



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

Chepontuc Footnotes

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

Dinner Speaker To Feature The Cranberry Lake 50

Please join us on Friday, October 26, for the biggest social event of the season: the Saratoga-Glens Falls Chapter of the Adirondack Mountain Club Annual Dinner.

This year's event will be highlighted by a multifaceted program about: The Cranberry Lake 50: A Civilized Wilderness Adventure. Through story, photos and song, Jamie Savage will describe the 50-mile, multi-day hiking adventure around one of the Adirondack's largest and wildest lakes. But how wild is it? And is this truly a wilderness adventure?

Much of the trail traverses what is now classified as the 'Five Ponds Wilderness Area,' but it was previously the center of a logging and tourist empire. Hikers of the trail will find no glory by surpassing a krummholz-tree line and summiting a majestic High Peak. So what's the big deal? What makes the Cranberry Lake 50 one of the most memorable and rewarding trails you'll ever hike? The philosophies of Thoreau, Muir, Marshall, Leopold and others suggest the answer. The trail itself confirms the reality



Our featured speaker, James Savage, is a Professor at the SUNY-ESF Ranger School in Wanakena, NY, where he teaches courses about the Adirondack Park, forest recreation, interpretive techniques, and forest inventory methods. Jamie is a Certified Forester, Certified Interpretive Guide, and Licensed New York State Guide, and a founding member of the Five Ponds Partners. He loves hiking Adirondack peaks large and small (including all 46 High Peaks & many of 'the other 54'). In fact, many Adirondack first ascents are credited to him and his climbing partners! He first completed the Cranberry Lake 50 in 2008, and he is co-author of a map and pocket guide to the trail. In addition to the Adirondacks, he has hiked and climbed in several states across the U.S., Canada, Sweden, Scotland, Germany, and Nepal. Jamie enjoys expressing his passion for the Adirondacks in his original songs, which he performs regularly on guitar and banjo throughout northern New York. He is also an avid mountain biker, paddler, skier, and a rock- and ice-climber. He lives in Piercefild, near Tupper Lake.

Chapter Chair Report ~ by Kathi Noble



I'm going to refer to the summer of 2018 as the summer that I sat on the couch. A knee injury in June sidelined me from doing any physical activity for two to three months. I had camping, hiking, paddling and biking plans for the summer. (Not to mention boating, swimming and sailing.) Yikes, what was I to do? I got to experience binge watching a few series on TV. I'm not normally a big TV watcher, my husband had to show me how to work our smart TV. That was enjoyable for a while. I read many books, trying different authors and genres. I did puzzles and played games on my Ipad. I spent a lot of time on social media watching other people enjoying the outdoors, participating in the activities I was missing. I did get some camping in. I was able to hobble around the campsite. I realized that sitting and watching a campfire is so much more enjoyable than TV. I was also able to paddle with assistance getting in and out of my boat, which wasn't always pretty.

As I reflect back on this summer I have learned a few things about myself. One is that I don't enjoy being a couch potato and that I truly love being outside. There is truth to the saying that you don't realize what you have until it's gone. I missed the freedom of walking in the woods, smelling the fresh air and reaching a summit. I will never again take for granted the beautiful area that we live in and the activities it has to offer. When an opportunity to hike, paddle, bike or just be outside arises I will be there. Hopefully, by mid-September I'll be back out there and the callouses will be gone from my hands!

Executive Committee Officers	Committee Chairs	Committee Chairs
Chapter Chair Kathi Noble 518-668-3046 chapterchair@adk-gfs.org	Conservation 401-529-5034 Aimee Rutledge 617-953-3848 Turner Bradford conservation@adk-gfs.org	Trails Tom Ellis 518-638-6139 trails@adk-gfs.org
First Vice Chair Maureen Coutant 518-745-7834 vicechair@adk-gfs.org	Education Vacant 518-696-7625 education@adk-gfs.org	Web site George Sammons 518-743-9692 webmaster@adk-gfs.org
2nd Vice Chair Peter Benoit 518-796-4053 vicechair@adk-gfs.org	Hospitality Gretchen Steen 518-638-6139 hospitality@adk-gfs.org	Wilderness Jim Schneider 518-581-9367 wilderness@adk-gfs.org
Secretary John Caffry 518-798-0624 secretary@adk-gfs.org	Membership Pat Desbiens 518-813-7946 membership@adk-gfs.org	Young Members Brian Coville 516-996-5086 ymg@adk-gfs.org
Treasurer Steve Mackey 518-793-6484 treasurer@adk-gfs.org	Newsletter Editor Warren Schultz 518-949-3202 newsletter@adk-gfs.org	Fire Tower Jim Schneider 518-668-3046 Kathi & Tim Noble firetower@adk-gfs.org
Directors Tammara Van Ryn Dan Kane Bill Wasilauski director@adk-gfs.org	Outings Wayne Richter 518-893-7895 outings@adk-gfs.org	Annual Dinner Anne Paolano 518-798-3055 annualdinner@adk-gfs.org
Past Chapter Chair John Caffry 518-798-0624 pastchair@adk-gfs.org	Programs Sarah King 518-798-0615 programs@adk-gfs.org	Alternate Directors Peter Benoit Maureen Coutant Laurie Williams

Education Corner ~ by Kathi Noble

The Glens Falls-Saratoga Chapter of the Adirondack Mountain Club is seeking applicants in the 11 to 17 age group to sponsor for the 2019 camp season. The chapter pays the \$350 fee for selected youths to spend a week at either of DEC's environmental camps, Camp Colby near Saranac Lake or Pack Forest just above Warrensburg.

For those in the older age range who prefer a more rugged experience, which includes five days out in the woods with hands-on experience learning the ins and outs of trail maintenance, ADK's headquarters offers its own Teen Trail program. Selected applicants here will have a choice of five possible locations, which in the past included the High Peaks Area, portions of the Northville-Placid Trail and the Lake George area, though several other areas fall into consideration dependent upon need.

Those interested may go to the chapter home page at adk-gfs.org. On its left hand side, under the Departments heading, click on the education link to read more about these camp programs and to download applications and receive contact information.

DEC applications must be in by December 21st as DEC is opening up its registration in January and acceptance will be on a first come, first served basis and registration must be done by the chosen candidate.

Send completed applications to

Kathi Noble 264 Flat Rock Road Lake George, NY 12845

Contact Kathi at 518-668-3046 or education@sdk-gfs.org with any questions.

Membership Update ~ by Pat Desbiens

G/F SARATOGA CHAPATER

NEW MEMBERS - MAY 2018

Finn Deuel, Fort Edward
Tammy Esposito, Troy
Amy, Keith, Ryan, Aidan & Juliana Ferguson, Mount Kisco, New York
John Forcino, Cranston, Rhode Island
Paul, Jenna & Holdan McGreevy, Cambridge
Kimberly, Mattison & James McGuire, Queensbury
Lori & Jeff Nadeau, Hudson Falls
Jolie Navatka, Queensbury
Andrew Paszko, Queensbury
David Roeger & Deborah Murray, Queensbury
Kara Lindsay Shoen, Ballston Spa
Laurie Sims, Bremerton, Washington
William Stump, Lake George
Linda White, Queensbury

REJOINED MEMBERS - MAY 2018

Kathy Bryant, Ballston Lake
Elizabeth Dailey, Corinth
Michael R. Funk, Ballston Spa
Jill Gruben, Michael, Adam, Ian & Maya Rubinstein, Ballston Spa
Marilyn Keis-Hartunian, Clifton Park
Maureen Kelly, Clifton Park
Dawn & Dennis Lajeunesse, Fort Edward
Denise, Nicole & Nicholas Lucaroni, Saratoga Springs
Doretta Miller, Saratoga Springs
Patty Nicolls, Hudson Falls
Randall Palmer & Diane Gulbrandsen, Saratoga Springs
Maria Phillips, Mechanicville
Suzanne Pierce, Queensbury
Edythe Robbins, Bluffton, South Carolina
Cheryl C.M., Rob, Ian & Alican Simpson, Argyle
John Turco, Saratoga Springs
Kendall & Joyce Vrooman, Timonium, Maryland

NEW MEMBERS - JUNE 2018

Edwin, Sheila, Matthew & Lauren E. Bolz, Queensbury
Anthony Brower, Greenwich
Zachary Carroll, Queensbury
John Clarke, Glens Falls
Anthony Curay & Andrew Weeden, Saratoga Springs
Beth Dennett, Saratoga Springs
Timothy Farnan, Mechanicville
Dennis Farrar, Waterford
Rick Filbert & Rick Schnurbusch, Lake George
Ann Gallerie, Wynantskill
Joel Glover, Broadalbin
Gemma & Timothy Hanlon & Theo Kinsale, Lake Luzerne
Wayne Hayes, Queensbury
Jennifer & Jacob Hernandez & Anthony & Elliot Armstrong, Saratoga Springs
Lorin Kurachek, Stillwater
Amy Novack, Gansevoort
Julie Marie Sikorak, Queensbury
Emily Smith, Lake George
Greg, Karen, Olivia, Jessie & Chris Winters, South Glens Falls

REJOINED MEMBERS - JUNE 2018

Ann Alexander, Mechanicville
Kent Hirozawa & Lynn Kelly & Nora & Miles Hirozawa, Hastings on Hudson, New York
Ken Howe, Granville
Robin Leary, Ballston Spa
Heidi Merrithew, Queensbury
Lorraine, Carl & Faith Miller, Stillwater
Brandon, Margaret & Brandon Myers & Margaret Trunck, Schuylerville
Sheri Shevy, Salem
Scott & Krista St. George, Mechanicville

Vote for Chapter Officers at the 2018 Annual Meeting

At the annual meeting, chapter members will be invited to vote for the new officers. The nominating committee presents the following candidates for 2019.

Chapter Chair: Kathi Noble
1st Vice Chair: Maureen Coutant
Vice Chair: Laurie Williams
Treasurer: Steve Mackey
Secretary: John Caffry
Directors: Dan Kane, William Wasilauski, Tammar Van Ryn

Additional nominations, in writing, may be submitted, by any member entitled to vote, to Peter Benoit chair of the Nominating Committee, by close of business on Wednesday, September 26, 2018. Such nominations must be signed by no fewer than twelve voting members. In the event of more than one candidate being nominated for any given office the following procedure will commence at the annual meeting: a) the Secretary will furnish a ballot containing the names of all nominees, arranged in alphabetical order, as candidates for each office. This ballot will be the exclusive means of voting for officers and directors. b) the successful candidate for each position will be determined by a simple majority of the votes cast. For chapter members who are unable to attend the annual meeting in person, an absentee ballot will be furnished to voting members upon written request to the Secretary. These votes will be counted if received by the Chapter Secretary prior to the annual meeting. Please see below for the biographies of these nominees.

Kathi Noble

I have been a member of the ADK for many years, becoming involved with the Glens Falls /Saratoga Chapter since 2011 when my husband and I took over as Fire Tower Challenge Correspondents. I have served this past year as the chapter's chairperson. I retired in 2014 after 34 years of teaching special education. I fill my days hiking, biking, skiing, paddling and many other outdoor activities. I also volunteer at a local food pantry and as a ski instructor at the Double H Winter Adaptive Ski Program.

Maureen Coutant

I have been an active member of ADK-GFS since the early 1990s. I've led hikes, chaired the nominating committee, served in the Vice Chair positions, and as the Chapter Chair twice. For the Club, I chair the Lake George Property Committee and organize workdays. I've helped out with other nonprofits and know that it's hard to find volunteers, so I'm always willing to help out when I can. As Vice Chair, I help the Chapter in any way that I can.

Laurie Williams

Bio information will be available online at www.adk-gfs.org and/or at the Annual Dinner.

Steve Mackey

I have been an active member with the Glens Falls/Saratoga Chapter since the early 80s. I served as Conservation Chairman for a couple of years back when the "Crane Pond Road Closure" and the "Big Cedar Swamp & Earltown" were big issues. I also have participated in the Adopt- a- Lean-To program, with "Jungle" Jim Mosher, taking care of Ward Brook Lean-to, for over 25 years. I lead hikes regularly and am the

"Winter Weekend Coordinator". I own and operate the Luzerne Market and have been in business for 35 years.

John Caffry

I have been an ADK member since 1985. I have served ADK in many capacities, such as member of the Chapter Executive Committee since 1987; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary from 2006 to 2015 and starting again in 2018; Chapter Chair from 2016 to 2017; former member of ADK Board of Directors and Executive Committee; former chair of ADK Headquarters Committee; current member (since 1988), and former chair, of ADK Conservation Committee; and participated in the Adopt-a-Lean-to program for 10 years. I am a native of Glens Falls, currently living there with my wife, Ellen. I am a member of the Caffry & Flower law firm in Glens Falls. Occasionally, I find time for hiking, paddling and all varieties of skiing.

Dan Kane

I have been an ADK Mt Club and Glens Falls-Saratoga Chapter member and ADK 46ers for a number of years. I am semi-retired after careers as Warren County Planner and also an educator at Queensbury High School and SUNY ADK. Still active as an associate real estate broker (32 yrs.), high school basketball official (40 yrs.), off-ice hockey official with the AHL & ECHL. I also volunteer with Marcy, a yellow lab therapy dog, with Therapy Dogs International and a member of The Lower Adk Search and Rescue team (LASAR). I am active within the ADK Mtn Club as a volunteer Summit Steward, at Johns Brook Loj, Campground Host at Heart Lake, High Peaks Information Center Host Coordinator, Trails Committee and Heart Lake Comm, 46er Trailhead Steward at Cascade, and I am currently serving as an ADK Mtn Club Board of Directors representing the Glens Falls-Saratoga Chapter and also serve on the 46ers Board of Directors.

Tammar Van Ryn

I am the executive director of the Land Trust Accreditation Commission and work with land conservation organizations across the US from an office in Saratoga Springs. I have extensive experience in nonprofit governance and management and knowledge of conservation issues in New York and beyond. I have been a member of the ADK Glens Falls/Saratoga chapter for many years and love to hike and canoe. I became a director in 2016 to combine my passion for the Adirondacks with my knowledge of nonprofits.

William Wasilauski

I have been a member of the ADK, Glens Falls/Saratoga Chapter since 2008. I have enjoyed participating in many club outings, events and activities including Spring and Fall Workdays at the Lake George Facility. I have volunteered for ADK at the RAGNAR Relay from 2012 to 2014, participated in ADK's 2015 National Trails Day Event at Cranberry Lake, and volunteered for ADK's Winterfest in January 2017. I worked at the Johns Brook Lodge Fly-In in 2017 & 2018. As a 46er (finished 2011), I participate in several trail work projects each season. I retired from the NYSDEC in 2010. Since 2011 I have worked part time for the NYS Department of Homeland Security & Emergency Services (Disaster Assistance Response). In my free time, I like to walk, hike, ski (Alpine & Nordic), and go fishing.

Fire Tower Challenge by Kathi Knoble



Congratulations to the most recent finishers of The Adirondack Mountain Club It's great to have Wakely Mountain back open and on the fire tower challenge list again. Wakely reopened in July

after repairs were made to the tower.

Stephen Meier of Queensbury noted in his journal that he encountered a grouse on his first and last

fire tower hike. He feels that maybe the grouse were protecting and watching over him while he hiked. Could it of been a coincidence or maybe something more?

Troy Tetreault Champlain, NY
Ronald Hart Johnstown, NY
Maximus VonGeisenberg Johnstown, NY
James Ohlsten Altona, NY
Stephen Meier Queensbury, NY
Jacqueline Beattie Tupper Lake, NY
Deborah Gould Lacona, NY
Donald Kasper Skaneateles, NY

Conservation News ~ by Aimee Viens Rutledge

Support the Land and Water Conservation Fund

The Land and Water Conservation Fund has been instrumental in providing funding for local and state conservation and recreation projects for the past 52 years. The LWCF is due to expire this September and ADK is asking for your support. The LWCF was created to protect our land, water, and recreational areas. LWCF grants have improved many outdoor recreational opportunities right here in Saratoga and Warren counties, including Moreau Lake State Park, Saratoga Spa Park, Warren County Bikeway, Lake Luzerne, Lake George beach access and recreation park, and Haviland Cove Park.

You can take action by sending a letter to your US Representative and Senators to save the LWCF. Follow the link below for more information. <https://www.adk.org/save-the-land-and-water-conservation-fund/>

Saratoga PLAN Announces Bog Meadow Trail Improvements

The 3M Company has awarded Saratoga PLAN an \$11,250 Eco-Grant for environmental work related to the ongoing Bog Meadow Brook Nature Trail improvement project in Saratoga Springs, New York. The funds will be used to improve trail access by creating a new route linking the Meadowbrook Road trailhead and the main trail, for boardwalk leveling and repairs, and to raise and smooth the trailbed from the northern Route 29 entrance.

for additional information, please visit Saratoga PLAN's website:

<https://www.saratogaplan.org/news-press/3m-eco-grant-supports-bog-meadow-trail-improvements/>

Help Winterize the ADK Headquarters

Come join fellow ADKers to help prep the ADK Headquarters building for winter. We rake, put away the picnic table & parking lot timbers, clean up the garden, and take down the screens. Dress for a mess & bring a rake and gloves ~ if you want to. No worries if you don't want to rake, we can find other jobs for you! Call Maureen (745-7834) if you have special skills or equipment to offer.

Coffee, muffins, donuts or scones, and lunch provided! (I'm thinking there might be some Halloween goodies.)

(just west off Exit 21 of the Northway)
Saturday, October 27, 9 a.m.- 2 p.m.



Glens Falls– Saratoga Chapter ADK Annual Dinner 2018
Friday, October 26th @ Embassy Suites, Saratoga Springs, NY 12866
6:00 pm Cash Bar, 7:00 pm Dinner

- Garden Salad with balsamic vinaigrette
- Choice of Entrees with chef’s accompaniments
 - Vanilla bean cheesecake
 - Coffee and Tea
 - **\$34 your choice:**
 - Sliced Top Sirloin with a rosemary demi-glace
 - Chicken Saltimbocca with sage and lemon wine sauce
 - Pan Seared Salmon with pineapple sage sauce
 - Vegetarian: Sautéed Sweet Corn Ravioli with basic cream sauce

Reservation Instructions

1. All reservations must be PREPAID and RECEIVED BY Sunday, OCTOBER 21
2. Sorry, phone reservations cannot be accepted — use mail-in form below.
3. Please make checks payable to: GLENS FALLS-SARATOGA CHAPTER ADK
4. Mail reservation form (below or @ www.adk-gfs.com) and check to:
Steve Mackey, 21 MacArthur Drive, Glens Falls, NY 12801
5. We do not mail confirmations back to you. For more info, contact: annualdinner@adk-gfs.org

ANNUAL DINNER RESERVATION NAME(S) (please print clearly for your name tag) 1. _____ 2. _____ 3. _____ 4. _____	Your Phone _____ Your Email _____ Dinner Selection (Please Check one) Beef Chicken Fish Veggie _____ _____ _____ _____
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Antipodean Adventures - Australia & New Zealand at Saratoga Library, 7 pm September 20

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.

Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
September 2018					
4	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
5	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
8	Sat	Hike	Allen	Wayne Richter	A+
10	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
11	Tue	Sunset Hike	Young Member- Tuesday Sunset Hikes	Megan McLaughlin	C
15	Sat	Hike	Noonmark and Round	Benjamin St. Andrews	B+
15	Sat	Hike	Pinnacle Ridge and Blake Peak from Elk Lake-Marcy Trail	Jeff Mans, Jayne Boudier	A+
16	Sun	Bushwack	T Lake Falls	Nick Ringelberg	A
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+
23	Sun	Hike	Rocky Peak from East Trail (New Russia)	Jeff Mans	A+
25	Tue	Hike	Tuesday Outing	Maureen Coutant	B
28	Fri	Hike	Crane Mountain Friday Hike	Rich Myette	B+
29	Sat	Hike	Marshall, Marshall, Marshall! Da Plane! Da Plane!	Joe Babcock, Ben St. Andrews	A
29	Sat	Hike	The Wolfjaws and Armstrong	Andrew Meunier	A+
29	Sat	Hike	Essex Chain Lakes	Rich Crammond	B+
30	Sun	Hike	Walk around 13th Lake	Bill Schwarz	B
October 2018					
1	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
3	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
6	Sat	Bushwack	Cheney Cobble	Nick Ringelberg	A+
7	Sun	Hike	Walk around Putnam Pond	Bill Schwarz	B
9	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
13	Sat	Hike	Gore Mountain Fire Tower Hike	Rich Crammond	B+
13	Sat	Hike	Traverse Of Jay Mountain Range	Amanda Gomez, Jason Waters	A-
16	Tue	Hike	Tuesday Outing FTC	Maureen Coutant	NR
20	Sat	Hike	Hiking The Crows, Nun Da Ga O Ridge and Hurricane.	Joe Babcock	B+
20	Sat	Hike	Mt. Colden from Lake Arnold/ADK Lodge	Jeff Mans	A+
20	Sat	Hike	Traverse of Western Ridge Trail in Moreau Lake State Park	Reg Prouty	B-
23	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
26	Fri	Dinner	Annual Dinner: Cranberry Lake 50 presented by Jamie Savage	Anne Paolano	NR
27	Sat	Other	ADK HQ Workday	Maureen Coutant	C
28	Sun	Hike	Nippletop and Dial	Wayne Richter	A+
November 2018					
3	Sat	Hike	Porter and Cascade via Blueberry Mtn.	Eric Kimmelman, Akane Suzuki	A+
6	Tue	Hike	Tuesday Outing	Maureen Coutant	B
7	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
10	Sat	Bushwack	TR Mountain	Nick Ringelberg	A
10	Sat	Hike	Potash Mountain	Reg Prouty	B
12	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
13	Tue	Hike	Tuesday Outing	Maureen Coutant	B-
14	Wed	Program	"Harnessing Nature- The Building of the Great Sacandaga"	Sarah King	NR
17	Sat	Hike	Moxham Mountain	Amanda Gomez	B
20	Tue	Walk	Tuesday Outing	Maureen Coutant	C
22	Thu	Hike	Turkey Trot #20 Saratoga Battlefield	Rich Crammond	C+
27	Tue	Hike	Tuesday Outing	Maureen Coutant	B-

Outings and Programs 1 of 4

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: Holden Room, Crandall Library.

ALLEN - [Hike]

Sat, Sep 8, 2018, 5:00 am, Rating: A+

Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

- A summer without a hike to Allen? Utterly unthinkable! It's a long day to what is arguably the most remote of the high peaks, about 18 miles and 3,000 feet of elevation change. The grade is relatively gentle for a long way before we make the final climb along the stream, being careful with the infamous red algae. If we're lucky, clear skies will give us good views from side paths off the summit.

MONTHLY MONDAY GEOCACHE

Mon, Sep 10, 2018, time TBD, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- Join us on our monthly trip to find newly hidden geocaches in the area. It's a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don't have to be a "geocacher" to join us. Come see what it's about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

YOUNG MEMBER- TUESDAY SUNSET HIKES

Tue, Sep 11, 2018, 6:00 pm, Rating: C

Megan McLaughlin - 631-365-3934, megan@adk.org

- Pilot Knob Gazebo. Short but rugged 1 mile hike to Gazebo. Sunset is 7:12pm. 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 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.

NOONMARK AND ROUND - [Hike]

Sat, Sep 15, 2018, 6:00 am, Rating: B+

Benjamin St. Andrews - 518-744-

5574, benjamin.st.andrews@gmail.com

- Come join us for the trip up Noonmark - boasting some of the most unobstructed and spectacular views of the Adirondacks. Dominating the view of the hamlet of Keene Valley, it is (more or less) directly beneath the sun at mid-day, hence the name. We will also hit Round Mountain to top off our day in the woods. First we will head up to Noonmark from the Ausable Club lot, then continue to the Dix Trail, double back partway on the old Dix trail, go up to Round, and return to the Ausable Club lot.

PINNACLE RIDGE & BLAKE PEAK from Elk Lake MarcyTRAIL

Sat, Sep 15, 2018, 6:30 am, Rating: A+

Jeff Mans - 518-265-4135, adkhighlander@aol.com

Colead: Jayne Boudier - 518-636-3352 or jayneboudier@gmail.com

- A beautiful series of seldom-visited peaks, and virgin forests of spruce and balsam underlain with moss-covered rocks awaits us on a trip from Elk Lake to the Pinnacle Ridge, Pinnacle Peak at 3717 feet, Lookout Rock, and over to Blake Peak at 3960 feet. Distance from Elk Lake to the junction of Pinnacle Ridge trail is 5.0 miles, another 1.8 miles to Pinnacle Peak, and another 2.2 miles to Blake Peak, making a total distance of 18 miles round trip, and an elevation gain of approximately 3400 feet. Rain date September 16th. Meet-up at the Elk Lake-Marcy trailhead at 6:30 AM, or 5:30 AM at Panera.

T LAKE FALLS - [Bushwack]

Sun, Sep 16, 2018, 7:00 am, Rating: A

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

- Highest falls in the Adirondacks, near Piseco Lake, T-Lake Falls

tumbles down a rounded rocky escarpment. Barbara McMartin places the height at a conservative 350 feet, but many sources measure the falls as high as 600 feet. Either measurement makes it the highest in the Adirondacks. 2.7 miles on the South Branch Trail, then cross Canada Creek and follow upstream a well defined herd path about 2.5 miles to the base of the falls, 700 feet elevation gain. Leader is coming from Clifton Park, Exit 9 at 7 am and going directly to trailhead at 9 am. Call to confirm if coming from Queensbury to coordinate car pool or directions.

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, 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.

ROCKY PEAK FROM EAST TRAIL (NEW RUSSIA) - [Hike]

Sun, Sep 23, 2018, 7:00 am, Rating: A+

Jeff Mans - 518-265-4135, adkhighlander@aol.com

- Exceptional views and open vistas await as we proceed to Blueberry Cobbles, Bald Peak and along Rocky Peak Ridge to the summit. Bonus points awarded if we get some early autumn colors. Distances to Blueberry Cobbles 1.9 miles, plus 2.0 miles to Bald Peak, and another 2.8 miles to Rocky Peak, making it a 6.7 mile trek to Rocky Peak and

Outings and Programs 2 of 4

13.4 miles round-trip. Total elevation gain is approximately 4400 feet. Bring plenty of water. Meet at East Trail trailhead at 7:00 AM, and/or Panera at 6:00 AM if arrangements can be made among participants.

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.

CRANE MOUNTAIN FRIDAY HIKE

Fri, Sep 28, 2018, 8:00 am, Rating: B+
Rich Myette - 518-232-3351, richmyette@gmail.com
- This hike up Crane Mt. may be different than you are used to. We will park at the Putnam Farm parking area, a parking area opened by a conservation easement. We will climb the steep trail that leads directly to Crane Mt. Pond, pausing at the Crane Mt. Cave entrance and later at the Paul Schaefer plaque. After a brief stop at the pond we will hike on an unmarked trace for a couple of hours or more, going down and then up to a lesser summit and then return to the pond. On the summit we'll explore, catch some views and eat lunch. We will not go to the main summit. Once we are back at the pond we may take an extended stay to swim. Then we will return to the parking area. Approximately 7 miles and approximately 1700 feet elevation gain. There will be no water after we leave the pond.

MARSHALL, MARSHALL, MARSHALL! DA PLANE! DA PLANE! - [Hike]

Sat, Sep 29, 2018, 5:00 am, Rating: A
Joe Babcock - 518-791-9395, jababcock19@gmail.com
Colead: Ben St. Andrews - benjamin.st.andrews@gmail.com
- Since it has become a tradition, we will be continuing with the hike to Marshall even without the Patadas! Meeting at Panera to start and heading to Upper Works for a good day of hiking. If weather permits, we will go to visit the plane crash site on our way down and take the long way home.

THE WOLFJAWS AND ARMSTRONG - [Hike]

Sat, Sep 29, 2018, 6:30 am, Rating: A+
Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com
- On this hike we'll summit three 4000 footers: Lower Wolf Jaw, Upper Wolf Jaw, and Armstrong. We'll start our hike at the Ausable Club hiker parking area and climb up to the junction between the Wolfjaws. We'll hope for some fall foliage and some nice views from this northern stretch of the Great Range. Trip distance is about 14 miles. Car-pool meeting location: Panera Bread, 820 US Route 9, Glens Falls.

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!

WALK AROUND 13TH LAKE - [Hike]

Sun, Sep 30, 2018, 8:00 am, Rating: B
Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com
- This excursion takes us completely around 13th Lake, including parts of the Hour Pond and Siamese Ponds trails. We return via Old Farm Clearing, with a mile of dirt-road walking at the end. This 8-mile loop includes some climbs and great lake views. Bring lunch. We may stop in North Creek for snacks on the drive back. Rain (or other precip) cancels.

MONTHLY MONDAY GEOCACHE

Mon, Oct 1, 2018, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Join us on our monthly trip to find newly hidden geocaches in the area. It's a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don't have to be a "geocacher" to join us. Come see what it's about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

EXECUTIVE COMMITTEE MEETING

Wed, Oct 3, 2018, 7:00 pm, Rating: NR at The Wesley in Saratoga.

CHENEY COBBLE - [Bushwhack]

Sat, Oct 6, 2018, 5:00 am, Rating: A+
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
- 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 via a 3 mile hike (bike ride preferable) on the road to Boreas Ponds, followed by about 2.5 miles of old logging roads and then a 2 mile bushwhack. About 15 miles, 4 of it bushwhack; 2200 feet elevation gain.

WALK AROUND PUTNAM POND - [Hike]

Sun, Oct 7, 2018, 8:00 am, Rating: B
Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com
- We did this several years ago, so let's try again. Foliage should be at peak as we choose which trails will take us to the various arms of Putnam Pond, and smaller ponds nearby. Expect some climbing on ridges between the water, and we can check out the old mine on the pond's north side. Bring lunch--we're looking at a 10-mile circuit. Rain (or other precip) cancels.

TUESDAY OUTING - PADDLE

Tue, Oct 9, 2018, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- Check website the weekend before for details.

GORE MOUNTAIN FIRE TOWER HIKE

Sat, Oct 13, 2018, 9:00 am, Rating: B+
Rich Crammond - 518-584-2380
- A real nice fall hike if the weather and colors are good. 9.4 miles round trip with approximately 2,500 feet of elevation change. Dress for fall weather in the 'dacks. Meeting place: At the trailhead next to the pond at North Creek Ski Bowl just off Route 28, North Creek. See you there, hiker buds.

TRAVERSE OF JAY MOUNTAIN RANGE - [Hike]

Sat, Oct 13, 2018, time TBD, Rating: A-
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
Colead: Jason Waters - 518-369-5516 or jwate78@gmail.com
- Traverse the entire Jay range with me as a co-lead hike with the Schenectady Chapter. Expansive 360 degree views once on the ridgeline for a 6.9 mile out and back trip. Steep in some spots but otherwise a real treat to look out on numerous High Peaks. Please call me if you'd like to join. Hopefully the changing leaves will give us some great color!

TUESDAY OUTING FTC - [Hike]

Tue, Oct 16, 2018, 7:30 am, Rating: NR
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- This week we are going down to the Catskills to do a Fire Tower or two. I need Hunter and Red Hill. Red Hill is supposed to be very easy, so I thought we would try to do both! Call or email the Sunday before this outing to get more details.

Outings and Programs 3 of 4

HIKING THE CROWS, NUN DA GA O RIDGE AND HURRICANE.

Sat, Oct 20, 2018, 5:30 am, Rating: B+

Joe Babcock - 518-791-9395, jababcock19@gmail.com

- I have been on this hike a couple of times in the past, but I would like to see how it looks in the fall. It is a great hike to test your endurance and should be a great outing. The views are great when the weather cooperates. Meet at Panera parking lot at 5:30 or at the trail head for Nun Da Ga O at 7:15. Looking forward to a nice day out.

MT. COLDEN FROM LAKE ARNOLD/ADK LODGE - [Hike]

Sat, Oct 20, 2018, 7:30 am, Rating: A+

Jeff Mans - 518-265-4135, adkhighlander@aol.com

- We'll take the approach to Mt. Colden starting from Adirondack Lodge to Marcy Dam, to Lake Arnold, and up to the summit of Mt. Colden. Distance of approximately 6.3 miles from ADK Lodge to Mt. Colden (12.6 miles RT), with an elevation gain of about 2600 feet. We'll meet at ADK Lodge at 7:30 AM, or earlier at Panera if arrangements can be made among participants. Rain date October 21st.

TRAVERSE OF WESTERN RIDGE TRAIL IN MOREAU LAKE STATE PARK - [Hike]



Pharoah Mountain

Sat, Oct 20, 2018, 8:00 am, Rating: B-

Reg Prouty - 518-747-9736, reginaldprouty@gmail.com

- This approximately 6 mile traverse will involve spotting some cars in the parking area near the spring on Spier Falls Road and starting at the beginning of the Western Ridge Trail in the wooded parking area at the crest of the road. Plan on a full day with lunch on the overlook above the dam.

TUESDAY OUTING - PADDLE

Tue, Oct 23, 2018, time TBD, Rating: NR

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- Check website (adk-gfs.org) at the beginning of October for the plan for this day.

ANNUAL DINNER- THE CRANBERRY LAKE 50 PRESENTED BY JAMIE SAVAGE - [Program]

Fri, Oct 26, 2018, 7:00 pm, Rating: NR

Anne Paolano - 518-798-3055, paolano@roadrunner.com

- This event will be held at the Embassy Suites in Saratoga Springs, NY. Happy hour at 6pm, followed by dinner and program at 7pm. The presenter will be 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. This is a 50 mile trail that circles Cranberry Lake, the third largest lake in New York State. The Five Ponds Partners, of which Jamie is a founding member, is 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 and show us what makes this one of the most memorable and rewarding trails you'll ever hike.

ADK HQ WORKDAY - [Other]

Sat, Oct 27, 2018, 9:00 am, Rating: C

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- Come join fellow ADKrs prep the ADK headquarters building and grounds for winter. We share stories and get ideas for outings while we rake, take down screens, clean out the garden and gutters. No skills required, just a desire to help out the Club. Many hands make light work, so come for however long you can. We provide breakfast and lunch. Usually done by 2pm. Hope to see you at the workday!

NIPPLETOP AND DIAL - [Hike]

Sun, Oct 28, 2018, 5:00 am, Rating: A+

Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

- It's late October, so the weather could give us anything from tee shirts to snow, though colder is more likely than warmer. We'll park in the Ausable Club lot, walk the Lake Road nearly to the end, and ascend through Elk Pass to Nippletop. We'll then hike along the ridge to Dial. Our return will be over Bear Den Mountain and Noonmark shoulder before descending back to the Lake Road. It's 9.4 miles on the trail plus 4.4 miles on the road, and about 4,000 feet of elevation change.

PORTER AND CASCADE VIA BLUEBERRY MTN. - [Hike]

Sat, Nov 3, 2018, 5:00 am, Rating: A+

Eric Kimmelman - 518-866-8521, ejkimmelman@gmail.com

Colead: Akane Suzuki - akaneadk@gmail.com

- Let's get Porter and Cascade by the quiet way! We'll start from Marcy Field, and head up for Blueberry Mountain. After enjoying the view from its bold summit, we'll head to Porter, then Cascade. This route is more challenging and rewarding than climbing from Cascade Lake at Rt 73. Total 11 miles, 4200 ft elevation gain. We'll meet at Exit 19 at 5am. Prepare for early November conditions. Bring enough layers and microspikes!



Spring on Hadley Mountain

TUESDAY OUTING - [Hike]

Tue, Nov 6, 2018, 7:30 am, Rating: B

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- This week I thought we'd head up to the Adirondacks and get in a hike before the snow flies. We haven't been to the Jay Range in a while, so I thought we'd head up there and hike along the open ridge for as long as possible. This ridge offers great views to Vermont on one side and the Adirondacks on the other! Call or email to sign up and get more details.

Outings and Programs 4 of 4

EXECUTIVE COMMITTEE MEETING

Wed, Nov 7, 2018, 7:00 pm, Kathi Noble - Glens Falls, location to be determined.

<http://www.adk-gfs.org/Photos/gallery/2018/2018-05-29.HadleyMtn.4.jpg>

TR MOUNTAIN - [Bushwack]

Sat, Nov 10, 2018, 6:00 am, Rating: A

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

- Named for Teddy Roosevelt, this is a short fall/winter hike to #61 of the ADK 100 Highest. Morrissey suggests climbing it in the winter to get a better view. 4 miles and 1600 feet of elevation gain on the Marcy trail, then take a right and bushwhack 1/4 mile with another 400 feet gain. Views of Colden. Snowshoes and microspikes possibly needed.

POTASH MOUNTAIN - [Hike]

Sat, Nov 10, 2018, 8:30 am, Rating: B

Reg Prouty - 518-747-9736, reginaldprouty@gmail.com

- This is a nice, newly opened trail up a great small mountain with great views along the way and at the top. It has some moderate climbing but lots of switchbacks to ease the elevation gain. We will stop at Jungle Jim's store and deli afterwards. Total distance from the trailhead is about 3 miles.

MONTHLY MONDAY GEOCACHE

Mon, Nov 12, 2018, time TBD, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- Join us on our monthly trip to find newly hidden geocaches in the area. It's a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don't have to be a "geocacher" to join us. Come see what it's about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

TUESDAY OUTING - [Hike]

Tue, Nov 13, 2018, 9:00 am, Rating: B-

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- This week we will hike Shelving Rock Mtn. This is a fairly easy hike, since the trail was an old carriage road. So, gradual ascent on many switchbacks. From the top we can look south down Lake George or west over to Bolton. Hopefully we'll have a nice fall day to enjoy the views.

SCREENING OF "HARNESSING NATURE- THE BUILDING OF

THE GREAT SACANDAGA" - [Program]

Wed, Nov 14, 2018, time TBD, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- "Harnessing Nature" chronicles the incredible journey of the creation of the Great Sacandaga Lake, including first-hand accounts of valley residents and original documents describing this amazing feat of engineering. For the residents of the Sacandaga Valley, the loss of their homes and communities was devastating. For the residents downstream who had suffered staggering losses from years of flooding, it was long overdue. For those who live along its shores today, it is important to understand the story of the Great Sacandaga Lake. Joint program with Folklife Center at Crandall Public Library. DVD is 80 minutes.

MOXHAM MOUNTAIN - [Hike]

Sat, Nov 17, 2018, time TBD, Rating: B

Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com

- A great view with some effort for the 5.5 round trip out and back hike. While we MAY need spikes/snowshoes this late in the season, this is sure to be wonderful hike. There is plenty of space to have lunch at the top while enjoying the 270 degree views. Please call me if you'd like to join.

TUESDAY OUTING - [Walk]

Tue, Nov 20, 2018, 9:30 am, Rating: C

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- This week we'll do a walk through the Skidmore Northwoods and then head downtown for lunch or a drink.

TURKEY TROT #20 SARATOGA BATTLEFIELD - [Hike]

Thu, Nov 22, 2018, 8:00 am, Rating: C+

Rich Crammond - 518-584-2380

- Let's celebrate the past 20 years of enjoyable hiking in this great park. Dress for cold and rainy weather. I'll always remember all the good hiking buds I've had while working up that old Holiday Hunger. 4 or 5 miles of hiking with little elevation change. Meet at the visitors parking lot off Route 32, Stillwater. Happy 20th Thanksgiving Turkey Trot to all.

TUESDAY OUTING - [Hike]

Tue, Nov 27, 2018, 9:00 am, Rating: B-

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- Not sure which hike we'll do this day. End of November weather could be anything from a warm day to cold and snowing! So stay tuned and check back the weekend before or call me.



Spier Falls



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Three Lakes Bike Loop Sat, Jun 2, 2018, Joanne Conley and Cole Hickland

- An overcast morning turned to sunny blue skies and comfortable temperatures for riding. On a counter-clockwise loop from The Hub we hugged the west shore of Brant Lake along Palisades Road. A narrow and winding road, but at 9am we only saw two cars. Keep to the right on this road! Bear Pond Road was crackled blacktop, but views of the pond were picturesque. A stop at the North Brant Lake Cemetery to check out some interesting gravestones (thank you Tom Ward) and gorgeous countryside views. On to the Adirondack Country Store to regroup and have a snack; some got ice cream. Yum. Another beautiful stretch along Schroon Lake to Glendale. A few miles on Routes 9 and 8 back to Chestertown and Brant Lake. You can't beat the views on this lake ride with relatively little elevation change. Back at the Hub, most of the group stopped for lunch and a cold drink. The Hub welcomes riders, bikers, hikers and paddlers to use the gravel parking lot as a base for their Brant Lake adventure. Say hello to Drew and Noah and the team in the kitchen when you are there! Eleven people: Joanne Conley, Cole Hickland, Karen Provencher, Jen Ferris, Mary Ward, Tom Ward, Laura Fisk, Warren Wallis, Joan Jenkin, Tom Jenkin, Peggy McKeown.

Pharaoh Mountain Sun, Jun 3, 2018, Jeff Mans

- On a clear, overcast morning we crossed the bridge over Crane Pond Outlet and began our woodland journey towards the summit of Pharaoh Mountain. Along the way we were greeted by a variety of flora, fauna, little toads and many brightly colored orange juvenile Eastern Newts (efts). As the summit neared, the trail increasingly turned to sections of solid rock slabs and offered views of the Blue Ridge Range to the west, including Hoffman Mountain, and Schroon Lake and Goose Pond below. Once upon the main summit we enjoyed a leisurely lunch and good conversation, together with the survey markers and brass plug from Colvin's 1896 Adirondack Survey. An exploration of the various open rock summit vistas was undertaken in every direction, including Pharaoh Lake to the south, Lake Champlain and the Green Mountains to the east, and Crane and Pyramid ponds to the north. To our surprise, we were delighted to see over 100 Pink Lady Slippers at peak bloom displaying a rich pageant of pink and soft red shades, not to be outdone by small pine-cone clusters gathered about the crowns of several summit pines. At one point Jayne counted 76 Pink Lady Slippers in 45 seconds on the NE overlook! The high cloud cover eventually made way for blue skies. One last stop was made on the way out to linger on a large boulder just over the Crane Pond Outlet bridge to enjoy the ending to such a pleasant day, and a steady breeze that offered a brief respite from the pesky mosquitoes and a few black flies that just could not compete with the mosquitoes. Happy go-lucky participants included Jeff Mans, Jayne Boudier and Nancy Hill.

Tuesday Outing - Paddle Tue, Jun 5, 2018, Maureen Coutant

- This week we paddled into NW Bay on Lake George from the inlet. This is a great little area where you don't have to

worry about big waves or motorboats. Although they can go in to the inlet, most don't or they go slow. We saw a loon on its nest on the way out to the bay and on our way back. Hopefully, it did well there this season. We pulled up to shore and got out and stretched our legs a little bit with a short walk along the lake trail. Then we headed back to the inlet. Some in the group saw an eagle and I saw a water snake all curled up on a little area of land that serves as a breakwater before going into the inlet. Anne and I had pulled over to fish a bunch of debris from the shore and that's when we saw the snake. We all also saw a large map turtle. Great day out! Participants: Mo Coutant, John Devine, Bill Glendening, Licia & Steve Mackey, Anne Paolano, Dave Roeger.

Tuesday Outing Tue, Jun 12, 2018, Maureen Coutant

- This was my monthly Fire Tower Challenge (FTC) hike. We did a short one in nearby south Corinth...Spruce Mtn. This is one of the tallest (actually I think it is the tallest) towers in the FTC. Good thing too, since there's no view until you climb the tower. I also showed a couple of the participants where the geocache was located. We found out it had moved since I was last there! Nice trip and chance to get some exercise! Participants: Jim Cebula, Mo Coutant, James Jordan, Mary Knutson, Licia & Steve Mackey, Mike Marsh, Kay Mence, Karen Provencher, Dave Roeger.

Azure Mountain Fire Tower Sat, Jun 16, 2018, Amanda Gomez - Canceled due to not enough participation.

Balm of Gilead, Hooper Mine, William Blake Ponds and Elizabeth Point Lunch Break Sat, Jun 16, 2018, Rich Crammond

- This was just a real nice day in the 'dacks: bunch berries, garter snakes, soaring hawks, and Reg playing his pocket horn on Balm of Gilead summit. Some bugs along the way but not too bad. The view from up at the Hooper Mine was the best of the day, I think. Thanks to Reg and Rich for sharing their day. Didn't get no better. Participants: Reg Prouty, Rich Myette, Rich Crammond.

Young Members: Lake George Leader's Choice Sun, Jun 17, 2018, Stephanie Gaudons and Megan McLaughlin

- A group of 10 made up of eight hikers and 2 dogs set off for Black Mountain. Warm weather didn't keep people away from doing family Father's day hikes and we passed multiple groups on the trail. We enjoyed a spectacular view of Lake George that was unusually quiet for Black Mt. as the wind turbine was not going. We considered taking the longer trail down but were discouraged by the heat and reports of high numbers of ticks, and opted to go back the way we came.

Tuesday Outing - Paddle Tue, Jun 19, 2018, Maureen Coutant

- This week we paddled the Hudson River from Nolan Road in South Glens Falls. It was a bit breezy, so we headed over to the remnants of the booms and then to a little inlet to get out of the breeze. An osprey flew overhead and we

Trip Reviews 2 of 3

were so busy looking up that I almost paddled into a tree that had fallen into the water! The water level was a bit higher than normal and the bugs were fewer, so we were able to paddle much further than normal into this inlet and another one upstream. It was really fun to explore these areas. Afterwards, we returned to the river and some headed back to the launch while others went further upstream to the inlet that takes you just south of the Hudson River bridge. We saw a lot of little yellow birds and luckily by the time we came back the wind was dying down. Great evening out...as usual! Participants: Mo Coutant, Bill Glendinging, Mary Knutson, Gary McCoola, Joy Muller-McCoola, Deborah Murray, and Dave Roeger.

Buck Mountain Sat, Jun 23, 2018, Brian Coville

- The weather held out for the most part until the end of the hike so we were able to enjoy some views of Lake George mountains from the summit. The trail wasn't too crowded.

Tuesday Outing - evening picnic Tue, Jun 26, 2018, Maureen Coutant

- We had a great evening for our end of season picnic on top of Pinnacle Mtn. The slight breeze kept the bugs away, as well. This easy hike takes you to a view of the south end of the lake and a little bit over to the tip of Tongue Mtn. A perfect spot for an evening picnic. Thanks for everyone for coming out this evening or during the past 9 months. From this point until the fall, I mostly do paddle trips. Participants: Jim Brown, Mo Coutant, Laurie LaFond, Licia & Steve Mackey, Andrew Paolano, Karen Provencher, Dave Roeger, Bill Schwarz, Lynne Silverberg.

Seymour Saunter Sat, Jun 30, 2018, Joe Babcock

- We had a great day for a hike. More butterflies than black flies! We got to the summer parking lot as it was almost full. We found spots to park, and headed off to Seymour. The trail in to the lean-tos was fairly dry. We ran into a small bit of blow down, and Wayne used my saw to clear the trail for hikers. We stopped at Ward Brook Lean-to for a quick snack before heading up the trail to the summit. This section had some significant mud, but not the worst we have encountered in the Adirondacks. It is a steep climb, but everyone made it up at their own pace. Up on the overlook, after some pictures for the first-timers on the summit, we all enjoyed the sunshine and views while we had lunch. I parked out on the lower section of bare rock, where the breeze kept bugs away. I did not hear a lot of complaints from hikers. I should have let Jim lead us back down, because I took a bit of a side trail for a short distance before recovering to the path. Jim seemed to think it was clearly marked as he came down the true path. It was a nice climb down and we stopped at a spot with a trail to the stream that offered a nice view and a chance to enjoy more of the great day in the Park. Once back to the main trail, we made good time back to the trail head. Participants: Jennifer Ferriss, Karen Provencher, Jeffrey P. Martin, Jim Zwynenburg, Erica Halbrook, Anne Mania, Jackie Bogardus, Wayne Richter, Carol Christensen and Joe Babcock.

Young Members Moreau Lake State Park Sunset Hike -

Southern Hudson River Overlook Tue, Jul 3, 2018, Brian Coville and Megan McLaughlin

- Hot weather inspired half of the group to arrive early and take a very enjoyable dip in the Hudson River across the street from the trail head. We then met up with the rest of the group at the trail head. Luckily the combination of the early evening hours and coolness of the woods made for a more enjoyable temperature for hiking. The overlook provided a very pleasant view of a bend in the Hudson River with the mountains behind, including Spruce fire tower in the distance. Sunset was enjoyed with cookies and conversation. Participants: Megan McLaughlin, Brian Coville, Richard Rogers, Jen Shepherd, Jules Greiner, Mike DeSocio, Emily Litwin, Elizabeth Harding and family, Liz Quandt and 2 adorable dogs.

Tuesday Outing - Paddle Tue, Jul 10, 2018, Maureen Coutant

- This evening paddle was along the Hudson River from the South Glens Falls put in just below the Route 9 dam upstream to the dam at the beginning of the Feeder Canal. We had a nice leisurely paddle and checked out the inlet near the Harry Betar Walkway looking for turtles, but just saw a heron. On our way back to we heard the music from the pavilion in South Glens Falls. They sounded pretty good, but most of us had to head home. Participants: Mo Coutant, Bill Glendinging, Licia & Steve Mackey, Kay Mence, Joy Munro.

The Vly and Bothereation Pond Sat, Jul 14, 2018, Rich Crammond

- Sure am glad I had a headnet for this outing. Never seen the deer flies so bad - Eeks! Low turnout for this hike; only Reg showed up. We made the best of it and had a good day in the 'dacks. Had lunch at Bothereation where Ray played a few tunes on his pocket horn, and saw some red eft on the trail and great views from the ponds. Didn't get almost better! Participants: Reg Prouty, Rich Crammond.

Whiteface Wander Sat, Jul 14, 2018, JP Martin and Joe Babcock

- Hike was cancelled due to possible thunder and lightning storms. A group of us hiked up Esther and Whiteface on Sunday, but not a led hike.

Young Member- Tuesday Sunset Hikes Tue, Jul 17, 2018, Megan McLaughlin and Brian Coville

- A group of 9 hikers and 4 dogs set out directly from the Lake George outlets to hike French Mt. We enjoyed an easy 1 mile warm-up strolling down the bike trail to the trail head. From there it was 1.3 miles to the French Mt. overlook. The first southwest facing overlook offered views of the Lake George outlets, Great Escape and Queensbury High School in the distance. The second northwest overlook offered views of lower Lake George, the Northway winding into the mountains and the local zip-line. Fascinating to get a mountain view of the area many of us traverse daily.

Adirondack Fire Tower Challenge hike Wed, Jul 18, 2018, Maureen Coutant

Trip Reviews 3 of 3

- This week we hiked to the Wakely Mtn fire tower. This trail and tower had just recently opened after doing a bit of restoration. It's a very high tower, possibly the second highest. It was a warm day, but as you climbed the stairs, it got chilly with the breeze. If I'd brought my jacket I would have stayed up there longer to enjoy the 360 degree wonderful view! We all enjoyed the hike, side trip to the beaver meadow, and time in the tower. Great day! Participants: Mo Coutant, Leo Demers, Sue Howard, Mary Knutson, Licia Mackey, Kay Mence, Karen Provencer, Jim Ralston, Dave Roeger.

Hiking Wright, Algonquin and Iroquois Sat, Jul 21, 2018, Joe Babcock and Andrew Meunier

- This turned out to be a spectacular day to be in the Park. Skies were clear and the views were excellent. We could have gotten up earlier to meet and thus get a parking spot in lot at the Loj, but we did not expect to be turned away at 6:45 in the morning. We found parking, and hiked to the lot to find the 4 other hikers who planned to meet us at the trailhead. This is not a long hike, and we made our way up at a fair pace to the junction to Wright. We waited for a re-group, but I sent some of the hikers ahead since they were getting cold sitting for a bit. We all made it to the top of Wright and were able to take time to enjoy the nice day and the views. Karen mentioned that this was her favorite for the day. After checking out the plane crash debris and the plaque, we all headed on down to continue to Algonquin. It was actually a bit warmer on the higher summit and we relaxed a bit and had a bite to eat before heading off to Iroquois. Andrew brought the last of the hikers to Algonquin and they waited for our return. We made good time getting to Iroquois over Boundary, and I had to laugh when Karen remarked that Boundary was "cute." I guess that is one way to describe a mountain. We all either enjoyed the views or took a quick nap in the nice temps on our third peak of the day. We then headed back to Algonquin and were able to snap a group shot before heading back down for the day. We did have the honor of visiting with Wayne Richter, who hiked through Avalanche Pass and up to Iroquois first. He ran into us as we were approaching Iroquois and was on Algonquin when we returned. A great hiking day with great friends! Participants: Jen Ferriss, Karen Provencher, Anne Mania, Tony Hoppa, Jake Hoppa, Jerry Hoppa, Justin Murphy, JP Martin, Mike Badagliacca, Maryanne Mullany, Andrew Meunier and Joe Babcock.

Kane Mountain Fire Tower Sat, Jul 21, 2018, Amanda Gomez

- canceled due to not enough participation.

Phelps Peak From Klondike Notch Trail - Sat, Jul 21, 2018, Reg Prouty

- Three of us had no trouble finding the herd path after we were lucky enough to find a parking spot at the trailhead and were headed to the lean-to at 9:20. We took a short break near the lean-to and had no trouble easily reaching the summit by lunch time. We visited with 4 Canadians and Reg played "Oh Canada" on his pocket trumpet for them. Jayne took a nap for a few minutes. A good day was had by all and the views were fabulous as usual. Three hikers: Reg

Prouty, Jayne Boudier and Jim Appleyard.

Tuesday Outing - Paddle Tue, Jul 24, 2018, Maureen Coutant

- This week we paddled around Lake Luzerne. We were planning on exploring the inlet, but just as we entered, we all heard a boom of thunder. With some threatening clouds upon us, we decided to cut it short and head back to the launch. Luckily, that was the only thunder and we didn't even get wet. So I guess if we had continued up the inlet we would have been fine, but I don't take risks like that with an ADK group! Afterwards we headed to Stewarts for an ice cream. Participants: Mo Coutant, Lorraine DelRosso, Julie Leonelli, Licia Mackey, Marjory Moeller, Jim Ralston, Joanne Szot, Donna & Mitch Zimmer.

Basin and Saddleback Sat, Jul 28, 2018, Wayne Richter and Ben St. Andrews

- Not surprisingly, the Garden parking lot had filled before 6 am. Fortunately, Dave had parked there the night before and, after returning from camping out up the trail, shuttled our drivers from the Rooster Comb lot while the majority of the group occupied and protected his parking space. We were underway by 7:00 under clear skies and a pleasant temperature. With all the rain in the previous few days, that old, familiar Adirondack mud was back in abundance. We took a break in the sun at Johns Brook Lodge, visiting with numerous other hikers, and another break at Bushnell falls. While there, we saw a young fellow run by and take the right fork to the Van Hoevenberg Trail. Not long after we crossed Johns Brook, his mother caught up with our group, then set out in hot pursuit when she learned that he had taken the wrong direction (we later learned that they had gotten back together). The skies clouded up as we headed to Slant Rock, but cleared for another break there. We now began serious ascent on the Shorey Shortcut - as always this trail afforded wonderful views of Basin and one great view of Haystack. A bit of mutual support on the way up soon found us on top of Basin. We had an enjoyable time on the summit for lunch, then noticed a shower heading our way. We packed up, put on our rain gear, and headed for Saddleback. After a bit of a sprinkle, the rain stopped, and we had sun and dry rock for our climb up the cliffs of Saddleback. This was a first ascent for ten of our group. We had a good long sit on top of Saddleback, then headed down the other side. The steps along the Saddleback slide were definitely needed as the slide has become mossy and looked slick. We had a final snack stop at the interior outpost and finished nicely before dark. Thanks to Ben for co-leading. Participants (* = first ascent): Joe Babcock, Maryanne Badagliacca*, Mike Badagliacca*, David Bennett*, Kim Brown*, Jen Ferris, Ralph Keating, Anne Mania*, Sunny Martinson*, Karen Provencher*, Wayne Richter, Erin Roberts*, Ben St. Andrews*, Dave White, Corey Wood*.

Racquette Lake Paddle & annual Chicken Barbeque on Long Point Sat, Jul 28, 2018, Jayne Boudier

- Camped at Big Island. DOH cancelled the barbeque.

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 Glen Falls and Saratoga Springs. Brief directions are below. More detailed information and maps can be found on the Chapter Web page: www.adk-gfs.org

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

From the South: Route 9 North.

LEFT onto CHURCH STREET. RIGHT onto LAWRENCE. • From the North: EXIT 15 off of the Northway. RIGHT onto ROUTE 50 South. Continue onto VAN DAM STREET, RIGHT onto LAWRENCE STREET.

Glen 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!**