



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

## The Irresistibility of Historic Preservation

Presented by Steven Engelhart

**Wed March 14, 7 pm**

**Saratoga Public Library**



ADIRONDACK  
ARCHITECTURAL  
HERITAGE

2016 marked the 50th anniversary of the National Historic Preservation Act. This program is a general intro-

duction to understanding the importance of preserving our nation's built environment. Using illustrations from all over the eastern seaboard and from the Adirondack region, it explores the many reasons that individuals, businesses, non-profit organizations and governments are increasingly involved in promoting historic preservation, because preserving architecture adds beauty to our lives, connects us to our past, fosters community and national identity, contributes to community revitalization, helps to conserve energy, and is part of how we manage change and growth in an increasingly chaotic world. Irresistible, right?

See page 3 for information on the May Program



## A tour of Italy including a Dolomites Hike and a Tuscany Bike

Presented by ADK members  
Doug & Judy Beers

**Wed April 18, 7 pm**

**Crandall Public Library**



## Chapter Chair Report ~ by Kathi Noble



Hopefully as you are reading this spring is knocking at our doors. With that will be mud season and Earth Day.

We're all anxious to get out to hike in warmer weather before the bugs are out and the temperatures rise. Before heading out for that hike please remember a few things. During the spring mud season it is best to avoid trails above 3,000 feet until mid-June when the trails have dried out. Avoiding these trails during mud season will help to prevent damage to fragile vegetation and erosion of the trails. There are plenty of great hikes at lower elevations. Even better you could work on the Adirondack Mountain Club Fire Tower Challenge. Please check the New York State Department of Environmental Conservation (DEC) website, <http://www.dec.ny.gov/>, for information on **trail conditions and places that are suggested to hike during mud season.**

Earth Day is celebrated every year on April 22. Whenever we are enjoying being outdoors on bikes, paddling, hiking, or walking, we need to always be thinking about our impact on the environment. The **Leave No Trace** program has seven principles that if we all follow at all times, not just on Earth Day, we can help make sure the outdoors will always be there for us to enjoy. The seven principles are pretty simple and straightforward but we all need reminders to follow them. The seven principles of The Leave No Trace Program are: **Plan Ahead and Prepare, Travel and Camp on Durable Surfaces, Dispose of Waste, Leave What You Find, Minimize Campfire Impacts, Respect Wildlife and Be Considerate of Other Visitors.** For more information to go: <https://lnt.org/learn/7-principles> So get outside and enjoy all the wonders that we have in the Adirondacks and beyond. Just think about preserving it all for future generations.

The Chapter would like to thank Deb Donahue, our Newsletter Editor, and Steve Lashomb, Young Member Group Chairperson, who recently stepped down from those positions. We really appreciate their efforts to help our Chapter in these roles and they will be missed. The good news is we already have a new Young Member Chairperson to welcome! Please contact Brian Coville if you'd like to help with YMG activities!

**CONTACT US at [www.adk-gfs.org](http://www.adk-gfs.org)  
[facebook.com/ADKGFS](https://www.facebook.com/ADKGFS) and Young Member Group: [facebook.com/SaratogaYMG](https://www.facebook.com/SaratogaYMG)**

<u>Executive Committee Officers:</u>		<u>Committee Chairs:</u>		<u>Trails</u>	<u>Tom Ellis</u>
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	<b>Tammara Van Ryn</b>	<b>Outings</b>	<b>Wayne Richter</b>	518- 798-3055	<b>annualdinner@adk-gfs.org</b>
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	<b>Dan Kane</b>	<b>Programs</b>	<b>Sarah King</b>		<b>Maureen Coutant</b>
<b>Past Chapter Chair:</b>	<b>John Caffry</b>	<b>518- 798-0615</b>	<b>programs@adk-gfs.org</b>		<b>Laurie Williams</b>
518-798-0624	<b>pastchair@adk-gfs.org</b>				

### **India and Bhutan Windows on the Himalayas**

Presented by John Schneider

**Wed May 16, 7 pm Crandall  
Public Library**

In April 2017 John Schneider took an 18-day trip to India and Bhutan. India is the world's second most populous country with 1.3 billion people. Bhutan is a small kingdom with 780,000 people. After a long nonstop flight to New Delhi, India, John took one day to acclimate. The following day his group boarded a train before 6:00 am

for a 140-mile ride to Agra to visit the Taj Mahal and three other sites in the area. They experienced interesting traffic conditions in both New Delhi and Agra.

The group then flew north to Sikkim, once an independent kingdom, but since 1975 a small Indian state bordered by Nepal, Tibet, and Bhutan. There they went on a 5-day trekking trip with views of the Himalayas, especially Mount Kanchejunga, highest peak in India and third highest in the world at 28,169 feet. They stayed at mountain "lodges" and passed through forests with many different types of rhododendrons and saw the famous Himalayan yaks. In addition to trekking in Sikkim, the group traveled along valleys so steep the front of a home at street level was three stories above ground at the rear of the house only 10-15 feet back from the street. They also visited monasteries, a Tibetan refugee center, art centers, and stopped at tea plantations to sample world-famous Darjeeling teas.

Then a flight to Bhutan, whose main airport approach is so unusual and difficult that only about 24 commercial pilots are certified to land there. Bhutan is a very modestly populated country with modest traffic and virtually no traffic lights or stop signs in the capital city of Thimphu of 104,000 people. Bhutan is a Buddhist nation that pioneered the concept of "gross national happiness." The group visited a number of its 500-year old former forts, which contained both religious and governmental units. The group visited cultural and religious sites, museums, and one of the world's largest statues of a seated Buddha, at 169 feet tall. A highlight of the trip in Bhutan was a hike to the Tiger's Nest, a Buddhist monastery literally built on the side of a very high cliff. Come enjoy pictures of the New Delhi traffic, cows in the middle of such traffic, the most awe-inspiring Taj Mahal, unusual architectural features, Asian toilets, the hiking trek, monasteries and cultural places, the unique architecture of Bhutan, the large Buddha statue, the Tiger's Nest Monastery, and of course views of the Himalayan Mountains.





# Conservation News ~ by Aimee Viens Rutledge

## BOREAS PONDS UPDATE

On February 2, 2018, the Adirondack Park Agency (APA) Board voted to accept the Boreas Ponds classification and recommend the preferred alternative to Governor Cuomo for his final consideration. The Governor issued a statement the same day saying he looked forward to signing the APA classification package.

The APA approved Alternative 2B, presented below, which classifies 11,400 acres around Boreas Ponds as Wilderness. The Wilderness classification will maintain the remoteness and protect the fragile characteristics of the Boreas Ponds. Public uses will be limited to non-motorized and non-mechanized uses, including kayaking, canoeing, hiking, skiing, and camping.

The southern portion, 9,118 acres, of the Boreas Ponds tract will be classified as Wild Forest and includes the Gulf Brook and Boreas Ponds Roads north of the LaBier Flow Dam. Under this classification the New York State Department of Environmental Conservation (NYSDEC) will be allowed to maintain the dam and public motor vehicle use can be as close as 0.1 mile from the dam and shoreline of Boreas Ponds. Public uses in the Wild Forest area can include motorized recreational uses, such as, bicycles and snowmobiles.

An 11-acre area near the Boreas Ponds Dam will be classified as Primitive, allowing NYSDEC to maintain the dam. The Primitive classification prohibits public motorized use.

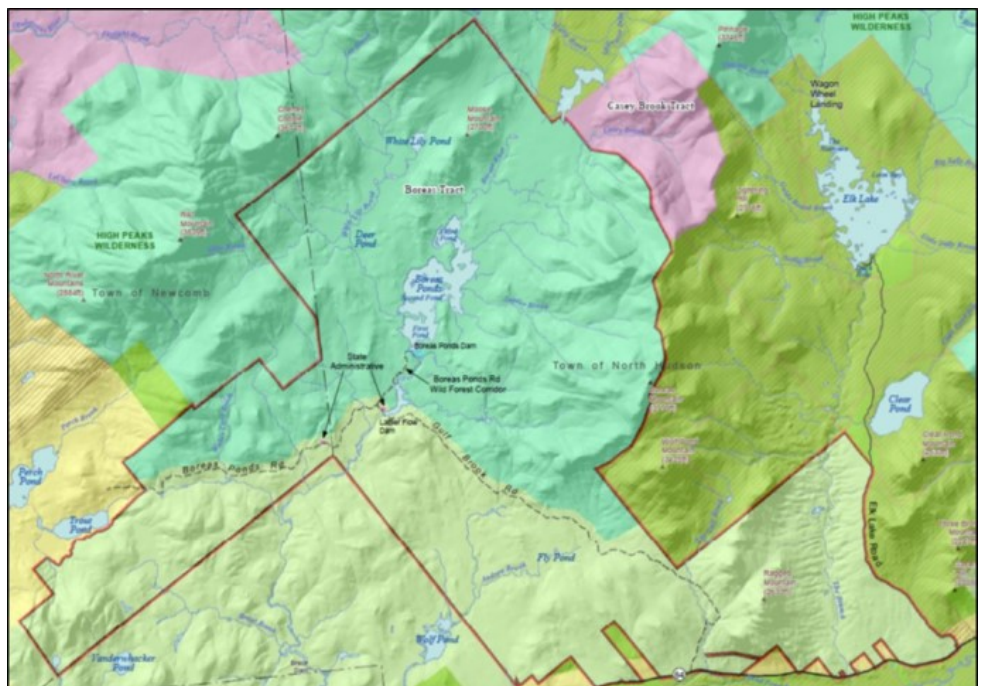
Further development of recreational opportunities and improvements, including trails, trailhead parking, and campsites, will be decided during the Unit Management Plan (UMP) planning process. Lands classified as Wilderness will be added to the High Peaks Wilderness UMP and the Wild Forest lands will be added to the Vanderwhacker Mountain Wild Forest UMP. Both UMPs are expected to be revised this summer.

Throughout the Boreas Ponds classification process, the APA received a great deal of public feedback, including the attendance of 1,215 people at the public hearings, more than 11,000 written public comments, and three petitions with over 27,000 signatures. Draft UMPs will be available for public review and comment.

The APA's press release with a description of the recommendations and the overall 2016-2017 State Land Classification action can be found at the following link:

<https://www.apa.ny.gov/Press/pressrelease.cfm?PressReleaseID=583>

Respectfully submitted,  
Aimee Viens Rutledge  
Conservation Co-Chair



## ***Membership Update ~ by Pat Desbiens***

### **NEW MEMBERS - NOVEMBER 2017**

D. Abrahamson, Yorktown, Virginia  
William & Christine Donlon, Mechanicville  
James & Amy Dunbar, Corinth  
Gwendolyn Fonseca-Elphick, Tomas, Ian &  
Jocelyn Elphick, Greenfield Center  
Brendan & Carly French, Ballston Spa  
Alison & Max Harwood, Washington, D.C.  
Thomas Hemans, Ballston Spa  
Jeff Lehner, Ballston Spa  
Mark & Linda Mindel, Ballston Lake  
Steve, Carla, Hadley & Olivia Richards,  
Saratoga Springs  
Kim & Richard Rothwell, Mechanicville

### **REJOINED MEMBERS - NOVEMBER**

Barbara Drake, Cleverdale  
Robert Flynn, M.D., Clifton Park  
Patricia Wells, Saratoga Springs

### **NEW MEMBERS - DECEMBER 2017**

Mahoney Notify-Plus, Inc., Glens Falls  
Catherine Atherden, Queensbury  
Sarah & Keith Barton, Queensbury  
Sarah Behan, Saratoga Springs  
Eileen Frasier, Warrensburg  
Christina Galatioto, Queensbury  
Erica Hayes, Hannah, Brain & Kaitlyn  
Ashline, Lake Luzerne  
Mark Kadas, Clifton Park  
Scott Robertson & Robin N. Roberston,  
Bakers Mills  
Michael Runyan, Aliyah & Autumn Fulton-  
Runyan, Hudson Falls  
Kristine Schultz, Jeremy, Evan & Jacob  
Lebediker, Ballston Spa  
Adam Shanks, North Adams, Mass  
Dale Sitler, Saratoga Springs

Denise Snyder, Ballston Spa  
Phaedra, Drake & Rhedyn Stasyshyn,  
Middle Grove  
Edwin Stinbiss, Ballston Lake  
Ronald & Barbara Stevenson, Queensbury  
T. Breeze Verdant & Annie Landenberger, Wil-  
liamsville, Vermont  
Connie Youngstrom, Shrewsbury, Vermont

### **REJOINED MEMBERS - DECEMBER**

Vincent Aceto, Clifton Park  
Matthew, Anita, Alec & Emma Chase, Glens  
Falls  
Eileen Connor, Schaghticoke  
Brian Farenell, Glens Falls  
Scott Fein & Pat Martinelli, Albany  
Christopher Hall, Glens Falls  
Eric Kimmelman, Ballston Spa  
Samantha, Michael & Erica Koslowsky, Saratoga  
Springs  
Dr. Richard P. Leach, Jr., Queensbury  
John Marcantonio, South Glens Falls  
Kelly McCord & James LaVergne, Lake Luzerne  
Russell Mongiovi, Malta  
Michael Moreau, Ballston Spa  
Peter Nightingale, New Paltz  
Kathleen Quinn, Matt, Gabriel, Grace & Eva  
Sgambettera, Cambridge  
Timothy, Teri, Megan, Erik & Jacob Shuler, Hud-  
son Falls  
Steve Weinstein, New York, New York  
Matthew Zembo, Kathryn, Alex & Ella Weller,  
Ballston Spa

Thank you for joining or renewing!

Don't forget to check out our website at [www.adk-gfs.org](http://www.adk-gfs.org) for up to date outings and events, membership information, Fire Tower information, program details, photo gallery from trips, and links to other outdoor information.

Find out how the Chapter works!

Upcoming Executive Committee meetings:

Mar 7 @ 7pm @ Crandall Library, GF

April 4 @ 7pm @ Wesley, Saratoga Springs

May 2 @ 7pm @ Crandall Library, GF

Call or email the Chapter Chair for more info.

## Education News ~ by Linda Ranado

The Education Committee is proud to announce this year's recipients of our 2018 summer camperships. These individuals will get to enjoy a week at a DEC environmental camp or to participate in hands-on trail maintenance training as part of an ADK Teen Trail Project. Registration fees of \$350 (DEC) and \$285 (ADK) are paid for by our chapter in our continued efforts to both encourage and support our youth to explore and appreciate our environment.

Six individuals will be heading to Camp Colby as part of its 11-13 age group program. These include **Alex Aleva** of Glens Falls, **Kaitlyn Wells** of Ganesvoort, **Isabelle Savage** of Wilton, **Owen Mansfield** of Greenfield Center, and **Peter Stec** and **Nathaniel Mack**, both of Queensbury. Camp Colby has also, for the first time, opened its doors to 14-17 year olds.

**Brent Subcliff** of Glens Falls will be among the first to participate in this program.

We also will be sponsoring **Miranda Subcliff** of Glens Falls to be a part of ADK's Teen Project program. As of this writing, it has yet to decided which project she will participate in. Among her choices are Poke-o-Moonshine, Pharaoh Lake, Jones Hill Trail, Spruce lake, Hurricane Mountain and Kaaterskill Falls. Which ever she chooses, she is sure to make a lasting contribution to the improvement of the trail and gain some lifelong outdoor skills as well.

Congratulations to all!

## Fire Tower Challenge ~ by Kathi Noble

2017 was another successful year for the Fire Tower Challenge. There were 97 hikers plus 3 kids that completed the challenge. 13 brave people earned the winter rocker by hiking the tower trail from December 12 to March 21. A list of completers from the present back to 2012 can be found on the chapter's website at [www.adk-gfs.org/ftcDriver.php](http://www.adk-gfs.org/ftcDriver.php). The date listed is the date that patches were mailed not the actual completion date. At some point we hope to add finishers from before 2012.

Hopefully, you've had a chance to purchase the new book. New brochures are also out!

A few quotes from some letters that we received from finishers:

"My favorite part about hiking fire towers is getting almost to the summit and looking for the tower, it's a great feeling to feel that anticipation and then LOOK! There it is!", Susan Howard

Peter Hogan was writing about meeting people on the trail. He wrote, "I was reminded again that there are no strangers in the mountains...just friends we haven't met yet."



### Congratulations for completing the Adirondack Mountain Club Fire Tower Challenge:

Angela Jacopelle  
Tad Wood  
Logan Staskiewicz age 12  
Adam Staskiewicz  
Tina Strubel  
Peter Slocum  
Pam Gothner  
Chrisdin Dier  
Kristine Thompson  
John Gitto  
Amanda Agneta  
Paul Agneta  
Susan Howard  
Lori Semprevio  
Scott Regis  
Peter Hogan  
Issiah Toner Holland

Frankfort, NY  
Saratoga Springs, NY  
Brockport, NY  
Brockport, NY  
Cambridge, NY  
Keene, NY  
Keene, NY  
Averill Park, NY  
Honeoye Falls, NY  
Bayside, NY  
Ballston Spa, NY  
Troy, NY  
St. Johnsville, NY  
Johnstown, NY  
Syracuse, NY  
Saratoga Springs, NY  
Patent, NY  
Matthew Ruth  
Janet Sotoala  
Daniel Steltz  
David Manieri  
Eugene Przychodny  
James Foster  
Hope Lloyd  
Susan Smith  
Jeffrey Walshe  
Eric Holm  
Georgiann Holm  
Elizabeth Quell  
Andrew Quell

Albany, NY  
Altamont, NY  
Whitehall, NY  
Scotia, NY  
West Fulton, NY  
Camillus, NY  
South Glens Falls, NY  
Oneonta, NY  
Oneonta, NY  
Glenville, NY  
Glenville, NY  
Albany, NY  
Albany, NY

## *Outings News ~ by Wayne Richter*

**Calling all hike leaders  
(or any member interested in becoming a leader)  
for our Chapter!!**

Join us **March 12th, 6:30 pm for a pizza dinner**  
to thank you for donating your time and so much effort to  
the Glens Falls - Saratoga Chapter of ADK!

We'll share stories, advice, answer questions, and maybe  
even do a little planning for the next newsletter!

**If you've been a leader in the past or interested in becoming a leader, please attend!  
We need you!**

**The gathering will be at Mo Coutant's house in Queensbury. Please RSVP with your pizza topping preference to: [vicechair@adk-gfs.org](mailto:vicechair@adk-gfs.org)**

**Mo's email group notice:** Due to a computer crash, Mo lost her email groups! So if you haven't been getting the midweek email about the upcoming trip, that's why. The lists had gotten very large, so as to be sure it only includes those that still want to be included, she is re-adding people to the email group as they contact her. If you want to be re-added to the midweek, paddling, or ADK HQ volunteer lists, please email her at [vicechair@adk-gfs.org](mailto:vicechair@adk-gfs.org) and specify which list (s) you would like to be on. Thank you.



See the Chapter photo gallery for trip photos at [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. Thank You!





By the time this newsletter goes to print the Banff Mountain Film Festival World Tour will have made a stop in Queensbury.

This was a huge amount of work and the Chapter wants to send out a big thank you to the working group that made this happen:

**ADK-GFS** ~ Peter Benoit, Mo Coutant, Dan Kane, Jim Schneider & Tammara Van Ryn

**Rocksport** ~ Sue Beadle

**Fountain Square Outfitters** ~ Nancy Fuller

The show was Monday, Feb 19th and we sold out (400 tickets) within a week or two of the notice being in the Jan-March newsletter. The World Tour is so popular I think it sells out at most of the venues it visits. We will, hopefully, do it again next February. If you are interested in attending next year, please get your ticket early. Be sure to keep an eye on our website next fall, so you don't miss out.

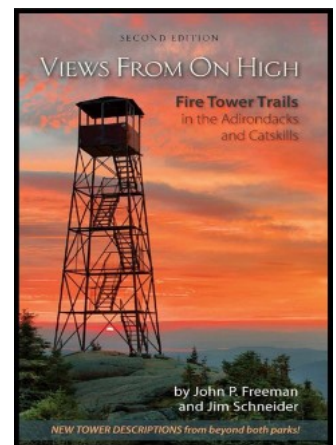
Thanks again to our local sponsors:

**Fountain Square Outfitters, Rocksport, the law firm of Meyer & Fuller, SUNY Adirondack Adventure Sports Club, Cool Insuring, and Advantage Press** for the tickets and posters, **the Queensbury Hotel** for donating a room for our representative who came from Banff, Canada to put on the show.

Additional thanks to the following who donated items for our local door prizes: **Adirondack Mountain Club, Adirondack Extreme, Fountain Square Outfitters, The Hub, Joy Muller-McCoola, Rocksport, Summit Yoga, and West Mountain.**

Have you gotten the revised *Views from on High* yet? Get it now and plan how you're going to complete our Chapter sponsored Adirondack Mtn Club Fire Tower Challenge!

It is available in softcover for \$14.95 (\$11.96 members) at book and outdoor supply stores, at ADK stores in Lake George and Lake Placid, through mail order by calling (800) 395-8080, and online at ADK.org.





# Calendar

Date	Day	Type	Destination	Leader(s)	Rating
<b>March 2018</b>					
3	Sat	Bushwack	Lost Pond Peak	Jayne Boudier	A
4	Sun	Ski	Boreas Ponds	Steve Mackey	A+
5	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
6	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
7	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
7	Wed	Other	Young Members: Game Night	Jules Greiner	NR
10	Sat	Bushwack	Cheney Cobble	Nick Ringelberg, Jayne Boudier	A+
10	Sat	Hike/Snowshoe	Blue Mountain Fire Tower	Amanda Gomez	B
12	Mon	Meeting	Outings Leader Gathering	Maureen Coutant	NR
13	Tue	Hike	Tuesday Outing	Maureen Coutant	B
14	Wed	Program	The Irresistibility of Historic Preservation, by Steven Engelhart.	Sarah King	NR
17	Sat	Ski	Bog Hollow Ski	Reg Prouty	C
18	Sun	Bushwack	3410ft	Jayne Boudier	A
20	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
27	Tue	Hike	Tuesday Outing	Maureen Coutant	NR
<b>April 2018</b>					
2	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
4	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
7	Sat	Hike	Potash Mountain	Steve Mackey	B
10	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
14	Sat	Hike/Snowshoe	Spruce Mountain (Fire Tower)	Rich Crammond	C+
14	Sat	Hike	Minnewaska Scenic Ramble	Wayne Richter, Brian Coville	A-
17	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
18	Wed	Program	Tour of Italy including a Dolomites Hike and a Tuscany Bike presented by Doug and Judy Beers	Sarah King	NR
21	Sat	Hike/Snowshoe	Vanderwhacker Mountain	Amanda Gomez	B+
21	Sat	Paddle/Camp/Hike	North Saddle & the Diameter	Jayne Boudier	A
24	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
28	Sat	Trail work	Trail work on Tongue Mt.	Tom Ellis	B
<b>May 2018</b>					
1	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
2	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
5	Sat	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C
7	Mon	Geocache	Monday Monthly Geocache	Sarah King, Mo Coutant	NR
8	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
12	Sat	Paddle/Camp/Hike	Cedar River Flow	Jayne Boudier	A
12	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
15	Tue	Hike	Tuesday Outing	Maureen Coutant	NR
16	Wed	Program	India and Bhutan - Windows on the Himalayas presented by John Schneider	Sarah King	NR
19	Sat	Hike	Blue Mountain Fire Tower	Rich Crammond	B
19	Sat	Hike	Sleeping Beauty-Bumps Pond Loop	Reg Prouty, Christina Bombard	B
22	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
23	Wed	Hike	Mountain Bird Hike - Hadley Mountain	Rich Speidel	B
26	Sat	Bike	Mountain Bike near Gore Mtn	Steve Mackey	A+
29	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR

## Outings and Programs

### **LOST POND PEAK** - [ Bushwhack ]

Sat, Mar 3, 2018, 6:00 am, Rating: A+  
Jayne Boudier - 518-636-3352, [jayneboudier@gmail.com](mailto:jayneboudier@gmail.com)  
- #49 of the ADK 100 Highest. From Scott Clearing Lean-to, Indian Pass. 10 miles, 1700 feet ascent. Be prepared for crossing Indian Pass Brook and thick going at the top.

### **BOREAS PONDS** - [ Ski ]

Sun, Mar 4, 2018, 7:00 am, Rating: A+  
Steve Mackey - 518-793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)  
- I planned this trip last winter, and the conditions weren't good so I canceled. We will try it again and keep our fingers crossed. If the conditions aren't good for skiing I might try to bike in, with my fat bike. The road in is fairly gentle. It does have some hills, but they shouldn't be difficult. I'm not sure how far they will plow, so this is either a 6-7 mile round trip, or a 12-13 mile round trip. If the inner parking area is open, we might need four wheel or all wheel drive vehicles to get there safely. We also might have to break trail, but I'm guessing this will be a popular destination, and it will already be broken. We should be able to ski around the lakes a bit, if the ice is safe, so that will be a nice bonus. The views of the Great Range from the ponds are outstanding.

### **MONDAY MONTHLY GEOCACHE**

Mon, Mar 5, 2018, time TBD, Rating: NR  
Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Mo Coutant - 518-745-7834  
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!

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

Tue, Mar 6, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- This week we'll try to hike one of the mountains surrounding Lake George with microspikes? snowshoes? or just boots? You never know what we'll need this time of year! Call or email as it gets closer.

### **EXECUTIVE COMMITTEE MEETING**

Wed, Mar 7, 2018, 7:00 pm, Rating: NR  
Kathi Noble - 999-9999, [chapterchair@adk-qfs.org](mailto:chapterchair@adk-qfs.org)  
- Location - Crandall Library

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

Wed, Mar 7, 2018, 6:00 pm, Rating: NR  
Jules Greiner - 999-999-9999, [jules@adk.org](mailto:jules@adk.org)  
- Wednesday March 7th 6:00pm Game Night Spend a fun evening with some of ADK's fabulous young members, playing games and making new friends! Game night will start around 6pm in Glens Falls. There will be board games to choose from, or bring your own, along with a snack or treat to share! Members and prospective members are both welcome, so tell your friends! Email Jules at [jules@adk.org](mailto:jules@adk.org) for address and directions.

### **CHENEY COBBLE** - [ Bushwhack ]

Sat, Mar 10, 2018, 5:00 am, Rating: A+  
Nick Ringelberg - 518-522-6863, [nickringelberg@yahoo.com](mailto:nickringelberg@yahoo.com)  
Colead: Jayne Boudier  
- Located in the newly acquired Boreas Ponds Wilderness Area, at 3683 feet Morrissey lists it as #74 of the top 100 in the Adirondacks and he says it has "really unique and awe inspiring views!" Previously only accessible over private land, we will approach from Tahawus about 4 miles on the Allen Trail, then about 2 miles on logging roads in the newly purchased state land, then about a 1.5 mile bushwhack. About 15 miles, 3 miles of it bushwhack, 2200 feet elevation gain.

### **BLUE MOUNTAIN FIRE TOWER** - [ Hike/Snowshoe ]

Sat, Mar 10, 2018, 7:00 am, Rating: B  
Amanda Gomez - 518-526-8932, [hurricanes706@yahoo.com](mailto:hurricanes706@yahoo.com)  
- As apart of the Fire Tower Challenge, Blue Mountain fire tower is a 4.0 mile round trip that is an excellent snowshoe climb with great views of multiple lakes including Raquette Lake and a part of Long Lake. A few of the High Peaks are also visible to the northeast. Bring warm clothing as the summit may be windy and wear appropriate winter clothing and boots. (Please bring micro spikes as well.) We are sure to be treated to some fabulous views! Meeting place: Exit 16 park & ride. Carpooling encouraged.

### **OUTINGS LEADER GATHERING** - [ Meeting ]

Mon, Mar 12, 2018, 6:30 pm, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- Join fellow trip leaders for an informal gathering to thank everyone for volunteering for our Chapter. Share ideas, stories, and pizza! Maybe even do a little planning for the next newsletter? If you are a trip leader or thinking about becoming one, please join us. Contact Maureen to sign up and get meeting place info.

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

Tue, Mar 13, 2018, time TBD, Rating: B  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- This week we'll try to do another Fire Tower Challenge hike in the Catskills for anyone working on the winter challenge. Still another week or so left to have them count as winter! Call or email for more details as it gets closer.

### **"THE IRRESISTIBILITY OF HISTORIC PRESERVATION", PRESENTED BY STEVEN ENGELHART.** - [ Program ]

Wed, Mar 14, 2018, 7:00 pm, Rating: NR  
Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
- 2016 marked the 50th anniversary of the National Historic Preservation Act. This program is a general introduction to understanding the importance of preserving our nation's built environment. Using illustrations from all over the eastern seaboard and from the Adirondack region, it explores the many reasons that individuals, businesses, non-profit organizations and governments are increasingly involved in promoting historic preservation, because preserving architecture adds beauty to our lives, connect us to our past, fosters community and national identity, contributes to community revitalization, helps to conserve energy, and is part of how we manage change and growth in an increasingly chaotic world. Irresistible, right?

### **BOG HOLLOW SKI**

Sat, Mar 17, 2018, 9:30 am, Rating: C  
Reg Prouty - 518-747-9736, [reginaldprouty@gmail.com](mailto:reginaldprouty@gmail.com)  
- This old railroad bed would make a nice easy 4 mile round trip cross-country ski just east of Saratoga Springs on Route 29. So wear some green and join us for some level skiing.

### **3410FT** - [ Bushwhack ]

Sun, Mar 18, 2018, 7:00 am, Rating: A  
Jayne Boudier - 518-636-3352, [jayneboudier@gmail.com](mailto:jayneboudier@gmail.com)  
- 3410 lives about a mile southeeast of Macomb Mountain and has great views! Approximately 9 miles (including 3 miles of bushwhacking) and 3300 feet ascent. From WMB, North Hudson.

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

Tue, Mar 20, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- This is the bad weather day if last week's FTC hike didn't happen. But if it did, then we'll be doing a walk somewhere in the Glens Falls or Saratoga area. Call or email the weekend before for info.

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

Tue, Mar 27, 2018, time TBD, Rating: NR

## Outings and Programs

Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- This week we'll be doing a hike at Moreau State Park. Not sure which trail. Maybe Lake Bonita to Lake Ann? Stay tuned and check in the weekend before.

### **MONDAY MONTHLY GEOCACHE**

Mon, Apr 2, 2018, time TBD, Rating: NR  
Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Mo Coutant - 518-745-7834  
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 MEETING**

Wed, Apr 4, 2018, 7:00 pm, Rating: NR  
Kathi Noble - 999-9999, [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)  
- Meeting at The Wesley in Saratoga

### **POTASH MOUNTAIN** - [ Hike ]

Sat, Apr 7, 2018, 9:00 am, Rating: B  
Steve Mackey - 518-793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)  
- Jungle Jim and I have spent quite a few days this past fall working on this trail. We are waiting for the official okay from the DEC before we do the heavy duty work on the state land part, but the trail is pretty much ready to go. It is going to be very popular once it officially opens. This is a nice opportunity to see it before it gets crowded. It is only about a mile and a half one way, but it has quite a bit of elevation to it. So far it doesn't appear to be muddy, so we'll see if that holds true in mud season.

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

Tue, Apr 10, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See April 24th.

### **SPRUCE MOUNTAIN (FIRE TOWER)** - [ Hike/Snowshoe ]

Sat, Apr 14, 2018, 9:00 am, Rating: C+  
Rich Crammond - 518-584-2380  
- Let's hike or snowshoe to this 73 foot high tower, then up in the cab for some views. Summit elevation is 2009 feet. Round trip hiking is 2.2 miles with 1003 feet of elevation change. Meet at Spruce Mt. Road dead end where the trailhead starts, South Corinth area.

### **MINNEWASKA SCENIC RAMBLE** - [ Hike ]

Sat, Apr 14, 2018, 5:30 am, Rating: A-  
Wayne Richter - 518-893-7895, [wrichter@nycap.rr.com](mailto:wrichter@nycap.rr.com)  
Colead: Brian Coville - 516-996-5086  
or [brian\\_coville@outlook.com](mailto:brian_coville@outlook.com)  
- Last fall, I visited Minnewaska State Park after an absence of 30 years and was reminded of what a gorgeous place it was. We'll walk a combination of carriage roads and trails along and behind the escarpment. I'll make the choice of trails closer to the date when we see what conditions are like, but we'll plan for ten hours out, plus or minus, and 10 to 15 miles, many of which will be easy.

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

Tue, Apr 17, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See April 24th, but this week we may try to do a Fire Tower hike in the Catskills or Adirondacks. We've done the close ones, so it'll be a long drive!

### **" A TOUR OF ITALY INCLUDING A DOLOMITES HIKE AND A TUSCANY BIKE" PRESENTED BY DOUG AND JUDY BEERS** - [ Program ]

Wed, Apr 18, 2018, 7:00 pm, Rating: NR

Chepontuc Footnotes

Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
- Join Doug and Judy Beers as they give highlights of their recent trip to Italy.

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

Sat, Apr 21, 2018, 7:00 am, Rating: B+  
Amanda Gomez - 518-526-8932, [hurricanes706@yahoo.com](mailto:hurricanes706@yahoo.com)  
- Vanderwhacker offers one of the best panoramas of the High Peaks. This 5.4 mile round trip (at a moderate pace) is level over the first half with a steep ascent to the summit. At this time of year, snowshoes may still be required; please bring microspikes as well. Proper winter attire and hiking boots are required as the weather can change very quickly. You can call me with any questions. Meeting place: Exit 16 park & ride. Carpooling encouraged!

### **NORTH SADDLE & THE DIAMETER** - [ Paddle/Camp/Hike ]

Sat, Apr 21, 2018, 7:00 am, Rating: A  
Jayne Boudier - 518-636-3352, [jayneboudier@gmail.com](mailto:jayneboudier@gmail.com)  
- April 21-22 These two live on South Bay, near Whitehall. So do our hosts, Tim and Mary. Saturday we'll put in at the Route 22 bridge, unload at their place, and paddle to and past the Diameter Cliff. This end of South Bay is seriously beautiful and wild, with eagles, beaver, osprey, and spawning Gar. On Sunday we'll hike to the Waterwall, Devil's Den, and North Saddle. Approximately 8-10 miles of paddling, 4-6 miles of hiking, and 1300 ft ascent, at a moderate pace. See "Saddles State Forest."

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

Tue, Apr 24, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- We usually do a walk or hike in an area surrounding Saratoga or Glens Falls. I try to mix it up geographically and difficulty wise. So contact me the weekend before to see what I have planned. Generally we meet at Paneras in Queensbury, but on occasion we meet elsewhere.

### **TRAIL WORK ON TONGUE MT.**

Sat, Apr 28, 2018, 9:00 am, Rating: B  
Tom Ellis - 518-638-6139, [hola@hughes.net](mailto:hola@hughes.net)  
- We will hike the trail and clear blow down. Leader has tools. Meet at Paneras in Queensbury at 9 to carpool or meet at the trailhead at Clay Meadow at 9:30.

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

Tue, May 1, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See May 29th.

### **EXECUTIVE COMMITTEE MEETING**

Wed, May 2, 2018, 7:00 pm, Rating: NR  
Kathi Noble - 999-9999, [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)  
- Meeting at Crandall Library - probably contact Chair to verify

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

Sat, May 5, 2018, time TBD, Rating: C  
Rich Speidel - 518-623-2587  
- 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 three miles along the trails and varied habitats of Camp Saratoga. We will stop often and record the bird species identified. Group size is limited, so please call ahead to sign up. The rain date is Sunday, May 6. Meeting Place: Camp Saratoga, Scout Road.

### **MONDAY MONTHLY GEOCACHE**

Mon, May 7, 2018, time TBD, Rating: NR  
Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Mo Countant - 518-745-7834  
or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

## Outings and Programs

- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

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

Tue, May 8, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- See May 29th.

### **CEDAR RIVER FLOW** - [Paddle/Camp/Hike]

Sat, May 12, 2018, 6:30 am, Rating: A  
Jayne Boudier - 518-636-3352, [jayneboudier@gmail.com](mailto:jayneboudier@gmail.com)  
- This is a beautiful place! Approximately 9 miles, at a moderate pace. Hopefully we'll beat the black flies.

### **SPRING BIRD WALK - PACK FOREST, WARRENSBURG**

Sat, May 12, 2018, time TBD, Rating: C  
Rich Speidel - 518-623-2587  
- 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 325 years old. Group size is limited, so please call ahead to register. The rain date is Sunday, May 13. Meeting Place: Pack Forest - Route 9, 3/4 mile north of Route 28.

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

Tue, May 15, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- This week we will try to do a Fire Tower Challenge Hike. Possibly in the Catskills? Maybe Gore? Call or email the weekend before for details.

### **"INDIA AND BHUTAN - WINDOWS ON THE HIMALAYAS"**

**PRESENTED BY JOHN SCHNEIDER** - [Program]  
Wed, May 16, 2018, 7:00 pm, Rating: NR  
Sarah King - 518-798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
- In April 2017 John Schneider took an 18-day trip to India and Bhutan. Come enjoy pictures of the New Delhi traffic, cows in the middle of such traffic, the most awe-inspiring Taj Mahal, unusual architectural features, Asian toilets, the hiking trek, monasteries and cultural places, the unique architecture of Bhutan, the large Buddha statue, the Tiger's Nest Monastery, and of course views of the Himalayan Mountains.

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

Sat, May 19, 2018, 8:30 am, Rating: B  
Rich Crammond - 518-584-2380  
- We will hike to the summit for some good views, hopefully. Dress for mountain weather and bring your microspikes, too. We may need them. Four miles round trip, ascent 1550 feet, summit elevation 3759 feet. Meeting place: Tops Market, Main Street, North Creek. We will car pool from there. Let's "get 'er done," hiking buds!

### **SLEEPING BEAUTY-BUMPS POND LOOP** - [Hike]

Sat, May 19, 2018, 8:30 am, Rating: B  
Reg Prouty - 518-747-9736, [reginaldprouty@gmail.com](mailto:reginaldprouty@gmail.com)  
Colead: Christina Bombard  
- This Sleeping Beauty is a favorite Lake George area loop I do as a counter clockwise loop ascending Sleeping Beauty first and then dropping down to Bumps Pond and out. The round trip is 4.5 miles and the ascent from Dacy Clearing is 1038 feet. Pace will be moderate with time for a relaxing lunch and pictures on the summit.

### **TUESDAY OUTING - PADDLE**

Tue, May 22, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- This will be the first paddle of the season. Join me for an adventure somewhere within an hour of Glens Falls.

### **MOUNTAIN BIRD HIKE - HADLEY MOUNTAIN**

Wed, May 23, 2018, time TBD, Rating: B  
Rich Speidel - 518-623-2587  
- A gradual climb of Hadley Mountain, with frequent stops to identify the various bird species from the 1,150 foot starting elevation to the 2,675 foot summit. We will have lunch on the summit and enjoy the mountain and lake views from the fire tower. This morning and afternoon hike has a round trip distance of 3.6 miles with a 1,525 foot ascent. Please call ahead to register and for meeting time/details. The rain date is Thursday, May 24. Meeting Place: Hadley Mountain trailhead, Tower Road.

### **MOUNTAIN BIKE NEAR GORE MTN**

Sat, May 26, 2018, time TBD, Rating: A+  
Steve Mackey - 793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)  
- I thought I would lead a trip on ADK's new Ididaride Mountain bike route. I have not done it, so I'll print up some maps, so we can figure it out, as we go. Here is their description - ADK is excited to announce a new 23-mile route for the 13th annual ididaride! in 2018! The new route is ideal for off-road riders, fat-tire bikes, gravel-grinders and overland riders. For those ididaride! cyclists who prefer being in the woods and a little closer to nature, rather than sharing the pavement and enjoying the expansive views along the traditional 75-mile road course, ADK has replaced the "short" road bike ride from Indian Lake with a 23-mile super-scenic mountain/hybrid bike route tour loop. The ride starts from the Gore Mt. Ski Bowl in North Creek ... just like the 75-mile road bike route. Some highlights of the 23-miler include biking along North Creek, crossing both Straight and Chatiemac Brooks and their waterfalls (familiar names to Gore Mt. skiers), biking along Mill Brook, passing tiny Riparius and its historic train depot, biking along rural sections of the mighty Hudson River as it flows through the Village of North Creek to Riparius ... and finally, possibly saving the best for last, biking on the suspended boardwalk trail that crosses under Rt. 28, bringing riders back to the Ski Bowl.

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

Tue, May 29, 2018, time TBD, Rating: NR  
Maureen Coutant - 518-745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)  
- We will do a walk or hike within an hour of Glens Falls area, generally. Type of outing varies, so call or email the week before to get details.



## Trip Reviews

### **Wallface Mountain Sat, Dec 2, 2017, Nick Ringelberg and Jayne Boudier**

- Starting on 2 inches of dry snow we went softly up Indian Pass and to Wallface. Wallface was as steep and thick as usual, and the snow depth increased, still dry, to 8 inches as we ascended. On top we found an acre of summit forest had been chopped up, for a helicopter landing pad as near as we could guess. There ought to be a law. Great winter day! Participants: Jayne Boudier, Jeff Levitt, Wayne Richter, Nick Ringelberg, and Jim Zwynenberg.

### **Tuesday Outing Tue, Dec 5, 2017, Maureen Coutant**

- This week we took a long drive down to the Catskills to do a Fire Tower Challenge hike at Balsam Lake Mountain. We were actually in the car longer than on the hike, but we had a nice hike to break up the car ride! We were a little worried when we drove through a snow squall, but it was short lived and we had fine weather for the hike. We had our microspikes, but didn't put them on since we could easily get around the little bit of ice that was on the trail. The trail was very gradual and we had a nice hike. We got to the top and were a little surprised to find 2 hunters and had a nice talk about the area, trails, and the hazards of dressing all in black and running down a trail like a bear during hunting season! We all made quick trips to the top, but not many photos to prove it since our phones were all too cold to work! Participants: Mo Coutant, Leo Demers, Sarah King, Steve Mackey.

### **Peaked Mountain Sat, Dec 9, 2017, Reg Prouty and Christina Bombard**

- It was a pleasant winter day for this excursion. The hike was fairly easy until after reaching the pond but the steep parts were awaiting with glare ice. It was a good thing we had crampons to help but we had to do some tricky butt sliding on the way back down. The views were so good I'd like to do this again in summer or fall. 3 hikers: Reg Prouty, Christina Bombard, and Jeff Levitt.

### **Monthly Monday Geocache Mon, Dec 11, 2017, Sarah King and Mo Coutant**

- This month we hiked up Potash Mtn in Lake Luzerne to find a series of 9 caches that were placed along the trail. We were guided by Steve Mackey who has been working with Jungle Mosher and DEC to create an official trail up this mountain. Thanks to Jungle and Steve for all your hard work pulling this project together! It's a great short hike with to a great view. The best part of the day though was finding an "ice egg" under a ledge along the trail. In all my hiking, I've never seen anything so cool. It was like an icicle but in an egg shape. Participants: Mo Coutant, Sarah King, Julie Leonelli, Licia & Steve Mackey



### **Wilton Wildlife Park Sat, Dec 16, 2017, Rich Crammond**

- A great day to be in the park. We hiked around the blue trail for

a longer route. Almost needed the snowshoes. This park has some fine big old pines and nice views of the area. Didn't see much wildlife but had a good time in our surroundings of forest and stream. Reg played a nice Christmas song on his pocket horn so it was all good. Thanks to all for sharing this holiday-time outing with an old dude who enjoys being out there in the wild. Didn't get no better! Participants: Reg Prouty, Jim Brown, Alison Zuske, Joe Zuske, Rich Crammond.

### **Glacial Erratic from King Phillips Spring Sun, Dec 17, 2017, Jayne Boudier**

- That was wascally ewwatic eluded us by .34 mile. We could see it! With a 7am meeting time we would have made it! Great group! Beautiful day! Participants: Jim Appleyard, Jayne Boudier, Jeff Levitt, & Steve Mackey.

### **Annual Cookie Walk Tue, Dec 19, 2017, Maureen Coutant**

- We had a nice day for our annual cookie walk. We walked around Moreau Lake and wound up in the warming hut. The fireplace had warmed up the building by the time we got there. We sat at the big table and shared cookies as we sipped our hot beverages. Donna Zimmer and Licia Mackey always impress with their decorating skills! But there were many other tasty cookies brought by others. Laurie always brings sliced apples wrapped in foil and heated in the fire. Yum! So that is the highlight, but we had a nice walk before we got there. Lots of pictures taken at the north end of the lake. There was a thin layer of ice that allowed a beautiful reflection of the mountains and sky. The ice was so clear, you could barely see it, which prompted a few brave souls to venture out a little bit for some "standing on water" photos. Very cool! Already looking forward to doing a hot dog roast some time in Feb! Participants: Rich Bennett, Jayne Boudier, Mo Coutant, John Devine, Paul Dietershagen, Sarah King, Mary Knutson, Licia Mackey, Kathi Noble, Anne Paolano, Chris Sorensen, Joanne Szot, Bill Wasilowski, Andrew & Laurie Williams, Donna, Mitch, Jerry, & Stephanie Zimmer.

### **Tuesday Outing Tue, Jan 2, 2018, Maureen Coutant**

- So we had snow and cold. But it actually warmed up to double digits...barely. So since it was slightly warmer and everyone had been hunkered down during the holidays during the even colder weather, quite a few people braved the cold to get some exercise. We broke into 2 groups, the skiers and the snowshoers. Each headed to the opposite sides of Scout Road in the Wilton Wildlife Preserve. Thank you to Sarah King who became the impromptu snowshoe leader! It was the first time at the preserve for some in the group. The snow was hard packed and fast for skiing. We all really enjoyed getting out and into the fresh air. Afterwards, some of us also really enjoyed the hot cocoa at Paneras! Participants: Jim Brown, Mo Coutant, Brian Crouth, Paul Dietershagen, Sarah King, Mary Knutson, Julie Leonelli, Margie Litwin, Kathi Noble, Leland & Mary Loose, Mike Marsh, Malina Stawarz, Joanne Szot.

### **Cliff and Redfield Sat, Jan 6, 2018, Wayne Richter and Mike Fuller**

- The forecast of a bitterly cold day with temperatures close to -20 below plus serious wind kept our group to a stalwart six, prepared to turn back if necessary. The crossing of Flowed Lands was spectacular, but the wind was intense and we were glad to return to the trail at the Herbert Brook Lean-to. At our lunch stop at the Uphill Brook Lean-to, Wayne realized that the tips of the toes on one foot were numb, and we decided it was time to turn back. We had a day of great camaraderie in the cold and a good learning experience. Participants: Joe Babcock, Sweet Fokshey, Mike Fuller, Wayne Richter, Ben St. Andrews, Jim Zwynenberg.

### **Monthly Monday Geocache Mon, Jan 8, 2018, Sarah King and Mo Coutant**

- Our outing was short and sweet this month. Winter time can be tough for geocachers. In our area, we are lucky to have the Saracap Winter series of geocaches which allows us to find "winter

## Trip Reviews

friendly" caches. This means they are usually up off the ground and meant to be found in snowy conditions. Our destination this day was Saratoga Spa State Park, where 3 of the 7 caches in the "This Winter is for the Birds" series were placed. All caches were in different parts of the park so we did some car-hopping. We started at the warming hut off Avenue of the Pines. We donned snowshoes and headed out to find the cache, which was in the shape of a bird, as were the other two we found. We continued into the park, finding the provided parking waypoint and making the short walk to the cache. We weren't able to drive through the park to Route 50, where the last cache was so we headed around to the entrance off Route 50. Another short walk and we had completed our mission. I look forward to the other SaraCap challenge, the Winter 33, which should be published in the beginning of February. More caches to find with the group! Thanks to all who came out. Participants: Sarah King, Mo Coutant, Julie Leonelli, Todd Earl.

### **Tuesday Outing Tue, Jan 9, 2018, Maureen Coutant**

- This week we hiked up to the Pilot Knob gazebo and then most of us continued on to the waterfall. We met someone who had just hiked up in the parking lot and told us we only needed microspikes, which was true up to the gazebo. But some of us decided to continue onto the waterfall and in a few places snowshoes would have been helpful. But it was mostly in the open area where there was some drifting. It was the first time up to the gazebo for some in the group and many hadn't been up to the waterfall. We all had a great time getting caught up on our lives or getting to know each other...as usual for an ADK outing. Participants: Jan Carlson, Mo Coutant, John Devine, Mary Knutson, Julie Leonelli, Kathi Noble, & Deyanne

### **Tuesday Outing - FTC Tue, Jan 16, 2018, Maureen Coutant**

- This month we stayed close to home and hiked Hadley Mountain as our Fire Tower Challenge hike. We had a light snow covering an icy trail following the rain during the January thaw. Steve decided he needed to join Jan and me in wearing microspikes after slipping in the first 1/4 mile. The snow didn't cover enough of the ice to be able to walk unassisted. Later, Jan also slipped on the way up, even wearing the spikes. The ice was hard and the snow was probably inhibiting the full bite of the spikes. We had a snack near the Rangers Cabin, which was out of the wind. Then, only a brief visit to the top since it was windy and colder up there, plus there was no view. All socked in. So we headed down and that's when it got interesting. Jan slipped on an icy rock and landed on her upper arm. She knew it was bad when she couldn't raise her arm. But she was tough and didn't even shed a tear! We switched her to snow shoes to see if they had better bite and they did. She walked out supported on one side by Steve in 1-1/2 hours. From there...a trip to the ortho ER in Saratoga. Broken shoulder. Jan we wish you a speedy recovery and you did great! Always good to hike with a group and this was one of those reminders of why you shouldn't hike alone! Participants: Jan Carlson, Mo Coutant, Steve Mackey

### **Pyramid & Gothics Sat, Jan 20, 2018, Steve Mackey**

- We ended up with 7 skiers/hikers. The weather was warm, somewhere around 30 degrees. The snow never softened up and got packy, and it sure was a lot better than the bitter cold of the week before. The wind on top was very strong; we all guessed around 50 mph. The view came and went, but even when it was clear you couldn't see much past Saddleback. We got an awesome view of Pyramid from Gothics one time when it opened up. Most of us wore microspikes until the Sawteeth intersection and then we all switched to snowshoes. A couple of us tried the little plastic sleds on the way down, but after bouncing off a few trees, we decided maybe it was a little too fast. One of my ski poles got hung up and bent, with all the momentum. The ski out was very good, though there were a lot of little branches to dodge. It also was a little wierd skiing with only one pole. We might have convinced Wayne to come over to the dark

side and become a skier. Participants: Sandra Foley, Ingrid Kerscht, Nicole Beaulne, Tim & Maureen Laskey, Wayne Rich-ter, Steve Mackey

### **Hudson Crossing / New Year Outing Sat, Jan 27, 2018, Rich Crammond**

- This was a great day to be out there on the trail. The ground was icy but we put on our microspikes to be safe. Liz spotted a golden-crowned kinglet and Ole Eagles Eyes Rich spotted our group's first and only eagle of the outing. Seeing one eagle instead of none was enjoyable to all. Didn't get no better. Thanks hiking buds for sharing your day. "Hike Safe." Participants: Jayne Boudier (A+ hiker), Mark Bodner (great guy), Alan Gee (camera man), Liz Gee (eagle eyes #2), Reg Prouty (trumpet man), Linda Neil (sister), Cathy Fleming (good hiking bud), Rich Crammond (eagle eyes #1)

### **Tuesday Outing Tue, Jan 30, 2018, Maureen Coutant**

- This week we did a walk around the City of Saratoga trying to avoid the ice. Well, that wasn't all together successful. Ice is everywhere even on the sidewalks. We did manage to walk for a couple of miles and it was nice to get out. I can't say we worked up a sweat or burned many calories, since we had to be so careful with our footing. We probably ate more calories at Uncommon Grounds than we worked off! Oh well. It was a nice outing anyway! Participants: Mo Coutant, Paul Dietershagen, Susie Imgruth, Sarah King, Eric Krantz, Mary & Roy Knutson, Licia & Steve Mackey, Alison Saville Zoske, Joanne Szot

### **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

### 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 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 Holden Room (2nd floor of library) Corner of Glen and South Streets

From Exit 18, East on Broad Street 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:

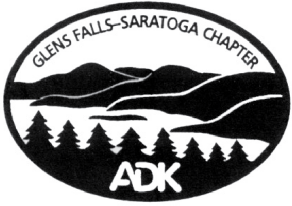
Henry Street., Saratoga Springs, NY 12866, 584-7860.

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

NON-PROFIT ORG.  
U.S. POSTAGE  
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12866

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PLEASE DELIVER PROMPTLY. THANK YOU.

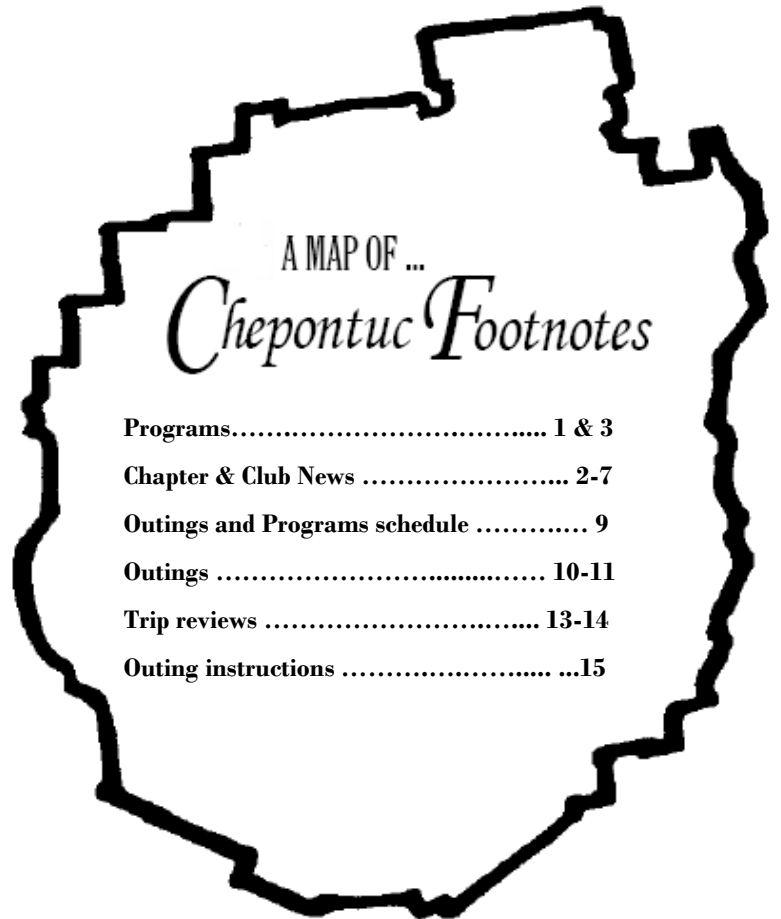


### **Are you moving?**

*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!**