



Chepontuc Footnotes

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

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

SAVE THE DATE

Chapter Annual Dinner

~Friday October 14th~

Featured Speaker Jocelyn Songer

Embassy Suites Saratoga Springs

More information in the September newsletter!



When Jocelyn Songer developed occupational asthma her doctors gave her a choice, she could either keep breathing, or she could continue pursuing her scientific dreams in the faculty position she loved. Sick and tired of letting her asthma control her life, Jocelyn decided to leave her position as junior faculty at Harvard Medical School to pursue her childhood dream of an Appalachian Trail thru-hike. Join us as Jocelyn shares breathtaking photos and inspirational stories from her solo thru-hikes in, "Confessions of an Asthmatic: The Appalachian Trail and Beyond."

Jocelyn Songer is a maverick neuroscientist/engineer with a Ph.D. from Harvard and MIT and an abiding love of throwing a pack on her back and heading off on an

adventure. This has led her to mountain summits around the country and around the world including the summits of Kili-manjaro in Tanzania, Mt. Rainier in Washington, Mt. Whitney in California, Cerro Chirripo in Costa Rica, and Yurigatake in Japan. Jocelyn first set her sights on long-distance hiking in 1998, completing a southbound thru-hike of the Long Trail in Vermont, and has now completed solo northbound thru-hikes of both the Appalachian Trail (2013) and the Pacific Crest Trail (2014). Through all of her adventures she's had three constant companions: her backpack, her camera (patchesthru on instagram), and her journal (patchesthru.com). See page 6 and 7 for more pictures of Jocelyn's adventures.

Chapter Chair Report By John Caffry, Chapter Chair

Summer Is Here: The Chapter is offering a full schedule of hiking, paddling, and swimming outings. There are even overnight canoe trips for the more adventurous. I hope everyone gets a chance to take advantage of some of them. The Chapter also anticipates adding a new summit to the Fire Tower Challenge, as the Stillwater tower in the northwestern Adirondacks will soon be open to the public. Check the FTC website (www.adk-gfs.org/firetower.challenge.php) for updates on this new hiking opportunity.



Nominations: Maureen Coutant has agreed to chair the Nominating Committee for the election of officers

at the Chapter's Annual Dinner. There is a vacancy in the office of First Vice Chair. If anyone is interested in this position, contact Mo at mo-jim@roadrunner.com.

Alternate Directors Wanted: Would you like to find out more about how ADK operates? If so, consider becoming an alternate member of the main Club's Board of Directors, representing our Chapter. The Alternate Directors attend the Club's Board meetings as voting members when one of the Chapter's three regular elected Directors is unable to attend. The Board meets four times a year at ADK Headquarters in Lake George, and an alternate should only have to attend one or two meetings a year. The alternates are also welcome to attend the monthly Chapter Executive Committee meetings if they want to. If you are interested, please contact me.

Contact us

Executive Committee Officers:

Chapter Chair John Caffry
Phone: 798-0624 chapterchair@adk-gfs.org

First Vice Chair ***vacant***
Second Vice Chair Maureen Coutant
Phone: 745-7834 vicechair@adk-gfs.org

Secretary Kathi Noble
Phone: 668-3046 secretary@adk-gfs.org

Treasurer Steve Mackey
Phone: 793-6484 treasurer@adk-gfs.org

Directors: director@adk-gfs.org
Phone: 692-8579 Tammara Van Ryn
Bill Wasilowski
Dan Kane

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

Committee Chairs:
Conservation Aimee Rutledge
Phone: 401-529-5034 conservation@adk-gfs.org

Education Linda Ranado
Phone: 696-7625 education@adk-gfs.org

Hospitality Gretchen Steen
Phone: 638-6139 hospitality@adk-gfs.org

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Phone: 813-7946 membership@adk-gfs.org

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Phone: 893-7895 outings@adk-gfs.org

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Phone: 798-0615 programs@adk-gfs.org

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Phone: 798-3055 annualdinner@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 Steve Lashomb
Phone: 315-783-7698 ymsg@adk-gfs.org

Non-Voting Volunteers:
Fire Tower Correspondents
Phone: 668-3046 Kathi & Tim Noble

March 2016 - New Members

Charles H. Ackley, Queensbury
Thomas & Denise Bennett, Ballston Lake
Amy Bracewell, Ballston Spa
Erik Bruhns, Halfmoon
Stacey Caruso-Sharpe & Stewart Sharpe, Hagaman
Greg Christian, Chestertown
Gerald, Tanya & Mattie Clifton, Cambridge
Sam Curcio, Ballston Spa
Peter DiLorenzo, Charlton
Robert E. Glandon, Lake George
Mary Gordon, Glens Falls
Aaron, Cecelia & Nellie Green, Gansevoort
Christine Hayes, Chestertown
Karen Sosler, John, JP & Katie Henry, Saratoga Springs
Gary Hinds, Ballston Spa
Meredith Hogan, Lake George
Paul & Janelle Howard, Gansevoort
Julie Keating, Glens Falls
Harold & Susan Keefner, Clifton Park
Travis Laprairie & Brittany Trojanek, Queensbury
Earl Laramie, Fort Edward
Meghan McLaughlin, Queensbury
Michael G. Metzger & Grace Frisone, Saratoga Springs
Erik Olson & Emma Flynn, Stillwater
Charlotte Osborne, Saratoga Springs
Ryan, Jill & Mason Osterhout, Warrensburg
Laurie Plath, Melrose
Carol Pollett, Saratoga Springs
Craig Stephen Poole & Kaitlin Pope, Kattskill Bay
Jen Minor, Brian, Matt, Zach, Caleb, Madison & Austin
Reed, Hudson Falls
Amy Robert, Gansevoort
Eric & Nicole Robinson; Liam & Maeve Wroblewski, Malta
Tom & Kristie Roohan, Saratoga Springs
Christine, Duncan, Morgan & Connor Rounds, Clifton Park
Katherine Scharff, Gansevoort
Keith, Paula, Evan & Dana Schmid, Saratoga Springs
Randy Smith & Jeneane Hubbell-Smith, Wilton
Michael Streed & Vanessa Barber, Ballston Lake
Benjamin & Dee Thompson, Gansevoort
Jeffrey & Marylou Wait, Saratoga Springs
Linda Weigel, Greenfield Center

March 2016 - Rejoined Members

James & Marie Dirscherl, Old Bridge, New Jersey
Keith Kelley, Salem
Kelly Kolnick, Ballston Spa
Gary LaBella, Malta
Paul, Antoinette & Eamonn O'Donnell, Gansevoort
Eric, Sue & Eli Sicard, Ballston Spa
Sandy & Peter Van Garderen, Glens Falls
Thomas Van Schaick, Greenwich
Robert & Karen Webster, Pittsford, Vermont
David & Stacy Winnie; Breanna & Kelly Aanensen,
Gloversville

April 2016 - New Members

Susan & Matthew Armer, Ballston Spa
Laura Bens, Ballston Spa
Colleen & George Brown, Ticonderoga
Nadia Browne, Saratoga Springs
Jonathan Dal Pos, Saratoga Springs
James Flynn, Hudson Falls
Diana Gribben, Ballston Lake
Charles & Jane Guyon, Saratoga Springs
Bradford & Ann Hague, Queensbury
Lori Anne, Jim & Abby Harris, Clifton Park
Stacie Hopkins, Jordan & Nathan Fuss, Jackie, Cassidy &
Thomas O'Connell, Queensbury
Koreena Hurd, Hudson Falls
Lisa Jakob, Hoboken, New Jersey
Monica Kaminski, Cohoes
Gwen Pannitti, Rensselaer
William & Lori Pizer, Mechanicville
Jeanne Savietta, Queensbury
Christopher, Julie, Kyle & Zack Thomas, Clifton Park

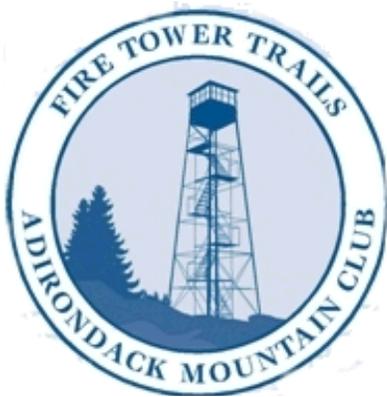
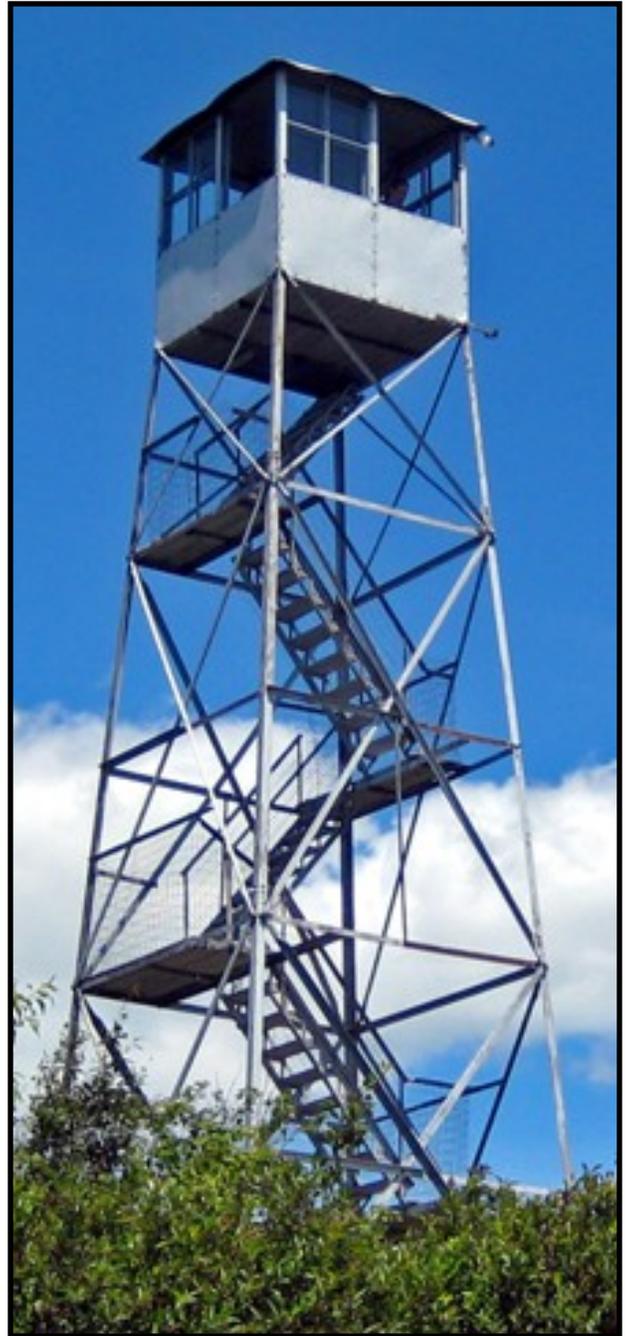
April 2016 - Rejoined Members

Lynne Comley, Latham
Eileen Connor & Kenneth Gavin, Schaghticoke
Ed Dannehy, Saratoga Springs
Lorraine Del Rosso, Saratoga Springs
Judy & Kevin Dooley, Saratoga Springs
Nancy Eberle, Clifton Park
Aaron, Sara, Joe & Ana Frankenfeld, Glens Falls
Marianne Hines, Hague
David Manley, Hudson Falls
George McLachlan, Queensbury
Jerry Meehan, Stillwater
Stuart & Gabrielle Morrell, New City, New York
Scott Pechtel, South Glens Falls
Kenneth Robertson, Broadalbin
Caroline Hudson, Patrick, Benjamin, Lindsey, Adam & Aidan
Rowley, Queensbury
David & Sherry Smith, Queensbury
Steve & Jessica Stephens, Glens Falls
Michael, Ginger, Emilee & Katie Westfall, Davie, Florida



Congratulations to the following people for completing the fire tower challenge:

Sylvie Sabourin, Cornwall, Ontario
Ted Biro Cornwall, Ontario
Sue Ann Miller, Clinton, NY
Carolyn Yelle-Tucker, Saranac Lake, NY
James Hyatt, Pleasant Valley, NY
Michael Klaus, Saranac Lake, NY
Shawn Balio, Barneveld, NY
Valerie Keen, Mechanicville, NY
Carole Stanbro, Green, NY
Kellie Rossner, Ballston Spa, NY
David Hultren, Monroe, NY
Filippo LaRosa, Chittenango, NY
Jaclyn Kline, Canajoharie, NY
Sheri Apple, Queensbury, NY
Heather Dora, Little Falls, NY
Kara Duplesis, Fulton, NY
Christopher White, Fulton, NY
Brenna Uline, Stillwater, NY
Amanda Riggs, Chazy, NY
Erik Boney Herkimer, NY



Also, Congratulations to Jared Whalen of Elizabethtown, NY for completing the Winter Fire Tower Challenge!

We often receive some interesting letters when people submit their fire tower challenge completion letters. Recently, we got one from Brenna Uline: “Hunter Mountain, This was my first and will always be my most special. It was my first fire tower and also my first date with my now fiancée, John Ogle. To say I was unprepared would be the understatement of the century and to this day I am in shock and awe that after he saw my performance he called me back and was willing to take me on another.” Brenna goes on to describe how out of shape she was and how difficult it was to get to the top, but was amazed at the beauty once there. She said, “That was the moment I was hooked, both on fire towers, and with this patient man that had guided and encouraged me up the trail despite my shortcomings as an athlete and my deplorable level of physical fitness. Some have love at first sight, mine was love at first hike.” We are glad to hear that the challenge brings people together.

September program



Camino de Santiago

At 80 years old, Dr. William Tedesco, a longtime Glens Falls physician, decided to walk a 500-mile spiritual pilgrimage across Spain on the historic Camino de Santiago, in part to raise money for local hospice care and reflect on the passing of his wife.

Dr. Tedesco retired after 50 years as a Family Physician in Glens Falls, but is still involved in Hospice and Palliative Care at the Glens Falls Hospital and in the community. The following is a description of what he wrote of the Camino. In his talk, he will speak about the history of the trail and its global significance today.



“One could describe the Camino as a sort of metaphor of how we should, but rarely do, lead our lives in a busy world, walking everyday toward the horizon, carrying no "baggage," except what we require for our own personal needs, leaving oneself open to whatever comes around the next curve in the path and knowing there are others doing the same thing, who are willing to help you along the way. Walking forward without ever turning around or looking back until you reach your goal (Santiago), is an amazing feeling. Of course, knowing there is a shower, a bed, and good food and drink at the end of the day also helps. You just need to be willing to live outside of your comfort zone for about 40 days and nights or so.”

*Date: Wednesday, Sept. 21, 2016
Place: Crandall Public Library at 7pm
Program: The Camino de Santiago with
Dr. William Tedesco.*

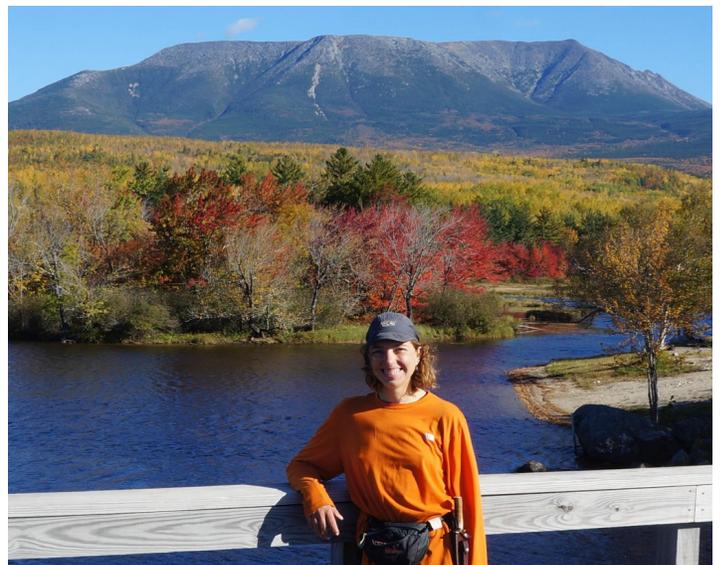
Member Focus



Steve Lashomb

Young members chair for our Glens Falls - Saratoga chapter

I graduated from SUNY Potsdam with a concentration in Environmental Studies. My first job out of college was an AmeriCorps internship as a trail worker throughout the Adirondacks for the Student Conservation Association. Since then, I have been working for environmentally based non-profits, forestry companies and renewable energy companies. I currently work as a Solar Energy Consultant for SolarCity. Between my college studies and my recent work experience I have developed a tremendous love for the outdoors that has evolved into a dedication to protect and conserve our natural resources. My goal as Chair of the Young Members Committee is to engage students from local colleges to participate with the committee which will teach about non-profit management and the roles of committees within organizations. I am a believer in the importance of environmental education. Education is the key to shaping the young minds of the world's future environmental leaders.



New Fire Tower



There's a new Fire Tower and it's scheduled for an official opening on July 2, 2016. Visit their facebook page or their website at www.friendsofstillwaterfiretower.com for information and directions.

Get Involved!

Care about the Adirondacks? Want to get to know other ADK members? How about getting involved in the Glens Falls-Saratoga chapter?

The chapter is looking for a vice chair and publicity chair to serve in 2017. "I got involved in the chapter last year and I'm so glad I did" said Tammara VanRyn, a new club director. "I've met great people and I'm learning so much about the club."

Mo Coutant shares that sentiment, "It's the people who make this so rewarding." Mo has been involved in the chapter for more than 20 years and will help mentor new chapter volunteers.

The vice chair and committee chairs are part of the chapter's executive committee which meets on the first Wednesday of each month, excluding the summer, alternating between Saratoga Springs and Glens Falls. If you are interested contact Mo Countant at 518-745-7834 or vicechair@adk-gfs.org

Chepontuc Footnotes

Published Bimonthly

Glens Falls Saratoga ADK Chapter Adirondack Mountain Club
PO 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
July					
3	Sun	Hike	Hurricane Mt. Wildflower/Photo hike	Jack Whitney	B
9	Sat	Hike	Panther and Couch	Mike Fuller	A+
9	Sat	Hike	Montcalm Point Hike and Swim	Neal Van Dorsten	C+
10	Sun	Hike	Cascade Mountain	Bill Carpenter	B+
12	Tue	Paddle	Tuesday Evening Paddle	Mo Coutant	NR
16	Sat	Hike	Mount Vanhoevenberg from South Meadow Road	Reginald Prouty	B+
17	Sun	Hike	The Pinnacle and Cat Mountain	Lorraine MacKenzie	B-
23	Sat	Hike	Gray, Marcy and Skylight	Wayne Richter, Eric Kimmelman	A+
23	Sat	Hike	Severance Hill and Big Pond	Rich Crammond	C+
24	Sun	Hike	Hadley Mt.	Bill Carpenter	B-
26	Tue	Paddle	Tuesday Evening Paddle	Mo Coutant	NR
30	Sat	Hike	Pharaoh Mountain from Crane Pond	Reg Prouty	B+
30	Sat	Paddle/Camp	Raquette Lake and St Williams	Jayne Boudier	A
August					
6	Sat	Hike	T-Lake Falls	Nick Ringelberg	B+
7	Sun	Hike	Cook Mtn & The Pinnacle - RTL	Lorraine MacKenzie	C
13	Sat	Hike	Allen "The Big Nasty"	Mike Fuller	A+
13	Sat	Hike	Botheration and William Blake Ponds plus Hooper Mine area, North River	Rich Crammond	B
13	Sat	Hike	Treadway	Reg Prouty	B+
14	Sun	Hike	Blue Mt. Fire Tower	Bill Carpenter	B-
20	Sat	Hike	Peaked Hill	Bill Morse	C+
23	Tue	Paddle	Tuesday evening paddle	Maureen Coutant	NR
27	Sat	Hike	Boreas Ponds	Steve Mackey	B+
28	Sun	Hike	Gothics (and Possibly Armstrong)	Wayne Richter	A+
September					
6	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
7	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
10	Sat	Hike	Big Slide via the Brothers	Bill Morse	B+
10	Sat	Hike	Indian Head and Fish-hawk Cliffs	Reg Prouty	B
12	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
13	Tue	Hike	Fire tower hike	Maureen Coutant	B
17	Sat	Hike	Moxham Mountain	Rich Crammond	B
18	Sun	Hike	Redfield&Cliff Mts.	Ron Lester	A+
20	Tue	Paddle	Tuesday evening Paddle	Maureen Coutant	NR
24	Sat	Hike	Marshall and plane crash site	Mike Fuller	A+
25	Sun	Hike	North Saddle, Whitehall	Jayne Boudier	A

Outings Detail

HURRICANE MT. WILDFLOWER/PHOTO HIKE

Sun, Jul 3, 2016, 8:30 am, Rating: B

Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com

- Great views from this summit and some wild flowers along the trail. Round trip about 5.5 miles. Slower pace to allow for photographs. Call or e-mail leader for details.

PANTHER AND COUCH - [Hike]

Sat, Jul 9, 2016, 5:00 am, Rating: A+

Mike Fuller - 802-254-3314, farmallboy55@hotmail.com

- This will be another slower pace hike to help out older aspiring 46ers finish their quest. We'll do Panther, then Couch. If everyone is up for it, we'll go to Santanoni. It's actually on our way back because we'll use the Express trail back to the main trail. We'll meet at 5:00 at Panera Bread Queensbury or 7:00 at the trailhead.

MONTCALM POINT HIKE AND SWIM

Sat, Jul 9, 2016, 9:00 am, Rating: C+

Neal Van Dorsten - 644-7034, nealvan@aol.com

- A wonderful hike along the shores of Lake George starting at Clay Meadows and ending at Montcalm Point; we will then take a swim and then we will be picked up by boat and transported back. This hike has limited availability so sign up early. We will meet at the public parking across from Lakeside Lodge in Bolton Landing. Call or email to confirm.

CASCADE MOUNTAIN - [Hike]

Sun, Jul 10, 2016, 8:00 pm, Rating: B+

Bill Carpenter - 793-5506, jpbadk@yahoo.com

- What a nice way to introduce someone to the high peaks, start your 46, or just a fine hike. Round trip is 4.8 miles and takes about 4.5 hours plus time for lunch. By the way, Cascade is 36th of the 46 in elevation.

TUESDAY EVENING PADDLE

Tue, Jul 12, 2016, 5:30 pm, Rating: NR

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

- We'll be doing a paddle within an hour of Glens Falls. Call or email a couple of days ahead for details.

MOUNT VANHOEVENBERG FROM SOUTH MEADOW ROAD - [Hike]

Sat, Jul 16, 2016, 8:00 am, Rating: B+

Reginald Prouty - 518-747-9736, reginaldprouty@yahoo.com

- This smaller mountain in the foothills of the high peaks region is excellent for viewing Lake Placid, the Olympic bobsled and luge runs, and the high peaks. Round trip is only 7.6 miles with a mere 740 feet of elevation change.

THE PINNACLE AND CAT MOUNTAIN - [Hike]

Sun, Jul 17, 2016, 8:30 am, Rating: B-

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

- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for our 4th LGLC preserve outing. The usual trip to Cat Mountain involves a loop with Thomas Mountain. LGLC has made a new trail linking Pinnacle with Cat. It will be interesting to approach Cat from the south. Both summits provide different spectacular views of Lake George. Total trip is just a little over 6 miles with some steep sections. Rain cancels.

GRAY, MARCY AND SKYLIGHT - [Hike]

Sat, Jul 23, 2016, 5:30 am, Rating: A+

Wayne Richter - 518-893-8975, wrichter@nycap.rr.com

Colead: Eric Kimmelman - 518-866-8521

or eikimmelman@gmail.com

- Starting at the High Peaks Information Center, we'll pass the former (sigh) Marcy dam and head up to Lake Arnold Pass. Descending from the pass, we'll traverse one of the best swamps in the high peaks with great views of Colden's slides. We'll then climb along Feldspar Brook until we reach the outlet of Lake Tear in the Clouds. Our route takes us across the lake's outlet and up the herd path to Gray's summit. Next will be Skylight, one of the best peaks for quality summit time. Our last ascent of the day will be up the spectacularly glorious south side of Marcy. The crowds should have thinned by the time of our late afternoon arrival so the summit should be fairly quiet. Finally, we'll have the long walk out with the possibility of finishing in the dark. Distance is about 18.3 miles with about 4700 feet of elevation change.

SEVERANCE HILL AND BIG POND - [Hike]

Sat, Jul 23, 2016, 9:00 am, Rating: C+

Rich Crammond - 518-584-2380

- We will hike the 1 mile to the summit of Severance; the trail is a little steep toward the top. After that, we will drive to the trailhead for Big Pond, a few miles away, for a 3 mile round trip hike to the wooded shore. See you there. Meet at the Severance Mt. trailhead, Route 9, Schroon Lake, 1.5 miles north of the village.

HADLEY MT. - [Hike]

Sun, Jul 24, 2016, 9:00 am, Rating: B-

Bill Carpenter - 793-5506, jpbadk@yahoo.com

- Hadley Mt. is on the fire tower list. This hike is a good one to get the children off the machines and see what this area has to offer, no more said. It is just a nice hike to get outdoors for all, including us older hikers. The hike is approximately 4 miles and 3 hours, depending on how much time we spend on top for lunch. Bad weather will cancel

TUESDAY EVENING PADDLE

Tue, Jul 26, 2016, 5:30 pm, Rating: NR

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

- We'll be doing a paddle within an hour of Glens Falls. Call or email a couple of days ahead for details.

PHARAOH MOUNTAIN FROM CRANE POND - [Hike]

Sat, Jul 30, 2016, 9:00 am, Rating: B+

Reg Prouty - 518-747-9736

- This popular eastern Adirondack mountain is located in the Pharaoh Lake Wilderness Area between Schroon Lake and Ticonderoga. It has 4 overlooks that allow for excellent viewing in all directions. Round trip is 9.3 miles with 1257 feet of climbing. Call leader for possible change in time and meeting place.

RAQUETTE LAKE AND ST WILLIAMS - [Paddle/Camp]

Sat, Jul 30, 2016, 7:30 am, Rating: A

Jayne Boudier - 232-9559, boudier@verizon.net

- July 30-31. We could camp at Big Island or Tioga Point, poke around the Needles, or do South Inlet to the falls (and maybe hike to the old Sagamore powerhouse). I'm open to suggestions. The paddle is 8-10 miles, at a moderate to leisurely pace. I have canoes to lend. Starting at 1 pm on Sunday, St. Williams on Long Point is having their annual chicken barbecue and silent auction. Anyone who would like just to do the barbecue can take a free ferry to there from Raquette Lake Village, between 1-4 p.m. on Sunday.

T-LAKE FALLS - [Hike]

Sat, Aug 6, 2016, 7:00 am, Rating: B+

Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com

- The highest falls in the Adirondacks, near Piseco Lake, T-Lake Falls tumbles down a rounded rocky escarpment. Barbara McMartin places the height at a conservative 350 feet, but many sources measure the falls as high as 600 feet. Either measurement makes T-Lake Falls the highest in the Adirondacks. 2.7 miles on the South Branch Trail, then cross Canada Creek and follow upstream a well defined herd path about 2.5 miles to the base of the falls, 700 feet elevation gain. Leader is coming from Clifton Park, Exit 9 at 7 am and going directly

Outings Detail

to trailhead at 9 am. Call to confirm if coming from Queensbury to coordinate car pool or directions.

COOK MTN & THE PINNACLE - RTL - [Hike]

Sun, Aug 7, 2016, 8:30 am, Rating: C

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

- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for our 5th LGLC preserve outing. These 2 preserves are up by Ticonderoga and are fairly short in distance. We will hike the 3 miles at Cook first and if we have enough time we'll do the 1.8 miles of the Pinnacle. We will have wonderful views of Lake George and eastern Vermont. Rain cancels.

ALLEN "THE BIG NASTY" - [Hike]

Sat, Aug 13, 2016, 5:00 am, Rating: A+

Mike Fuller - 802-254-3314, farmboy55@hotmail.com

- Ahh!!!! The summer Allen. It's 18 miles and 2400 feet of up. I'll be doing a slower pace hike to help out older hikers but everyone is welcome. We'll meet at 5:00 at Panera Bread in Queensbury or 7:00 at the trailhead.

BOTHERATION AND WILLIAM BLAKE PONDS PLUS HOOPER MINE AREA, NORTH RIVER - [Hike]

Sat, Aug 13, 2016, 8:30 am, Rating: B

Rich Crammond - 518-584-2380

- Approximately 8 miles round trip with not much elevation change. Dress for Adirondack weather. Meeting place: Tops Market, Main St., North Creek. See you there, hiker buds.

TREADWAY - [Hike]

Sat, Aug 13, 2016, 9:00 am, Rating: B+

Reg Prouty - 518-747-9736

- If you like blueberries combined with great views of the Pharaoh Lake Wilderness and Lake Champlain you will like this little mountain. Ascent from Putnam Pond is only 830 feet with a round trip of 8 miles.

BLUE MT. FIRE TOWER - [Hike]

Sun, Aug 14, 2016, 9:00 am, Rating: B-

Bill Carpenter - 793-5506, jpbadk@yahoo.com

- Blue Mt.: From the book, Day Hikes for all Seasons it says, while good views are possible from the ground, the fire tower provides magnificent sightings. This is another great hike for the youngsters, as well as anyone that wants to get out. Approximately 4 miles and 3 hours, depending on lunch time, the tower, etc. Bad weather, as always, will cancel. If you e-mail to sign up, please include a phone number, for that reason.

PEAKED HILL - [Hike]

Sat, Aug 20, 2016, 7:00 am, Rating: C+

Bill Morse - 518-585-9153, fishermanpike@yahoo.com

- This is a combination paddle and hike so bring your kayak or canoe. We will meet at 7 AM at the boat launch for Paradox Lake State Campground. From Exit 28, head east towards Ticonderoga and the park is on the left about 4.5 miles from the Northway. The paddle is .5 miles to the trailhead and the trail is 2.2 miles to the top of Peaked Hill. The elevation gain on the hike is 1,100 feet. After the hike we can paddle around or if you are so inclined you can fish for bass or north-erns from your kayak or canoe.

TUESDAY EVENING PADDLE

Tue, Aug 23, 2016, time TBD, Rating: NR

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

- We'll be paddling somewhere within an hour of Glens Falls. Call or email for more info .

BOREAS PONDS - [Hike]

Sat, Aug 27, 2016, 8:00 am, Rating: B+

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

- I thought it would be fun to check out the new state acquisition. We will hike into Boreas Ponds and check out the view. The hike is along a dirt road, 7 miles one way. It has a gain of approximately 600 feet occurring in the first 2 miles; the remaining 5 miles is mostly downhill. Much of the road is in good shape, but there are some muddy sections. The view of Marcy, Haystack, Gothics, and Pyramid is magnificent (bring your camera).

GOTHICS (AND POSSIBLY ARMSTRONG) - [Hike]

Sun, Aug 28, 2016, 5:30 am, Rating: A+

Wayne Richter - 518-893-8975, wrichter@nycap.rr.com

- Gothics is one of the most spectacular Adirondack peaks with a broad, open summit together with splendid views of the slides and nearby peaks. The hike will begin with a walk in on the Lake Road followed by a short detour to Rainbow Falls. Our next big stop will be Pyramid where we'll enjoy the scenery before the final push to Gothics. Our return will be by the Beaver Meadow Trail, with the possibility of a trip up and down Armstrong if the group is interested. Total distance is 12.4 miles with an ascent of 3050 feet; Armstrong adds 0.8 miles and about 300 feet of elevation.

TUESDAY EVENING PADDLE

Tue, Sep 6, 2016, 5:15 pm, Rating: NR

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

- We will be paddling within an hour of Glens Falls.

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Sep 7, 2016, 7:00 pm, Rating: NR

John Caffry - chapterchair@adk-gfs.org

- Board meeting at Crandall Library in the Holden Room (2nd floor of the library).

BIG SLIDE VIA THE BROTHERS - [Hike]

Sat, Sep 10, 2016, 6:30 am, Rating: B+

Bill Morse - 518-585-9153, fishermanpike@yahoo.com

- We will hike Big Slide going over the Brothers. It is 4 miles to the top with an elevation gain of 2,800 feet. We can then determine our return route. It could be either back over the Brothers, via the Slide Brook Trail which is 5.5 miles, or over Yard Mt. which is 7.1 miles. You will meet me at exit 29, Frontier Town, at 6:30. Those coming from the south can meet at Panera at 5:45 and then go to exit 29. Leader may bring dog.

INDIAN HEAD AND FISH-HAWK CLIFFS - [Hike]

Sat, Sep 10, 2016, 8:00 am, Rating: B

Reg Prouty - 518-747-9736

- This is one of my favorite loops in the Ausable Valley with breathtaking views of both Ausable lakes and much of the great range. It is about 10 miles round trip with only 730 feet of ascent. We will return via the Gill Brook Trail to the Lake Road.

MONTHLY MONDAY GEOCACHE

Mon, Sep 12, 2016, 9:00 am, Rating: NR

Sarah King - 518-798-0615, 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. 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!

FIRE TOWER HIKE

Tue, Sep 13, 2016, 8:15 am, Rating: B

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

- Not sure which fire tower we'll be doing at this point...so stay tuned (or check the website in Sept!).

Monday Monthly Geocache Mon, Apr 4, 2016, Sarah King and Mo Coutant

- Todd had been to Terzian Woodlot before so knew where the turn off was and led us to the field to park. Seasonable temps today made for a nice walk and geocache on well marked trails. We found all six geocaches with no problem and discovered some cool spots along the way: an old foundation, Uncas Falls and a beautiful overlook of Lake George. We did some rock hopping over the stream on the trail and a much easier crossing over a new bridge. A sign on the bench at the overlook warned of it being rattlesnake territory but it was too cool for any to be out sunning themselves today. After this hike, we travelled down route 9N to Pole Hill Preserve where we completed the shorter yellow trail to look for another few geocaches. The trails here are much less defined and you really need to be on the lookout for the markers. Once again, Licia comes through with some great home made snacks. Another great day of exploring two new LGLC properties. Participants: Sarah King, Mo Coutant, Licia Mackey, Don Thorn, Todd Earl.

Tuesday Outing Tue, Apr 5, 2016, Mo Coutant

- I think we got one of the biggest snow storms the day before this walk. But since we didn't really have winter it was only a couple of inches. There wasn't that much on the trail when we started our walk, but it did make the walk a little tricky as it hid some of the bumps between the old railroad ties that this trail was built upon. We were walking along the Bog Meadow trail and it was fairly smooth until the first bridge, then to the next bridge we had to be careful not to stumble between the RR tie and dirt that was hidden by the dusting of snow. The highlight for me was the pussy willow blossoming near the second bridge and, of course, lunch in Saratoga! Participants: Mo Coutant, Paul Dietershagen, Carl Harris, Eric Krantz, Licia Mackey, Joanne Szot.

Tuesday Outing Tue, Apr 12, 2016, Mo Coutant

- This week we tackled the Chester Challenge. This is a fairly new hiking challenge series started last fall to encourage people to visit the area and explore some different trails. None of the trails are too long and some of them are fairly flat. To complete the challenge you have to go to 6 of the 8 trails. We did 1/2 the challenge this day by walking along the wetlands behind the Town Hall in Chestertown. This was a very short trail, but it was a nice start for the day and it gives you a chance to go into the Town Hall and pick up a brochure (and use the bathroom!). From there we went to Stewart Mtn. The hike on this mountain was just under a mile, but ended at a nice overlook of Loon Lake. We had the great pleasure of meeting a relative of one of the landowners who opened up their property to make this challenge possible. He gave us all kinds of information about the area and answered questions about what we were looking at and about the challenge. We wished we could have talked longer, but we had our third destination to get to! That next trail was about twice as long up Kipp Mtn. It also ended with a nice view of Loon Lake but from the other end of the lake. We all had a great time and we're 1/2 way done with the challenge. We hope to finish it up in a couple of weeks. Participants: Judy Beers, James Brown, Mo Coutant, Carolyn Curren, Steve Gray, Heidi Kaufmann, Licia Mackey, Tom Martingale, Joy Munro, Joanne Szot, Bill Wasilowski, Jim Zwynenburg (Margaret Curtis & Hillary Wasserman for the first trail).

Young Members: Game Night & Social Thu, Apr 14, 2016, Julia Greiner and Stephanie Graudons

- What a fun night! We had a group of 7 get together at the

leader's home in Glens Falls on a gorgeous evening. We watched the sunset playing bocce ball in the backyard, shared some delicious dishes for dinner, and moved indoors to play card games for a couple hours. This was a great opportunity to get to know each other better and there will definitely be more social nights like this in the young members group's future!

Spruce Mountain Sat, Apr 16, 2016, Rich Crammond

- Just a super day to be on the trail with blue skies and warm temps. We hiked to the tower, then climbed up to the cab for great views all around. Then we had some snacks before heading back down the trail. Highlights of this outing were good hiker buds, great weather and early blooming coltsfoot along the trail. I always enjoy a safe hike even more. Thanks to all for sharing their day on the trail. Once again, it just didn't get no better. Participants: Laura Sieme Giordano, Elizabeth McHilifte, Margie Liturn, Linna Frus, Rich Crammond.

Spruce Mtn Sun, Apr 17, 2016, Jayne Boudier

- Great group! Beautiful day! And Licia, with Steve and the rest of us, located all 6 of the area geocaches. Participants: Jayne Boudier, Scott Cooper, Steve and Licia Mackey, Wayne Richter, and Tim Ward.

Tuesday Outing Tue, Apr 19, 2016, Mo Coutant

- This week we returned to a hike I hadn't done in at least 15 years, but I remembered it as a nice hike. I always love loop trails and ridge trails and this is both. We did the Nun-da-ga-o trail which starts at the Crows parking lot in the Adirondacks. It was Jim's birthday, so I convinced him to take the day off and join us and I don't think he regretted it! Lots of nice photos...see the gallery on the website. A great day out with the group! We even had cupcakes at one of the overlooks. If you haven't done this trip or haven't done it in awhile...put it on your to do list! Participants: Sue Atwell, Annemarie Carberry, Jim & Mo Coutant, Carl Harris, Susan Howard, Licia Mackey, Joy Munro, Laurie Williams.

Hadley Mountain Fire Tower Sat, Apr 23, 2016, Reg Prouty

- It was a beautiful spring day to climb Hadley at a relaxed pace looking for wildflowers as we climbed. Several including the Trillium and Trout Lillies were already or getting ready to bloom in a week or so. Many dogs and people were passed on both the ascent and descent. Ample time was allowed on the summit for lunching, climbing the tower and musical selections on Reg's pocket trumpet. Three hikers: Linda Frees, Margie Litwin, and Reg Prouty.

Mt Bike - Gurney Lane Sun, Apr 24, 2016, Steve Mackey

- My original thought was that it would be mud season up north, so we could do something at a low elevation and close by. Unfortunately no takers. The park still has some nice trails that are worth checking out.

Pilot Knob Preserve Gazebo and Waterfall - RTL Sun, Apr 24, 2016, Lorraine MacKenzie and Jack Whitney

- 15 participants came out to hike on this beautiful day. It was early enough in the spring to have unobstructed views of the lake on our decent and the waterfall actually had water!

Tuesday Outing Tue, Apr 26, 2016, Mo Coutant

- This week we continued the Chester Challenge which is exploring 6 trails in the Chestertown area. Our goal was to hike 3 trails and enable some in the group to complete the challenge. We started at the trails behind the school since it was school

break week and a good time to do those trails. From the overlook, there's a good view of Gore. From there we headed to Meecham Mtn, but got there to find the parking lot & trail closed. Later we heard various reasons...not sure which is correct, but the trail should be open now. So we adjusted our plans and walked around Palmer Pond. Beautiful spot and nice pictures...see gallery. After this trip, some who didn't now have 5 trails headed back to GF. The rest of us went over to the dynamite hill trails and explored the area. Saw some wildflowers and then headed to the Town Offices to sign the log and get our "prizes"...a sticker, patch or pin. Quite a haul! Then off to the local shop for lunch! Participants: Mo Coutant, Tom Martindale, Jane & Mike Morrissey, Liz Mulshine, Joy Munro, Andrew & Anne Paolano, Bill Wasilowski, Jim Zwynenburg.

Young Members: Pilot Knob Sunset Hike Wed, Apr 27, 2016, Stephanie Gaudons

- We had a small group for this easy evening outing and perfect spring weather. Hikers included David Kelley, Jen Shepherd, Chris Imperial, and Stephanie Gaudons. We got started around 6:30pm, hiked up the steeper trail to the gazebo, and arrived just as a large group was heading down. We enjoyed watching a peaceful sunset together with the gazebo to ourselves, until we saw a man with a radio heading up with two others. We learned there was a medical emergency on the trail below and immediately offered to help. Jen stayed on top with them to wait for the helicopter, while the other three of us headed down in fading daylight to help carry the patient to the top. As always, it's pretty incredible to see strangers come together and work as a team, and thankfully the hiker was able to receive necessary care. Plus, it was pretty cool to see a helicopter land on a mountain at sunset.

Spring Bird Walk - Peebles Island State Park Sat, Apr 30, 2016, Rich Speidel

- Cloudy at the start, the morning turned sunny and pleasant as we made our way around the perimeter of Peebles Island. We saw a variety of birds from the bluffs along the Mohawk River, including tree swallows in a hole of a tree, sandpipers and ducks in the channel below, and a red-tailed hawk high above. We also had good views of yellow-rumped warblers and gold-finches, among others, and concluded a fine morning along the Hudson and Mohawk Rivers with 37 bird species identified. 7 participants: Susan Booth-Binczik, Gerry Binczik, Patricia McEntyre, Reg Prouty, Domenic Vecchiarelli, Michela Viscariello, Rich Speidel.

Hopkins Mountain Sun, May 1, 2016, Wayne Richter

- The sunny day that had been forecast for us in the middle of the preceding week degenerated into certain rain, dropping our number to three. While it would not be quite accurate to say that the rain held off, we usually had no more than a light drizzle, with a little more rain on the summit. We were pretty much soaked in with only short range views through the clouds. We really enjoyed the different spring colors of the conifers softened by the rain, as well as good company, and ended the hike far drier than we had expected. Participants: Jen Ferriss, Wayne Richter, Joanne Walczak.

Tuesday Paddle Tue, May 3, 2016, Mo Coutant

- So, the forecast wasn't great for this week, so we did a hike instead of a paddle. Joy had mentioned a nice waterfall hike just outside of Manchester, VT. So a small group of us headed over there. It was a gradual ascent in a nice wooded area with quite a few stream crossings. You could look over and see Mt. Equinox through some of the clearings, although the top was in clouds

most of the day. We saw some wildflowers and even taught a few to Joy who remembered them on later hikes! The waterfall was beautiful! Thanks for the suggestion and bringing us here! Finished with lunch and browsing at Northshire, of course! Participants: Mo Coutant, Sharon Kendall, Eric Krantz, Licia Mackey, Joy Munro.

Spring Bird Walk - Wilton Wildlife Preserve & Park Thu, May 5, 2016, Rich Speidel

- Despite cloudy and cool weather during the morning, we enjoyed more than five hours on the trails at Camp Saratoga. We saw a kingfisher nest that was recently dug in a sand bank. Other highlights included rufous-sided towhee, and close-up views of rusty blackbirds (a species in steep decline), great-blue heron, yellow-bellied sapsucker, kingbird, and yellow-rumped warbler. A broad-winged hawk also circled above us during the walk. Adding the sights and sounds from a variety of songbirds, we completed our field trip with 39 species. 8 participants: Patricia Brennan, Audrey Champagne, Cathy Hall, Marlene Hurley, Mark Janey, Licia Mackey, Peg McCarty, Rich Speidel.

Exploring Prospect Mountain Sat, May 7, 2016, Bill Bechtel

- It was a delightful day weather-wise as it was raining on and off all the previous week. Temperature was around 60 F, with very few black flies. We pretty much had the mountain to ourselves as we only encountered one person with a black lab near the peak. After ascending to the peak, we came back down to a fork in the trail and proceeded down the rest of the mountain on an unmarked trail to near where the Prospect Mt. road crosses the Northway. We passed four concrete buildings and two dams that appear to be part of an old water supply that is no longer in use. From this area we bushwhacked about 0.4 miles to cross the road and hike back into the Rec Area near the ball fields. I think the following participants had a nice day in the woods: Bill Bechtel, Owen Bechtel, Reginald Beatty, Brenda McAteer, Linda Veraska, Catherine Bunk, Richard Dill, Karen & Aryeh Alpern, and Lorraine DelRosso.

Lake George Property Workday Sat, May 7, 2016, Mo Coutant

- The original workday had to be rescheduled, so we wound up doing a mini work hour before a Tuesday outing, and then 2 Saturday work mornings in May! Thanks to everyone who came to help! This year's major work was moving the stones back to the parking lot after the plow person went a bit crazy this winter. Plus we moved the pile of sand he left there 2 or 3 years ago and never came back for....plus we fixed the damage to the plants in the Sally Hunt memorial area that he ran over! I was not a fan of the plow guy this May! Thankfully, we did manage to get most of the other normal things done too! Thanks again to all that helped!!

Monthly Monday Geocache Mon, May 9, 2016, Sarah King and Mo Coutant

- Due to some rainy weather on Monday the 2nd, we ended up postponing to the following Monday, which was beautiful. The goal was to find the 11 caches placed in VanDusen Preserve as part of a new 'geo-art' series. What this means is that the placement of the caches on the geocaching.com map is in the shape of something, in this case a Q for Queensbury. All caches in geo-art are puzzle caches, which means that a simple puzzle needs to be solved beforehand to get the actual coordinates to the cache. The actual locations of the caches are not in a shape. Sarah and a few others had solved all the puzzles before we set out. After meeting at Panera, we met up at the VanDusen trail-

head on West Mountain Road to start our hike. We did the loop in a counter clockwise direction grabbing a few on the "official" trails. Following another trail off the main loop (not to the summit which is now heavily posted) we made our way along, finding the caches placed here. We were careful to not trespass and indeed we did not see any posted signs on our trip, which headed on trails toward Butler Pond Road. The highlight of the trip was the spectacular waterfall where we turned back to avoid the posted signs that are present off Butler Pond Road. All is all, a great day out, finding 11 of our target caches and exploring some new trails right in our backyard. Participants: Sarah King, Licia Mackey, Mo Coutant, Steve Gray, Diane Demetriou, Heidi Kaufman, Todd Earl.

Tuesday Outing Tue, May 10, 2016, Mo Coutant

- This was our traditional first paddle of the season, our adventure paddle from Lake Luzerne to Second Lake. It's an adventure since you have to go over beaver dams, sometimes under or over or around a tree that has fallen across the stream, and usually get out a few times when the water gets too shallow to paddle in. But this year, we had the easiest time of all the trips that I can remember. The water was high enough that we could mostly pull ourselves over the dams, and only had to get out of the boats once due to fast water in a shallow section. So we did this trip on just the right day and it makes all the difference! We got to Second Lake and had a nice float and snacks before enjoying the quick return with the current all the way back to Lake Luzerne! Participants: Mo Coutant, Sharon Kendall, Sarah King, Licia Mackey, Joy Munro, Anne Paolano, Cory Rinella, Joanne Szot.

Pole Hill Pond - RTL Sun, May 15, 2016, Lorraine MacKenzie

- The day was overcast but our spirits were bright. Middle Mountain was a bit of a struggle but the views from Walnut Ridge were fantastic. The red efts were out in full force to accompany us! 14 participants.

Tuesday Outing Tue, May 17, 2016, Mo Coutant

- This week we did our Annual Wildflower hike up Hadley Mountain. At first it started out slow, but then we started seeing violets, trillium, solomon seal, dutchmans britches, trout lilies in bloom, and foam flowers, among others that I've now forgotten! On top, most of the group climbed the fire tower and then we headed to the north side of the mountain to check to see if the rock sculptures we made last year were still there. Happily, they were! From there, you can see up to the high peaks! It was a great day out. Participants: Annemarie Carberry, Mo Coutant, Carl Harris, Heidi Kaufmann, Licia Mackey, Joy Munro, Kathi Noble, Christy Phelan, Laurie Williams.

Panther Gorge Lean-to Sat, May 21, 2016, Mike Fuller

- We arrived just in time to get the last parking spaces at Elk Lake. After the hiker briefing we were on our way. Steve came along to do trail work while the rest of the group headed to Panther Gorge. Just before we left the jeep road we found moose tracks. The Pinnacle shoulder yielded a dry trail and good views of the high peaks. Now my favorite part of the trail, the plank hardening "Yellow Brick Road" through Marcy Swamp, thanks to the hard work of the trail crew last year. As we started our climb we stopped at "picnic table rock" for a break; everyone was saying what a great day it was. Soon we were at the lean-to. Some guests had laid out their camping gear while they headed for the big peaks. I did some work and a journal entry, but was a little ticked off about the pile of stuff behind the lean-to. After lunch we headed back and saw Steve's great trail work, including one

tree he worked on over 2 hours. Back through Marcy Swamp I noticed fresh moose tracks, so it had to be close by. Our last break was at the jeep road and a hour back to the parking lot. We all did our part giving back by clearing blowdown; special thanks to Steve for chopping the bigger trees and drainages. Great weather and a great group = a fun day. 10 participants: Brenda McAteer, Jim Zwyrnerberg, Mark Seymour, Akane Suzuki, Wayne Richter, Steve Mackey, Eric Kimmelman, Leighann Helson, Denise McQuade, and Mike Fuller.

Lake Andrew Sat, May 21, 2016, Rich Crammond and Jayne Boudier

- This was another great day to be in the mountains. Mild weather with not many black flies, plus some real nice views form the shore of Lake Andrew and a side hike off the main gravel road by the camps to an up close and in your face view of Santanoni Peak and the twin slides. We got a little side tracked on the way out from the lake but stayed on a north compass bearing, plus Jayne Boudier's woodswoman skills put us back on the, after a while, "better" path. "There is no marked trail for the last app. 0.7 miles to the lake" through the woods. Eeks! Highlights were good weather, good hiking buds, and a good old short bushwhack. Almost didn't get no better. Participants: Denise Eriwin, Gretchen Gedzoiz, Karen Alpern, Aryeh Alpern, Jayne Boudier, Rich Crammond.

Spring Bird Walk - Pack Forest, Warrensburg Sat, May 21, 2016, Rich Speidel

- We were treated to a good variety of birds, including nine species of warblers. Notable warblers were two common yellowthroats (seen together), northern waterthrush, northern parula, and black-throated green warblers. We had good views of least flycatcher and spotted sandpiper, and a great blue heron and osprey overhead. A highlight for our group was seeing the colorful Canada warbler, an elusive migrant which can be missed from year to year. Thanks to our team efforts, we completed an enjoyable outing in the southeast Adirondacks with 40 species of birds identified. 9 participants: Patricia Brennan, Jim Cooper, John Good, Cathy Hall, Nancy Kimball, Licia Mackey, Jack Reber, Edna Van Dorsten, Rich Speidel.

North Saddle, Whitehall Sun, May 22, 2016, Jayne Boudier

- Klaus kept track of the distances and ascents (which became a lot more than than in my trip description). John learned some new birds, and calls. Tim actually led this hike, but no one blamed him. I talked us into continuing down to South Bay to get the best views, have lunch at Devil's Den, and cookies at Tim & Mary's place. By the time we got back to the cars we'd gone 6.8 miles, 1523 feet ascent (and 1882 descent) in 5 hours and 33 minutes at an average of 1.3 mph through blaze marked woods. Wonderful day! Awesome group! Participants: Jayne Boudier, John Halleck, Klaus Sommerlatte, and Tim & Mary Ward. Thank -you!

Tuesday Outing Tue, May 24, 2016, Mo Coutant

- We rolled the dice...and kind of won? This week we paddled the Battenkill from Arlington to the parking lot on the NYS line. The water level was perfect, but the water constantly falling from the sky...was not! Ok, we could have just not started. After all, it was raining when we started. But it's such a long drive to get there...and it was fairly warm. So everyone decided to give it a go, and we all had a fun time floating down the river and through the ripples. We were all soaked by the time we were done and cooled off quickly once we stopped paddling. It was good to get to Dunkin Donuts for a hot drink and to get changed out of the wet stuff! The rain we were in seemed to be just in that area

even though it wasn't suppose to be there at all in the morning! Oh well. Sometimes you have to roll the dice and make the best of it! Participants: Mo Coutant, Tina Crook, Mark Janey, Sharon Kendall, Sarah King, Licia & Steve Mackey, Joy Munro, Elena, Josh, and Lynne Silverberg with transport assistance from Mark Munro...THANKS!

Tuesday Outing Tue, May 31, 2016, Mo Coutant

- Since we did a paddle last week and hiked Hadley the week before, it was time for an easy outing. So this week we did a nice walk in the Skidmore Northwoods. It had finally gotten hot during the Memorial Day weekend and it was still warm on Tuesday, but these trails are shaded with barely any elevation to get us hot. Luckily, the bugs weren't really out either! We saw a few remnants of wild flowers and found the points of interest ("Lord of the Flies" well, teepee & swing, and this time the "Little house"), then we headed into town for a stop at Uncommon Grounds. Participants: Nancy Burke, Mo Coutant, Paul Dieter-shagen, Eric Krantz, Licia Mackey, Joanne Szot.

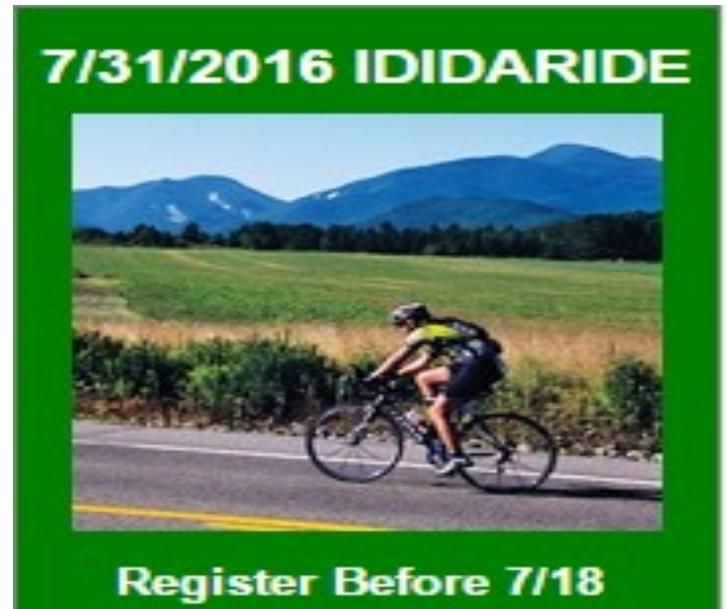


Check our website for more information.

www.adk-gfs.org

See the Chapter photo gallery
for trip photos
www.adk-gfs.org

Trip leaders and participants:
Remember to send in your photos to
webmaster@adk-gfs.org for the gal-
lery. (This is where the newsletter
editor finds most of the pictures to
include in this publication)
Thank You!



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.

Glens Falls Crandall Library Corner of Glen and South Streets

Holden Room (2nd floor of library).

From Exit 18, Broad into South to Glen Street.

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

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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 membership!



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