their sections of trail so we had to find new places to find quarry stones. The best place we found for rocks was on the other side of a small hill where there was a stream that had plenty of rocks to get from it; it was a little far away but we managed, and had fun building the trail. I always appreciated trail work done in the Adirondacks like bog bridges and stepping stones, now that I've done some trail work I appreciate it even more, because of the amount of effort I know goes into making it. One of my favorite parts of the trip was how I had kids my age to talk to about hiking, because at my school no one else seems to like hiking very much, and I finally found some kids who did. On the trip I also had fun doing activities after work was done that day with the other kids I met; most days after work we went swimming and cliff jumping just downstream from the suspension bridge. On the final evening we even got to go hike Big Slide; for one kid, Casey, it was his first high peak. Thank you for sponsoring me; I had a truly great time."*



Application forms for all of these sponsorships may be downloaded from the Education tab on our website (<http://www.adk-gfs.org>) and, when completed, sent to:

Linda Ranado
18 Pine Ridge Road
Hadley, NY 12835

Applications must be received by **January 6th**. If you have any questions, you may call me at 696-7265 or e-mail me at lrinado@hotmail.com.

New York State Revisits Open Space Plan – New York State’s Department of Environmental Conservation is updating and revising its Open Space Plan, and has held a series of meetings to give the public an opportunity to offer comments and suggestions. This plan recommends priority conservation projects and identifies open space resources throughout the state. Priorities for action include resources that promote outdoor recreation, protect land and water resources, and conserve our cultural heritage. New this year is the goal of addressing climate change when considering conservation projects.

Our chapter offered the following comments on many of the projects identified in our area:

- Big Cedar Swamp in Warren County, a wetland in need of protection from the pressures of development, and also a buffer for climate change.
- Lake George Watershed, for protection of lake water quality and undeveloped shoreline, as well as increased public access.
- Kayaderosseras and Fish Creek Corridor, also in need of

additional public access and watershed protection.

- Battenkill Corridor, a scenic and recreational resource enjoyed by many of our members.
- Washington County Grasslands, an important habitat for grassland nesting birds.
- South East Adirondack Foothills, near Moreau State Park, including the Palmertown Range and its possibilities for trail system linkages. We also asked that the 750 acres of undeveloped property in the state-owned Mount McGregor Correctional Facility be transferred to Moreau State Park.

In addition to these Region 5 priorities, we asked that the state consider adding fire tower mountains which are either entirely privately owned or have trails that cross private land, to the list of open space resources. We hope that inclusion on the list will make these fire towers legally accessible to the public one day.

G/F SARATOGA CHAPTER
SEPTEMBER 2014

New Members

- Elizabeth Carroll, Queensbury
- Michael Cleveland, Lake George
- Kelly Dempsey, Lake George
- Sarah Detwiler, Scotia
- Patricia & Frederick Dickson, Monson, Massachusetts
- Richard Dill, Lake George
- Peter Dowling, Ballston Spa
- Penny Dunleavy, Ballston Lake
- Nicole Durocher Beaulne, Apple Hill, ON, Canada
- James & Nikki Flynn, Saratoga Springs
- Armand Lagace, Waterford
- Kyle & Danielle Madison, Ballston Spa
- Jason Mallette, Gansevoort
- Donald Nicoll, Clifton Park
- Tony Oehler, Saratoga Springs
- John Reeves, Gansevoort
- Cory Rinella, Queensbury
- Gene & Jane Sevi, Saratoga Springs
- Karen Slater, Queensbury
- Bryan Smead, Lake George
- Elizabeth Vanasdale, Greenfield Center
- Sherry Vanhorn, Saratoga Springs

Rejoined Members

- Peggy & Fred Alexy, Cleverdale
- Joseph Caron, Gansevoort
- David & Donna Carr, Saratoga Springs

- Henry & Margit Donaldson, Hadley
- Danna & Ruben Ellsworth, Lake George
- John & Michelle Haller, Loudonville
- Bert Hoenigmann, Glens Falls
- Susan Keely, Glens Falls
- Holly Melander, Malta
- Doretta Miller, Saratoga Springs
- Derek Mitchell, Warrensburg
- Kathleen Quattrocchi, Gansevoort
- David & Sally Sheldon, Stillwater
- Mark Smitkin, Wilton

OCTOBER 2014

New Members

- Susan, Manuel, Emily & Greg Alvarez, Staten Island
- Jeffrey Barnes, Waterford
- Michael Budlong, Glens Falls
- Chris, Christina, Nathan & Courtney Frederick, Windsor, New York
- Ann Gartelman, Ballston Spa
- Tracy Gourlay, Wilton
- Jason Heitman, Lake George
- LeAnn Ingalls, Whitehall
- Karl Johnston, Philadelphia, PA
- Larry Jorgensen, Saratoga Springs
- Nathan & Christine LaFrance, Wilton
- Gail MacDonald, Argyle
- Theresa McKinney, Fort Edward
- Ian McPherson, Glens Falls
- Laura Montayne, Glens Falls
- Jean Pascucci, Saratoga Springs
- Thomas Qualey, Washington, DC
- Don Reeder, Saratoga Springs

- Denise Romand, Saratoga Springs
- Mark Seymour, Ballston Lake
- Jessica Sgambati, Saratoga Springs
- The Walz family (Tim, Stacey & children), Ballston Spa
- Craig Weber, Scotia
- Christy Williams, Saratoga Springs

Rejoined Members

- Mary-Joan Bluemich, Roegen-Rott, Germany
- Charlie Dake, Greenfield Center
- Dustin Ellis, Clifton Park
- Leland Lakvitz, Clifton Park
- Jodi & Sean Loonan, Queensbury
- Christine McDonald, Saratoga Springs
- James Morzillo, Saratoga Springs
- Joseph Murphy, Saratoga Springs
- Karen Sheldon, Salem
- Russell & Marina Skea, Bolton Landing
- Jill Standinger, Hadley
- Donald Washburn, Galway
- Straford & Ayshea Wild, Saratoga Springs
- Beth Wright, Queensbury

New Affiliate

- William & Deborah Yates, Greenwood, Indiana

Outings and Programs Schedule

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

Date	Day	Type	Destination	Leader(s)	Rating
January					
1	Thu	Hike/Snowshoe	Annual Buck Mountain New Year's Day Hike	Reg Prouty, Bob Aspholm	B
1	Thu	Hike/Snowshoe	Winter Fire Tower Challenge , Hadley Mt	Jack Whitney	B-
3	Sat	Hike/Snowshoe	Giant via Roaring Brook	Bill Morse	A
4	Sun	Hike/Snowshoe	Winter Fire Tower Challenge	Jack Whitney	B
5	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
10	Sat	Snowshoe	East Dix, Macomb, and South Dix/Grace Peak	Steve Mackey, Rick Lennox	A+
11	Sun	Hike/Snowshoe	Mt. Van Hoevenburg - Introduction to Snowshoeing	Jack Whitney	B-
13	Tue	Walk/Ski/ Snowshoe	Tuesday Trek	Mo Coutant	NR
18	Sun	Snowshoe	Snowshoe Moreau State Park	Bill Schwarz	B
20	Tue	Walk/Ski/ Snowshoe	Tuesday Trek	Mo Coutant	NR
21	Wed	Program	Adventures in and around the Adks with Peter Fedorick	Sarah King	NR
24	Sat	Hike/Snowshoe	Hudson Crossing / Happy New Year Outing	Rich Crammond	C+
24	Sat	Walk/Ski/ Snowshoe	Pyramid & Gothics	Steve Mackey	A+
25	Sun	Hike/Snowshoe	Winter Fire Tower Challenge - Loon Lake Mountain - the 29th Fire Tower	Jack Whitney	B
27	Tue	Walk/Ski/ Snowshoe	Tuesday Trek	Mo Coutant	NR
31	Sat	Hike/Snowshoe	The Santanonis	Wayne Richter, Mike Fuller	A+
31	Sat	Hike/Snowshoe	Dix Mt. from Rt. 73	Bill Morse	A+
31	Sat	Hike/Snowshoe	Fifth Peak Lean-to	Reg Prouty	B-
February					
1	Sun	Hike/Snowshoe	Winter Fire Tower Challenge - Azure Mt.	Jack Whitney	C+
2	Mon	Geocache	Monthly Geocache trip	Sarah King	NR
3	Tue	Walk/Ski/ Snowshoe	Tuesday Trek	Maureen Coutant	NR
7	Sat	Hike/Snowshoe	YMG - Winter 46 - Colvin & Blake	Jen Shepherd	A+
7	Sat	Ski	Ski Pack Forest	Bill Schwarz	B
10	Tue	Walk/Ski/ Snowshoe	Tuesday Trek	Maureen Coutant	NR
14	Sat	Snowshoe	Big Slide	Steve Mackey, Rick Lennox	A
14	Sat	Snowshoe	YMG - Singles Mingle Valentine's Day Snowshoe	Jen Shepherd	B-
15	Sun	Hike/Snowshoe	Winter Fire Tower Challenge - Black Mountain	Jack Whitney	B
21	Sat	Hike/Snowshoe	YMG - Winter 46 - Gray, Skylight & Marcy	Jen Shepherd	A+
22	Sun	Hike/Snowshoe	Introduction to the High Peaks - Cascade Mountain	Jack Whitney	A-
24	Tue	Walk/Ski/ Snowshoe	Tuesday Trek	Maureen Coutant	NR
25	Wed	Program	'Lake Titicaca and it's floating reed island, Hiking the Inca Trail to Machu Picchu and the Statues of Easter Island' by John Schneider	Sarah King	NR
28	Sat	Hike/Snowshoe	Macomb, South Dix and Grace Peak	Bill Morse	A+
28	Sat	Hike/Snowshoe	Rush Pond	Reg Prouty	B
March					
3	Tue	Walk/Ski/ Snowshoe	Tuesday Trek	Maureen Coutant	NR
7	Sat	Ski	Ski Bothereation Pond Loop	Bill Schwarz	B+
9	Mon	Geocache	Monthly Geocache	Sarah King	NR
17	Tue	Walk/Ski/ Snowshoe	Tuesday Trek	Maureen Coutant	NR
18	Wed	Program	'Offa's Dyke National Walking Trail' with Bill Schwartz and Charlotte Smith	Sarah King	NR
21	Sat	Hike/Snowshoe	B hike to be determined	Reg Prouty	B
24	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR
31	Tue	Walk/Hike	Tuesday Trek	Maureen Coutant	NR

Outings Detail

ANNUAL BUCK MOUNTAIN NEW YEAR'S DAY HIKE

Thu, Jan 1, 2015, 9:00 am, Rating: B
Reg Prouty - 518-747-9736
Colead: Bob Aspholm
- Come help us ring in the new year on our annual Buck Mtn. summit celebration atop Lake George's best place to be on the first day of 2015. Let's hope for a big snowstorm. Only an ice storm will cancel. Be sure to bring a bell, your singing voice or a musical instrument for performance of Aulde Lang Syne. About six miles round trip with moderate climbing.

WINTER FIRE TOWER CHALLENGE , HADLEY MT - [Hike/ Snowshoe]

Thu, Jan 1, 2015, 9:00 am, Rating: B-
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This mountain has one of the most spectacular views of the fire towers. Round trip 3.6 miles with 1,525 elevation gain. If there is adequate snow, this can be a good beginner snowshoe hike - a moderate climb at the beginning, a flat section once we get to the ridge and then a moderate climb to the summit.

GIANT VIA ROARING BROOK - [Hike/Snowshoe]

Sat, Jan 3, 2015, 7:00 am, Rating: A
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- This is a 3.6 mile hike up Giant on the Roaring Brook trail. The hike has an elevation gain of 3,375 feet. Dress warmly, bring snowshoes and microspikes or crampons. Be forewarned that Leader takes very short breaks when it is cold. Leader may bring dog. Meet at exit 29 at 7AM.

WINTER FIRE TOWER CHALLENGE - [Hike/Snowshoe]

Sun, Jan 4, 2015, 7:30 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- We will continue to work on the Winter Fire Tower Challenge. A 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 email leader the week before the hike to find out what mountain we will be hiking. When contacting leader, please leave a telephone number where you can be reached.

MONTHLY MONDAY GEOCACHE

Mon, Jan 5, 2015, 9:00 am, Rating: NR
Sarah King - 518-798-0615, 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!

EAST DIX, MACOMB, AND SOUTH DIX/GRACE PEAK - [Snowshoe]

Sat, Jan 10, 2015, 6:00 am, Rating: A+
Steve Mackey - 793-6484, smackey33@verizon.net
Colead: Rick Lennox - 802-785-9874 or rick@groupw.com
- This could be a real tough hike if we have to break trail (but that is okay because we are real tough). I did this with Jungle a long time ago and it is one of my top five of all time toughest days. (We were starting to think about spending the night, and we weren't even lost). Anyway, bring proper gear and proper fitness. We will go in from Elk Lake, climb Macomb first, and hopefully come down Lillian Brook on the way out. I might bring skis if conditions look good, for the trip in and out.

MT. VAN HOEVENBURG - INTRODUCTION TO SNOWSHOEING - [Hike/Snowshoe]

Sun, Jan 11, 2015, 8:00 am, Rating: B-
Jack Whitney - 793-9210, jack1758@roadrunner.com
- If you made a New Year's resolution to try snowshoeing this year, this is the trip for you. This is a 4.4 mile round trip with 740 ft. of elevation gain. Once on the summit, you are rewarded with great views of Mts. Marcy and Algonquin. Please call or e-mail Leader with questions or guidance regarding proper clothing and footwear if winter hiking is a

new adventure for you.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Jan 13, 2015, 9:30 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- The midweek trips are usually within an hour of Glens Falls and done in a couple of hours, or by mid afternoon if doing a longer trip. I try to mix up the outings from easy to hard. Call or email Sunday evening or Monday to find out what we'll be doing. I try for Tuesdays, but weather or an appointment may force it to change.

SNOWSHOE MOREAU STATE PARK

Sun, Jan 18, 2015, 8:00 am, Rating: B
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- We'll explore some of the newer trails in the western section; they're not flat! Expect to travel five or six miles with plenty of short ups and downs. We can get views of the Spier Falls Dam as well as Moreau Lake. We'll try to start from the upper trailhead on Spier Falls Road (carpooling advisable). We'll hike if snow is scarce; it's happened before.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Jan 20, 2015, 9:30 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See January 13th.

PROGRAM

Wed, Jan 21, 2015, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Join us for our monthly program, which will be held at Crandall Library. Peter Fedorick will present 'Adventures in and around the Adirondacks.' See the Front page of this newsletter for more information.

HUDSON CROSSING / HAPPY NEW YEAR OUTING - [Hike/ Snowshoe]

Sat, Jan 24, 2015, 9:00 am, Rating: C+
Rich Crammond - 518-584-2380
- This outing will be about two miles up and back down the west shore of the Hudson River, Lock 5 Schuylerville area. We will hike or snowshoe up to Eagle Point, then back to the parking lot. Bring your field glasses, warm clothes and snowshoes. We'll scope for eagles from the Dix Bridge also. See you there.

PYRAMID & GOTHICS - [Walk/Ski/Snowshoe]

Sat, Jan 24, 2015, 6:00 am, Rating: A+
Steve Mackey - 793-6484, smackey33@verizon.net
- I've led this trip the past several years. 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 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.

WINTER FIRE TOWER CHALLENGE - LOON LAKE MOUNTAIN - THE 29TH FIRE TOWER - [Hike/Snowshoe]

Sun, Jan 25, 2015, 7:30 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- We will hike this latest addition to the Fire Tower Challenge - Loon Lake Mountain. It is a 5.6 mile round trip with 1,600 ft. of elevation gain. It is an open bedrock summit with views of other nearby mountains. This is a trail that was opened to the public earlier this year and is on the NYS Register of Historic Places. Please contact the leader to sign up and/or with any questions.

TUES TREK - [Walk/Ski/Snowshoe]

Tue, Jan 27, 2015, 9:30 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See January 13th.

THE SANTANONIS - [Hike/Snowshoe]

Sat, Jan 31, 2015, 5:30 am, Rating: A+

Outings Detail

Colead: Mike Fuller - 802-254-3314 or farmallboy55@hotmail.com
- We had so much fun hiking the Santanonis in the summer that we're going in winter. We'll go up to Panther, then over to Couchsachraga and back, and finally along the ridge to Santanoni. Let's hope for a clear day and great views. And there won't be mud!

DIX MT. FROM RT. 73 - [Hike/Snowshoe]

Sat, Jan 31, 2015, 6:30 am, Rating: A+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- Dix Mt. from Rt. 73. (Same trail to go to Noonmark.) 13.6 miles round trip with an elevation gain of 3,200 feet. Snowshoes and microspikes or crampons will be needed. Bring plenty to eat to help stay warm. Be forewarned, Leader takes very short breaks in cold weather. If you like longer breaks this is not for you. Leader may bring dog. Meet at exit 29 at 6:30AM.

FIFTH PEAK LEAN-TO - [Hike/Snowshoe]

Sat, Jan 31, 2015, 8:00 am, Rating: B-
Reg Prouty - 518-747-9736
- Come enjoy a nice mid-winter snowshoe up Lake George's most popular Tongue Mountain overlook where the high peaks are even visible on a clear day. Round trip is about four miles with a moderate pace and a few hundred feet of ascent.

WINTER FIRE TOWER CHALLENGE - AZURE MT. - [Hike/Snowshoe]

Sun, Feb 1, 2015, 9:00 am, Rating: C+
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This is a short climb to the summit of an isolated northern Adirondack peak. It is 2.0 miles RT with 700 ft. of elevation gain - making for a great beginner snowshoe hike. Please call or e-mail the leader to sign up; or particularly if you are a beginner winter hiker and need guidance regarding appropriate clothing, gear and footwear.

MONTHLY GEOCACHE TRIP

Mon, Feb 2, 2015, 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. 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, Feb 3, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- The midweek trips are usually within an hour of Glens Falls and done in a couple of hours, or by mid afternoon if doing a longer trip. I try to mix up the outings from easy to hard. Call or email Sunday evening or Monday to find out what we'll be doing. I try for Tuesdays, but weather or an appointment may force it to change.

YMG - WINTER 46 - COLVIN & BLAKE - [Hike/Snowshoe]

Sat, Feb 7, 2015, 5:30 am, Rating: A+
Jen Shepherd - 518-312-0133, jshepherd501@gmail.com
- Another couple of peaks I need for my winter round. If you are also working on your Winter 46 or just enjoy the challenges winter High Peaks hiking has to offer, join me! We will meet in Queensbury and carpool to the St. Huberts/Ausable Club trailhead. The exciting walk down Lake Road will be the most level terrain we'll experience all day so it will be a great warm-up. Our turn off will be onto the Gill Brook Trail where we can enjoy some pretty cascades and small waterfalls along the way before we start making our ascent. Group will stop on Colvin first then begin our descent over to Blake. We'll keep the visit brief then head back to Colvin and out. Round trip is roughly 15 miles. Pace will be steady moderate. You must be a strong hiker with experience hiking the High Peaks all year round to join the group. I will ask what your experience is! This is not a hike for beginners. Mandatory gear: snowshoes and micro-spikes, no exceptions. If you have crampons, bring them. It's hard to say what conditions we'll encounter once we reach higher elevations and it's far better to show up overly prepared than not prepared. Wear plenty of warm winter layers and absolutely no 100% cotton. Be sure you have plenty of food and fluids as

well. Contact hike leader for more information or to sign up. Email is faster and the preferred method, no phone calls after 7pm, no texts. Sign ups no later than Friday before the hike. Bad weather will cancel. Group size is limited so sign up early! **Please note that the YMG group might be for young adults but we also welcome and encourage the young at heart to join, too!

SKI PACK FOREST

Sat, Feb 7, 2015, 8:00 am, Rating: B
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- Pack Demonstration Forest is just north of Warrensburg, having a network of trails with little traffic. Routes have few challenges, but are ungroomed, so backcountry or heavy touring equipment is recommended; we may be breaking trail. Bring lunch, water, and a sense of adventure. Expect to ski five or six miles. Heavy precipitation of any kind will cancel.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Feb 10, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See Feb 3rd

BIG SLIDE - [Snowshoe]

Sat, Feb 14, 2015, 6:00 am, Rating: A
Steve Mackey - 793-6484, smackey33@verizon.net
Colead: Rick Lennox - 802-785-9874 or rick@groupw.com
- Rick needs Big Slide for his Winter 46, so this should be a fun one. It is four miles one way with a climb of 2,800 feet. If the weather is clear, we get a bunch of awesome views on our way over the Brothers. We are leaving a little extra early so we get a parking spot at the Garden. Worse case, we'll drop everybody off at the trail head and play catch up.

YMG - SINGLES MINGLE VALENTINE'S DAY SNOWSHOE

Sat, Feb 14, 2015, 9:00 am, Rating: B-
Jen Shepherd - 518-312-0133, jshepherd501@gmail.com
- Single for Valentine's Day? Looking for other single hikers to get out and hike/snowshoe with? Are you a couple looking for something fun to do on Valentine's day before date night begins? Join me for a snowshoe around Moreau State Park. We will meet in Wilton and carpool to the park. It's \$6 a car I believe to get in during off season. We'll enjoy a leisurely snowshoe around the lake, maybe poke around some trails too. I've never been on the trails before so they might be fun to explore. When we're all snowshoed out, we can stop by the gorgeous warming hut to enjoy a fire and some hot cocoa (Bring your own filled thermos), and snacks (we all bring something to share). We can spend some time warming up and getting to know each other. Perhaps expand our network of trail friends to get outdoors with! You do not have to be single to join the hike. The main purpose is to meet new people while doing something fun we all enjoy for a few hours. If for some reason there isn't enough snow to snowshoe, bring your microspikes along and we'll just hike instead. Contact hike leader to sign up. Email is preferred and faster, no phone calls after 7pm please. Sign ups no later than Thursday before the hike. Bad weather will cancel, light snow makes it more fun! *Please note, the YMG group is geared towards folks in their 20's & 30's but we welcome and encourage the young at heart as well!

WINTER FIRE TOWER CHALLENGE - BLACK MOUNTAIN - [Hike/Snowshoe]

Sun, Feb 15, 2015, 8:30 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This mountain affords great views of Lake George. We will plan to do a loop trip if the weather cooperates, which means the trip will be a total of about 6 - 7 miles. For anyone new to snowshoeing this will be a good hike for you. If you are new to winter hiking please contact the leader with questions.

YMG - WINTER 46 - GRAY, SKYLIGHT, & MARCY - [Hike/Snowshoe]

Sat, Feb 21, 2015, 5:00 am, Rating: A+
Jen Shepherd - 518-312-0133, jshepherd501@gmail.com
- I don't really need Mt. Marcy in winter, since I've been there a few times, but it's a favorite and why not make this trip a trifecta! Plus, I'm

Outing Details

sure someone else needs it. We'll meet in Queensbury painfully early for this chilly time of year and carpool to the HPIC. We'll gear up quickly and hit the trails heading towards Marcy Dam. From here it's onward towards Lake Arnold though we're passing by with Lake Tear as our heading. Gray will be our first summit. We'll linger long enough to grab some photos and head back down, as there are plenty more miles and two more peaks left! Skylight is the second stop on this adventure and let's hope for clear cooperative weather. This peak is well worth the effort in getting there! We can take another break here long enough to snack and get photos then it's back to Four Corners and up to our final destination. I've only done it once but hiking up Marcy from Four Corners is a great way to ascend. It looks terrible as viewed from Skylight but it's not so bad and the views you get on the way up are so distracting and amazing, you'll forget all about how much your calves are burning. If we've done great with time and conditions warrant, we can spend a bit longer on Marcy though we'll want to be well onto the VanHoevenberg expressway before dark. From here it's mostly all downhill back to the cars. This is an 18 mile day and no easy undertaking. Pace will be steady moderate. You must be a strong hiker with experience hiking the High Peaks all year round to join the group. I will ask what your experience is! This is not a hike for beginners. Mandatory gear: snowshoes and micro-spikes, no exceptions. If you have crampons, bring them. It's hard to say what conditions we'll encounter once we reach higher elevations and it's far better to show up overly prepared than not prepared. Wear plenty of warm winter layers and absolutely no 100% cotton. Be sure you have plenty of food and fluids as well. Contact hike leader for more info or to sign up. Email is faster and the preferred method, no phone calls after 7pm, no texts. Sign ups no later than Friday before the hike. Bad weather will cancel. Group size is limited so sign up early! **Please note that the YMG group might be for young adults but we also welcome and encourage the young at heart to join, too!

INTRODUCTION TO THE HIGH PEAKS - CASCADE MOUNTAIN - [Hike/Snowshoe]

Sun, Feb 22, 2015, 7:30 am, Rating: A-
Jack Whitney - 793-9210, jack1758@roadrunner.com
- For those of you wanting to try hiking a High Peak in the wintertime, Cascade is the shortest and probably easiest to do. Round trip is five miles with an elevation gain of 1,940 ft. Dependent on the weather and ability of the participants, a side trip over to Porter Mt. could be an option - adding another two miles to the RT. Please contact the leader to sign up and/or with questions regarding appropriate winter clothing, gear and footwear.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Feb 24, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- The midweek trips are usually within an hour of Glens Falls and done in a couple of hours, or by mid afternoon if doing a longer trip. I try to mix up the outings from easy to hard. Call or email Sunday evening or Monday or check website to find out what we'll be doing. I try for Tuesdays, but weather or an appointment may force it to change.

'LAKE TITICACA AND IT'S FLOATING REED ISLAND, HIKING THE INCA TRAIL TO MACHU PICCHU AND THE STATUES OF EASTER ISLAND' BY JOHN SCHNEIDER - [Program]

Wed, Feb 25, 2015, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- This event will be held at Saratoga Public Library. See page 4 of this newsletter for more information.

MACOMB, SOUTH DIX AND GRACE PEAK - [Hike/Snowshoe]

Sat, Feb 28, 2015, 6:30 am, Rating: A+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- We'll do all three peaks if conditions are good. Be forewarned, if conditions are not good, this trip could be shortened by Leader. Hike will be 14+ miles with significant elevation gain. Headlamp (just in case), snowshoes and microspikes or crampons will be needed. Bring plenty of food and water for this hike and dress warmly. Leader takes very short breaks for food and water. (He freezes up quickly.) Leader may bring dog. Meet at exit 29 at 6:30AM.

RUSH POND - [Hike/Snowshoe]

Sat, Feb 28, 2015, 9:00 am, Rating: B
Reg Prouty - 518-747-9736

- This new trail cut in the Rush Pond area near Gurney Lane where the towns of Lake George and Queensbury meet would make either a good snowshoe or cross-country trip that can be done in a few hours. I found out the loop does not go all the way around the pond but about 2/3 the way around. Total distance is less than six miles round trip and has some ups and downs to it.

TUESDAY TREK - [Walk/Ski/Snowshoe]

Tue, Mar 3, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See February 24th

SKI BOTHERATION POND LOOP

Sat, Mar 7, 2015, 8:00 am, Rating: B+
Bill Schwarz - 307-6091, bschwarz@nycap.rr.com
- This is a backcountry tour near 13th Lake; we may be breaking trail, so bring touring or backcountry skis. No beginners! It's about seven miles, with mild ups and downs, and a few stream crossings. Bring lunch, water, and a sense of adventure. Poor snow conditions will mean we go to nearby Garnet Hill ski center, which charges a fee.

MONTHLY GEOCACHE

Mon, Mar 9, 2015, 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. 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 17, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See February 24th - but wear something green!

'OFFA'S DYKE NATIONAL WALKING TRAIL' WITH BILL SCHWARTZ AND CHARLOTTE SMITH - [Program]

Wed, Mar 18, 2015, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- This event will be held at Crandall Library. See page 3 of this newsletter for more information.

B HIKE TO BE DETERMINED

Sat, Mar 21, 2015, 8:00 am, Rating: B
Reg Prouty - 518-747-9736
- location and details to follow. Stay tuned.

TUESDAY TREK - [Walk/Hike]

Tue, Mar 24, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See February 24th

TUESDAY TREK - [Walk/Hike]

Tue, Mar 31, 2015, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- The midweek trips are usually within an hour of Glens Falls and done in a couple of hours, or by mid afternoon if doing a longer trip. I try to mix up the outings from easy to hard. Call or email Sunday evening or Monday or check website to find out what we'll be doing. I try for Tuesdays, but weather or an appointment may force it to change.

Make sure to check our web site @
www.adk-gfs.org

Read more reviews, look at chapter member photos, find out about the Fire Tower Challenge, find out what areas need conservation and/or trail maintenance, etc! Also, log-on to receive Chepontuc via e-mail and save a tree!

Trip Reviews

Marshall Peak and plane crash site Sat, Oct 4, 2014, Mike Fuller

- Another Marshall hike and another rainy October. This was my third year leading this hike and it's rained every time; maybe next year it'll be sunny. We started off with full rain gear and in good spirits. At Calamity Pond we stopped for a break and to take pictures of the Henderson Monument. When we got to Flowed Lands, we decided that we'd just go to Marshall and skip the plane crash site due to the weather. We regrouped at Herbert Brook and headed up. Soon we were at my favorite spot on Marshall, the alpine bog and the source of Herbert Brook. We started to spread out as we made our way to the summit, then the cheers came. Patrick had finished his 46er quest. In true Irish form we toasted with Jameson and Guinness. It was a wet hike out, but still a great Adirondack experience. 10 participants: Joe Babcock, Denise McQuade, Heather Webb, Dennis Walsh, Dick Goldy, Jeff Levitt, Patrick Reilly, Sandy DeMers, Chris Collins, and Mike Fuller.

Phelps from Klondike Notch Trail Sat, Oct 4, 2014, Reg Prouty

- We had pretty good Fall weather, although a gust of wind on the summit did usher in a few snow flakes. We took a short break at the Klondike lean-to on the way up and back. All agreed that this was an easier way to climb Phelps. 4 Participants: Reg Prouty, Jaclyn Hardiman, Stephen Longmire, and Chris Kowanko.

Jay Range Sun, Oct 5, 2014, Wayne Richter

- We had a splendid fall day. The foliage was excellent and we had unusually clear air that gave us fine views to Lake Champlain and the Vermont peaks, not to mention the Great Range and other Adirondack mountains. We had fine views up and back along the ridge, and I finally made it to the benchmark at the end. 11 Participants: Reg Beatty, Beau Besser, Jill Howard, Monica Raveret Richter, Wayne Richter, Jacques Roeth, Maureen Roeth, Charlotte Smith, Klaus Sommerlatte, Linda Veraska and Ingrid Wilke.

Monthly Monday Geocache Mon, Oct 6, 2014, Sarah King and *Maureen Coutant

- Today we did a trip I've been wanting to do for some time. I had never hiked Black Mountain and with a good number of geocaches there, it was a great destination for us today. We signed in at 9am and began our hike. We did the loop in a counterclockwise direction, making it to the summit in 2 hours. There, we met several other hikers, enjoyed our lunch (and homemade treats from Licia) and took pictures. I was amazed at how loud the wind turbine was. It sounded like an airplane was landing at the summit! But nothing could spoil that incredible view! We had found six caches on the way up and now it was time to head down and look for the remaining seven. We passed by Black Mountain and Lapland Ponds as we chatted and cached our way down. It was a great day out enjoying a beautiful mountain, great company, and many geocaches. We returned to the trailhead at 3:09pm, a total of eight miles, elapsed time 6 hours 9 minutes, moving 3 hours, 54 minutes and stopping for 2 hours, 14 minutes. Our min. elevation was 1,440 ft. and our maximum was 2,689 ft. Our ascent was 1,699 ft and our descent was 1,675 ft. Thanks to Larry for the stats. 6 Participants: Sarah King, Mo Coutant, Licia Mackey, Todd Earl, Larry Eaton and Rich Drew.

Hopkins via Mossy Cascade Trail Tue, Oct 7, 2014, Maureen Coutant

- It had been awhile since I'd done this trail. But it was as I vaguely remembered as a nice, somewhat gradual, partially along a creek, hike in the woods and with a great view looking up the Ausable Valley. As it says in the ADK guidebook, it really is a great spot to see how Sawtooth got its name. We had fun trying to identify the other peaks as well. When we got to the summit, cloud and rain were just getting to the High Peaks and heading our way. We got to see them before they were socked in. As we stood around trying to decide where to have lunch, the sprinkles got to us, but they were actually snow pellets! Luckily that only lasted a moment and 10 minutes later the sun was out again. Great trip, views, company and conversations! 6 Participants: Mo Coutant, Licia and Steve Mackey, Lynne Silverberg, Dan Stec, and Laurie Williams.

Botheration and William Blake Ponds Sat, Oct 11, 2014, Rich Crammond

- What a great day to be hiking in the 'Dacks. We decided to change the hike to someplace I've wanted to go to for a long time. OK Slip Falls is the place to be for people who want to hike to a very nice spot and that's just what we passed on the trail, many people. One main highlight of this outing was seeing the falls from across and also from the top. The rock is slanted downward in both spots so believe me hiking buds, don't get too close to the edge because it then drops straight off. We stayed well back, of course. Thanks to my fellow ADKers for going on this outing. 3 Participants: Mark Janey, Bill Schwartz, Rich Crammond.

Tuesday Paddle Tue, Oct 14, 2014, Maureen Coutant

- We had a beautiful daytime paddle on the Hudson River on the Spier Falls section from the boat launch downstream to the coves and around the island. The colors were a little past peak, but there were still leaves on the trees and made for a beautiful landscape. The breeze seemed to pick up a little bit and gave us a work out on the way back against the current and into the wind! 9 Participants: Mo Coutant, Don Butler, Sue Hamlin, Mark Janey, Licia Mackey, Joy Munro, Anne Paolano, Gwenne Rippon, and George Sammons.

YMG - Hadley Halloween Hike Sat, Oct 18, 2014, Jen Shepherd

- The forecast wasn't looking too promising with some chance for showers in the later portion of the morning but that didn't stop us! I saw my first owl in the wild on my drive over to the trailhead to meet the group. I took it as a good sign! My little group assembled in the parking area and began our ascent. We were maybe fifteen minutes in when it began to sprinkle. It was a good time to stop and put away any cameras and put on rain gear. A few minutes after we started again, it rained harder. Since I've hiked Hadley in all manner of weather, I was willing to continue on and left the choice to the folks who came all the way from Connecticut to join us. In the end, two (Sharon and Susan) went back and three (Joe, Wayne, and myself) pushed for the summit. The showers died down and we were treated to a mostly socked in view at the top. We explored the tower. I noted the little American flag someone had added; nice touch! From there it was down to the cabin to have a look around and enjoy a snack in the shelter of the cabin porch. We got down there at a good time as the rains returned. Surprisingly, we were joined by two ladies who had reached the cabin ahead of their husbands. They turned out to be from the Schenectady chapter on an unofficial outing. The wives insisted that their husbands pose in a photo with me in my costume and then the rest of us. Another couple came to join the porch party and share in some Halloween treats. Between the three of us we had plenty of candy and I baked peanut butter cookies with chocolate chips to share. The couple headed to the tower while the group of four from Schenectady headed back down the mountain. My little trio was not far behind them. We only passed a handful of people coming up as we descended and not many wanted candy. I'll blame the weather! Rain aside, it was still a great trip and I'm glad everyone came out to join me. Even if we all went home with more candy than we planned on! 5 participants: Jen Shepherd (Little Red Riding Hood), Joe Babcock (escaped convict #46), Susan Howard (Bob from Bob's Burgers), and Wayne and Sharon Atwell from CT who didn't get to wear their costumes long! Photos can be viewed under the photos tab on the website.

ADK HQ Workday Sat, Oct 18, 2014, Mo Coutant

- Thanks to all that came out and helped! Some even raked through the rain storm! The Lake George Property Committee really appreciates your help!

Tuesday Paddle Tue, Oct 28, 2014, Maureen Coutant

- This was the last paddle of the season. Time to hang up the boats! We paddled from the boat launch on the Hudson River between Corinth and Hadley upstream to the rocks below the bridge in Hadley/Lake Luzerne. It was an easy paddle upstream with a tail wind pushing us along. The hard part was that last little push past where the Sacandaga River joins the Hudson. They must have released the water from the dam, because we were seeing rapids and not rocks! Luckily, if we got close to shore we could power our way past the current and get to the rocks which was our lunch destination. It was a nice end to the season.

Trip Reviews

A fairly warm day, nice paddle and group, as always! Thanks to everyone who came out on a trip this season. I hope to see you and anyone else who wants to join us next season! 7 Participants: Mo Coutant, Mike George, Licia and Steve Mackey, Liz Mulshine, Gwenne Rippon, and George Sammons.

Monthly Monday Geocache Mon, Nov 3, 2014, Sarah King and Maureen Coutant

- Today we visited the familiar Moreau State Park. I say familiar, but I'm always glad for the track logs on my gps to navigate the numerous trails here. We started out on the upper parking lot on Spier Falls Road. The plan was to look for three caches and to stop at a well known puzzle cache called Box Of Junk, that we would pass on the way. This was a particularly difficult one as we had to discover seven sets, or coordinates, hidden on various items (junk) in the ammo can. It was good to have several pairs of eyes here and we did end up finding all seven sets and the final at the end. Newcomer Todd saved the day, finding the last set of coordinates that we needed to find the final. In between hunting for the stages of the puzzle cache, we found the three other caches that we had on our list, visiting the overlook and another hidden overlook. We did run into a hunter and were glad we had on bright colors and were talking loudly. As always, it was a great time out with good friends. In Licia's absence, snacks were provided by Sarah. 5 Participants: Mo Coutant, Todd Earl, Larry Eaton, Sarah King, and Bill Schwarz.

Van Deusen and Hudson Pointe Preserves Sat, Nov 8, 2014, Reg Prouty

- We hiked the Van Deusen trail in a counter-clockwise loop and discovered the overlook has been marked and flagged up as far as the private landowner's posted sign. Upon returning, we ran into a man looking for his sister's lost dog and he joined us, as he wasn't sure how to get back to the parking area. We then drove to the Hudson Pointe hike as we had saved the most interesting and best views for last. Five of the 10 were rewarded with great views of the Hudson River as we spent some time on a beach while Reg serenaded with the pocket trumpet and did his tribute to Grace Hudowalski. It is surprising how many participants don't know who she was. We were out by mid afternoon. 10 Participants: Reg Prouty, Pam Farrell, Nancy O'Malley, Louise Golub, Steve Golub, Thomas Burns, Jim Brown, Susan Jeffs, Shelly Riley, and Marianne Moran.

YMG - Goodnow Fire Tower Sun, Nov 9, 2014, Jen Shepherd

- Anyone that knows me, already knows how much I truly enjoy hiking the fire towers. It was the fire tower challenge that got me hiking solo a few years ago! Goodnow is among my favorites and my friend Leighann needed it, so I put the trip together. The forecast had a low chance for precipitation and I had a good group of folks joining in. It promised to be a good day. The majority of the group met in Queensbury with two others meeting at the trail. It rained on our drive and we even drove into some sleet, but all was dry and clear by the time we reached the trailhead. We were a small but strong group and I had woken up with a bad cold so I let Leighann take the lead while I pulled up the sweep and spent some time catching up with Rich. The trail had a light snow dusting that got a little more plentiful as we got higher. Some of the usual muddy spots were half frozen and not quite as sloppy as usual. We made excellent time to the summit and the weather was great. Overcast skies, but with clear views and hardly any wind at all. We took turns climbing the tower and went to inspect the cabin. It was nice to spend some time on the summit enjoying the views and snacks. Rich shared some Lindt chocolates with the group while Joe shared some hot tea with me. When everyone was ready we headed back down. 6 Participants (and you guys were all awesome): Leighann Helson, Joe Babcock, Rich Crammond (great seeing you!), Jeff Leavitt, Gretchen Gedroiz, and Jen Shepherd. Thanks for coming guys!

Walk around Thirteenth Lake Sun, Nov 9, 2014, Bill Schwarz

- We survived a brief sprinkle (on one of those days with zero predicted precipitation), and then saw the year's first snowfall! The group was well prepared and of roughly equal ability. We saw a loon on the lake after hearing its call, and later encountered a large hemlock grove with healthy trees. The terrain and foliage were widely varied. This hike was cobbled together from several routes which originate on both sides of the lake, totaling eight miles. 7 Participants: Ania Gaguine, Jenny Olin,

Frank Racioppi, John Racioppi, Charlotte Smith, Craig Weber, Bill Schwarz.

OK Slip Falls Wed, Nov 12, 2014, Mo Coutant

- So it was a fairly cold day, but once we got going layers started peeling off. There are a few more pieces of planking at the beginning to help you keep feet dry, but there are still some spots where poles or rock hopping skills come in handy. Near the pond that's off to the south of the trail, we found that a moose had also very recently been using the trail. The droppings left behind were very fresh and we saw some tracks too. We took a side trip to the pond, but no luck seeing the moose. It was still very cool! Then, as we approached the waterfall, we were greeted by a few snow flurries slowly falling. The falls looked great and we stopped for a quick bite to eat and then headed over to the bridge above the falls and then back to the van! Great day out! 8 Participants: Mo Coutant, Bruce Cummings, Sarah King, Eric Krantz, Licia Mackey, Kendra Pratt, George Sammons, and Janet Twardzik.

Peebles Island State Park Sat, Nov 15, 2014, Reg Prouty

- Only one other person than myself showed up or had not cancelled out but it was a beautiful fall day to show Nathan June what interesting geological formations exist as both the Hudson and Mohawk carve their way to a common confluence. A few deer were seen browsing on the way in as they know they cannot be hunted in this preserve. 2 Participants: Nathan June and Reg Prouty.

Turkey Trot #16 Saratoga Battlefield Hike Thu, Nov 27, 2014, Rich Crammond

- What does seeing a black squirrel and a one antler buck deer add up to? Beats me! We sure did have a great time hiking in all the snow with some fine ADK hiking buds. The wildlife stood out in all the snow and what a snowy wonderland it was. Thanks to all for hiking along on this turkey day in the great outdoors. 4 Participants: Molly Bederian, Steve Bederian, Bill Schwarz, and Rich Crammond.

Moreau Lake State Park Western Ridge Loop to Lake Overlook Sat, Nov 29, 2014, Reg Prouty

- A beautiful and mild late fall day was part of the treat for our first snowshoe climb of the season. The trees were leafless. Partial views of the Hudson, as the river meanders its way from flowing south to east to north again, were possible all the way up the Western Ridge Trail. We reached the overlook in an hour and a half. After about a half hour of lunch and socializing with musical interludes of seasonal music included on the trumpet, we headed back down the green trail and completed the loop. 5 Participants: Reg Prouty, Laura Fiske, Denise McQuade, Mary Alice Nyhan, and Margie Litwin.

Monthly Monday Geocache Mon, Dec 1, 2014, Sarah King

- The rain held off and we had mild weather in the 40s and a few breaks of sunshine for our outing today. We started at the end of Big Hollow Road at about 9:30am and walked through the culverts and under the Northway. Several of us put on our grippers thinking we might hit ice, but they really weren't needed. This trail is rocky but not nearly as rocky as the trail over the Northway. The trail was very wet in spots with little snow on the trail. We had loaded five new winter friendly geocaches (look up for these) and 10 older ones that several of us had already found. The great thing about geocaching while you're doing any elevation is that it really breaks up the trip. So we ambled along, finding caches and chatting and of course eating some delicious pumpkin bread that Licia brought along. The water was really rushing today and we noticed some flat rocks ending in a pool that rivaled bear slide in Luzerne. Todd stopped to check out the old reservoir on the return trip. Toward the top, we took the snowmobile trail that headed toward Veile Pond and found our last two caches of the day before heading back down. We got back to our cars about 12:45pm. As always, it was a great trip with great people. 6 Participants: Sarah King, Mo Coutant, Licia Mackey, Todd Earl, Steve Gray, and Diane Demetriou.



January 10, 2015 Schedule of Activities

9:00AM

Registration starts at High Peaks Information Center

10:15AM

Mt. Jo Guided Snowshoe Hike with ADK staff - Meet outside Adirondack Loj
Beginner cross-country ski clinic

10:30AM

Backcountry Ski Waxing clinic with Brian Delaney of High Peaks Cyclery - Outside Adirondak Loj

11:00AM

Telemark lessons with ADK staff - Ski hill
Curling clinic - Heart Lake
Intro to Nordic skating - Heart Lake
Mommy/Daddy and me introductory cross country skiing - Kid's Zone
Orienteering with Jacques Riberdy, past advisor of Canadian NATO team (French & English) - Adirondak Loj
Bib pick up for Ski Mountaineering Race - High Peaks Cyclery tent

12:00PM

Ski Mountaineering Race

12:30PM

Kid's Geocache Hunt - Kid's Zone

1:00PM

Curling clinic - Heart Lake
Intro to Nordic skating - Heart Lake
Mommy/Daddy and me introductory cross country skiing - Kid's Zone

2:00PM

Mt. Jo Guided Snowshoe Hike with ADK staff - Meet outside Adirondak Loj
Introduction to Backcountry Safety and Avalanche Preparedness for teens - Adirondak Loj

3:00PM

Ski Waxing clinic with Brian Delaney of High Peaks Cyclery - Outside Adirondak Loj

4:00 -8:00PM

Live Music: Annie in the Water - Concession Tent

5:00-7:00PM

Buffet Dinner - Concession Tent

Upcoming ADK Events!

1/17—1/19 WINTER TEEN ADVENTURE

Location: Heart Lake Program Center, Lake Placid, NY, **Cost:** \$186.00

Email: workshops@adk.org, **Ph:** 518-523-3441

This three-day, two-night winter adventure is for teens aged 14 to 17. Explore the High Peaks Region while we build friendship, camaraderie and winter outdoor skills in the Adirondacks. Participants will experience staying in a yurt while hiking High Peaks and learning the skills to become a proficient winter hiker.

Cost: \$186 (Members receive 10% discount); includes instruction, transportation during the course, all meals, and use of group equipment (yurt, stoves, cook sets, etc.).

1/29—2/4 ADK WINTER MOUNTAINEERING SCHOOL

Location: Adirondack Loj, Lake Placid, NY, **Cost:** Varied

Email: programinfo@winterschool.org

The Adirondack Mountain Club has sponsored Winter School for over 55 years. The purpose is to promote enjoyable, safe, and successful winter mountaineering and camping. Come experience an Alpine winter adventure!

Whether you've just started on the trail to become a winter mountaineer or have some experience, Winter Mountaineering School may be just what you need to learn new techniques, refine existing skills, and experience new winter activities.

The 2015 Winter Mountaineering School will again be based at the Adirondack Loj and take place January 29—February 4. We are offering four different program options this year: Weekend Day Hiking (Jan. 29—Feb. 1), Weekend Backpacking (Jan. 29—Feb. 1), Week-long Combination Program (Jan. 29—Feb. 4), and a Four Night Winter Backpacking Program (Jan. 30—Feb. 4—enrollment restrictions apply). Space is limited so apply early. Registration closes January 15, 2015.

Please see our Winter School website at www.winterschool.org for more information.

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Come participate!

Upcoming Executive Committee meetings are:

Jan. 7 @7p @ Carl Rs, Glens Falls
Feb. 4 @7p @ Wesley, Saratoga
Mar. 4 @7p @ Carl Rs, Glens Falls

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.

Dogs

Participants in Chapter outings will be allowed to bring their dogs on outings in the following circumstances: (1) the outing has been designated by the outing leader as a "dog outing" and which has been publicized as such; or (2) the outing leader may bring his/her dog, that has not been designated as a "dog outing," if the notice of the outing discloses that the leader will be doing so. All dogs on Chapter outings will be kept on a leash at all times.

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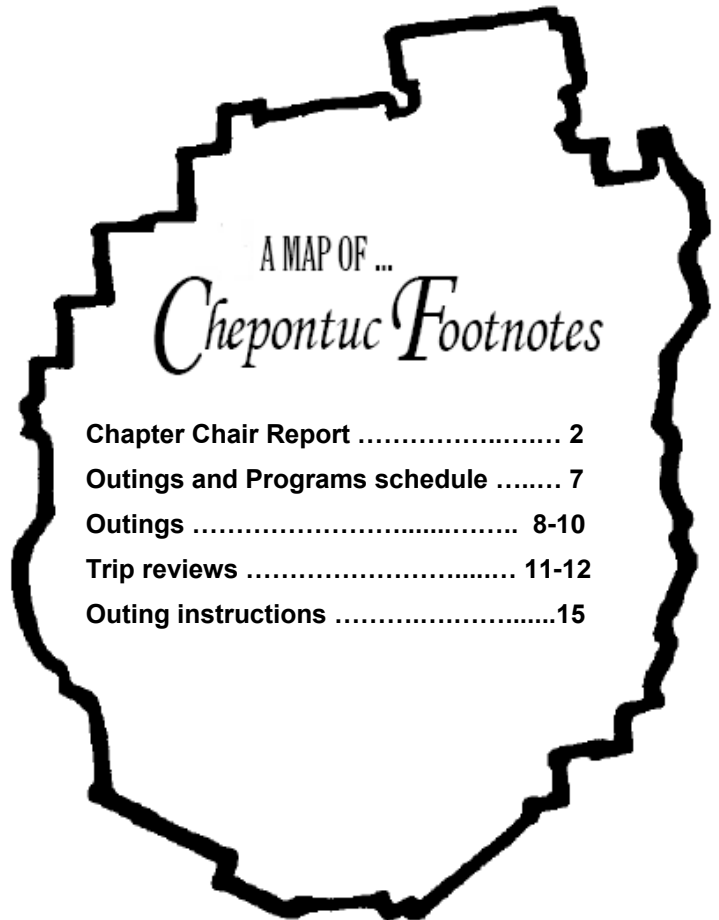
*Adirondack Mountain Club,
814 Goggins Road,
Lake George, New York 12845.*

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!



A MAP OF ...

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