



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

Chepontuc Footnotes

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

**Antipodian Adventures
Hiking Australia & New Zealand**
with Tammara Van Ryn and Chris Lincoln
Thursday, September 20, 7:00 pm
Saratoga Springs Public Library

Join ADK members Tammara Van Ryn and Chris Lincoln for a presentation on their epic February to April 2018 trip to Australia and New Zealand.

They hiked 250 miles, spent 23 nights in a tent, and 14 nights in a camper van! Chris and Tammara met with several conservation organizations during their trip, and will share insights gained on invasive species management in addition to their hiking stories.

Tammara Van Ryn and Chris Lincoln live in Greenwich, NY. They are long-time Adirondack Mountain Club members, and Tammara serves on the club's board of directors. Tammara works in land conservation, and Chris is an organic farm inspector. In their spare time they hike, canoe, garden and volunteer for several organizations.



Thank You to Two Loyal Volunteers:

Fred Cady has been a very dedicated volunteer on the newsletter labeling committee since about 2010. Every two months for the past eight years, Fred join the other committee members for an evening of attaching the mailing labels to issues of the *Chepontuc* and then delivering them the next day to the post office in Saratoga Springs for mailing. Fred always made sure to pick up any needed supplies for the committee and tried his best to keep on top of the yearly postage rate increases so that we always had the correct forms - not always an easy task at times.

Linda Ranado has served the Glens Falls/Saratoga Chapter in a number of capacities, including Past Glens Falls/Saratoga (GF/S) Chapter Director to ADK Board of Directors, and current GF/S Chapter Education Committee Chair. Linda is a retired school teacher. She drafted a couple of her teacher friends and brought them into local elementary schools to educate the young hikers about respect for the environment by utilizing her "good hiker vs. bad hiker" skit. She also conducted outdoor treasure hunts for forest-related objects at various local events; and, probably most importantly, recruiting GF/S Chapter-sponsored youngsters to attend the yearly DEC summer camps. Her work for the Newsletter Labeling Committee was invaluable. Rarely did she miss a labeling meeting. Linda would faithfully pick up the mailing labels from ADK Headquarters, sort them according to zip codes all in preparation for the labeling process. Then she would deliver the extra newsletters to ADK so that they could be given to visitors who might be looking for information on ADK or outings in which to participate.

Chapter Chair Report ~ by Kathi Noble



Summer is prime time for outdoor adventures, and hopefully everyone is getting out there to enjoy the beauty of our area. If you like having a goal to help motivate you, you may want to check out the many challenges that are available. There are challenges that require hiking, paddling, and observing waterfalls. The Adirondack Quest Challenge, sponsored by the Genesee Chapter involves exploring and appreciating plants, landscapes and wildlife. I may be prejudiced, but I believe that the best challenge of all is the ADK Fire Tower Challenge, sponsored by our chapter. As the correspondent of the challenge I can confidently state that all the hikers that have finished it have thoroughly enjoyed it and are appreciative that the chapter sponsors it.

I remember my first time hiking to the tower on Bald Mountain; I was probably six or seven years old. At that time it was a working tower, manned to spot forest fires. I remember the forest ranger showing us how to use the map and allowing us to look through the binoculars. We were given a card to signify that we had been to the tower. Maybe I have that card stashed away someplace. Many years later I took my children up to the same tower to have a similar experience. I'm in awe every time I reach a summit that has a tower on it. Thinking about the history behind it, who manned it. I find myself wondering how they lived here for the summer and how was it built. My hope is that many of you have had or will have similar experience at the summit of a fire tower mountain.

Just remember before you take on any challenge make sure that you are physically able, mentally prepared and have the proper equipment. Don't forget to follow the principles of Leave NO Trace. Enjoy the summer and the beauty out there. Here are some links to a few of the challenges:

<http://www.adk-gfs.org/firetower.challenge.php>

<https://www.adirondack.net/hiking/challenges>

<https://www.adk.org/play/earn-a-patch>

<http://www.adirondackexperience.com/files/publicwaterfallchallenge.pdf>

Executive Committee Officers		Committee Chairs		Committee Chairs	
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Past Chapter Chair 518-798-0624 pastchair@adk-gfs.org	John Caffry	Programs 518-798-0615 programs@adk-gfs.org	Sarah King	Alternate Directors	Peter Benoit Maureen Coutant Laurie Williams

Save the Date for Our Chapter Annual Dinner

WHEN: Friday October 26th

WHERE: Embassy Suites, Saratoga Springs

WHO: Featured Speaker Jamie Savage

Jamie Savage, a professor at SUNY-ESF Ranger School in Wanakena, NY and accomplished musician is also co-author of the pocket guide to the Cranberry Lake 50. Jamie is a founding member of The Five Ponds Partners of which, the project manager that developed the trail, the brochure, promotions and leads in the maintenance of the trail. Through story, photos and song, Jamie will describe this 50 mile, multi-day adventure into one of the Adirondack's largest and wildest lakes. *More information in the September newsletter.*



Membership Update ~ by Pat Desbiens

NEW MEMBERS - MARCH 2018

Elaine & Bob Alberti, Saratoga Springs
Anthony Benson, Ballston Spa
Chris, Mary & Aidan Buckley, Burnt Hills
Mike & Anne Curtin, Saratoga Springs
Brian Doyle, Saratoga Springs
Julia Farenell, Queensbury
John & Star Gaworecki, Scotia
Sean Gomer, Wilton
Nacy Gorski, Clifton Park
Collin, Leah & Rowan Grady, Saratoga Springs
Amanda & Curtis Hall, Ballston Spa
Karen Hayes, Johnville
Susan Klippel, Queensbury
Kevin Knapp, Saratoga Springs
Lou Kowalski, Glens Falls
Brian Krug, South Glens Falls
Mark Libecchi, Saratoga Springs
Joshua Myers, Ballston Spa
Jessica Niles, Saratoga Springs
Kathryn, Thomas, Matthew, Emily & Zoe Osborn, Clifton Park
Joseph Paris, Moreau
Gilbert Prieto, Saratoga Springs
Kerry Reilly, Clifton Park
Robert Smith, Cohoes
Joseph Strauss, Glens Falls
Matt Strickland & Sarah Carney, Warrensburg
Lee Trombley, Gansevoort
Curtis Truax, Bolton Landing
Darren, Patrice, Drew, Emery & Ella VanHeusen, Ballston Lake
Nathan Ward, Saratoga Springs
Allyson Warren, Amsterdam

REJOINED MEMBERS - MARCH 2018

Daniel Berggren, Ballston Spa
Paul Connors & Ellen Brace, Glens Falls
Victor DeBonis, Lake Luzerne
Richard Down, Lake George
Nicole Durocher Beaulne, Apple Hill, ON KOC
Greg, Ruth, Kaleigh & Aedan Hays, Schuylerville
Laurie LaFond, South Glens Falls
Donna Leonard, Ballston Spa
Richard & Ian Maxwell, Middle Grove
Mark McGarry, Watervliet
Lawrence, Deborah, Laura, Jennine, Maureen, Rachele
Putnick, Queensbury

Joyce & Tom Tuffey, Olmstedville

NEW MEMBERS - APRIL, 2018

Robert & Judith Ancar, Cambridge
Carol Bodette, Mario, Vincenzia, Gianna & Alessandria Fasulo, Lake George
James Bottino, Clifton Park
Thomas, Juliane, Holly & Henry Cahill, Lake George
James Cebula, Hadley
Ted Chittenden, Hudson Falls
Rich, Matthew, Alexandra Claus & Amanda Cline, Greenwich
Jerry Dodge, Corinth
Ben Federlin, Brighton, Massachusetts
Tom Federlin, Saratoga Springs
Daniel Lemieux, Argyle
Jeffrey & Chers Leonard, Queensbury
Molly Madison, Charlton
Scott Peterson, Saratoga Springs
Eric Potter, Queensbury
Colleen Schefold, Wevertown
Wayne Senecal, Whitehall
Katie Shaw, Warrensburg
Dan Steltz, Whitehall
Everett Voorhis, Hudson Falls
Ann Wait, Gansevoort
Corey Wood, Gansevoort

REJOINED MEMBERS - APRIL 2018

Tom Barkley, Saratoga Springs
Debra & Gordon Boyce, Belchertown, Massachusetts
George & Tina Carruthers, Diamond Point
Richard & Lea Covell, Saratoga Springs
Debbie & Bart D'Avignon, Greenwich
Joerns & Elli Gloeckner, Hadley
Marlene Hurley, Glens Falls
Kelly Kolnick, Ballston Spa
Alexandra Kuntz, Annapolis, Maryland
John Kwasnowski, Johnsonville
Penny Sheedy, Argyle
James Simpson, Greenwich
William, Jessica, Allison, Colin & Woods & Ashley MacKenzie, Ballston Lake
Joseph, Laura & Charlotte Zarba, Wintrop, Massachusetts

Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
July 2018					
1	Sun	Hike	Hurricane Mt. Wildflower/Photo Hike	Jack Whitney	B+
3	Tue	Hike	Young Members Moreau Lake State Park Sunset Hike - Southern Hudson River Overlook	Brian Coville, Megan McLaughlin	C
7	Sat	Hike	Highway to the Sky - Lower Wolf Jaw and Rooster Comb via Bennies Brook Slide	Eric Kimmelman, Akane Suzuki	A+
10	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
14	Sat	Hike	The Vly and Botheration Pond	Rich Crammond	B
17	Tue	Hike	Adirondack Fire Tower Challenge hike	Maureen Coutant	B
17	Tue	Hike	Young Member- Tuesday Sunset Hikes	Megan McLaughlin, Brian Coville	C
20	Fri	Camp/Hike	Young Members: Cardigan Campout (NH)	Stephanie Gaudons	B+
21	Sat	Hike	Hiking Wright, Algonquin and Iroquois	Joe Babcock, Andrew Meunier	A+
21	Sat	Hike	Kane Mountain Fire Tower	Amanda Gomez	C
21	Sat	Hike	Phelps Peak From Klondike Notch Trail -	Reg Prouty	A
21	Sat	Hike	Montcalm Point Hike and Swim	Neal Van Dorsten	C+
24	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
28	Sat	Hike	Basin and Saddleback	Wayne Richter, Ben St. Andrews	A+
28	Sat	Paddle/Camp	Racquette Lake Paddle & annual Chicken Barbeque on Long Point	Jayne Boudier	A
31	Tue	Hike	Young Member- Tuesday Sunset Hikes	Megan McLaughlin	C
August 2018					
4	Sat	Hike	Rooster Comb and Snow Mountain	Andrew	B+
5	Sun	Hike	Upper Works photo Hike and Exploration	Jack Whitney	C
5	Sun	Hike	Montcalm Hike and Swim	Neal Van Dorsten	C+
7	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
11	Sat	Hike	Trailless Dixes	Wayne Richter	A+
12	Sun	Bike	Essex Chain Lakes Bike	Jack Whitney	B
14	Tue	Hike	Young Member- Tuesday Sunset Hikes	Megan McLaughlin	C
18	Sat	Hike	Street and Nye High Peaks	Alison Laurin, Ben St. Andrews	A+
18	Sat	Hike	Hour Pond Moose Watch!	Rich Crammond	B
21	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
25	Sat	Camp/Hike	Young Member Backpacking -- Seward Range	Amanda Gomez, Jason Waters	A++
25	Sat	Hike	Colden from East Slide with trip to Lake Colden and Avalanche Pass to Boot.	Joe Babcock	A
25	Sat	Hike	Cascade Peak	Reg Prouty	A
28	Tue	Hike	Young Member- Tuesday Sunset Hikes	Megan McLaughlin	C
September 2018					
4	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
5	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
11	Tue	Hike	Young Member- Tuesday Sunset Hikes	Megan McLaughlin	C
18	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
20	Thu	Program	Antipodean Adventures- Australia and New Zealand	Sarah King	NR
21	Fri	Camp/Hike	Young Member Backpacking -- Cranberry 50	Amanda Gomez, Jason Waters	A++
22	Sat	Hike	Big Slide and Yard Mountain	Joe Babcock	B+
22	Sat	Hike	Indian Head and Fish-hawk Cliffs	Reg Prouty	B+
25	Tue	Hike	Tuesday Outing	Maureen Coutant	B
29	Sat	Hike	Essex Chain Lakes	Rich Crammond	B+

Outings and Programs 1 of 3

HURRICANE MT. WILDFLOWER/PHOTO HIKE

Sun, Jul 1, 2018, 8:00 am, Rating: B+
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- Great 360 degree views from this summit and some wild flowers along the trail. Round trip about 5.5 miles. Slower pace to allow for photographs. A classic Adirondack hike.

YOUNG MEMBERS MOREAU LAKE STATE PARK SUNSET HIKE - SOUTHERN HUDSON RIVER OVERLOOK

Tue, Jul 3, 2018, 7:00 pm, Rating: C
Brian Coville - 516-996-5086, Brian_Coville@outlook.com
Colead: Megan McLaughlin - *631-365-3934 or megan@adk.org
- Easy to moderate paced hike 1 mile up the southern end of the Western Ridge trail to the first overlook of the Hudson River to watch the sunset. Meeting at trail head at 7 pm, sunset is 8:38. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. We may stay out later if the sunset looks like a good one. Beginners and families welcome. Leader will bring adorable dog, other adorable dogs welcome. Email megan@adk.org to sign up or check capital region younger member's Facebook page for more info.

HIGHWAY TO THE SKY - LOWER WOLF JAW AND ROOSTER COMB VIA BENNIES BROOK SLIDE - [Hike]

Sat, Jul 7, 2018, 5:00 am, Rating: A+
Eric Kimmelman - 518-866-8521, ekimmelman@gmail.com
Colead: Akane Suzuki - 999-999-9999 or akaneadk@gmail.com
- Come join us on one of nature's beautiful highways to the sky, the Bennies Brook slide, to Lower Wolf Jaw. We will then head down to Rooster Comb returning to Keene Valley. The Bennies Brook slide is one of the introductory slides in the Adirondacks. A pair of hiking boots with good grip will get you to its top. About 12 miles and 2500 feet of elevation. Meet at exit 19 at 5:00 am.

TUESDAY OUTING - PADDLE

Tue, Jul 10, 2018, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This will probably be an evening paddle, but not sure at this point. Call or email or check the website as it gets close to the date!

THE VLY AND BOTHERATION POND - [Hike]

Sat, Jul 14, 2018, 8:30 am, Rating: B
Rich Crammond - 518-584-2380
- We will hike to Botheration Pond past the Vly and back out to the starting point off Barton Mines Road, the trailhead. Little elevation change with approximately 5 miles round trip. Meet at Tops Market, Main Street, North Creek, at 8:30 am; car pool to the trailhead from there. This is a moose area; be on the lookout, hiking buds! Bring rain gear and head nets, plus water also. Let's get 'er done, ADKers.

ADIRONDACK FIRE TOWER CHALLENGE HIKE

Tue, Jul 17, 2018, time TBD, Rating: B
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- I still have a few out of the way fire tower hikes to do to complete the Fire Tower Challenge. Check in with me the weekend before to see where I'll be going to work on the challenge and get the details.

YOUNG MEMBER- TUESDAY SUNSET HIKES

Tue, Jul 17, 2018, time TBD, Rating: C
Megan McLaughlin - 631-365-3934, megan@adk.org
Colead: Brian Coville - *516-996-5086 or Brian_Coville@outlook.com
- Easy to moderate evening hike, probably in Lake George area. Trail, meeting time, location TBD. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. We may stay out later if the sunset looks like a good one. Beginners and families welcome. Leader will bring adorable dog, other adorable dogs welcome. Email megan@adk.org or check capital region YMG Facebook page for more info and to sign up.

YOUNG MEMBERS: CARDIGAN CAMPOUT (NH)

Fri, Jul 20, 2018, time TBD, Rating: B+
Stephanie Gaudons - 518-332-4624, sgraudons@hotmail.com
- Young Members: Cardigan Campout, Friday, July 20 (after work) to Sunday, July 22. Join us for a change of scenery on this New Hampshire adventure! We'll be camping at a primitive campground for 2 nights (arriving late Friday night, driving back to NY on Sunday), and hiking Mount Cardigan and Firescrew Saturday. The ascent we plan to take is the shortest, but steepest and most difficult, route up Mount Cardigan, with some rock scrambling required higher up. The summit is open rock with a 360-degree view and a fire tower. We will follow the ridge to Firescrew and likely descend the Manning Trail back to the trailhead to make a loop. Approximately 5 miles total with 1,800 feet of elevation gain, including some challenging terrain. This is not a beginner hike and not appropriate for dogs. Participants must have their own camping equipment and be adequately prepared. Number of tents is limited so no solo tents are allowed unless trip does not fill. We plan to go rain or shine, and will adjust route plans accordingly. Cost is \$12 per person to cover the camping fee. Due to the long drive from NY and the busy trailhead, carpooling is recommended where possible. Leader will assist in facilitating a carpool from the Capital District or Glens Falls area when date gets closer. Email Stephanie for more information and provide some information about your recent hiking/camping experience. Group size is limited, leader will maintain a waitlist if needed.

HIKING WRIGHT, ALGONQUIN AND IROQUOIS

Sat, Jul 21, 2018, 5:00 am, Rating: A+
Joe Babcock - 518-791-9395, jababcock19@gmail.com
Colead: Andrew Meunier - 518-376-2470 or andrew.m.meunier@gmail.com
- Looking forward to a Full Day in the Park! This is a hike that offers some spectacular views when the skies are clear. I happen to enjoy these hikes on cloudier days as well. Let's hope that the thunderstorms stay away and we have a great experience on the MacIntyre Range. Plan on meeting early at the Panera parking lot to car pool and head up to the peaks.

KANE MOUNTAIN FIRE TOWER - [Hike]

Sat, Jul 21, 2018, 5:00 am, Rating: C
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
- We will be taking the East trail for a 1.8 mile round trip ascent. This is a short hike with a moderate grade and a elevation change of only 620 feet. It is possible to make a loop by descending the North trail to make for a longer trek. Please call me if you'd like to join; also, carpooling encouraged.

PHELPS PEAK FROM KLONDIKE NOTCH TRAIL - [Hike]

Sat, Jul 21, 2018, 7:30 am, Rating: A
Reg Prouty - 518-747-9736, reginaldpouty@gmail.com
- This 8 mile round trip to the summit of Phelps involves an ascent of 1761 feet from South Meadow Road with the last 1.3 miles involving a fairly gradual bushwhack from the Klondike Lean-to to the summit. Phelps is the #32 high peak in height and has tremendous views of the Great Range including Marcy. Be prepared for a long day as we will relax on top and have our lunch before returning to the Klondike Lean-to and South Meadow.

MONTCALM POINT HIKE AND SWIM

Sat, Jul 21, 2018, 9:00 am, Rating: C+
Neal Van Dorsten - 518-644-7034, nealvan@aol.com
- We will meet in downtown Bolton Landing at the public parking next to the new Brewery. Then we will go to Clay Meadows and hike to Montcalm Point. We will take a swim and be picked up by boat and travel back to Bolton. This is a popular hike, so make your reservations asap. We have a limited number of spaces.

TUESDAY OUTING - PADDLE

Tue, Jul 24, 2018, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com

Outings and Programs 2 of 3

- This week we might travel a little further north to Lake Abanakee or another Adirondack Lake ... make sure your boat is cleaned before moving it between lakes. Don't want to bring any invasive species along! Call, email, or check the website the weekend before for updated info.

BASIN AND SADDLEBACK - [Hike]

Sat, Jul 28, 2018, 5:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Ben St. Andrews - 518-744-5574
or benjamin.st.andrews@gmail.com
- If we're lucky, we'll be able to park in the Garden lot. If not, we'll park in Keene Valley and walk up the road. We'll go past Johns Brook Lodge to Slant Rock and take the lovely, and unfairly maligned, Shorey Short Cut. From there, it's up to Basin, a spectacular peak. We'll drop down to the base of Saddleback. It's hands and feet for the final scramble to the top. We'll return by the Orebed Brook Trail, with at least a brief time on the Saddleback slide.

RACQUETTE LAKE PADDLE & ANNUAL CHICKEN BARBEQUE ON LONG POINT

Sat, Jul 28, 2018, 7:30 am, Rating: A
Jayne Boudier - 518-636-3352, jayneboudier@gmail.com
- July 28-29 Camp at Big Island or Tioga Point, poke around the Needles - I'm open to suggestions. The paddle is 8-9 miles, at a moderate to leisurely pace. Starting at 1 pm on Sunday is the annual "St. Williams on Long Point" chicken barbecue & silent auction. Anyone may take the free ferry out to there from Raquette Lake Village, and back, between 1- 4 p.m. on Sunday.

YOUNG MEMBER- TUESDAY SUNSET HIKES

Tue, Jul 31, 2018, time TBD, Rating: C
Megan McLaughlin - 631-365-3934, megan@adk.org
- Easy to moderate evening hike, probably in the Lake George area. Trail, meeting time, and location to be determined. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. We may stay out later if the sunset looks like a good one. Beginners and families welcome. Leader will bring adorable dog, other adorable dogs welcome. Email megan@adk.org or check capital region younger member's Facebook page for more info and to sign up.

ROOSTER COMB AND SNOW MOUNTAIN - [Hike]

Sat, Aug 4, 2018, 7:00 am, Rating: B+
Andrew - 518-376-2470, andrew.m.meunier@gmail.com
- This 6 mile loop will take us over two smaller peaks with excellent views of the Great Range, Keene Valley, and Giant. It will be a relaxed/moderately paced hike with plenty of time for lunch and taking photos. The loop has about 2050 feet of elevation change. Depending on the group's pace, we may be back in Glens Falls by mid-afternoon. Carpool meeting location: Panera Bread, 820 US Route 9, Queensbury.

UPPER WORKS PHOTO HIKE AND EXPLORATION

Sun, Aug 5, 2018, 8:00 am, Rating: C
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- We will explore some of the new trails near the old iron furnace. If time permits ... take a short hike to Lake Henderson. Easy hike for beginners. Meet at Panera parking area at 7:45 am and carpool to trailhead.

MONTCALM HIKE AND SWIM

Sun, Aug 5, 2018, 9:00 am, Rating: C+
Neal Van Dorsten - 518-644-7034, nealvan@aol.com
- We will meet at public parking in Bolton Landing. We will then go to Clay Meadows for hike to Montcalm Point. We will hike to the point and take a swim and then be picked up by boat and return to Bolton Landing. Popular hike so reserve early; limited number of spaces.

TUESDAY OUTING - PADDLE

Tue, Aug 7, 2018, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- Check the website for info the weekend before this outing.

TRAILLESS DIXES - [Hike]

Sat, Aug 11, 2018, 5:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- We'll go in from Elk Lake, start up the herd path near the Slide Brook lean-to, continue up the Macomb slide, and summit Macomb while it's still early. Next, we'll drop down a bit before the rocky ascent of South Dix - this is lots of fun. We'll try not to miss the summit sign on a tree at a minor rise in the trail. We'll continue on to Grace, one of my favorite peaks, where we'll spend some time enjoying the rocks and the views, and maybe be lucky enough to find some blueberries. We'll return to South Dix and then decide whether everyone wants to continue to Hough or whether we'll head back.

ESSEX CHAIN LAKES BIKE

Sun, Aug 12, 2018, 8:00 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- We will start from the Indian Lake side near the Gooley club. We will be biking on old roads that are in fair condition. We will meet at Panera parking lot at 7:45 am and car pool to the trailhead.

YOUNG MEMBER- TUESDAY SUNSET HIKES

Tue, Aug 14, 2018, time TBD, Rating: C
Megan McLaughlin - 631-365-3934, megan@adk.org
- Easy to moderate evening hike, probably in the Lake George area. Trail, meeting time, and location to be determined. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. We may stay out later if the sunset looks like a good one. Beginners and families welcome. Leader will bring adorable dog, other adorable dogs welcome. Email megan@adk.org or check capital region younger member's Facebook page for more info and to sign up.

STREET AND NYE HIGH PEAKS - [Hike]

Sat, Aug 18, 2018, 6:00 am, Rating: A+
Alison Laurin - 518999-9999, adkalisson@gmail.com
Colead: Ben St. Andrews - benjamin.st.andrews@gmail.com
- We'll start from near the Loj parking lot and hike to Nye first, then over to Street. Water should be down for the stream crossing at this time of year. Not the best views, but it's a day in the woods! Round trip about 8.8 miles. Please e-mail a leader by Thursday before the hike for details, and to sign up.

HOOR POND MOOSE WATCH! - [Hike]

Sat, Aug 18, 2018, 8:30 am, Rating: B
Rich Crammond - 518-584-2380
- A nice pond to hike into on a summer's day. We will start at 13th Lake trailhead. Approximately 6.4 miles round trip. Meet at Tops Super Market, Main Street, North Creek at 8:30 am, car pool from there. Bring water, and dress for rain and black flies; head net, also. See you there, and let's get 'er done, hiker buds!

TUESDAY OUTING - PADDLE

Tue, Aug 21, 2018, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- Check website the weekend before for details.

YOUNG MEMBER BACKPACKING -- SEWARD RANGE - [Camp/Hike]

Sat, Aug 25, 2018, time TBD, Rating: A++
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
Colead: Jason Waters - 518-369-5516 or jwate78@gmail.com
- The Schenectady and Glens Falls-Saratoga chapters are leading a dual backpacking trip of the Seward range which features four of the 46 high peaks. The trip will include both official trails and herd paths

Outings and Programs 3 of 3

on Seward, Donaldson, Emmons, and Seymour over a two-day hike on a roughly 22-mile route. Please reach out to Jason or Amanda who can provide a comprehensive gear list. Feel free to bring friendly canine friends!

COLDEN FROM EAST SLIDE WITH TRIP TO LAKE COLDEN AND AVALANCHE PASS TO BOOT. - [Hike]

Sat, Aug 25, 2018, 5:00 am, Rating: A
Joe Babcock - 518-791-9395, jababcock19@gmail.com
- Hi Hikers! Hoping to climb the slide that I have had conversations with Mike Fuller about while hanging out on Gray Peak several times. We will be hiking from the Loj trailhead to Marcy Dam and up the Lake Arnold trail. If conditions allow, we will head down towards Feldspar, and then approach Colden from the slide (a bit of bushwhacking involved). Once up on the summit we will make our way back to the trailhead via the west slide trail to Lake Colden and out through Avalanche Pass. It will be a great day out if the weather cooperates. We can hike the usual route if the conditions are less favorable. See you on the trails.

CASCADE PEAK - [Hike]

Sat, Aug 25, 2018, 7:00 am, Rating: A
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- Cascade is one of the easiest of all 46 peaks as there are only 1940 feet of mostly gradual ascent and 4.8 miles round trip. This is a good climb for future 46ers to begin on. Pace will be moderate; a hike should not be a race to the top.

YOUNG MEMBER- TUESDAY SUNSET HIKES

Tue, Aug 28, 2018, time TBD, Rating: C
Megan McLaughlin - 631-365-3934, megan@adk.org
- Easy to moderate evening hike, probably in the Lake George area. Trail, meeting time, and location to be determined. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. We may stay out later if the sunset looks like a good one. Beginners and families welcome. Leader will bring adorable dog, other adorable dogs welcome. Email megan@adk.org or check capital region younger member's Facebook page for more info and to sign up.

TUESDAY OUTING - PADDLE

Tue, Sep 4, 2018, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- See website (adk-gfs.org) for details the weekend before.

EXECUTIVE COMMITTEE MEETING

Wed, Sep 5, 2018, 7:00 pm, Rating: NR
Kathi Noble - chapterchair@adk-gfs.org
- Glens Falls location to be determined.

YOUNG MEMBER- TUESDAY SUNSET HIKES

Tue, Sep 11, 2018, time TBD, Rating: C
Megan McLaughlin - 631-365-3934, megan@adk.org
- Easy to moderate evening hike, probably in the Lake George area. Trail, meeting time, and location to be determined. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. We may stay out later if the sunset looks like a good one. Beginners and families welcome. Leader will bring adorable dog, other adorable dogs welcome. Email megan@adk.org or check capital region younger member's Facebook page for more info and to sign up.

TUESDAY OUTING - PADDLE

Tue, Sep 18, 2018, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- Check website after Labor Day for the tentative plan for this day.

ANTIPODEAN ADVENTURES- AUSTRALIA AND NEW ZEALAND - [Program]

Thu, Sep 20, 2018, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Join ADK members Tammara Van Ryn and Chris Lincoln for a presentation on their February - April 2018 trip to Australia and New Zealand: 250 miles hiked, 23 nights in a tent and 14 nights in a camper van! Chris and Tammara met with several conservation organizations during their trip as well, and will share insights on invasive species management in addition to their hiking stories. Tammara Van Ryn and Chris Lincoln live in Greenwich, NY. They are long-time Adirondack Mountain Club members and Tammara serves on the club's board of directors. Tammara works professionally in land conservation and Chris as an organic farm inspector. In their spare time they hike, canoe, garden and volunteer for several community organizations.

YOUNG MEMBER BACKPACKING -- CRANBERRY 50 - [Camp/Hike]

Fri, Sep 21, 2018, time TBD, Rating: A++
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
Colead: Jason Waters - 518-369-5516 or jwate78@gmail.com
- The Schenectady and Glens Falls-Saratoga chapters are doing a dual hike of the 50-mile hike around Cranberry Lake. The lake is the third largest in the Adirondack Park. This will be a three-day hike that features two nights of camping in a lean-to or tents. Please reach out to Jason or Amanda who can provide a comprehensive gear list. Feel free to bring friendly canine friends!

BIG SLIDE AND YARD MOUNTAIN - [Hike]

Sat, Sep 22, 2018, 5:00 am, Rating: B+
Joe Babcock - 518-791-9395, jababcock19@gmail.com
- I have been to Big Slide many times, but I still want to go the extra Yard! This will be a great hike to relax and enjoy the many views offered while hiking over the Brothers on the way to the first summit. Then we will continue from Big Slide summit on to Yard. We will return by looping down to Johns Brook via the Klondike Notch trail and back out to the trailhead. Trip is 11.5 miles. I look forward to a fun day.

INDIAN HEAD AND FISH-HAWK CLIFFS - [Hike]

Sat, Sep 22, 2018, 8:00 am, Rating: B+
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- This approximately ten mile loop has beautiful views of both upper and lower Ausable Lakes and several of the high peaks. The climb is gradual with a few steeper spots and a few ladders but only about 750 feet of ascent. This should be great one for early fall foliage.

TUESDAY OUTING - [Hike]

Tue, Sep 25, 2018, 7:30 am, Rating: B
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- This week we will head up to the Adirondacks for a hike to one of my favorites ... Roostercomb? Jay? Indian Head? Not sure which ... so check the website in September or the next newsletter for a decision.

ESSEX CHAIN LAKES - [Hike]

Sat, Sep 29, 2018, 9:00 am, Rating: B+
Rich Crammond - 518-584-2380
- Approximately a 10 mile round trip hike. We will hike on roads to the camping area between 4th and 5th Lakes (great place), have lunch, then head back to the trail head. Drive Goodnow Flow Road from 28N, Newcomb, to Woodys Road, then bear left, drive across one lane bridge over Goodnow River to DEC sign, then up Essex Chain Road perhaps a quarter mile or so to a big parking lot on the left, our meeting place. Look for my black Ford pickup. Dress for Adirondack weather. See you there!

Trip Reviews 1 of 3

Potash Mountain Sat, Apr 7, 2018, Steve Mackey

- The weather was cold and cloudy. The sun came out a couple of times, but very briefly. There was a couple inches of snow that got "packy" as the day warmed up. We didn't need snowshoes and micro spikes were worn by most. We had a pretty large group and even picked up a few extras at Panera that had originally planned on hiking near Lake George. The group included lots of old ADK friends, and lots of new Crooked Canes friends. We got word from Jungle that there are only two DEC people that need to sign off on the project, so we should be improving the trail shortly. 20 Participants: Cathy Flemming, Jim Appleyard, Jen Ferris, Karen Provencher, Joe Babcock, Jeff Levitt, Jayne Boudier, Mark Janey, Shelly Janey, Neal Van Dorsten, Peter Fedorick, Reg Prouty, Carolyn Jaskot, Margie Litwin, Claudia Rosenholz, Nathan June, Christina Bombard, Nao Nozawa, Steve and Licia Mackey.

Barton High Cliffs Sun, Apr 8, 2018, Jayne Boudier and Jeff Mans

- Mostly overcast day, with nice snow underfoot and occasional sunshine. Made a loop of the Cliff tops and the Tallus field below. Jeff had never been here and was duly impressed. And - the ancient caribiner was not found this time. Great trip! Great group! Participants: Jayne Boudier, Mark Bodner, Jeff Mans, and Linda Neil.

Tuesday Outing Tue, Apr 10, 2018, Maureen Coutant

- This week we walked along the Harry Betar Walkway in South Glens Falls. We walked along the paved portion down by the Hudson River and continued on to the upper section along the bluff. After visiting Sand Bar Beach we returned to the parking area and over to Spot Coffee for a bit to eat. Great morning out. Participants: Richard Bennet, Mo Coutant, Licia and Steve Mackey, Kay Mence, Joy and Mark Munro, Karen Provencher, Bill Schwarz, Joanne Szot.

Monday Monthly Geocache Thu, Apr 12, 2018, Sarah King and Mo Coutant

- Today was a beat the rain day which I'm happy to say we did. Our plan was to do a through hike from Indian Meadows Park to the new Andersen Day park on the corner of Van Buren Road and Swagger-town Road. We dropped a car at the dog park and headed over to Indian Meadows to start our adventure. The trails were muddy. There were 10 new caches there and many other older caches. We had 9 people and two dogs so we did attract some attention wandering around in the woods looking for caches. There is a new connector bridge from Indian Meadows to the dog park and another new bridge over a marsh heading to the dog park that we enjoyed. We found all the caches we looked for but found two older caches that were iced in. As we headed out of the woods at the dog park around 1pm, we felt raindrops. Great timing for our trip today. Nice to meet some new cachers (Lauren and Mark). We hope to see you both again. Thanks Licia and Mo for the treats. Fun day out. Participants: Sarah King, Co Coutant, Licia and Steve Mackey, Lauren Kraut, Dorean Page, Mark Haynes, Diane Demetrious, Steve Gray.

Spruce Mountain (Fire Tower) Sat, Apr 14, 2018, Rich Crammond

- What a cool and neat day to be on the trail. The weather turned much colder so it was good to have extra windbreakers on. (Tips to fellow hiker buds:) Always bring rain gear, windbreakers, etc., to put on. If you get hot, you can't take it off if you can't put it on when cold. And you can't "get 'er'done," and that's not good hiking fun! Highlights of this outing were checking out deer striped maple browse, views from the fire tower, hiking with good friends, and staying out of the freezing rain after the hike. Thanks to all for sharing this day in the great outdoors! Participants: Cathy Fleming, Jayne Boudier, Susie Imgnuh, Reg Prouty, Rich Crammond,

Minnewaska Scenic Ramble Sat, Apr 14, 2018, Wayne Richter and Brian Coville

- Whether it was clairvoyance or just blind luck that sent us south rather to the Adirondacks, we swapped a day of dreadful weather up

north for beautiful, sunny skies and temperatures in the upper 50s and lower 60s at Minnewaska. Since the park doesn't open until 9 am (!), we stopped at The Bakery in New Paltz to pick up a few treats. Once in the park, we headed counterclockwise about halfway around the lake, with a pause for photos with the "ice not safe" sign in front of the open water. We took the Millbrook Mountain Carriage Road to the Gertrude's Nose Trail. We spent lots of time along the way having fun with the giant rock blocks, cliff edges (safely, of course), and the views along the edge of the escarpment. We stopped at Gertrude's Nose for a snack, then continued along the escarpment to Millbrook Mountain. We walked further along the escarpment to a final view of the Mohonk Mountain House and the Catskills, then began our return by dropping down to the Trapps Carriage Road. We took this to the Coxing Trail and then to the Millbrook Mountain Trail. It was here that we encountered our first water running down the trail, a relief since we weren't sure it would count as an ADK hike without some water and mud along the way. We emerged on the carriage road near the lake and completed the walk around the lake to return to our cars. Thanks to Brian for co-leading. We had amazing scenery all along the way. Participants: Joe Babcock, Brian Coville, Scot Jacoby, Eric Kimmelman, Karen Provencher, Wayne Richter, Dave White.

Tuesday Outing Tue, Apr 17, 2018, Maureen Coutant

- This has been a strange spring! I think there were a few flurries mixed into the sprinkles at the end of this outing. Due to the forecast, we didn't do a trip to a fire tower this week. Decided to save that for a better day. We stayed close by and walked along the trails in Gurney Lane in Queensbury. Steve rode his fat bike, but finding the biking trails closed, he rode up Gurney Lane while the rest of us wandered around the trails. There was still snow and ice in a few places, but not too many. Participants: Mo Coutant, Licia and Steve Mackey, Liz Mulshine, John Schneider, Jim Ralston, Bill Schwarz, Neil Van Dorsten.

Vanderwhacker Mountain Sat, Apr 21, 2018, Amanda Gomez

- What an incredibly gorgeous blue bird day! The weather was excellent as we ascended using only spikes down the access road, which was all hard pack. Ice was melting off the tops of the trees and nearly missing us in the process. There was very little wind as we sat underneath the tower for lunch. Ice and snow encrusted the tower as we peered out toward the High Peaks covered all in white. Snowshoed the steep decent but returned to spikes at the cabin while exchanging laughs on such a pleasant day! A wonderful bunch of people to be in the woods with. Participants: Wayne Richter, Karen Provencher, Jennifer Ferriss, Andrew Meunier, Mike DeSocio.

Tuesday Outing Tue, Apr 24, 2018, Maureen Coutant

- This week we did a "Pre-Trail work day" hike. Our Chapter clears the downed trees and does some maintenance the last Saturday in April every year on a section of the Tongue Mountain trail. So, I decided to hike out along the Dear Leap trail to scout out the work. Plus, with Steve along I knew we'd get a little trail work done so there would be less to do on Saturday. We built a couple of water bars at the beginning of the trail, cleared some blow down, clipped back some brush, plus we picked up a bunch of garbage in the parking lot area. It was a nice day and we all enjoyed the view from Dear Leap while we ate lunch. We all had fun doing a little trail work and an ice cream in Bolton also! On Saturday, the crew was able to skip the mile from the junction to Dear Leap saving 2 miles of hiking. Participants: Sharon Charbonneau, Mo Coutant, Karen Darfler, Leo Demers, Mary Knutson, Licia and Steve Mackey, Kay Mence, Karen Provencher.

Tuesday Outing Tue, May 1, 2018, Maureen Coutant

- This week we hiked around Lake Bonita and up to Lake Ann in Moreau State Park. It was a beautiful day and we were all so glad to be out. We stopped at all the clearings along the lake and at one, we could see a bunch of salamanders swimming in the water. Looks like they were just getting ready to come on land for that stage of their lives. It was very neat. We had lunch at the lean to at Lake Ann and were glad to see the new walkway out to the edge of Lake Ann. So

Trip Reviews 2 of 3

many nice trails in MSP. Great day out. Participants: Mo Coutant, James Jordan, Licia and Steve Mackey, Kay Mence, Kathi Noble, Karen Provencher, Joanne Szot, Jerry White, Laurie Williams.

Pillsbury Fire Tower Sat, May 5, 2018, Amanda Gomez
- Had to be canceled last minute. I will make up the hike at a later date.

Spring ADK HQ workday Sat, May 5, 2018, Maureen Coutant
- Thank you! Thank you! Thank you! Our workday came the day after the big windstorm brought down many trees and power lines, but luckily not at the ADK property. Some of our volunteers didn't have power at their homes and others had to take some detours to get there. But we had a good turnout and got all the critical jobs done. Soooo many pinecones!! Thanks again for all your help and I know the staff at ADK appreciate having the building looking better for the summer and having screens on their windows!! Participants: Jayne Boudier, Jim & Mo Coutant, Nancy Hill, Sarah King, Leland Loose, Licia & Steve Mackey, Kathi Noble, Anne & Andrew Paolano with friend, Dan Stec, Stan Stoklosa, Eberhardt ???, Scott ???, and Jack Freeman and Tillie came by and worked on the Archives and kept us company.

Spring Bird Walk - Wilton Wildlife Preserve & Park Sat, May 5, 2018, Rich Speidel
- Our group had an enjoyable morning with increasing sunshine and a nice variety of birds. Starting at the pond, we had close-up views of several common mergansers and yellow-rumped warblers, and a great blue heron on the far shore. Then a Baltimore oriole sang brightly overhead, with its vivid orange and black plumage on full display. On the trail, there were excellent views of two pine warblers, along with field and chipping sparrows. Many other birds were seen in flight or heard across the fields and woods, resulting in 33 species on our list. 9 participants: Sue Booth-Binczik, Patricia Brennan, Sharon Charbonneau, Cathy Fleming, Fran Herve, Barbara Hultay, Licia Mackey, Mary-Beth Wagner, Rich Speidel.

Blue Ridge from Big Marsh Sun, May 6, 2018, Jeff Mans and Jayne Boudier
- Wayne was wary, but talked himself into the bushwack so we could have a bare 3 of us for Jeff's 3rd co-lead. We slogged up the Hoffman Notch trail to the north end of Big Marsh, then east through beaver marshes to Hoffman Brook's north side. Hiked to its tune half the day. It was a cheerful participant going our way. Overcast, and some hemlocks and cedars, kept us from baking under the leafless hardwoods, fortunately, because we all ended up short of drinking water. West southwest of the summit, near the col, with maybe 500 feet of ascent left to go, we agreed was our high water mark. We went back to Hoffman Brook and followed it down. Lots of waterfalls! Very refreshing! So was a lightening storm and downpour near Big Marsh. After that we didn't have to worry about keeping our feet dry. Started around 7:30 am, came out 12 hours later. Great day! Participants: Jayne Boudier, Jeff Mans, Wayne Richter.

Tuesday Outing Tue, May 8, 2018, Maureen Coutant
- This week we did our annual trip up to Crown Point to visit the bird banding station. This is their 43rd year and the longest continually operated station on the east coast. They collect birds, take down info, fit them with a band, and hand them over to a visitor to hold briefly and release. Gordon Howard explained the process and answered questions for over an hour. We could have stayed all day, but we were getting hungry! We took a short walk to the nearby remnants of a lime kiln and almost stepped on a woodcock that was nesting in the grass. Almost scared the crap out of me, but was the highlight of the outing for some in the trip ... which is saying something since releasing the birds was pretty cool! Then we wandered amongst the ruins of the British and French forts before heading out to a restaurant in Ti. (The diner across the bridge in Ti is closed on Tuesdays!) Participants: Mo Coutant, Judy & Leo Demers, Laurie LaFond, Licia & Steve Mackey, Rich Myette, Kathi Noble, Karen Provencher.

Spring Bird Walk - Pack Forest, Warrensburg Sat, May 12, 2018, Rich Speidel

- Because of damp, chilly weather on May 12, we had this outing on Sunday, May 13. The wait was worthwhile, as we were treated to sunny, pleasant weather on Mother's Day. Our feathered friends put on a good show, especially a rare extended view of the spectacular Black-burnian warbler. For several minutes we saw a brilliant male at the top of an evergreen tree, its orange "fire throat" aglow in the sunlight; a memorable sight! Another highlight was seeing both the Cape May warbler and bay-breasted warbler, two colorful birds that can be missed each spring as they migrate to the far north. We saw a pair of loons on Pack Forest Lake, and a red-breasted nuthatch pop out of a tree hole (like a cuckoo clock), among the 39 species identified by our group. 10 participants: Kevin Albert, Beau Bessen, Seema Chaudhari, Cathy Hall, Nancy Kimball, Licia Mackey, Wanda Moccio, Mike Moccio, Edna Van Dorsten, Rich Speidel.

Monday Monthly Geocache Mon, May 14, 2018, Sarah King and Mo Coutant

- Today we visited the Moccasin Kill Sanctuary in Schenectady. The Moccasin Kill Sanctuary is a 95 acre area owned by the Nature Conservancy. There are several inconnected loop trails that cover 1.3 miles. Our goal was to find the 8 caches placed here. The trails wind around a deep ravine and are fairly well marked. We found all our caches and then headed over to the Mohawk Hudson Bike trail to find a cache there and then on to Kiwanis Park/boat launch where we had lunch at a picnic table overlooking the Mohawk. We enjoyed getting to know Ed and Jo, who are ADK members and geocachers and are new to our area. Todd narrated our drive home from Schenectady for them as they hadn't been there before. Participants: Sarah King, Todd Earl, Ed Kopf, JoAnne Pedersen.

Blue Mountain Fire Tower Sat, May 19, 2018, Rich Crammond
- This hike was cancelled due to no minimum participants. Leader hiked to the summit solo, a dry trail up the mountain and a wet one on the way down. Two icy spots, too, up higher. Safe outing, got a little wet, but had a good, get 'er done day in the 'dacks. Didn't get "almost" no better.

Sleeping Beauty-Bumps Pond Loop Sat, May 19, 2018, Reg Prouty and Christina Bombard
- It was a warm and mostly dry spring day for viewing Lake George from Sleeping Beauty. We had lunch on the summit and honored Grace Hudowolski with 2 verses of "Amazing Grace" on the pocket trumpet before dropping down to the Bumps Pond outlet. The harder rain held off until we got back to Dacy Clearing. Participants: Reg Prouty, Chrysi Bombard, Nate June and Tony Giorgianna.

Mountain Bird Hike - Hadley Mountain Wed, May 23, 2018, Rich Speidel

- Sunny, warm weather made for a pleasant morning hike up Hadley Mountain. It was a gradual ascent, as we stopped to look and listen for any birds along the trail. There were many colorful wildflowers to enjoy, as well. Several birds were with us for most of the climb, with the songs of red-eyed vireo, black-throated green warbler, and American redstart leading the way. We saw two woodpeckers from close range: yellow-bellied sapsucker and flicker. Later we were excited to hear a few mourning warblers near the trail. We spent time trying to see this uncommon elusive species, but they stayed just out of sight. There were good views from the summit and fire tower, with a broad-winged hawk, red-tailed hawks, and turkey vultures in the sky. The highlight on the way down was to hear, then see, the dazzling scarlet tanager. We completed a nice day on the mountain with 28 species of birds, including 11 different warblers. 5 participants: Sharon Charbonneau, Cathy Fleming, Wanda Moccio, Mike Moccio, Rich Speidel.

Mountain Bike near Gore Mtn Sat, May 26, 2018, Steve Mackey
- Somehow when I wrote this up, I messed up, and rated it an A+. It should have probably been rated a B+. Consequently I ended up with only one other participant. Neither of us had ever ridden any part of it,

so like I said in the description, I printed up maps and we looked at them frequently to make sure we were on route. It actually was part of the fun. We made a couple of very minor errors, but in general we did pretty well. The route is mostly dirt roads with very little traffic. Several of the roads had very few houses, especially along the Hudson. It had more elevation gain than I expected, but nothing we couldn't handle. At the end, when we were approaching the Gore Mountain Ski Bowl, we knew that somehow we could get on some trails, so we were being extra vigilant. We noticed a trail way down an embankment as we neared North Creek, so then we just needed to figure out how to get on it. We asked in town and the beginning was by the Town Hall. It turned out that it was a specially designed Mountain Bike Trail that leads to a whole network. We rode a big loop back to the car, and I think I even saw some fresh moose tracks in there. The Ididaride folks did a good job coming up with this new route, and I would definitely ride it again. Participants: Carolyn Jaskot, Steve Mackey.

What do you Say to a Jay Range Spring Hike! Sat, May 26, 2018, Joe Babcock and Andrew Meunier

- It was an overcast day for the most part, but we managed to get a nice hike of the Jay Range without getting wet. The trail up to the first overlook was as pleasant as I remember from last year, with plenty of switchbacks to keep the climb steady. One of the sections along the way was still blocked by blowdown, so the trail straightens out for a short section. We took time to enjoy the views, with interesting cloud formations, looking threatening at times, but never letting loose on us. We headed out along the ridge from this point, and were treated to fairly nice views considering it was a cloudy day. The breeze kept the flies and other insects away for most of the hike. We did change plans and decided not to eat lunch on the actual summit. There was a better spot with more of a breeze on our way back. After eating a good lunch and not rushing, we made our way back across the ridge and back to the trail head. Plenty of wild flowers to enjoy, as the sun peeked out and it warmed up enough for the flowers to open up. Great day in the Park. Participants: Jen Ferris, Karen Provencher, Andrew Meunier, Wayne Richter and Joe Babcock.

Tuesday Outing Tue, May 29, 2018, Maureen Coutant

- Usually I hike Hadley in mid-May to see the wildflowers, but I was sick then, so it was delayed a couple of weeks. But luckily so were some of the flowers. We saw: Solomon Seal and False Solomon Seal, lady slippers, bunch berry, violets, star flowers, jack in the pulpit, and a bunch of flowers past their prime. We also appreciated all the water bars and trail work. The black flies weren't terrible, but they were out. So we quickly headed to the north side of the mountain to check out the "rock garden," did a few repairs and original art, and then headed back down. Participants: Mo Coutant, John Devine, Mary Knutson, Licia & Steve Mackey, Liz Mulshine, Tina Palmero, Karen Provencher, Dave Roeger, Jerry White, Donna & Mitch Zimmer.

Fire Tower Challenge by Kathi Noble



Hiker Matt Sanford writes: "Thank you for having this challenge. I credit my fire tower hikes as the gateway to my other adventures in the mountains. Had I not pursued this challenge I'm not certain I would have started the others. It was life- changing and re-introduced me to the wilderness I enjoyed when I was younger. Thank you!"

Congratulations to the most recent finishers of The Adirondack Mountain Club Fire Tower Challenge:

Jennifer Bailey Liverpool, NY
Laurie Rankin Tillson, NY
Thomas Rankin Tillson, NY
Michael McDonald Latham, NY
Matthew Sanford New Berlin, NY
Aaron Grave Potsdam, NY
Jeremy Bissonette Plattsburgh, NY
Eric Avery Gansevoort, NY
Nicholas Harnden Cadyville, NY
Laura Lane Warrensburg, NY
Aimee Plante Saratoga Springs, NY
Sue Csizsmar Brantingham, NY
Frannie Smithling Lowville, NY
Nancy Swete Glenmont, NY
Scott Turner Gansevoort, NY

Sign Up Now for a Winter Weekend

We are again renting the Wiezel cabin for the Glens Falls Saratoga Chapter of ADK for our winter weekend 2019! We have reserved it for the weekend of February 8-10. We usually go up Friday afternoon/evening and head home Sunday night/Monday morning. The three night stay cost is \$110 per person and includes the cabin costs and dinners for Saturday and Sunday nights. (If costs come in below this estimate, we will distribute refunds accordingly.) The cabin is located near Adirondack LOJ, with the High Peaks at our doorstep. The cabin has heat, lights, and running water, including a full kitchen and two bathrooms. It sleeps 16 and I will begin accepting reservations with payment from members ASAP. A waiting list will be maintained. Please email questions to smackey33@verizon.net. Please send checks made payable to Steve Mackey to:
Steve Mackey, 21 MacArthur Dr., Glens Falls, NY 12801-2317.



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 STRET. 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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Website: ADK-GFS.ORG



Are you moving?

*If you are moving, You may call
Headquarters at 518-668-4447.*

*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 call to the Club is all you need!*



**Reminder: Please include your e-mail
address when renewing membership!**