



# Chepontuc Footnotes

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

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

Microspikes! That's been the go to equipment for this "winter" of weird weather. They can make the difference in deciding whether to stay home or go for a walk or hike on an icy trail. It's mid-February as we put this newsletter together, and I'm still hoping for a little snow to play in. March can go either way and I'm starting to feel like winter might not really happen! Either way, we've got some great spring outings to look forward to, as well as our annual Chapter trail work on Tongue Mountain. Hope to see you at one of the programs described within this newsletter or out on the trail!

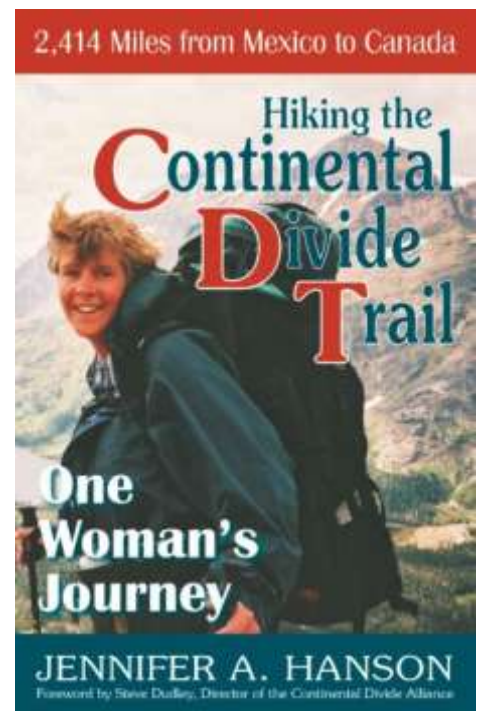
Wednesday, March 30th 7pm at Crandall Library, GF

## Hiking the Continental Divide Trail: One Woman's Journey presented by local hiker and author, Jennifer Hanson

Jennifer Hanson will share the tale of her 2,400-mile six-month back-packing trip from Mexico to Canada along the Continental Divide National Scenic Trail (CDT). Using excerpts from her book *Hiking the Continental Divide Trail: One Woman's Journey* and a slide-show of dozens of photographs, Jennifer will share the challenges and thrills of long-distance hiking.

The journey included trekking through arid ranchland, desert forests, and Indian reservations in New Mexico; the Bob Marshall Wilderness Area and Glacier National Park in Montana; the remote and rugged Bitterroot Range of Idaho/Montana; the Wind River Range and Teton National Forest in Wyoming; and hundreds of miles snowshoeing through the Rocky Mountains of Colorado.

Jennifer's book and presentation will also discuss the planning and preparation required for such an endeavor including map lists, detailed itinerary with re-supply points, equipment and food lists, and a suggested preparation time-line.



## Partnerships

By John Caffry, Chapter Chair

**THINK SNOW!!!!** This winter's unusually warm weather may have put a dent in the plans of many ADKers who like to ski and snowshoe, but the Outings Committee continues to offer trips for members of all abilities, snow or no snow. Hopefully, many of you will be able to participate in these trips, even if the mode of travel is not what you originally hoped for.

### CHAPTER PARTNERSHIPS:

The Executive Committee recently met with representatives of three groups to discuss ways that we could work together on projects of mutual interest. ADK's Young Member Outreach Coordinator Stephanie Gaudons and a potential new Chapter volunteer joined us to talk about the Chapter's Young Member group and how we can work with the main club to help it grow. Stephanie has been assisting the Chapter by keeping its Young Member Facebook page updated and planning outings for the group while we search for a new chairperson for this committee. We next met with two Skidmore College students who, for their senior project for their Environmental Studies major, will be planning and building a nature trail at the Saratoga Independent School. On the recommendation of their advisor, they reached out



to the Chapter for guidance. We were able to provide them with suggestions for sources of assistance with trail design, free building materials, and volunteer labor, and offered to assist them more as the project progresses. It was great to see the next generation of environmental leaders in action.

Finally, we met with two self-professed fire tower nerds who created and maintain the *Adirondack Fire Tower Challenge* Facebook Group dedicated to the Chapter's Fire Tower Challenge. The Facebook group has 1,347 members as of this writing and growing each week! <https://www.facebook.com/groups/251451705041470> or

search Facebook: "Adirondack Fire Tower Challenge". Interest in the Fire Tower Challenge has been mushrooming, and this year the Chapter looks forward to ADK's publication of a new edition of its fire tower

guidebook, *Views From On High*. We had a lively discussion of all things Fire Tower Challenge and hope to be working with these folks in the future to promote this popular program.

Partnerships like these will allow the Chapter to better achieve its mission and provide more opportunities for its members and the community to enjoy the outdoors.

Young Members

Trail work

Fire Towers

## Chepontuc Footnotes

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

### Executive Committee Officers:

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

**First & Second Vice Chair** vacant \*\*\*

**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 Wasilauski

### 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  
education@adk-gfs.org

**Hospitality** Gretchen Steen  
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**Membership** Pat Desbiens  
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**Outings** Wayne Richter  
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**Annual Dinner Coordinator**  
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**Publicity** \*\*\*vacant \*\*\*

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**Web site** George Sammons  
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**Wilderness** Jim Schneider  
Phone: 581-9367 wilderness@adk-gfs.org

**Young Members Group** \*\*\*vacant\*\*\*

\*\*\* We need people for these positions!  
Please help us out! \*\*\*

### Non-Voting Volunteers:

**Fire Tower Correspondents**  
Phone: 668-3046 Kathi & Tim Noble

Mark your calendar for these ADK Chapter Programs!  
See you there!

Wednesday, April. 20th at 7pm at Crandall Library, Glens Falls



## A Western Adventure in Our National Parks

A photo journey by John Schneider

2016 is the 100<sup>th</sup> anniversary of the establishment of the National Park Service. Come join John Schneider as he relates last fall's visit to more than 10 of our national parks and monuments as far north as Wyoming, as far west as Nevada, and as far south as the Texas-Mexico border.

John and his wife Eileen took a 2½ month journey of more than 12,000 miles in their recreational vehicle to visit new parks as well as revisiting parks he has been to before. Among the many places they visited were Badlands National Park; Mount Rushmore; Crazy Horse Monument (the world's largest sculpture); Devil's Tower; Custer State Park; Wind Cave National Park; Jewel Cave National Monument; Great Basin National Park, one of our least visited parks; Zion National Park; Bryce Canyon National Park; Meteor Crater; Ghost Ranch, New Mexico; Big Bend National Park; Big Bend Ranch State Park; and two Texas Missions.

He went on many hikes including circumnavigating Devil's Tower (twice), hiking to the top of the highest peak in South Dakota, whose claim to fame is that it is the highest peak "Between the Rocky Mountains and the Pyrenees," and the famous Angel's Landing in Zion National Park, Utah. In addition to scenic wonders, John was also fortunate to capture pictures of many animals he saw in his travels. Those animals include big horn sheep, prairie dogs, snakes, squirrels, turkeys, mule deer, elk, and many others. Perhaps the highlight of his animal pictures is a group of aoudads.

Come join John as he celebrates the 100<sup>th</sup> anniversary of our National Park Service in 2016. He hopes that this will whet your appetite to visit our glorious national parks this year and in the future.



Wednesday, May 18th at 7pm at Saratoga Public Library



## Mt. Kilimanjaro and Beyond with Jean Quattrocchi

Journey to the Roof of Africa, Mt Kilimanjaro, on a seven day expedition. Along with the sights and experiences of this adventure, we will be taken on a safari in Tanzania. This will be followed by the visit Jean made to a Malawi village for which her students raised funds to purchase and install a lifesaving freshwater pump.

John and Audrey Vermilyea completed the challenge in just 8 months and Audrey is only 13! John wrote, "We have completed something together that seemed like a foolish endeavor at one point. This is a memory that will last us our life times and hopefully pass along to the next generation." Building memories is a great reason to take on the fire tower challenge!



Congratulations to the follow people who have completed the challenge:

Wayne Dewey, Schroon Lake, NY  
 Laura Dewey, Schroon Lake, NY  
 Eric May, Cherry Plains, NY  
 Jeffrey Taylor, Troy, NY  
 Katie Dopp, Amsterdam, NY  
 Nancie Battaglia, Lake Placid, NY  
 Jeffrey Musil, Lafayette, NY  
 Herb Terns, Schenectady, NY  
 Gillian Scott, Schenectady, NY  
 Darlene Whitaker, Mary, NY  
 Jeff Glans, Trumbull, CT

Louise Perkins, Trumbull, CT  
 BrieAnne Wilson, Watervliet, NY  
 Jared Whalen, St. Johnsville, NY  
 Sandra Hutchinson, Glenville, NY  
 Thomas Caruso, Schroon Lake, NY  
 Deborah Caruso, Schroon Lake, NY  
 Pierre Leduc, Quebec, Canada  
 Robert Jones, Gloversville, NY  
 Hisako Jones, Gloversville, NY  
 John Vermilyea, Schenectady, NY  
 Audrey Vermilyea, Schdy, NY age 13

Way to go!

Congratulations to Ralph Keating of Albany, NY for completing the challenge in the winter and earning a rocker.

## **Membership update**

**By Pat Desbiens**

### **New Members** *Thank you for joining!!*

#### **NOVEMBER 2015**

Justin Andrews, Queensbury  
 Gordon & Linda Bigger, Queensbury  
 Vinicenzo Cotroneo, Cambridge, Massachusetts  
 Jeffery Countryman, Ballston Spa  
 Mike Forcier, Glens Falls  
 Susan & Christopher Guba, Ballston Lake  
 Stephen Johnston & Ashley Hargadon, Boston, MA  
 Andry Kiyantsa, Ballston Spa  
 Jane & Michael Morrissey, Queensbury  
 Whitney Phelps & Troy, Sydney, Jake & Sophia Soka, Delmar, New York  
 Cynthia Washburn, Rock City Falls

#### **DECEMBER 2015**

Teesha Bapp, Queensbury  
 Will Bristol, Gansevoort  
 Richard Chohnoky, Saratoga Springs  
 Rebecca Coon, Bolton Landing  
 Todd Crow, Queensbury  
 Mary, Rich, Rory, Kerry & Nora Flaherty, Saratoga Springs  
 Michael Guinta, Saratoga Springs  
 William Haessly, Hudson Falls  
 Ken Howe, Granville  
 Mary Knutson, Saratoga Springs  
 Joseph Messina, Valley Falls  
 Russell Mongiovi, Malta  
 Douglas Page, Chestertown  
 Joseph Porter, Lake George  
 Lauren Rabideau, Ballston Spa

Daniel, Melissa & Chris Reynolds, Argyle  
 Lynn Shanks, South Glens Falls  
 Andrew Starace, Greenfield Center  
 Jeremiah Wood, Saratoga Springs

### **Rejoined Members** *Thanks for renewing!*

#### **NOVEMBER 2015**

Cathy Corrigan, Saratoga Springs  
 Amy Fazio, Lake Luzerne  
 Gene, Sharon, Gina & Matthew Figler, Queensbury  
 Barbara & Bill Foley, Schroon Lake  
 Marilyn Keis-Hartunian, Clifton Park  
 Randi Kish & Lawrence Donato, Saratoga Springs  
 Alan LaBrecque, Clifton Park  
 Mark, Laura, Allison & Courtney Marion, Round Lake  
 Tom & Anne Pendergrass, Argyle  
 Lauri, Karl, Graham & Emily Pritchard, Greenfield Center  
 Keith Ryan, Floral Park, New York

#### **DECEMBER, 2015**

William Clarke, Porter Corners  
 Frank Conte, Ballston Spa  
 Raymond & Joanne Maddocks, Queensbury  
 Brian, Jennifer, Alexander, Kathleen & Elizabeth Ward, Wilton, Connecticut  
 Jeff Winterberger, North Clarendon, Vermont

### **New Affiliate Member**

#### **DECEMBER 2015**

Melodee & Roger Kopa, Galway



## Education Corner

The Education Committee is pleased to announce that our chapter will be sponsoring ten individuals for camps for the 2016 summer season. We have three teens who will be getting hands on experience as they partake in ADK's Teen Trail Stewardship program. Rhyann Subcliff of Glens Falls will be working on either the Tenant Falls project or the Iron Mountain project; Walker Caffry Randall of Waitsfield, Vermont has selected either Iron Mountain or Cascade Mountain, and Andrew Williams of Gansevoort has set his preferences for Indian Pass, Cascades Lake Trail or Avalanche Lake. We thank them for their interest and will be appreciating the hard work they will be contributing to their respective projects to help make our future hikes on these trails a bit more pleasant. Heading to DEC's Pack Forest environmental program for ages fourteen to seventeen this year will be Eric Defibaugh of Mechanicville and Grace Suarez of Plattsburgh. Those in the eleven to thirteen age group who will be participating in DEC's Camp Colby program include Alexander Fingland of Ticonderoga, Alex and Malcolm Suarez of Plattsburgh, Almeda Arnold of Saratoga Springs and Genevieve Coutant of Queensbury.

We wish them all the best and look forward to hearing about their experiences from them.

## Find out how the Chapter works!

### Upcoming Executive Committee meetings:

**Mar 2 @ 7pm @ Crandall Library, GF**

**April 6 @ 7pm @ Wesley, Saratoga**

**May 4 @ 7pm @ TBD, Glens Falls**

**Call or email the Chapter Chair for more info.**

## What app is that?

Ok, I'm not a birder! So if I don't have a birder with me on a trip, I need a cheat! The Cornell Lab of Ornithology has an app to help me out. It's called Merlin and it asks you a few simple questions and then shows you some possibilities, based on its ebird database, of likely matches. It's free and available for iPhones and Androids.

## Pharaoh Lake Wilderness Area News:

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

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

Unusual animals: \_\_\_\_\_  
Unusual plants: \_\_\_\_\_  
Trail conditions (blow-down, beaver activity, signs missing or incorrect, etc.): \_\_\_\_\_  
Lean-to conditions: \_\_\_\_\_  
Other: \_\_\_\_\_

Please mail your report to:  
Pharaoh Lake Wilderness Area  
Glens Falls-Saratoga Chapter ADK  
P.O. Box 2314  
Glens Falls, NY 12801

A poem submitted by a member (written by her daughter when she was in 9th grade)

**Spring** by Shannon Mulshine

Writhing in the slime and muck,

**It seems a snow flea's out of luck.**

As grey clouds slowly trudge away,

Our sun will boast each blinding ray.

But even lights deliver gloom,

Acquainting poor bug with his doom.

**The dripping world won't even shudder,**

As puddles sweep him down the gutter.

We dream of spring to keep us sane,

Curse bitter winter for our vain.

But spring that brings us life and breath,

Sends snow flea shrieking to his death.

**CHAPTER CONTINUES ITS ADVOCACY FOR PROTECTION OF QUEENSBURY'S  
BIG CEDAR SWAMP** By John Caffry

The Big Cedar Swamp is a 900+ acre Class I wetland located in the Town of Queensbury, between Quaker Road and the Warren County Airport, which is home to a diverse wildlife population including several “Species of Special Concern”, a large well-preserved northern white cedar swamp, and a globally rare marl fen; the Big Cedar Swamp is one of fewer than ten such habitats in the world. It is listed as a “Regional Priority Conservation Project” in the New York State Open Space Conservation Plan.

The Chapter has worked since the early 1980s to preserve the wetland's natural resources and protect it from development. Together with the Southern Adirondack Audubon Society and other members of the Big Cedar Swamp Coalition, the Chapter participated in the DEC hearing process for a proposed peat mine and sued the Town of Queensbury after it approved the Earltown Planned Unit Development; the latter would have drained the wetland to build golf courses and condos. After those projects failed to gain DEC approval, and Warren County took ownership of most of the wetland through a tax sale, the Coalition continued to monitor development proposals in and around it and assisted Saratoga PLAN, a regional land trust, in permanently protecting a 10 acre wetland parcel on Quaker Road.



Golden-fruited sedge

The most recent threat to the wetland comes from the County's proposed extension of a runway at the airport, which could destroy many acres of wetlands depending on the final plan. In response to that potential threat, the Town of Queensbury recently proposed designating the 1.0 acre marl fen, which is in or near the path of the proposed runway extension, to be a Critical Environmental Area (CEA). This designation will help to ensure that any development proposal that may impact the marl fen receives a thorough environmental review.



Map from NY Natural Heritage Program report showing location of northern white cedar swamp south and west of runways

The Big Cedar Swamp Coalition's attorney filed a letter in support of the CEA designation and appeared at the Town Board's public hearing to speak in support of the action, as did several unaffiliated Queensbury residents. The Board then voted unanimously to approve the CEA designation. The Coalition also urged the Town to designate the entire Big Cedar Swamp as a CEA, develop a management plan to protect the wetland, and work with the County to enhance the marl fen habitat on its property. The Coalition will continue to monitor the County's plans, as well as any other development proposals that may adversely affect the Big Cedar Swamp.

For more information, including the letter to the Town Board from the coalition and resolution with attached memo from the new York Natural Heritage Program (which includes maps, photos, and additional information visit: [adk-gfs.org](http://adk-gfs.org) and scroll down

to Advocacy to Protect Queensbury's Big Cedar Swamp.

## ADK Club news & events!



Never struggle to find an ADK outing again, because the new online master calendar is here. Get out more this year with your one-stop-shop for all things Adirondack Mountain Club. Check out ADK programs, chapter outings, volunteer opportunities and more! The calendar will be continuously updated as new dates come up around the organization.

**\*\*Be sure to check the chapter website [www.adk-gf-s.org](http://www.adk-gf-s.org) first** for outings and programs! The master calendar is frequently updated, but not instantaneously!



The online calendar isn't the only change at ADK for 2016.

We're proud to announce the new ADK blog, **The Trailhead!**

The Trailhead is your best resource for up-to-date ADK news, program updates, outdoor tips, hiking suggestions, and a lot more. The Trailhead will be updated at least once a week, so check back often or follow us on Facebook.

Updates will also be announced monthly in ADK Today.

We are excited to announce our partnership with Peak 2 Brew this year! The Peak to Brew Relay race presented by Bark Eater Events, LLC is the Northeast's longest most scenic overnight Team supported relay race at 234 miles. Teams of 6-12 Runners and 1-2 Support Vans will traverse the course over 48 unique legs. New this year is the 'i-did-a-lot' challenge! Participate in ididaride! on 7/31/16 ([adk.org](http://adk.org) for info) and Peak 2 Brew's relay race on 8/12-8/13 and earn a cool challenge t-shirt! For more info, <http://p2brelay.com/race-overview/>



# Outings and Programs Schedule

See [adk-gfs.org](http://adk-gfs.org) website for latest calendar

Date	Day	Type	Destination	Leader(s)	Rating
<b>March</b>					
1	Tue	Hike/Snowshoe	Tuesday Outing	Maureen Coutant	B
2	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
7	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
13	Sun	Snowshoe	Wright Peak, Algonquin, Iroquois	Steve Mackey	A+
15	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	C
16	Wed	Walk	Young Members: Evening Trail Walk & Social	Julia Greiner, Stephanie Gaudons	C-
19	Sat	Hike/Snowshoe	Upper Wolf Jaw	Bill Morse	A
19	Sat	Snowshoe	Moreau Lake Overlook via Spier Falls Connector to Western Ridge and Red Trails	Reg Prouty	B+
22	Tue	Hike/Snowshoe	Tuesday Outing	Maureen Coutant	B
29	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	B-
30	Wed	Program	March program	Sarah King	NR
<b>April</b>					
4	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
6	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
9	Sat	Hike/Snowshoe	Northern Section of the Tongue Mt. Range	Bill Morse	B+
10	Sun	Hike	Pole Pond	Neal Van Dorsten	C+
12	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
14	Thu	Other	Young Members: Game Night & Social	Julia Greiner, Stephanie Gaudons	NR
16	Sat	Hike/Snowshoe	Spruce Mountain	Rich Crammond	C+
16	Sat	Hike	Hadley Mountain Fire Tower	Reg Prouty	B
19	Tue	Hike	Tuesday Outing	Mo Coutant	B
20	Wed	Program	A Western Adventure in Our National Parks A photo journey by John Schneider	Sarah King	NR
23	Sat	Paddle/Camp/Hike	South Bay Diameter	Jayne Boudier	A
24	Sun	Bike	Mt Bike - Gurney Lane	Steve Mackey	B-
24	Sun	Hike	Pilot Knob Preserve Gazebo and Waterfall - RTL	Lorraine MacKenzie, Jack Whitney	C
26	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
30	Sat	Trail work	Tongue Mountain	Tom Ellis	B
30	Sat	Walk	Spring Bird Walk - Peebles Island State Park	Rich Speidel	C
<b>May</b>					
1	Sun	Hike	Hopkins Mountain	Wayne Richter	B+
2	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
4	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
5	Thu	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C
7	Sat	Hike	Exploring Prospect Mountain	Bill Bechtel	B
10	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
14	Sat	Hike	Cat and Thomas Mountains	Bill Bechtel	B+
15	Sun	Hike	Pole Hill Pond - RTL	Lorraine MacKenzie	B
17	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
18	Wed	Program	May program	Sarah King	NR
21	Sat	Hike/Snowshoe	Lake Andrew	Rich Crammond, Jayne Boudier	B
21	Sat	Hike	Pilot Knob Peak	Bill Bechtel	B+
21	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
24	Tue	Walk/Hike	Tuesday Outing	Mo Coutant	NR
28	Sat	Hike	Esther and Whiteface	Bill Morse	A+
31	Tue	Paddle	Tuesday Outing	Mo Coutant	NR



## Outings Detail

### **TUESDAY OUTING** - [ Hike/Snowshoe ]

Tue, Mar 1, 2016, time TBD, Rating: B  
Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- We'll snowshoe or hike a small mountain within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

### **EXECUTIVE COMMITTEE MONTHLY MEETING** - [ Other ]

Wed, Mar 2, 2016, 7:00 pm, Rating: NR  
John Caffry - [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)  
- Board meeting at the Crandall Library (downtown Glens Falls) in the Holden Meeting Room.

### **MONTHLY MONDAY GEOCACHE**

Mon, Mar 7, 2016, 9:00 am, Rating: NR  
Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Mo Coutant - 745-7834 or [mojom@roadrunner.com](mailto:mojom@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!

### **WRIGHT PEAK, ALGONQUIN, IROQUOIS** - [ Snowshoe ]

Sun, Mar 13, 2016, 5:30 am, Rating: A+  
Steve Mackey - 793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)  
- This is the first day of daylight savings so it will only feel to your body like 6:30 AM. If conditions are favorable, after climbing the peaks we will go down the steep trail to Lake Colden/Avalanche Lake, and make a loop out of it. We will park at the Loj, and climb Wright first. The peaks are often very windy, so bring extra clothing for exposed skin when we are up high. I might carry a pair of short skis, for the trip out, but that is optional, and I will probably bring up the rear. The route will be roughly 15 miles, with around 4000 feet vertical. Late March is usually relatively warm, with a lot more day light.

### **TUESDAY OUTING** - [ Walk/Ski/Snowshoe ]

Tue, Mar 15, 2016, time TBD, Rating: C  
Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See March 1

### **YOUNG MEMBERS: EVENING TRAIL WALK & SOCIAL**

Wed, Mar 16, 2016, 6:00 pm, Rating: C-  
Julia Greiner - 518-860-9030, [jules@adk.org](mailto:jules@adk.org)  
Colead: Stephanie Gaudons - 518-332-4624 or [stephanie@adk.org](mailto:stephanie@adk.org)  
- Get some fresh air after work on an easy evening snowshoe or walk on a local trail, followed by dinner at a nearby restaurant. Families and kids are welcome too. Hike is weather permitting, and dinner is optional depending on interest. It gets dark early so bring a flashlight or headlamp. Be sure to sign up in advance to find out meeting place!

### **UPPER WOLF JAW** - [ Hike/Snowshoe ]

Sat, Mar 19, 2016, 7:00 am, Rating: A  
Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
- Trying to get in one more winter peak. Going in from the Ausable Club for a round trip of 10+ miles with 2,800+ feet in elevation gain. Be prepared for snow and hopefully not much ice. I will only have microspikes. Bring plenty to eat and drink. If it is a cold day I do not stop for more than 10 minutes at a time. Leader will meet group at exit 29 at 7:30AM.

### **MOREAU LAKE OVERLOOK VIA SPIER FALLS CONNECTOR TO WESTERN RIDGE AND RED TRAILS** - [ Snowshoe ]

Sat, Mar 19, 2016, 9:30 am, Rating: B+  
Reg Prouty - 518-747-9736  
- We will park in the Spier Falls Road Parking area and begin on the Western Ridge Trail, taking the red connector over to the overlook and make a return loop via the green trail. Round trip is 5 miles with a few hundred feet of ascent.

### **TUESDAY OUTING** - [ Hike/Snowshoe ]

Tue, Mar 22, 2016, time TBD, Rating: B  
Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See March 1

### **TUESDAY OUTING** - [ Walk/Hike ]

Tue, Mar 29, 2016, time TBD, Rating: B-  
Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See March 1

### **MARCH PROGRAM**

Wed, Mar 30, 2016, 7:00 pm, Rating: NR  
Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
- Program will be held at Crandall Public Library, lower level. Hiking the Continental Divide Trail: One Woman's Journey: Local hiker and author, Jennifer Hanson, will share the tale of her 2,400-mile six-month back-packing trip from Mexico to Canada along the Continental Divide National Scenic Trail (CDT). See front page for more information.

### **MONTHLY MONDAY GEOCACHE**

Mon, Apr 4, 2016, 9:00 am, Rating: NR  
Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Mo Coutant - 745-7834 or [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See March 7

### **EXECUTIVE COMMITTEE MONTHLY MEETING** - [ Other ]

Wed, Apr 6, 2016, 7:00 pm, Rating: NR  
John Caffry - [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)  
- Board meeting at Saratoga-Wesley Health Center.

### **NORTHERN SECTION OF THE TONGUE MT. RANGE** -

[ Hike/Snowshoe ]  
Sat, Apr 9, 2016, 7:30 am, Rating: B+  
Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
- We will park cars at Deer Leap trailhead and at Clay Meadow. We will go from Clay Meadow and climb 5 Mile Mt. and Brown Mt. Expect this to be mostly a hike but be prepared with microspikes. Meet at 7:30 at the Deer Leap parking lot. Leader may bring dog.



## Outings Detail

### **POLE POND** - [ Hike ]

Sun, Apr 10, 2016, 9:00 am, Rating: C+  
Neal Van Dorsten - 644-7034, [nealvan@aol.com](mailto:nealvan@aol.com)  
- This new hike is located across from Northwest Bay and is a big circular loop. There are several ups and downs but it is easy, with no steep grades. The distance is about 6 miles total. We will meet at the public parking area across from Lakeside Lodge in Bolton Landing.

### **TUESDAY OUTING** - [ Walk/Hike ]

Tue, Apr 12, 2016, time TBD, Rating: NR  
Mo Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- We'll hike or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

### **YOUNG MEMBERS: GAME NIGHT & SOCIAL** - [ Other ]

Thu, Apr 14, 2016, 6:00 pm, Rating: NR  
Julia Greiner - 518-860-9030, [jules@adk.org](mailto:jules@adk.org)  
Colead: Stephanie Gaudons - 518-332-4624 or [stephanie@adk.org](mailto:stephanie@adk.org)  
- Looking for an opportunity to meet new people and see what ADK's about in a fun and relaxed atmosphere? Unwind from the work day with a pot luck style dinner and board games in Glens Falls! There will be some games to choose from or bring one of your favorites along with a food item to share for dinner/dessert. Contact leaders for meeting location and let them know what you'd like to bring!

### **SPRUCE MOUNTAIN** - [ Hike/Snowshoe ]

Sat, Apr 16, 2016, 9:00 am, Rating: C+  
Rich Crammond - 518-584-2380  
- Let's hike or snowshoe to this 73 foot high tower, then up to the cab for some views. Hope we have clear weather. Summit elevation is 2009 feet and round trip hiking is 2.2 miles with 1003 feet of elevation change. We will meet at Spruce Mt. Road dead end where the trailhead is.



### **HADLEY MOUNTAIN FIRE TOWER** - [ Hike ]

Sat, Apr 16, 2016, 9:00 am, Rating: B  
Reg Prouty - 518-747-9736  
- Hadley is perhaps one of my favorite fire tower mountains to hike. In spring the wildflowers are abundant, as are the red oaks on the trail so we'll keep an eye peeled so we won't step on any. Ascent is 2675 feet with a round trip distance of 3.8 miles.

### **TUESDAY OUTING** - [ Hike ]

Tue, Apr 19, 2016, time TBD, Rating: B  
Mo Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- This will be a hike somewhere in the Adirondacks...probably not a 46r, but something with a nice view. Maybe Hopkins? Nun-da-ga-oh? Indian Head again? Hmm...check in as it gets closer.

### **APRIL PROGRAM**

Wed, Apr 20, 2016, 7:00 pm, Rating: NR  
Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
- Program will be held at Crandall Public Library. "A Western Adventure in our National Parks" by John Schneider. See Page 3 for more information.

### **SOUTH BAY DIAMETER** - [ Paddle/Camp/Hike ]

Sat, Apr 23, 2016, 7:00 am, Rating: A  
Jayne Boudier - 518-793-3770, [boudier@verizon.net](mailto:boudier@verizon.net)  
- North Saddle & South Bay Diameter April 23-24. These two live on South Bay, near Whitehall. So do our hosts, Tim and Mary. Saturday we'll put in at the Rt 22 bridge, unload at their place, and hike to the Waterwall, Devil's Den, and North Saddle. On Sunday we'll paddle to and past the Diameter Cliff. This end of South Bay is seriously beautiful and wild, with eagles, beaver, osprey, and spawning Gar. Expect 8-10 miles of paddling, 4-6 miles of hiking, and 1300 ft ascent, at a moderate pace. See [governor.ny.gov/news/governor-cuomo-announces-state-closes-second-phase-former-finch-land-acquisition-adirondacks](http://governor.ny.gov/news/governor-cuomo-announces-state-closes-second-phase-former-finch-land-acquisition-adirondacks).

### **MT BIKE - GURNEY LANE**

Sun, Apr 24, 2016, 10:00 am, Rating: B-  
Steve Mackey - 793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)  
- Queensbury built some mountain bike trails in their park, off of Gurney Lane. I've ridden them a few times and they are well constructed and a lot of fun. I thought it would make a nice little outing to get some fresh air and exercise. We will meet at Panera at 10:00 AM or we can also meet at the park at 10:15. New riders are welcome; the few difficult parts can be walked.

### **PILOT KNOB PRESERVE GAZEBO AND WATERFALL -**

#### **RTL** - [ Hike ]

Sun, Apr 24, 2016, 9:00 am, Rating: C  
Lorraine MacKenzie - 791-9794, [otczone@aol.com](mailto:otczone@aol.com)  
Colead: Jack Whitney - 793-9210 or [jackwhitney1758@gmail.com](mailto:jackwhitney1758@gmail.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. Whether you're up for the challenge or just out for the hikes, please join me as I schedule trips to all of their locations. Pilot Knob Preserve is located on the east coast of the lake. The mile hike to the gazebo is moderately steep but the views are beautiful. Continuing on for about a mile and a half further we will reach the waterfall. Hopefully it will be flowing strong! Total mileage is around 4.5 miles with approximately 700 feet of elevation gain.

### **TUESDAY OUTING** - [ Walk/Hike ]

Tue, Apr 26, 2016, time TBD, Rating: NR  
Mo Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- This is during break week, so if we're around I'll do something kid friendly!



## Outings Detail

### **TONGUE MOUNTAIN** - [ Trail work ]

Sat, Apr 30, 2016, 9:00 am, Rating: B

Tom Ellis - 518-638-6139, [hola@hughes.net](mailto:hola@hughes.net)

- The clearing/maintenance work will start at the northern end to Deer Leap. Then we will head south to Clay Meadows. Call leader for more details.



### **SPRING BIRD WALK - PEEBLES ISLAND STATE PARK**

Sat, Apr 30, 2016, time TBD, Rating: C

Rich Speidel - 623-2587

- Peebles Island offers fields, woods, and solitude amid urban surroundings. Its location at the confluence of the Mohawk and Hudson Rivers provides habitat for a variety of birds. We will walk across the Mohawk on a historic railroad bridge and circle the island at a slow pace, covering about 2.5 miles. Along with many songbirds, waterfowl are often seen from the cliffs, and an eagle or osprey is possible. Please call in advance to register, and bring binoculars, snacks, and water. The rain date is Sunday, May 1. Meeting place: Waterford Harbor Visitor Center.

### **HOPKINS MOUNTAIN** - [ Hike ]

Sun, May 1, 2016, 8:30 am, Rating: B+

Wayne Richter - 518-893-7895, [wrichter@nycap.rr.com](mailto:wrichter@nycap.rr.com)

- Hopkins is one of the gems of the lower summits among the High Peaks. Its open bedrock summit has a spectacular view right up the Ausable valley with many of the High Peaks visible. Along the way, we'll pass a few gigantic white pines, follow along beautiful Mossy Cascade Brook and have a look at the cascade. Round trip is 6.4 miles with 2120 feet of elevation change.



Photo credit: Lynne Silverberg from ADK fall hike to Hopkins

### **MONTHLY MONDAY GEOCACHE**

Mon, May 2, 2016, time TBD, Rating: NR

Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)

Colead: Mo Coutant - 745-7834 or [mojim@roadrunner.com](mailto: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!

### **EXECUTIVE COMMITTEE MONTHLY MEETING** - [ Other ]

Wed, May 4, 2016, 7:00 pm, Rating: NR

John Caffry - [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)

- Board meeting at location TBD..

### **SPRING BIRD WALK - WILTON WILDLIFE PRESERVE & PARK**

Thu, May 5, 2016, time TBD, Rating: C

Rich Speidel - 623-2587

- May is a great time to hear and see native and migrating birds in our area. This will be an easy morning walk of about two miles along the trails and varied habitats of Camp Saratoga. We will stop often and record the bird species identified. Please call ahead to sign up, and bring binoculars, snacks, and water. The rain date is Friday, May 6. Meeting place: Camp Saratoga, Scout Road.

### **EXPLORING PROSPECT MOUNTAIN** - [ Hike ]

Sat, May 7, 2016, 8:30 am, Rating: B

Bill Bechtel - 518-399-1206, [williamandkaren@nycap.rr.com](mailto:williamandkaren@nycap.rr.com)

- Starting at the Lake George Recreation Area, we will climb to the peak, after which we will explore other trails on the south-east side of the mountain, looping back to our cars and hiking about 7 miles. Hike one of three for getting back in shape for the summer hiking season.

### **TUESDAY OUTING** - [ Walk/Hike ]

Tue, May 10, 2016, time TBD, Rating: NR

Mo Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- We'll hike or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

### **CAT AND THOMAS MOUNTAINS** - [ Hike ]

Sat, May 14, 2016, 8:30 am, Rating: B+

Bill Bechtel - 518-399-1206, [williamandkaren@nycap.rr.com](mailto:williamandkaren@nycap.rr.com)

- Starting at Edgecomb Pond, we will ascend Cat Mountain then hike the ridge line over to the cabin and further on to the peak of Thomas Mountain, returning to Edgecomb Pond and hiking about 8 miles. Hike two of three for getting back in shape for the summer hiking season.

### **POLE HILL POND - RTL** - [ Hike ]

Sun, May 15, 2016, 8:30 am, Rating: B

Lorraine MacKenzie - 791-9794, [otczone@aol.com](mailto:otczone@aol.com)

- Come join us for our second LGLC preserve outing (see April 24 trip description). Pole Hill pond is located west of the Tongue Mountain range in Bolton. It is a 5 mile loop. The brochure states to "Prepare for wet areas, steep climbs, and rocks. Your rewards will be the spectacular view from Walnut Ridge, serenity of untouched Pole Hill Pond, and abundance of native Adirondack plants and birds." Sounds wonderful!

### **TUESDAY OUTING** - [ Walk/Hike ]

Tue, May 17, 2016, time TBD, Rating: NR

Mo Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- We'll hike or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details. NOTE: This might get changed to a paddle trip!

## Outings and Review Detail

### MAY PROGRAM

Wed, May 18, 2016, 7:00 pm, Rating: NR  
Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
- Program will be held at Saratoga Springs Public Library.  
"African Sojourn: Mt. Kilimanjaro and Beyond" with Jean Quatrocchi.

### LAKE ANDREW - [ Hike/Snowshoe ]

Sat, May 21, 2016, 9:00 am, Rating: B  
Rich Crammond - 518-584-2380  
Coad: Jayne Boudier - 518-793-3770  
- This outing will be approximately 8 miles round trip with around 400 feet of elevation change. It's mostly a road hike to a nice body of water. The meeting place will be at the Santanoni trailhead parking lot off Rt. 25 north of Tahawus and Rt. 84, Blue Ridge Rd., Upper Works area. Let's get 'er done, hiker buds. Please dress warm for Adirondack spring weather.

### PILOT KNOB PEAK - [ Hike ]

Sat, May 21, 2016, 8:30 am, Rating: B+  
Bill Bechtel - 518-399-1206, [williamandkaren@nycap.rr.com](mailto:williamandkaren@nycap.rr.com)  
- Starting at the Buck Mountain trail head, we will ascend the Pilot Knob ridge line to the open false peak and bushwhack further southwest to the true peak. Most of the hike is on a good herd path with about 0.5 miles of bushwhacking, for a total round trip distance of about 5 1/2 miles. Hike three of three for getting back in shape for the summer hiking season.

### SPRING BIRD WALK - PACK FOREST, WARRENSBURG

Sat, May 21, 2016, time TBD, Rating: C  
Rich Speidel - 623-2587  
- A leisurely morning walk of about three miles through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migrating and native birds crossing our path. We will check for birds around Pack Forest Lake and may visit the Grandmother's Tree, a towering 175 foot white pine some 320 years old. Please call ahead to register, and bring binoculars, snacks, and water. The rain date is Sunday, May 22. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

### TUESDAY OUTING - [ Walk/Hike ]

Tue, May 24, 2016, time TBD, Rating: NR  
Mo Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- We'll hike or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

### ESTHER AND WHITEFACE - [ Hike ]

Sat, May 28, 2016, 7:30 am, Rating: A+  
Bill Morse - 518-585-9153, [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)  
- We will go in from the Atmospheric Center doing Esther than Whiteface. Total trip is 11-12 miles with over 3,000 of elevation gain. Bring a camera for the great views, and plenty of food and water. I will meet the group at 7:30AM at Exit 29. Leader may bring dog.

### TUESDAY OUTING - [ Paddle ]

Tue, May 31, 2016, time TBD, Rating: NR  
Mo Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- This week if the weather will allow, we'll do a paddle in the Glens Falls/Lake George area!

### Reviews:

#### **Tuesday Hike Thu, Dec 3, 2015, Maureen Coutant**

- This was my first trip out in awhile after being down and out with pneumonia for what seemed like most of November! So instead of hiking up Shelving Rock Mtn, we took it easier and headed down past the waterfall and walked along the Lake George trail. Some of the group looked for a couple of geocaches while others spent more time enjoying the views. We also noticed an old foundation and an old bed frame which a tree has grown up through. There was also a neat old tree nearby. Great company, great views and a great day out. Upon returning to the parking lot, we removed about 8 shopping bags full of garbage. (Thankfully, we don't find that kind of mess often.) Participants: Doug & Judy Beers, Jayne Boudier, Tom Burns, Annemarie Carberry, William Clarke, Mo Coutant, Sarah King, Licia Mackey.



Photo credit : Annemarie Carberry

#### **Monday Monthly Geocache Mon, Dec 7, 2015, Sarah King**

- Our destination today was Saratoga Spa State Park. We were experiencing heavy fog when we met at Panera at 9am but it had mostly cleared off by the time we arrived in Saratoga. We started from the main parking lot by the administration building and headed toward our first cache. We had several people who had never geocached before so it was fun to show them the various ways geocaches can be hidden. We mostly walked on the Five Mile Trail, finding 4 caches as we walked. One of the most memorable caches was disguised as an acorn! We all wandered around in circles until Licia spotted it. Participants: Sarah King, Licia Mackey, Todd Earl, Don Thorn, Reg Prouty, Heidi Kaufmann, Jayne Boudier.

#### **Tuesday Walk Tue, Dec 8, 2015, Maureen Coutant**

- Maureen was still nursing a cold, so Licia and Bill co-led. We completed the whole Rush Pond Trail, north to south and back (4.4 miles round trip), in Queensbury near the Northway's Exit 20. The trail has been widened since we last visited, and some of us discussed the possibility of a ski trip on the relatively-flat surface. There are a number of nice vantage points for the pond and wetlands, with rustic bridges, and several chances to connect to the Queensbury School cross-country trails that merit exploration. Sarah and Licia found a parking area for the south end off Aviation Road--don't even think of parking at the Fox Farm Road trailhead. Nine participants: Jayne Boudier, Nancy Burke, Tom Burns, Paul Dietershagen, Heidi Kaufman, Sarah King, Eric Krantz, Licia Mackey, Bill Schwarz.



## **Wilton Wildlife Park Hike/Snowshoe Sat, Dec 12, 2015, Rich Crammond**

- Man, what a day for hiking in the park for December. Four hikers just paced ourselves slower to enjoy the forest and spend a little longer with nature. Highlights of this outing were spending time with fellow hike leaders Jayne Boudier and Reg Prouty, and spending some time at the tower I used to visit back in the early 60s. Thanks everyone for sharing this day in the woods. It just didn't get no better. Participants: Reg Prouty, Jayne Boudier, Joanne Szot, Rich Crammond.

## **Tuesday Hike Tue, Dec 15, 2015, Maureen Coutant**

- I still wasn't up for a hike, so we did a walk along the trails in Coles Woods in Glens Falls. We picked up a little trash along the way and explored a newish section of the trails. It was on this hike that we first noticed a weird bush? tree? which we've seen on other hikes afterwards. The bark was split in a weird pattern. Check the website for a picture...not sure if you'll be able to see the pattern. Participants: Mo Coutant, Sarah King, Licia & Steve Mackey, Kathi Noble, Bill Schwarz.

## **Annual Cookie and Cocoa walk Tue, Dec 22, 2015, Maureen Coutant**

- Ok...the cookies must have been the draw! It certainly wasn't the weather! It wasn't cold, but it was raining the whole time. Not a mist, not a sprinkle...rain! But 12 crazy people joined me. Like I said...it must have been the cookies. We did the shortest walk around the lake, which is mysteriously low, and wound up at the warming hut. We all pulled out some goodies to share and ate too many sweets! Donna's Moose Cut-out cookies were the talk of the gathering, but all of them were great. Always a good time. Does anyone know why the lake is so low? Participants: Mo Coutant, Paul Dietershagan, Sarah King, Eric Krantz, Licia Mackey, Kathi Noble, Gwenne Rippon, Bill Schwarz, Joanne Szot, Donna & Mitch, Jerry, Stephanie Zimmer.

## **Tuesday hike Tue, Dec 29, 2015, Maureen Coutant**

- This week we walked along the Hudson Pointe trail and were able to get to the bridge thanks to the work that was done to add walkways to the areas that were always either muddy or underwater. The water was just up to the walkways, but we didn't have any troubles. After doing the loop, the group was up for an exploratory mission to check out the Moreau State Park trail that is on the opposite side of the Hudson from the park. It was further up Corinth Rd. Bill and Kathi became our new leaders. We enjoyed the rock wall, and old foundation which even had the well still visible...and covered by stones. It was very cool. The trail takes you down to the river and then we headed back. We had quite the world travelers with us with Heather Mackey back in town from Hawaii and Chris Brown visiting from his job in China and Joanne having toured many of the places they'd travelled to. Great to get out and work off some of those Christmas cookies! Participants: Joanne Armstrong, Chris Brown, Jim Brown, Mo Coutant, Nancy Kimball, Heather Mackey, Licia Mackey, George & Irene Sammons, Bill Schwarz.

## **Annual New Years Day hike up Buck Mountain Fri, Jan 1, 2016, Reg Prouty and Bob Aspholm**

- Upon meeting at Queensbury Panera we merged a hike Jack Whitney was leading with ours so we had a good sized group of eager New Years Day hikers to head to the east side of Buck Mt. We had no trouble ascending without snowshoes due to the lack of snow but did need our microspikes due to some icy spots. Arriving just about lunch time, we took a few minutes for the singing and playing of Auld Lang Syne with some of us ring-

ing the bells Reg brought. Then we found a sheltered spot from the wind for our lunch. Visibility was good but not good enough to see the high peaks. A good day was had by all and we were back at the cars by mid-day. 19 hikers: Reg Prouty, Bob Aspholm, Jayne Boudier, Kyler Mangulis, Rob Furlong, Michele Bartz, Emily Bartz, Ray Bouchard, Margie Litwin, Susan Howard, Kendra Schieber, Mary-beth Wagner, Joe Wagner, Eberhard Burkowski, Susan Jeft, Jack Whitney, Scott Andersen, Suzanne Rancourt, Kathleen Fitzgerald.

## **Whiteface Mountain Fri, Jan 1, 2016, Steve Mackey**

- The conditions looked almost perfect for sledding, but it turned out kind of slow. The snowmobiles hadn't been up in a while, so there wasn't a hard packed trail. There also was more snow the higher we went. We ended up sledding from different elevations, depended on whether we thought we would be able to slide or not. We were almost able to go the whole way down, but had to walk a few times. Glenn elected to ski, and probably made the best decision on equipment. We had a dog along that wanted to fetch the whole way, so we stayed entertained. Participants: John and Eileen Schneider, Jungle and Becky Mosher, Rich Elton, Glenn Balschunat, Steve and Licia Mackey.

## **Tuesday walk Tue, Jan 5, 2016, Maureen Coutant**

- This week we had a little snow, but there were places on the trail that it was just leaves. Microspikes were definitely the equipment to have as we were able to easily hike along the slippery layer of snow. We hiked up to the gazebo on Pilot Knob Lookout and then onto the waterfall. There wasn't much water flowing, but lots of cool ice formations. It was a cold day, but with the right layers everyone was comfortable and glad to be out! Participants: Tom Burns, Mo Coutant, Licia & Steve Mackey, Kathi Noble, Neal Van Dorsten, Laurie Williams.



## **Tuesday hike Tue, Jan 12, 2016, Maureen Coutant**

- This week we weren't sure if we'd have enough snow to XC ski in Coles Woods behind the Glens Falls Y, but we decided to give it a try. We actually moved the outing to Thursday evening so we could ski under the lights. It's such a great spot in Glens Falls. One of the reasons I was happy to move here 25 yrs ago! The conditions were better than expected with a light covering of snow over the icy surface. We had a nice trip through the woods, up and down hills, over the streams on the bridges and then over to Dunkin Donuts to warm up! Great evening out! We just need a little more snow! Participants: Annemarie Carberry, Jim & Mo Coutant, Mike George, Licia & Steve Mackey, Jim Zwynenburg.

## Trip Reviews

### **Tuesday ski Tue, Jan 19, 2016, Maureen Coutant**

- Ever since I led a trip to Rainbow Falls this past fall, we've wanted to return to ski in on the Ausable Club Rd and then visit the Falls in the winter. So, this week I decided to do it even though it was the coldest day of the winter so far! But we dressed properly and the wind was blocked by the mountains on the road, so we were too warm more often than cold! We had to stop and take off layers. The road had just enough snow to ski on barely but we made it. The falls were beautiful! Check out the Gallery on the website. Then it was a quick ski out and trip to the Noonmark! Participants: Jim & Mo Coutant, Steve Mackey, Kathi Noble, Laurie Williams, Jim Zwynenburg.



Photo credit: Jim Zwynenburg

### **Hudson Crossing / Happy New Year Outing Sat, Jan 23, 2016, Rich Crammond**

- This was a very cold and windy hike but, shortly before we were on the trail we spotted a good size eagle flying up river just north of the parking lot. That made it all worth being out there in the cold. A nicer group of people I've never met. Highlights of this outing were hiking with Jean Holcomb, 46er and Appalachian Trail veteran, hiking along with a hardy group, and spotting two eagles. Just didn't get no better. Participants: Jean Holcomb, Mike Usher, Katie User, Candie Becker, Karen McLaughlin, Rich Crammond.

### **Pyramid & Gothics Sun, Jan 24, 2016, Steve Mackey**

- I had to cancel, due to lack of participants, but it still ended up being an interesting day. Originally I had 4 people signed up. I lost one Saturday afternoon, because she wanted to take her dog, and they don't allow dogs in the Ausable Valley. She was going to do another trip with some other ADK friends up Colden. I was still thinking of going with three, and just have it an unofficial trip. I got another cancellation in an email around 10:00 PM. I emailed and called the last person ASAP to cancel, but never actually talked to him. I decided to go to Panera in the morning just in case. He didn't show, but since I was up and had my gear, I decided to try and catch the other group and do Colden. Since I had my skis I skied in from South Meadows. When I got to the dam, they hadn't signed in, so that meant I was either ahead, or they skipped signing in. I asked other groups, and no one had seen them. I continued climbing Colden and somewhere near the top I came across a black windbreaker. I picked it up, and about 15 minutes later I ran into Matt Karkoski running down to retrieve Heidi's "lost" jacket. Everyone else was on the summit, so we got to hike together the rest of the day. It was beautiful - sunny and no wind on the summit. The skiing was better than I expected, but I did a lot of rock dodging on the trail

down from the Lake Arnold junction.

### **Tuesday hike Thu, Jan 28, 2016, Maureen Coutant**

- This week we walked into Inman Pond which is on the road leading into the Hogtown Parking lot. This trip doesn't have much elevation change and is only a little over 3 miles round trip. There wasn't much snow, so microspikes were the "go to" gear of the day. The trail was definitely icy, so these were perfect. We walked along one side, but didn't want to bushwhack around the lake, so we returned to a campsite area and walked across the ice. We saw an old beaver lodge, beautiful views, and a bright blue sky! It was a great day out topped off with food at Paneras at the end of the trip for most of us! Participants: Mo Coutant, Paul Dietershagen, Liz Gee, Heidi Kaufman, Sarah King, Eric Krantz, Licia Mackey, Tom Martindale, Jane Morrissey, Anne Paolano, Bill Schwarz, Joanne Szot, Jim Zwynenburg.

### **Monthly Monday Geocache Mon, Feb 1, 2016, Sarah King and Mo Coutant**

- We met at Panera at 9am and headed down to Peebles Island in Waterford. Peebles Island State Park is at the confluence of the Hudson and Mohawk Rivers. It offers spectacular river and rapids views from its miles of paths through the gently rolling and wooded landscape. The amazing thing about the day was the temperature. It was probably 50 degrees with no sign or ice or snow. No micro spikes needed. As we are usually a small group, I let everyone know that I usually bring my geocaching partner in crime, Sadie (my mini golden doodle) with me. It also happened that Mo was dog sitting two golden doodles plus had her own doodle Charlie with her and to round it out Anne brought her dog too. So we were almost outnumbered dogs to people! As we parked, we noticed several others getting out of cars with their canine companions. We enjoyed walking along the cliffs with views of the Mohawk and finding the 9+ caches hidden here. The trail was muddy in some of the lower spots but nothing we couldn't navigate around. We had some newer cachers so we had fun showing them some of the winter friendly hide styles here; benders, leaners and hangers. As always, Licia came through with some yummy snacks. We were on the trails about 2 hours. A great outing with a great group. Participants: Sarah King, Mo Coutant, Licia Mackey, Ann Paolano, Heidi Kaufmann, Don Thorn.

See the Chapter photo gallery  
for trip photos  
[www.adk-gfs.org](http://www.adk-gfs.org)

Trip leaders and participants:  
Remember to send in your photos to  
[webmaster@adk-gfs.org](mailto:webmaster@adk-gfs.org) for the gallery.  
(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](http://www.adk-gfs.org)

**Wesley Health Care Center** 131 Lawrence Street, Saratoga Springs, NY 12866, 587-3600.

### From the South: Route 9 North.

LEFT onto CHURCH STREET. RIGHT onto LAWRENCE. • From the North: EXIT 15 off 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

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT #76  
SARATOGA SPRINGS, NY  
12866

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!***

