



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

Chepontuc Footnotes

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

Tanzania: Land of beauty, magnificent safari & conservation parks, spectacular scenery & friendly people

**Wednesday
May 22
7pm
Crandall Library
Glens Falls**

Betsy and Bob Birchenough of Queensbury have traveled all over the world for their work in radiology and for fun: Australia, New Zealand, China, Peru, Ecuador, and all of Europe. The Tanzania trip came about after they met an Australian couple at Machu Picchu. That couple happened to be on a three-year road trip from the southern tip of South America to the Arctic. Betsy and Bob invited them to stop by and visit at their home in Lake George. Three years later in 2012 they received an invitation to their wedding in Tanzania. Invitation accepted! The trip exceeded all the wildest expectations. National parks, safaris, villages and cities visited in two weeks.

Some examples of the adventure include Tarangire National Park which has 550 breeding bird species – the largest number in the world. The visit coincided with the dry season, the best time to see the largest number of large mammals in the wild: elephants, zebras, giraffes, etc. This National Park includes the Ngorongoro Conservation Park, a UNESCO Heritage site since 1974 that was formed by a large volcano 3 million years ago and the crater floor covers 100 sq. miles.

Betsy and Bob Birchenough look forward to sharing with you all the magnificent animals, majestic trees, and the wonderful local people.



Lots to do!! Mark your calendars!!

Change of Dates since last newsletter

Saturday, May 4th
GF-Saratoga Chapter Trail Work
on the Tongue Mtn Range
Sunday, May 5th
ADK Headquarters Workday
Just off Exit 21

Lend a hand! No skills required!
See Outings for details

National Trails Day June 1, 2019 8-3:30 Cranberry Lake, NY

ADK will be hosting ten different trail projects that vary in difficulty to ensure there is something for everybody.

Only a few open projects left:
www.adk.org/protect/volunteer/national-trails-day/ Or 518-523-3441

Find out how the Chapter works!

Executive Committee meetings:
May 1, 7pm @ Crandall Library, GF
June 5, 7pm @ Wesley, Saratoga Springs

Call or email the Chapter Chair
for more information

Saturday, May 4th I Love My Park Day!
Help with a project at Moreau or Saratoga State Park!
<https://www.ptny.org/events/i-love-my-park-day/>

Saturday, July 27th IDIDARIDE! Bike Tour
To register and info:
<https://www.adk.org/play/cycling-information/ididaride/>

Chapter Chair Report ~ Kathi Noble



My husband and I love being outside. Whether it be hiking, biking, paddling, camping, or skiing it doesn't matter as long as we're outside. So we decided that we want to help other people have the same enjoyable experiences that we have had. After some researching and discussions with friends we decided to become HPIC hosts. We attended a High Peaks Information Center Host training at the end of March at ADK's Heart Lake Program Center.

Bobby Clark, the HPIC manager discussed the goals of this program and presented the training. The program mission is described in one of the handouts as "to assist Information Center staff in its effort to provide all visitors with a positive experience at the Heart Lake Property by assisting with parking, directions, and general information." We were given a wealth of information about how to engage in conversation with hikers about their plans for the day, what to say and not to say, when to refer to the DEC Ranger on duty or HPIC staff. Statistics were shared about the numbers of hikers leaving from the Heart Lake Property. On average about 30,000 hikers register during the months of July and August. Many of these visitors are new to

the area. As a host it is expected that we help educate hikers so their visit is enjoyable, safe, and follows the Leave No Trace principles.

A couple key concepts that I took away from the training are that all hikers, whether new or seasoned, need to remember to listen to your body. It's okay to turn back, the mountain will be there another day. Have a set time to head back down giving yourself enough time to safely return to the trailhead, regardless if you reached the summit or not. Additionally, we will be educating inexperienced or ill equipped hikers to be prepared with the 10 Essential Systems, which can be found at: <https://www.adk.org/play/hiking-information/hiking-essentials> and all items are available for purchase at the HPIC. Following the seven principles of Leave No Trace will also be discussed, <https://Int.org/learn/seven-principles-overview>.

Thanks to The Adirondack Mountain Club and Bobby Clark for implementing this valuable program to help ensure the safety of hikers. I believe with programs like this we can minimize hiker impact and keep the mountains as beautiful as they were to the first people that hiked them years ago and to maintain that beauty for future generations to enjoy!

Contact us at: adk-gfs.org, facebook.com/adkgfs or facebook.com/SaratogaYMG

Executive Committee Officers		Committee Chairs		Committee Chairs	
Chapter Chair 518-668-3046 chapterchair@adk-gfs.org	Kathi Noble	Conservation 401-529-5034 518-396-9579 conservation@adk-gfs.org	Aimee Viens Rutledge Paul Dietershagen	Trails 518-638-6139 trails@adk-gfs.org	Tom Ellis
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Past Chapter Chair 518-798-0624 pastchair@adk-gfs.org	John Caffry	Programs 518-798-0615 programs@adk-gfs.org	Sarah King	Alternate Directors	Peter Benoit Maureen Coutant Laurie Williams

Outings Updates



Before you go out this spring, above 3000 feet, check to see if you should rethink your plan. We don't want to damage the areas we all love and want to protect! To check on trail conditions: www.dec.ny.gov/outdoor/113437.html
Mud season isn't specific dates...it's specific conditions!

More Parking Restrictions this Summer in the High Peaks!

The bridge leading to The Garden Parking lot will be replaced this summer and **The Garden lot will be closed**. You can only access the area by using the shuttle run by the Town of Keene out of Marcy Field. If you are a JBL Loj guest, the Loj staff will pick you up. Hikers will not be able to drive, bike, or walk up the private road. The town currently (early April) doesn't have enough drivers to operate the shuttle 7 days a week. Please check before you plan to try to hike from The Garden:
www.townofkeeneny.com/2019-garden-hiker-shuttle-information



No Parking this Summer on RT 73 from Rooster Comb trailhead to Roaring Brook Falls

This is in addition to RT 73 summer parking restrictions set up last year, so plan appropriately. Consider the shuttle or hiking elsewhere when lots are full.

Other Chapter News

Volunteers needed!!

At the annual October meeting, chapter officers are elected to serve the Chapter for the upcoming fiscal year. Please consider helping the Chapter find members interested in taking on a leadership role. We have a few members of the Executive Committee helping, but we could use some help from members like you on the Nominating Committee! Please contact me by May 15th.

If you are interested in learning about open positions on the Executive Committee, please contact me or a current Vice Chair. All officer contact information is available in the newsletter or on the website under the chapter information tab. The description of duties for all officers and elected positions is also available in the chapter by-laws on the chapter website. There is no prerequisite, only the willingness to serve as a leader for the chapter. Most positions have a one-year term and nominations are due August 1st. Nominations and officer biographies will be published in the September - November Chapter newsletter.

Please contact me directly with any questions or nominations.

Brian Coville, Young Member Group and Nominating Committee Chair **516-996-5086**

The Banff Centre Mountain Film Festival was another huge success and we're planning on working with our great community sponsors (Rocksport, Fountain Square Outfitters, Meyer & Fuller law office, Cool Insuring, Nemer Auto Body, and SUNY Adirondack Adventure Sports Club) to bring it back again next year!

Save the dates: Monday, Feb 17, 2020 and Tuesday, Feb 18, 2020

Feedback: "Just wanted to pass along our thanks for the film festival's return to GF. We found both showings to be very entertaining and uplifting, as did our friends who attended with us. Great job! Thanks to the Committee for supporting the LGLC's HWA awareness program. The information flyer definitely got to a lot of the right people. I'm sure the effort will pay dividends." - Tom & Lydia

"Great job on the film festival!! It was our first time attending and we thoroughly enjoy all of the films. The venue seemed perfect with ample parking and good location. Thanks for all of the hard work the group did putting this together." - Mary

ADK Fire Tower Challenge ~ by Kathi Noble



Some quotes from some FTC letters:

Janel Modoski wrote, "Balsam Lake: This is potentially my favorite summit- I love the tunnel of evergreens that welcome the hiker as they approaching the fire tower. This was a snowshoe hike- and the trees were glittering as the snow crunched under our feet. Just an amazing day!"

Lincoln Fancher wrote about Woodhull being an enjoyable trip. He said, "It's not a high vista, but it was very satisfying hike. The day was cold and sunny, and I had the trail to myself. I could not think of a better way to spend my 60th birthday (my Personal Holiday). The tower on Stillwater Mountain was visible to the north, sticking up like a small needle."

Congratulations to the following people who have recently received their patches for completing the Adirondack Mountain Club Fire Tower Challenge:

Lincoln Fancher, Lacona, NY
Janel Modoski, Albany, NY
Hiedi Ruth, Albany, NY
Rebecca Thomas, Stratford, NY

An extra big congratulation goes out to the following people who have completed the Adirondack Mountain Club Winter Fire Tower Challenge:

Teesha Bapp, Queensbury, NY
Elizabeth DeMarsh, Queensbury, NY
Laura Fiske, Ballston Spa, NY
Theo Kinsale, age 11, Hadley, NY
Gemma Hanlon, Hadley, NY

Membership ~ by Pat Desbiens

JANUARY 2019

New Members

Erin Blair, Lake George
John Breznicky & Cayla Ferari, Brooklyn, New York
Kristina Derlinga, Saratoga Springs
Jackson Donnelly & Danielle Farley, Lake George
Charles Edwards, Suffern
James Glendening, Queensbury
Amy Hallenback, Gloversville
Kevin & Marianne Mahoney, Queensbury
Amy Millington, Keith Saunders & Gabriel Van de Ende, Pottersville
Christine Shwajlyk, Hagaman
Cheyanne Stunger, Lewisburg, Pennsylvania
Warren Wallis, Ballston Spa

Rejoined Members

Christopher Coons, Janice Weber-Coons, Molly & Madeline Coons, Johnsonville
Stephanie & Grace Ferradino, Saratoga Springs

Kyle Gorczynski, Clifton Park
John & Ellen Hubbard, Schenectady
George Long, Ballston Spa
Justine Mosher, Queensbury
Kevin, Brian & Emily Smith, Las Cruces, New Mexico

FEBRUARY 2019

New Members

Luc Bechard, Ballston Lake
Karen Dixon, Saratoga Springs
John Ehntholt, Granville
Mark Heiland, Saratoga Springs
Danielle & Johannes Helgren, South Glens Falls
Sharnel Murray, Malta
Jeanne Polunci, Queensbury
Scott, Wyatt & Wade Turner, Gansevoort
Joan & Alan Weiler, Saratoga Springs

Rejoined Members

Connie Bosse, Glens Falls

Thank you for joining or renewing! Don't forget to check out our website at 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.

Bear Canisters for Rent to Chapter Members!



These bear-proof canisters are required in the Central High Peaks Zone and are essential to use on any backcountry overnight adventure to any backpacking or canoe camping destination. 8.8" dia. X 12" long, weight 2.7 lbs. Designed to slip into your backpack. *Backpackers' Cache* (Garcia Manufacturing) and *Bear Keg* (Counter Assault) are the only two bear resistant food containers approved for use in the Central High Peaks Zone.

Rental Rates (we have the best rental prices!): 1-3 nights \$5.00 4-7 nights \$10.00

Call Jim Schneider at 518-421-4975 to reserve your canister rental.

Outings and Programs Calendar May - July 2019

Date	Day	Type	Destination	Leader(s)	Rating
May					
1	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
4	Sat	Hike/Snowshoe	Crane Mountain	Amanda Gomez	B+
4	Sat	Trail work	Tongue Mt. trail work	Tom Ellis	B
5	Sun	Hike	Five Mile Mt Tongue Mt Range Wild Flower Hike	Jean Holcomb	B
5	Sun	Hike	YM (Young Member) Owl's Head Fire Tower Hike	Megan McLaughlin	C+
5	Sun	Other	ADK HQ workday	Maureen Coutant	NR
6	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
7	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	B+
7	Tue	Sunset Hike	YM Sunset Hike- Pilot Knob	Megan McLaughlin	C-
11	Sat	Hike	Pitchoff Hike	Joe Babcock, Wayne Richter	B+
11	Sat	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C
12	Sun	Hike	Peaked Mountain	Bill Bechtel, Kathryn Taylor	B+
14	Tue	Hike	Tues Outing - Roostercomb	Maureen Coutant	B
16	Thu	Other	YM Artisanal Brew Works Social	Megan McLaughlin	NR
18	Sat	Hike/Snowshoe	Lost Ponds Trail and Bushwhack	Rich Crammond, Jayne Boudier	B-
18	Sat	Hike	Panther Gorge lean-to	Mike Fuller, Jim Zwynenburg	A
18	Sat	Hike	Cat and Thomas Traverse	Reg Prouty	B
18	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
19	Sun	Bushwack	The Pisgahs	Bill Bechtel, Kathryn Taylor	B+
21	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
21	Tue	Sunset Hike	YM Sunset Hike- Spruce Mt.	Megan McLaughlin	C-
22	Wed	Program	Tanzania and Zanzibar by Bob and Betsy Birchenough	Sarah King	NR
25	Sat	Paddle	Upper Hudson - Opalescent	Steve Mackey	A
26	Sun	Hike	OK Slip Falls and Crehore Garnet Mine	Nick Ringelberg	B+
26	Sun	Hike	Goodnow Mt. Fire Tower	Rich Myette	C+
28	Tue	Walk/Hike	Tues Outing - Shelving Rock walk	Maureen Coutant	C
June					
1	Sat	Hike	Northeast Catskills	Wayne Richter	A+
1	Sat	Hike	Sleeping Beauty Wildflower and Photo Hike	Jack Whitney	B-
3	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
4	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	B
4	Tue	Sunset Hike	YM Sunset Hike- Shelving Rock	Megan McLaughlin	C
8	Sat	Hike	Sewards Black Fly Blood Drive	Mike Fuller	A+
8	Sat	Hike	Balm of Gilead, Hooper Mine, and Elizabeth Point Lunch	Rich Crammond	B-
11	Tue	Hike	Tuesday Outing	Maureen Coutant	B
15	Sat	Bike	Three Lakes Bike Loop	Andrew Meunier, Patrick Reilly	C+
15	Sat	Hike	Moxham Mountain	Joe Babcock	B
15	Sat	Hike	Jenkins Mountain	Amanda Gomez	B
18	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
18	Tue	Sunset Hike	YM Sunset Hike- French Mt.	Megan McLaughlin	C
22	Sat	Hike	Ausable Club Water Falls	Nick Ringelberg, Jayne Boudier	A
22	Sat	Hike	Fire Tower Hike - Vanderwhacker	Alison Laurin, Ben St. Andrews	C+
25	Tue	Hike	Shelving Rock sunset hike	Maureen Coutant	C
29	Sat	Hike	Hiking Colvin and Blake	Joe Babcock, Patrick Reilly	A
29	Sat	Hike	Giant and Rocky Peak Ridge	Benjamin St. Andrews, Alison Laurin	A+
29	Sat	Hike	Indian Pass	Reg Prouty	A
30	Sun	Hike	Hurricane Mt. Photo and Wildflower Hike	Jack Whitney	B
July					
2	Tue	Sunset Hike	YM Sunset Hike- Sleeping Beauty	Megan McLaughlin	C
6	Sat	Hike	Dix and Noonmark	Andrew Meunier, Patrick Reilly	A+
9	Tue	Hike	Camp Santanoni walk/paddle?	Maureen Coutant	B
11	Thu	Camp/Hike	Elk Lake-Marcy trail to Panther Gorge, Haystack, Marcy and Skylight	Jeff Mans	A++
13	Sat	Camp/Hike	Seward Range (overnight)	Andrew Meunier, Ben St. Andrews	A+
13	Sat	Hike	Cliff and Redfield Hike	Joe Babcock, Jim Zwynenburg	A+
13	Sat	Hike	Phelps Peak	Reg Prouty	A
13	Sat	Hike	Montcalm Point Hike and Swim	Neal Van Dorsten	B-
13	Sat	Hike	Rabbit Pond, North Creek Reservoir	Rich Crammond	B-
16	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
16	Tue	Sunset Hike	YM Sunset Hike-Cat Mt.	Megan McLaughlin	C
20	Sat	Hike	Gray Peak and Mt. Skylight	Benjamin St. Andrews, Andrew Munier	A+
20	Sat	Hike	Debar Mountain	Amanda Gomez	B+
27	Sat	Bike	ADK Ididaride!	Sunday Conine	NR
27	Sat	Bushwack	T Lake Falls	Nick Ringelberg, Jayne Boudier	A
28	Sun	Hike	YM Hike & Swim- Peaked Mt.	Megan McLaughlin	B
30	Tue	Sunset Hike	YM Sunset Hike- Hackensack	Megan McLaughlin	C-

Outings and Programs 1 of 6

EXECUTIVE COMMITTEE MEETING

Wed, May 1, 2019, 7:00 pm

Kathi Noble - chapterchair@adk-gfs.org

- Location: Crandall Library Community Room in basement

CRANE MOUNTAIN

Sat, May 4, 2019, time TBD, Rating: B+

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

- Closer to home hike for those who want a great view! This trail is steep and rocky. With any luck we won't need snowshoes. Please call me for gear list and carpool info.

TONGUE MTN TRAIL WORK

Sat, May 4, 2019, 9:00 am, Rating: B

Tom Ellis - 518-638-6139, Hola@hughes.net

- We will meet at Panera's in Queensbury at 9AM. We start at the northern trailhead and go over to Deer Leap to clear blowdown and side cut brush up to the Fifth Peak/Clay Meadow trail. Leader has all tools needed.

FIVE MILE MT TONGUE MT RANGE WILD FLOWER HIKE

Sun, May 5, 2019, 8:00 am, Rating: B

Jean Holcomb - 518-935-3353, jeanh46@icloud.com

- We will go in from the north and hopefully find wildflowers on the trail. I will also have my binoculars for spotting migrating birds. So, pace will be pretty slow. Distance is about 6 miles with some ups and downs probably adding up to about 1500 feet of elevation. As it is Cinco de Mayo, feel free to put your Mexican on! Meet at Panera Bread at 8:00.

YM (Young Member) OWL'S HEAD FIRE TOWER HIKE

Sun, May 5, 2019, 8:00 am, Rating: C+

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

- Celebrate Cinco De Mayo at Owl's Head fire tower! Just over 6 miles round trip. Great views! Sombreros and creative treats for the summit are encouraged. Included in the ADK Fire Tower and 29er challenges. Email, call or text to sign up and get exact meet-up location/time.

ADK HQ WORKDAY

Sun, May 5, 2019, 9:00 am, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- Come join fellow ADKers to help get the ADK headquarters building ready for the warmer weather. We rake, put out the picnic table, paint if we can, put in the screens, hook up the hose, and do anything else that needs to be done. Nothing complicated and it's great to talk to other ADKers as we're pitching in to help the Club. Come for an hour or stay for lunch! Every little bit helps! We will have a Cinco de Mayo theme! Taco bar lunch...bring a sombrero, if you have one!

MONTHLY MONDAY GEOCACHE

Mon, May 6, 2019, 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 - PADDLE

Tue, May 7, 2019, 9:00 am, Rating: B+

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- I try to start off the paddle season with an adventure to get from Lake Luzerne to Second Lake. It's not a beginner paddle! I really shouldn't start off

with this one, but you need to do it before the water level drops too much and the weeds get high. But it involves getting in and out of your boat to go around or over beaver dams and through shallow water. It's an adventure since we have to try to remember the route from the prior years...or back track. But that's OK, we're never too far from the actual path. Bring a snack and drink and a sense of adventure!

YM SUNSET HIKE- PILOT KNOB

Tue, May 7, 2019, 6:45 pm, Rating: C-

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

- Join us for a short but rugged 1 mile hike up to the Pilot Knob gazebo, with a possible extension of hiking the waterfall trail at the top depending on interest. We'll hang out on top for as long as the group wants to and enjoy the view of Lake George. Bring a headlamp or flashlight in case we need it, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will reschedule for Wednesday or Thursday. Meet at trailhead. Hike is family friendly; children and adorable dogs are welcome.

PITCHOFF HIKE

Sat, May 11, 2019, 5:00 am, Rating: B+

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

Colead: Wayne Richter - 518-893-7895 or wrichter@nycap.rr.com

- Hiking Pitchoff, we will start from the trail near the Cascade trailhead and hike up to and along the ridge to the last open area on top, then hike the same trail back. I look forward to this hike and the potential for some nice views along the way. Join us for a nice hike to get ready for the summer hiking season.

SPRING BIRD WALK - WILTON WILDLIFE PRESERVE & PARK

Sat, May 11, 2019, 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 12. Meeting place: Camp Saratoga, Scout Road.

PEAKED MOUNTAIN

Sun, May 12, 2019, 9:00 am, Rating: B+

Bill Bechtel - 518-399-1206, wbechtel2@nycap.rr.com

Colead: Kathryn Taylor - 518-852-5459 or kathryn@ktp.com

- Peaked Mountain is partially bare on top with views to the northeast to south with Gore Mountain directly to the east. The trailhead is at the parking lot for public access to Thirteenth Lake, just southwest of the hamlet of North River. Following the lake for about one mile, the trail turns northwest and follows the Peaked Mountain Pond drainage for two miles to the pond. This is along a beautiful stream and wetlands. After reaching the pond there is a final 675 foot climb over 0.4 miles to the peak. Overall ascent is 1,245 feet with a round trip distance of 7.2 miles.

TUES OUTING - ROOSTERCOMB

Tue, May 14, 2019, 8:00 am, Rating: B

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- It's been a while since I've led this hike. It's one of my favorite "B" hikes with a great view. It's a 5.2 mile round trip hike with about 1,800 feet of elevation gain. Pack a lunch, but plan on stopping at the Noonmark for dessert!

Outings and Programs 2 of 6

YM ARTISANAL BREW WORKS SOCIAL - [Other]

Thu, May 16, 2019, 6:30 pm, Rating: NR

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

- Join us at Artisanal Brew Works in Saratoga to meet new people, and help plan upcoming outings!

LOST PONDS TRAIL AND BUSHWHACK

Sat, May 18, 2019, 9:00 am, Rating: B-

Rich Crammond - 518-584-2380

Colead: Jayne Boudier - 518-636-3352

- Let's hike or snowshoe back to another remote Adirondack pond; should be fun, I hope. Approximately 4 miles round trip total with approximately 1 mile round trip of bushwhacking; little elevation change. Please dress for Adirondack weather. Bring your headnets for you know what! Eeks! (Black flies not welcome.) Meet at the Stony Pond trailhead on Route 28N, Minerva area.

PANTHER GORGE LEAN-TO

Sat, May 18, 2019, 5:00 am, Rating: A

Mike Fuller - 802-254-3314, farmalloy55@hotmail.com

Colead: Jim Zwynenburg

- This is a great spring hike that keeps us off the sensitive high elevation trails during mud season. It's 18 miles and 2,300 feet of up, plus the beautiful trail hardening though Marcy Swamp. I go rain or shine, but shine is nicer.

CAT AND THOMAS TRAVERSE

Sat, May 18, 2019, 8:00 am, Rating: B

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

- The best way to do both Cat and Thomas is to spot some cars near Edgecomb Pond and start at the DEC parking lot near Exit 24. It is about 7.5 miles from here, visiting Thomas first and then Cat. Cat has the best views of Lake George. So let's hope for a nice warm spring day for this popular hike.

SPRING BIRD WALK - PACK FOREST, WARRENSBURG

Sat, May 18, 2019, 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 19. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

THE PISGAHS - [Bushwack]

Sun, May 19, 2019, 9:00 am, Rating: B+

Bill Bechtel - 518-399-1206, wtbechtel2@nycap.rr.com

Colead: Kathryn Taylor - 518-852-5459 or kathryn@ktpt.com

- The Pisgahs, Upper and Lower, are located northeast of the village of Indian Lake off the extension of Chain Lakes Road. The hike begins at the Outer Gooley Club building. This is only a 4.4 mile loop, with bushwhacking for 3 miles. It is planned to provide everyone with a detailed description of the hike, along with a map. We shall proceed on the hike by the consensus of the group and use our map and compass skills to navigate from the Lower to Upper Pisgah and then from Upper Pisgah back to our cars. It is desired that everyone bring a compass. The bushwhacking through mature forest is relatively easy. The peaks are beautiful. The lower peak has very limited views, but the upper peak has several overlooks to the west and south. This is a fun hike. Overall ascent is approximately 750 feet.

TUESDAY EVENING PADDLE

Tue, May 21, 2019, 5:15 pm, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- TBD...contact me the weekend before for info.

YM SUNSET HIKE- SPRUCE MT.

Tue, May 21, 2019, 7:00 pm, Rating: C-

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

- Spruce Mt Fire tower. Easy to moderate hike around 2.5 miles round trip near Corinth. We'll meet at the trailhead. 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. Beginners, families and adorable dogs welcome. Email megan@adk.org or check capital region younger member's Facebook page for more info and to sign up.

"TANZANIA AND ZANZIBAR" PRESENTED BY BOB AND BETSY

BIRCHENOUGH - See front page of newsletter

Wed, May 22, 2019, 7:00 pm

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

- Crandall Library Community Room (basement) Glens Falls.

UPPER HUDSON - OPALESCENT - [Paddle]

Sat, May 25, 2019, 7:30 am, Rating: A

Steve Mackey - 518-793-6484, smackey33@verizon.net

- I just read about this on the Adirondack Explorer website. The trip puts in, in the Hudson, sort of near the Upper Works trailhead, and then follows the Hudson south. It intersects with the Opalescent, and in the article they paddled up the Opalescent for a while, and then turned around. They then continued down the Hudson until they were near county route 25 and took out. We will need to spot a car at the take out. Here is a quote from the article: "The state bought MacIntyre East as part of a multi-year deal to add sixty-one thousand acres of former Finch Pruyn lands to the Forest Preserve. The tract includes a 5.2-mile stretch of the Hudson, starting a short distance from its source at Henderson Lake, and a seven-mile stretch of the lower Opalescent River, one of the wildest rivers in the state." The paddle is around 9 miles. There could be black flies, so bring a head net and bug spray, just in case. It should be an adventure; hopefully, I will get an opportunity to scout it out so we don't get lost.

OK SLIP FALLS AND CREHORE GARNET MINE

Sun, May 26, 2019, 7:00 am, Rating: B+

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

- Come see the fabulous OK Slip Falls, highest in the Adirondacks. About 3 miles to the OK Slip Falls Overlook. Then we can drop down another mile to the rapids of the Hudson River to see the rafters floating by. Eight miles total, 1,000 feet elevation gain. On the trail out we will check out an old Garnet Mine with a cavern and 90 foot tunnel. Hope for a warm day and the ice in the cavern will be a refreshing treat!

GOODNOW MTN FIRE TOWER

Sun, May 26, 2019, 9:00 am, Rating: C+

Rich Myette - 518-232-3351, richmyette@gmail.com

- This is a pleasant hike, mostly a gentle climb through a pretty forest. Three miles round trip with a 1,050 foot elevation change. Great views of the High Peaks from the top and much more. The panoramic view is most extensive. Lunch at the top.

Outings and Programs 3 of 6

TUES OUTING - SHELVING ROCK WALK

Tue, May 28, 2019, 8:30 am, Rating: C

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This week we'll head down to the east side of Lake George and walk along the trails in the Shelving Rock area. This trail takes you past a waterfall and down to Log Bay and then north along the lake with plenty of scenic overlooks. We'll eat along the shore and then head back to our cars.

NORTHEAST CATSKILLS

Sat, Jun 1, 2019, 5:00 am, Rating: A+

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

- Staying out of the Adirondacks for what may still be the tail end of mud season, we'll do a rigorous hike in the northeast Catskills. I'll pick either trails to include Black Head and Black Dome or some of the Devils Path to Indian Head, Twin and Sugarloaf Mountains. We'll have mileage in the mid-teens and a few thousand feet of elevation change. I'll update the calendar on the website closer to the date.

SLEEPING BEAUTY WILDFLOWER AND PHOTO HIKE

Sat, Jun 1, 2019, 7:30 am, Rating: B-

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

- Great views to be had from the summit. We will take the trail down to Bumps Pond. Should be some lady slippers along the way. Slower pace to allow for wildflower photos along the way. Round trip around five miles.

MONTHLY MONDAY GEOCACHE

Mon, Jun 3, 2019, 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 - PADDLE

Tue, Jun 4, 2019, 8:30 am, Rating: B

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This week we'll put in off the Shelving Rock Road and paddle along the east side of Lake George, exploring as many bays as we can get to. Last year the wind was very kind and we got further than we anticipated. Pack a lunch and your camera! Beautiful area.

YM SUNSET HIKE- SHELVING ROCK

Tue, Jun 4, 2019, 7:00 pm, Rating: C

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

- Easy to moderate paced hike with a 1.7 mile ascent to Shelving Rock's overlook. 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. Beginners, families and adorable dogs welcome. Email megan@adk.org or check capital region young member's Facebook page for more info and to sign up. Can carpool from Lake George Outlets off Exit 20.

EXECUTIVE COMMITTEE MEETING

Wed, June 5, 2019, 7:00 pm

Kathi Noble - chapterchair@adk-gfs.org

- Location: Wesley Community Room, Saratoga Springs

SEWARDS BLACK FLY BLOOD DRIVE

Sat, Jun 8, 2019, 5:00 am, Rating: A+

Mike Fuller - 802-254-3314, farmalloy55@hotmail.com

- The Black Flies need your help! It's time to donate and there will be plenty of time between Donaldson, Emmons, and Seward. It's 17 miles and 3,500 feet of up, plus some fun!

BALM OF GILEAD, HOOPER MINE, AND ELIZABETH POINT LUNCH BREAK

Sat, Jun 8, 2019, 9:00 am, Rating: B-

Rich Crammond - 518-584-2380

- We will hike up on Balm of Gilead summit, then to the Hooper Mine, then down to Elizabeth Point for lunch, and back to the trailhead. Approximately 5 miles round trip with about 500 feet of elevation change. Meet at Tops Market, Main Street, North Creek at 9:00 am, then carpool to the trailhead. Black flies not invited! See you there.

TUESDAY OUTING

Tue, Jun 11, 2019, time TBD, Rating: B

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This will be the 2nd to last hike before I stop for the summer, so I'm going to head up to the Adirondacks and do another favorite, but I haven't decided which one? Indian Head/Fish Hawk Cliffs? Hopkins? Pitchoff? Hmm...check in the weekend before to see if I picked any of those.

THREE LAKES BIKE LOOP

Sat, Jun 15, 2019, time TBD, Rating: C+

Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com

Colead: Patrick Reilly - 518-306-6255 or patrickreilly98@yahoo.com

- This mostly flat 33 mile bike ride will take us past Brant Lake, Schroom Lake, and Loon Lake. We'll plan on a few stops, including a lunch stop at the Adirondack General Store in Schroom Lake. The entire route is on pavement and we'll shoot for a moderate but consistent pace that will allow us to enjoy the scenery (~10-12 mph). If you've never pedaled through the Adirondacks, give it a try with us!

MOXHAM MOUNTAIN

Sat, Jun 15, 2019, 6:00 am, Rating: B

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

- I have been wanting to hike this mountain for a while now, and am thinking about working on my 29er, so I will be heading out to take my first look at Moxham. Join me for a nice hike to help you get in shape for a summer of hiking. We will meet at the Panera parking lot at 6 am and head out from there. Looking forward to a good day in the park. See you there.

JENKINS MOUNTAIN

Sat, Jun 15, 2019, time TBD, Rating: B

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

- Jenkins is an 9 mile round trip out and back in the Saranac Lake area. This is a nice wooded walk. As we approach the summit, the trail steepens sharply. There are nice views on a somewhat open summit. I'm betting a head net and bug spray are a must. Please call me for gear list and carpool info.

TUESDAY EVENING PADDLE

Tue, Jun 18, 2019, 5:00 pm, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- We'll be close to the longest day, so we'll do an evening paddle and have plenty of light. We'll head again to Lake George before the crowds descend. We'll put in just south of the Clay Meadow trailhead at the car top boat

Outings and Programs 4 of 6

launch to NW Bay. The tributary is a nice meandering paddle where we've seen loons, kingfishers, ducks and geese, and turtles. You never know what you'll see. Then we'll get to the Bay. We'll paddle along for a while and maybe get out and stretch with a little walk along the trail before heading back. Such a beautiful area. Hope you can make it.

YM SUNSET HIKE- FRENCH MTN

Tue, Jun 18, 2019, 6:30 pm, Rating: C

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

- Easy to moderate paced hike. We will meet at the Lake George outlets at 6:30 pm and walk 1 easy, flat, paved mile down the bike trail. We will then turn off the bike trail and begin the 1.3 mile ascent to French Mountain's overlook. Sunset is 8:38. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. We may stay out later if the sunset looks like a good one. Beginners, families, and adorable dogs welcome. Email megan@adk.org or check capital region young member's Facebook page for more info and to sign up and get exact meet-up location.

AUSABLE CLUB WATER FALLS

Sat, Jun 22, 2019, 6:00 am, Rating: A

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

Colead: Jayne Boudier

- There is a series of falls in the Ausable Club area including Pyramid Falls, Wedge Brook Falls, Beaver Meadow Falls, Rainbow Falls, and Artists Falls. We will follow the West River Trail, stopping at each falls until we reach Rainbow Falls. Then a quick scamper up to Fishhawk Cliffs and then follow Gill Brook down past Artists Falls, taking the Ausable Club road back out to the parking lot. About 11 miles and 2700 feet elevation. If we decide to add on Fairy Ladder Falls, that would be another 2 miles and 800 feet elevation, but this 90 foot staircase shaped falls will most likely be left for another day. Gill Brook in itself is a fairy tale of a beautiful stream.

FIRE TOWER HIKE - VANDERWHACKER

Sat, Jun 22, 2019, 7:00 am, Rating: C+

Alison Laurin - adkalison@gmail.com

Colead: Ben St. Andrews - benjamin.st.andrews@gmail.com

- This is a fire tower hike that is about 5 miles round trip with an ascent of 1,650 feet (summit 3,386 feet). Flat at first, then steep for the rest of the way. The only views are from the tower, but are of the High Peaks, the Boreas River valley and of the glorious Adirondacks in all directions. Pace will be moderate/quick with a nice rest at the top. Please email a leader by the Thursday before the hike to sign up and get more information.

SHELVING ROCK SUNSET HIKE

Tue, Jun 25, 2019, 5:30 pm, Rating: C

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This will be the last hike of the weekly hike season...so what's more appropriate than a sunset hike?! Pack a dinner and we'll head up the carriage trail to the top of Shelving Rock Mountain. We'll eat and enjoy the sunset before heading back down the trail. Be sure to bring a headlamp or flashlight and extra batteries.

HIKING COLVIN AND BLAKE

Sat, Jun 29, 2019, 5:00 am, Rating: A

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

Colead: Patrick Reilly - 518-306-6255 or patrickreilly98@yahoo.com

- I have been on this hike five times, but don't seem to get enough. Hoping to

add these two peaks for a couple of aspiring 46ers. We will meet at the usual meeting place at the Panera Bread parking lot off Exit 19 of the Northway at 5 am. Join us for a day in the woods. I have been there in late summer and in winter, so I will look forward to this early summer visit.

GIANT AND ROCKY PEAK RIDGE

Sat, Jun 29, 2019, 6:00 am, Rating: A+

Benjamin St. Andrews - 518-744-5574, benjamin.st.andrews@gmail.com

Colead: Alison Laurin

- We will be taking two cars up, dropping one at New Russia and shuttling back to Route 73. I am open to starting it at either end, but the plan is to do the whole traverse from one side to the other. We should be in for a spectacular day of views (weather permitting), as we will be enjoying the scenes from this bare "rocky ridge" resulting from a fire in 1913. If you've only done Rocky Peak Ridge from Giant, here is your chance to experience the entire traverse! This route has a lot of sun exposure, so be sure to bring a hat, sunscreen, and plenty of water. Please email a leader by the Thursday before the hike to sign up and get more information.

INDIAN PASS

Sat, Jun 29, 2019, 8:00 am, Rating: A

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

- Indian Pass's summit rock is an impressive vertical divide between the St. Lawrence and Hudson River drainage basins where, during lunch, we can watch rock climbers in action. Round trip is 12 miles so bring a lunch and we'll make a day of it.

HURRICANE MT. PHOTO AND WILDFLOWER HIKE

Sun, Jun 30, 2019, 7:30 am, Rating: B

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

- We will hike the trail from the east hoping to see wildflowers along the way and great views from the summit. The trail climbs past the site of a former fire observers cabin and then continues with a moderate climb coming out in the open just below the summit rocks and final push to the summit. Round trip is about 5½ miles with 1,700 feet of ascent.

YM SUNSET HIKE- SLEEPING BEAUTY

Tue, Jul 2, 2019, 6:30 pm, Rating: C

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

- Easy to moderate paced hike with a 2.5 mile ascent to the peak. 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. Beginners, families, and adorable dogs welcome. Email megan@adk.org or check capital region young member's Facebook page for more info and to sign up. Can carpool from Lake George Outlets off Exit 20.

DIX AND NOONMARK

Sat, Jul 6, 2019, time TBD, Rating: A+

Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com

Colead: Patrick Reilly - 518-306-6255 or patrickreilly98@yahoo.com

- This hike will take us to the top of two beautiful peaks. We'll set out early from the Ausable Club hiker's lot and will summit Noonmark on our way to Dix (we'll bypass Noonmark on the way back). We'll aim for a consistent pace so we can spend some time enjoying both excellent summits. The hike is about 14 miles round trip with plenty of climbing.

Outings and Programs 5 of 6

CAMP SANTANONI WALK/PADDLE?

Tue, Jul 9, 2019, 8:00 am, Rating: B

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- I'm not supposed to be doing hikes this time of year (see sunset hike in June!), but I've been meaning to get back to Camp Santanoni in the summer and possibly paddle on the lake where the Great Camp looks over. It's a 10 mile round trip walk, but there isn't much (< 500 feet) elevation gain. I may see about taking the carriage ride and just going in and paddling. So this trip is up in the air at this point (end of March) when I'm submitting the trip, so check again in the July-September newsletter or on the website the weekend before.

ELK LAKE-MARCY TRAIL TO PANTHER GORGE, HAYSTACK, MARCY AND SKYLIGHT - 3 DAYS AND 2 NIGHTS - [Camp/Hike]

Thu, Jul 11, 2019, 9:00 am, Rating: A++

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

- Two night backpacking trip. Starting Thursday morning, July 11th, from the Elk Lake parking area, we'll hike the Elk Lake-Marcy trail to Panther Gorge to set up camp for 2 nights, and return Saturday morning, July 13th. Day 1: 9.1 miles to Panther Gorge and set-up camp; Day 2: loop hike to Haystack, Marcy and Skylight; Day 3: break camp and return to Elk Lake parking area and civilization. Day 2 will be the loop hike to Haystack, Marcy, Lake Tear of the Clouds and Skylight, and involves some very steep trails, open rock and ledges. The trip requires appropriate tent, overnight equipment and supplies, including a bear-resistant canister. Rocks for Skylight's summit not required. Panther and alien encounters highly unlikely and not to be believed in any event. A good book helps at night. ***See Page 4***

SEWARD RANGE (OVERNIGHT) - [Camp/Hike]

Sat, Jul 13, 2019, time TBD, Rating: A+

Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com

Colead: Ben St. Andrews - 518-744-5574

or benjamin.st.andrews@gmail.com

- We'll climb all four high peaks in the Seward Range over the course of this overnight backpacking trip. We'll start early on Saturday and pack our overnight gear in from the Coreys Road trailhead, dropping the bulk of it at the Blueberry Lean-to (home of the Adirondacks' friendliest chipmunk!). We'll then ascend Seward Mountain, Donaldson Mountain, and Mount Emmons. After retracing our steps back to camp, we'll spend Saturday night at the lean-to. On Sunday, we'll summit Seymour and hike back out to Coreys Road. This trip requires about 5 miles each day of hiking with overnight gear. Since we'll be dropping our gear, we won't have to carry that weight with us up and down the mountains. This hike will be challenging but rewarding and a nice way to visit this quieter corner of the park. ***See Page 4***

CLIFF AND REDFIELD HIKE

Sat, Jul 13, 2019, 5:00 am, Rating: A+

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

Colead: Jim Zwynenburg - 518-290-6804 or jim@testplastic.com

- This is a great hike, but can be a long day in the park. The views from these peaks can be great on a clear day; we will hope for clear skies. Hope you can join us for a tough, but worthwhile, day on the trails. Meeting is at the Panera Bread parking lot, off Exit 19 of the Northway, at 5 am. We will head to the Upper Works trailhead to start our hike through Flowed Lands and on up the trail to Uphill Lean-to. From there we can hike the two peaks with plans for a break on Redfield for a quick lunch while enjoying the views. Hope you can join us for a fun day on the trails.

PHELPS PEAK

Sat, Jul 13, 2019, 7:00 am, Rating: A

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

- We will start at South Meadow Lane and hike to the Klondike Lean-to and take the back way up Phelps Peak. This is much easier than the grossly eroded main trail from Marcy Dam. Round trip is 6 miles with some gradual climbing.

MONTCALM POINT HIKE AND SWIM

Sat, Jul 13, 2019, 9:00 am, Rating: B-

Neal Van Dorsten - 518-644-7034, Nealvan@aol.com

- We will hike along beautiful Lake George from Clay Meadows to Montcalm Point. Then we will take a swim and be transported back by boat. Allow 4 hours; some up and down but mostly level. Stunning Hike!

RABBIT POND, NORTH CREEK RESERVOIR

Sat, Jul 13, 2019, 9:00 am, Rating: B-

Rich Crammond - 518-584-2380

- We will hike up to Rabbit Pond, then on to the reservoir, and back to the trailhead along Route 28. Approximately 3 to 4 miles round trip with about 1,100 feet of elevation change. Meet at Tops Market, Main Street, North Creek, at 9:00 am, then carpool to the trailhead. See you there, hiking buds.

TUESDAY OUTING - PADDLE

Tue, Jul 16, 2019, 5:30 pm, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This week we will do an evening paddle on the Hudson River somewhere. Probably in the Spiers Falls area or SGF to listen to the music as we paddle back...if there's music again this year. Check the website the weekend before for details.

YM SUNSET HIKE-CAT MTN

Tue, Jul 16, 2019, 7:00 pm, Rating: C

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

- Easy to moderate paced hike with a 1.9 mile ascent to the peak. 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. Beginners, families, and adorable dogs welcome. Email megan@adk.org or check capital region young member's Facebook page for more info and to sign up.

GRAY PEAK AND MT SKYLIGHT

Sat, Jul 20, 2019, 6:00 am, Rating: A+

Benjamin St. Andrews - 518-744-5574, benjamin.st.andrews@gmail.com

Colead: Andrew Munier

- We will cross the outlet of the highest lake in the state, the beautiful Lake Tear of the Clouds, the start of the mighty Hudson River, and begin our ascent up to the "trailless" Gray Peak. Once we reach the Four Corners intersection, we'll hang a right to climb up to Skylight. Hopefully, we will be rewarded with some of the most beautiful views in the Adirondacks! The legend has it that if a climber forgets to carry a rock from the treeline to place on the summit cairn, it will surely rain. However, as it's just a legend, and ADK does not want us carrying rocks up, this is an old tradition we won't "carry" on (<https://www.adk.org/skylight-does-not-want-your-rocks/>). Please email a leader by the Thursday before the hike to sign up and get more information.

See Page 4 - Bear Canister Rental info

Outings 6 of 6**DEBAR MOUNTAIN**

Sat, Jul 20, 2019, time TBD, Rating: B+

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

- Debar is a 4.7 mile trail about 20 miles south of Malone. A very nice trail that is walkable, then becoming very steep towards the summit. Nice views are atop, and weather permitting we'll have lunch and bask in the sun on the summit. I'm betting a head net and bug spray are a must. Please call me for gear list and carpool info.

ADK IDIDARIDE! - [Bike]

Sat, Jul 27, 2019, 8:00 am, Rating: NR

Sunday Conine - 518-668-4447, Sunday@adk.org

- You are invited! Come join the fun at ididaride! on Saturday, July 27, at the Ski Bowl Pavilion in North Creek, NY. All chapters and ADK members and their families are invited to participate, volunteer, and cheer on riders, as well as purchase a mile marker sign on behalf of your business, yourself, or your chapter. The 14th annual event has grown to become ADK's largest fundraiser and provides needed funds to sustain the programs you enjoy and protect the lands you love. Please plan to join us! Details: adk.org/ididaride.

T LAKE FALLS - [Bushwhack]

Sat, Jul 27, 2019, 6:00 am, Rating: A

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

Colead: Jayne Boudier

- The highest falls in the Adirondacks, near Piseco Lake, T-Lake Falls tumbles down a rounded rocky escarpment. Barbara McMartin places the height at a conservative 350 feet, but many sources measure the falls as high as 600 feet. Either measurement makes T-Lake Falls the highest in the Adirondacks. This will be a through hike from Piseco Lake. We will spot cars. Five miles trail and bushwhack to the top of the falls, then drop down to the delightful pool for swimming at the base. Hiking out is 6 miles combination bushwhack and trail on the South Branch Trail along Canada Creek. Panera Bread at 6 am and trailhead at Piseco Lake at 8 am. Eleven miles, 1,700 feet elevation change.

YM HIKE & SWIM- PEAKED MTN

Sun, Jul 28, 2019, time TBD, Rating: B

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

- We will start with an easy to moderate paced 8 mile round trip hike up Peaked Mt. Most of the trail is easy/gradual, starting along the lake and ending with a steep last half mile. We'll then reward ourselves with a swim in Thirteenth Lake on the way down. Adorable dogs welcome. We'll be carpooling from Lake George or further south; email megan@adk.org for more details and to sign up.

YM SUNSET HIKE- HACKENSACK

Tue, Jul 30, 2019, 7:00 pm, Rating: C-

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

- Easy to moderate paced hike with a 1.3 mile ascent to peak in Warrensburg. 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. Beginners, families, and adorable dogs welcome. Email megan@adk.org or check capital region young member's Facebook page for more info and to sign up. Can carpool from Lake George Outlets off exit 20.

Reviews**Hudson Crossing / New Year Outing Sat, Jan 26, 2019,**

Rich Crammond

- This was a rough going, cold winter's day for sure. Mrs. C was invited on this hike but said I was nuts for going, and so she stayed home. (Guests are always welcome?) Reg and I dressed warm and wore our snowshoes plus had our spikes, so we had a good time overall. I spotted our first eagle and Reg spotted the second one: "Good spot, Reg." Highlights for this outing were: Two bald eagles and thundering water going over the dam at Eagle Point. Thanks again, hiking bud Reg for sharing your day in the great outdoors. Didn't get no better. Participants: Reg Prouty, Rich Crammond.

Marshall Sat, Feb 9, 2019, Joe Babcock and Wayne Richter

- A chilly start was not unexpected on this winter day. We arrived at the Upper Works trailhead and were on our way down the Calamity Brook trail headed for Flowed Lands. The day would turn out to be pleasantly warmed by the sunshine. We had hopes of walking across Flowed Lands, but quickly changed plans when we met up with four hikers with ice visible on their hiking pants. They had broken through the ice while attempting a crossing. Not a big change, and after taking in the views at Flowed Lands, we were heading down the trail again. We quickly reached the junction and after a brief break, we started the up part of the hike. I always enjoy this section of the trail in any season; it is a favorite in my book. As we gained elevation, I took note that the trail (which was broken out for us) was veering more to the left and we kept staying to that side of the brook. Since the trail was broken, we stopped and considered back tracking, but since the weather was clear and we had time, decided to take a chance on the path of the previous trekkers. We did end up on "Little Marshall" or at least approaching it. We kept on the trail that started to turn more in the direction of the true peak and were rewarded with some awesome views on our way up to Marshall's summit. We took time to enjoy a relatively nice day (in the sun) and had lunch on top. We all headed back and made an easy decision to just follow our path back. Luckily, I only encountered one spruce trap, which was avoidable on the way down. The rest of the hike went well as we made our way back to the parking lot. It was a great day on the trails, enjoyed by Douglas Fidler, Uliki Kuusk, Karen Provencher, Mark Seymour, Dave White, Jim Zwynenburg, Wayne Richter and Joe Babcock.

Tues Outing - Lake George Rec Tue, Feb 12, 2019, Maureen Coutant

- This week we walked in the Lake George Recreation Area. It was icy, so microspikes saved the day. We walked up the snowmobile trail to where it abuts the Berry Pond trail. From there we walked down the trail back to the Lake George Recreation Area. The area had been logged but any mess was covered by snow and ice. It will be interesting to see how it looks in the spring and summer. Participants: Kim Brown, Mo Coutant, Carma Decicco, Paul Dietershagen, Steve Mackey, Kay Mence, Karen Provencher.

Monthly Monday Geocache Wed, Feb 13, 2019, Sarah King

- After meeting in the main parking lot at Moreau State Park at 9am, we had a nice bright, cold day for our monthly geocache outing. We were to start the Winter 33 series sponsored by Saratoga-Capital District New York State Parks. There were 11 caches to find here. Each cache had been hidden in a winter-friendly, meant-to-be-found manner. This is the 5th year of this winter caching series and always part of my winter monthly geocache outings. Snowshoes were a must for today's walk. We had a brand new cacher with us so the various hide types and hints were a good introduction. We did the loop around the pond and of course stopped at the warming hut to enjoy the

Trip Reviews 2 of 4

fire and some hot drinks and snacks we had brought along. It was about a 2 mile walk and we were back to the cars by noon. As always, a good time with great people. Next month we'll continue the series heading to Grafton Lakes State Park to look for another 11 geocaches. Participants: Sarah King, Licia Mackey, Bill Schwarz, Don Thorn, Melissa Savitz.

Hoffman Mtn Sun, Feb 17, 2019, Jayne Boudier

- For the first time ever, we found a trail broken to Hoffman! Iridescent blue sky day, great snowshoeing snow, views - we just followed the trail; no navigation required. Nearing Hoffman we met the trail breakers coming back, an hour from the summit, two hours to the summit and back to here for us, and it was getting late. We hesitated, then headed down, surviving the bump a second time, and continued to Schroon Lake for pizza! Beautiful partly sunny day, great group, nice trail! Participants: Jayne Boudier, Kathryn Good, and Jeff Mans.

Banff Centre Mountain Film Festival Mon, Feb 18, 2019, Maureen Coutant

- Great evenings!! Thanks to all of you who came Monday and/or Tuesday!!

YM Cat and Thomas Mts Sat, Feb 23, 2019, Megan McLaughlin

- Great hike, good weather and clear views. We did the full loop from Cat to Thomas. Note to hikers: The red trail up Cat from Edgecomb Pond is a great trail with views starting before you reach the peak but has suffered from continual vandalism. Trail markers have been stolen and red blazes on trees painted over with black, making the trail hard to follow if you are in low light. Participants: Megan M., Rich R., Jeff N., Emily S.

Tongue Mtn Range Sat, Feb 23, 2019, Steve Mackey

- We spotted one car at the beach in Bolton Landing, one car at Clay Meadows, and one car at the Deer Leap Trailhead. The one at Clay Meadows was in case the ice was sketchy or if anybody needed to bail out at Fifth Peak. Luckily we were able to hike out across the ice from Montcalm Point to Bolton Landing, saving us about 3 miles. We checked the ice thickness by sticking a hiking pole down through an ice fishing hole, and it looked like the ice was around a foot thick. Besides the ice route being shorter, it also was nice that there was a Stewarts Shop a hundred yards away, so everybody could hang out when we drove north to retrieve all the cars. It was a nice winter day with reasonable temps and no wind. We wore snowshoes almost all day. Whoever broke out the trail last, barebooted, but luckily the holes weren't too deep. Near the end, we had a steep rocky part and we all took off our snowshoes to get down. Most of us left them off the rest of the way. We also bushwhacked down from Fifth Peak and came upon lots of deer activity and a couple of fresh deer beds. Jim took a lot of nice pictures (152), and shared them all with us the next day. Great hike with a great group. Participants: Jeff Levitt, Karen Provencher, Jen Ferriss, Kim Labrecque, Jim Zwynenburg, Joe Babcock, Anthony Benson, Maureen Laskey, Steve Mackey.

Tues Outing - Moreau State Park Tue, Feb 26, 2019, Maureen Coutant

- Although we had a little snow the day before, we only needed microspikes for our hike through the mountains to the porcupine den and the overlook. It was a great day to be out! Then we made our way to the warming hut for a hot dog roast. Thanks to everyone who contributed to the lunch. Participants: Nancy Burke, Maureen Coutant, Carma DeCicio, Paul Dietershagen, Karen Dixon, Carolyn Jaskot, Karen Johnson, Sarah King, Margie Litwin, Licia & Steve Mackey, Peg Mangano, Alison Zoske.

Bear Den, Dial and Nippletop Sat, Mar 2, 2019, Jeff Mans

- On a day that was forecast to be cloudy all day with snow flurries in the

afternoon, we were met with iridescent blue skies, sunshine and mild conditions that stayed with us until later in the afternoon. Snowshoes were needed to stay atop the softened trails. Bear Den and Dial offered amazing views towards the Great Range. We stopped upon Dial's open rock ledge summit to hog some views, eat lunch, and chat with the locals. We then proceeded to Nippletop for an incredible view where Verplanck Colvin sketched and described the Great Range as the "heart of the Adirondacks" that he hoped would become part of the Adirondack Park or Forest Preserve, and a truly fitting summit for one of our participants, Sandra Foley, to complete her winter 46. Congratulations again Sandra! At times we were challenged to stay on the trail, find markers that were buried under the abundant snow-cover, or find our way along the labyrinth of false tracks leading us and those before us who really knew where. Along the way, we even managed to pick up a stray who managed to fit in our group quite nicely and not bite. The forecast eventually got even as the skies clouded over and ominous grey masses filled the peaks and valleys, bringing flurries. We could hardly care as we descended Nippletop and slid down the steep trail towards Elk Pass, out to the Lake Road, and back to our waiting chariots. A long but thoroughly enjoyable day with good company, a little celebration and special treats to mark the occasion (chocolates and brownies). Participants: Jeff Mans, Sandra Foley, Mike Meagher, Stephanie Hutchins, Brenda Marshall, and Ashley D. in mind and spirit.

Boreas Ponds Sun, Mar 3, 2019, Steve Mackey

- I think people get scared off from this trip because of the miles, but it really isn't that bad. I'll probably lead it again next year, so if you are a skier and in reasonable shape, you should consider it. We had excellent conditions again (3 out of 3 for me). Matt had a birthday party at noon, so he and Caitlin skied in and out in record time. Jim, Bill, and I didn't have a deadline, so we spent a couple of hours skiing around the ponds and exploring. We were going to try to ski through the woods, and try to intersect the road going around, but we didn't go quite far enough. It was fun breaking trail on the remote stretches of the ponds because it was still good skiing, and it felt like pristine wilderness. We had a little bit of trouble with snow sticking to our skis, but we reapplied glider wax, and that pretty much solved it. There are a few outhouses in there and the snow was up to their door handles. We also saw an otter track going across the snow, constantly in and out of the river. Good group, good conditions, good destination. Participants: Jim Schneider, Bill Bechtel, Matt Karkoski, Caitlin Nordgren, Steve Mackey.

Tues Outing - Coles Woods, GF Tue, Mar 5, 2019, Maureen Coutant

- It was a chilly evening and the course was a bit icy, but not too bad. We skied most of the 5K course...most opted out of going up the wall. Is that still part of the official 5K? It was when I was a kid, but that was a long time ago. It was great to get out and get some exercise and just experience the park under the lights. We're so lucky to have this in our "backyard." Participants: Kim Brown, Mo Coutant, John Caffry, Julie Leonelli.

Wright, and Maybe More MacIntyres Sat, Mar 9, 2019, Wayne Richter and Joe Babcock

- What an amazing day: a cloudless sky, brilliant sunshine, ideal temperatures in the 20s, beautiful snow to walk on, and no wind most of the time. We started at the High Peaks Information Center at around 10 degrees, but soon warmed up. We found excellent trail conditions with packed snow under our snowshoes. Wright was our first peak. As we climbed, we could see some skiers carving turns down the north face of Algonquin. After emerging from the trees, we soon found a mix of bare rock, some ice, and some snow, making it a challenge to figure out whether we were best off with snowshoes, crampons, microspikes or just bare boots. We stopped 5 or 10 minutes short of the summit to leave our snowshoes behind and go

with just boots; with care, this worked out well. The summit was a little windy, but we were still able to spend plenty of time enjoying the views. We retrieved our snowshoes on the way down, but used microspikes until we got to consistent snow below tree line. It was then up to Algonquin. With even less wind, we enjoyed the views, until we had to make an unplanned return to find a lost camera. Fortunately, an ascending hiker had seen it and put it on a cairn just above the tree line. With the group reunited on Algonquin's summit, it was next on to Iroquois. Normally, the trail leads between dense conifers through the lower areas on either side of Boundary. However, so much snow had fallen that only scattered trees poked above, seldom reaching the height of a person, giving us great open bowls to traverse. We had an enjoyable lunch break in the sun and snow on the north side of Boundary before continuing. On arrival at Iroquois, we found a winter 46er celebration. With mostly no wind, we were able to stay quite a while enjoying the views along with the snow and ice formations all around us. Having plenty of time and excellent conditions, we decided to make a loop of it and took the trail down to Lake Colden. Sadly, we had been preceded by people not using snowshoes who made a mess of the trail - shame! Avalanche Lake was spectacular. For whatever reason, a chilling wind was blowing right down the lake. We were able to get off to the side where we were sheltered in the sun to have a final snack while we watched skiers and other hikers go by. As we walked down the lake, we noticed ice climbers far above us - wow! We finished our traverse of the lake in mixed sun and shadow, and made the rest of the hike out just in time to avoid needing headlamps. Participants: Joe Babcock, Jen Ferriss, Wayne Richter.

Hadley Mountain Sat, Mar 9, 2019, Reg Prouty

- The parking lot was plowed and we were the second vehicle there, so we checked out the trail and saw it was hard packed snow, and so we went with the micro spikes. There were no icy spots so we reached the summit in about 1 1/2 hours for lunch. On the return there were numerous dogs and people. The views were good and the day was just a great mid-winter one for a day in the outdoors. Participants: Reg Prouty, Ray Boucher, Marty Hotaling, and Laura Fiske.

Monthly Monday Geocache Mon, Mar 11, 2019, Sarah King

- Our destination today was Grafton Lakes State Park. We were continuing our quest to find 11 winter friendly caches as part of the Winter 33 challenge. This is a winter geocaching challenge which is set up by Saratoga/Capital Region State Parks. Once at Grafton, we parked at the new visitor center. If you haven't been in, it's worth checking out; it's open daily except Tuesdays. We started our clockwise walk around Long Pond here. Most of us used microspikes but really the parking lot was icier than the trails. It was good traction nevertheless. As mentioned, all caches were winter friendly so we were looking in a lot of hemlock trees, which provides good cammo for caches. All had great coordinates and hints so we didn't have to linger long at each cache. We talked about cutting across the ice but Sarah's a bit of a scaredy cat. There were two ice fishermen out so it probably would have been fine. We really noticed the wind as we continued our walk around to the other side of the lake. We make a quick stop in the visitor center to use the bathrooms and then, on the advice of Emilie, stopped at Duncan's Dairy Bar for a filling lunch. It isn't much to look at but the food is good. Bring cash, no credit cards accepted. Fun day out as always. Participants: Sarah King, Mo Coutant, Diane Demetriou, Steve and Licia Mackey, Emilie Gould.

Tues Outing - Rock Pond Tue, Mar 12, 2019, Maureen Coutant

- I wasn't the only one interested in exploring the Pharaoh Lake Wilderness in the winter. Herb recommended a hike into Rock Pond, and a few others who were also familiar with the area joined us. We had lots of experts to share points of interest, like the toppled furnace on the shore of Rock Pond.

I was surprised that the trail wasn't more packed out, but the snow was in great condition and we weren't sinking in too far. We definitely needed snowshoes, though. It was a great hike over rolling hills to get to Rock Pond and passing other scenic ponds along the way. Once we got to the lean-to at Rock Pond and had lunch, we headed across the lake to see the remnants of the mine operation. Very interesting. Then we headed back in two groups. One if by land, two if by sea? More like about four by land and nine walking across the pond. We thought the pond route would be shorter, but it was actually a little longer and we all got back to the parking area around the same time. Great day out! Participants: Jim Appleyard, Kim Brown, Mo Coutant, Leo Demers, Mary Harrill, Herb Hudnut, Susie Imgruth, Jim Jordan, Licia & Steve Mackey, Kathi Noble, Reg Prouty, Karen Provencher.

Colden for some ZZZs Sat, Mar 16, 2019, Joe Babcock and Andrew Meunier

- It was apparent that everyone was up for this winter hike, even if the weather (snow most of the day) was not optimal. It is winter hiking and we take what we get! This was a Big Day for Jim Z, with Bow Ties! as he was finishing his Winter 46er with this accent of Colden! We gathered at the Loj parking area where we met up with Kimberly and Donna. We headed on down the trail after enjoying a bit of time getting packs set and introductions. We also noticed some matching gaiters and snowshoes on a couple of hikers. It is always a lively hike with this crew! We made our way to Marcy Dam and tried to get a picture of the mountain we were on our way to, but it was in the clouds today. Grabbed a quick snack and continued on to the "favorite" section of the hike, the trail up to Lake Arnold! Well at least it is a good workout. We stopped for a water break at the junction with the trail to Indian Falls and the snow was getting deeper as we made our way up the trail. After taking another break at the Colden trail junction, the trail was not always clearly broken out or kept veering off the actual trail. We made our way up anyway by just being persistent and were met by some fairly strong winds on the false summit. Everyone was still in a great mood and we continued the climb. We ran into other hikers that either turned around at the lower summit or were on their return from the summit. It was fairly easy to follow the trail up to the top of Colden, even with 3 or 4 hikers being knocked down by the gusts that welcomed us on the approach. We had a great time celebrating Jim's summiting of Mount Colden, and briefly enjoyed the top of the mountain before heading back down the trail. The snow was very deep, made evident by the large boulder that we usually climb around on the trail to Colden being buried by snow. We noticed that we walked over the top of it. More celebrating Jim on the windy lower summit before heading to a less windy spot to have our lunch. I did get some nice shots of Colden from this vantage point. It was a chilly, but fun break. We started conversations with other hikers on their way back down the trail. We then made our way back down the trail, snow still coming down at times. The sun finally started to shine as we headed back to Marcy Dam. When we got back to the Marcy Dam area, we took a little break to enjoy feeding the chickadees and taking a few group pictures. The group headed back to the parking lot and enjoyed a stop at Stewart's for a little celebration of the day. Great group for a fun day in the park: Jennifer Ferriss, Mike Fuller, Kimberly Labrecque, Karen Provencher, Wayne Richter, Donna Ruppel, Mark Seymour, Dave White, Jim Zwynenburg, Andrew Meunier and Joe Babcock.

Sawteeth via Pyramid-Gothics Trail with return via Scenic Trail Sat, Mar 16, 2019, Jeff Mans

- On a day that truly lived up to the forecast, we were at first lulled into believing that the wind had gone away, and left us to enjoy the sheltered trail up Lake Road to Lower Ausable Lake, Rainbow Falls, and along our moderate climb to the junction of Pyramid and Sawteeth, although the skies were grey and overcast. Once we left the road, it became apparent that snow-

shoes were needed to avoid post-holing the entire way, but amazingly, that did not stop someone ahead of us from burning as many calories as you can imagine by post-holing the entire way to the junction and beyond. At the junction it was time to come to grips with the howl of the wind just above us, but not before we managed to enjoy a last meal perhaps, and layer-up for the freight train awaiting us up on Sawteeth. Strong winds on the ridge approaching the summit made it difficult to find any tracks at times, and the lack of visible trail markers at times left us quartering like a bird dog to find our way back on trail. At times the wind gusts stopped us in our tracks, but everyone managed not to fall off the mountain. Falling waist-deep in snow was another matter, better referred to as character building. At the false summit there were no visible tracks or markers; however, we could make out some higher ground in the near, but not too visible, distance, and decided not to declare victory too early. Pushing through some dense patches, we quickly reached some open terrain and made it to the true summit, where we were still impressed with the incredible, but lurking and obscured presence of Pyramid, Gothics, Saddleback, and I thought I saw a Puddy tat. While we had initially planned to return via the scenic route, it was readily apparent that we were neither prepared to navigate our way back along the Scenic Trail with map, compass and GPS, or to spend the night in the woods, so we returned the way we came with a lesson learned during winter hiking: don't expect to be able to follow trail markers or any trails, especially on the ridges and higher elevations, and to be well prepared. A rather quick trip to Sawteeth and back with good hiking companions, and a hankering to return again to catch some of the nicest views in the Great Range. Participants: Jeff Mans, Aaron Coble, Alejandro Gauna, and John Acacia joining us from North Jersey.

*****ADK-GFS Trip Leader Biography for Jeff Mans*****

I grew up in the Mid-Hudson Highlands and started camping and hiking at an early age in the shadows of West Point, Black Rock Forest, and Storm King Mountain. My first Adirondack adventure was a canoe and camping trip from Old Forge to Blue Mountain Lake along the Fulton Chain of Lakes when I was about 14. I was smitten by the site of Blue Mountain, rising above the lake that bore its name and hosted a mirror image of its namesake.

While attending Albany Law School, I first travelled through Keene Valley to Saranac Lake each summer and would camp overnight at Chapel Pond. My initial sense of wonder, enthusiasm, and inspiration are still present today each time I enter the Adirondacks to experience the land I love best. My Adirondack mountain climbing started in earnest in 2002, when I climbed Cascade and Porter, and then Marcy the next day. By 2006, I completed the 46, and later added Wallface and MacNaughton. I found climbing Wallface like a religious experience since I was often on my hands and knees pulling myself up though the dense forest. During this time my twins, Laura and James, were my steady companions, who also completed the 46 in 2012. I also did a lot of solo hikes, and found a treasure-trove of information on the late Joel Dobson's comprehensive and witty website, *Adirondack Journey*. His shared knowledge, detailed maps and trip reports, made the trail-less peaks manageable on my own, and especially guided me through the three Santanonis.

To me, the mountains are not just places; they each have their own personalities. They are dynamic, personal and intimate. Some spots are just magical, and draw me back again like the Sirens. Many I hope to see again. I continue to climb the high peaks, but have also newfound enthusiasm for winter

hiking and snowshoeing, as well as bushwhacks.

The ADK-GFS Chapter has introduced me to a new group of like-minded enthusiasts that share a sense of adventure in the land that I love. It was just a matter of time before I was encouraged to become a trip leader. I look forward to leading and joining many challenging and rewarding outings for years to come, and perhaps the good-fortune of meeting you and sharing the experience along the way.

CHEPONTUC FOOTNOTES WILL "GO GREEN" - or at least GREENER in 2020!

The last printed issue and general mailing of *Chepontuc Footnotes* will be the:

Nov. 2019 – Jan. 2020 issue

If you wish to continue to receive a printed copy, please complete the form at the bottom of this notice and return it by November 1, 2019. Otherwise, the newsletter will be sent to the e-mail address you supplied ADK when you joined or renewed your membership. If that e-mail address is obsolete or missing and you are not receiving e-mails from either our Chapter or ADK, please provide your current e-mail address to: membership@adk-gfs.org.

Please know that as long as you inform us that you wish to continue to receive *Chepontuc Footnotes* via the postal service, you will continue to do so.

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Return to: Membership
Glens Falls/Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, New York 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

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

From the South: Route 9 North.

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

Glens Falls Crandall Library
 Corner of Glen and South Streets
 Holden Room (2nd floor of library).

From Exit 18, Broad into South to Glen Street.

Lake George ADK Headquarters: EXIT 21 of the Northway. Turn WEST onto ROUTE 9N South. ADK is on the LEFT.

Saratoga Springs Public Library: Henry Street., Saratoga Springs, NY 12866, 584-7860.

From Northway (I-87), Take Exit 14 onto Route 9P North (Union Avenue). Proceed 1.5 miles, past three traffic lights to

T-junction, RIGHT onto CIRCULAR STREET to the first, traffic light. LEFT onto SPRING STREET for two blocks., RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

• **From Route 9 and Route 50**
 Route 9 and Route 50 converge to become the main street (Broadway) in downtown Saratoga Springs. Follow in to downtown, up to the main street. Turn onto SPRING STREET (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. Parking as described above.



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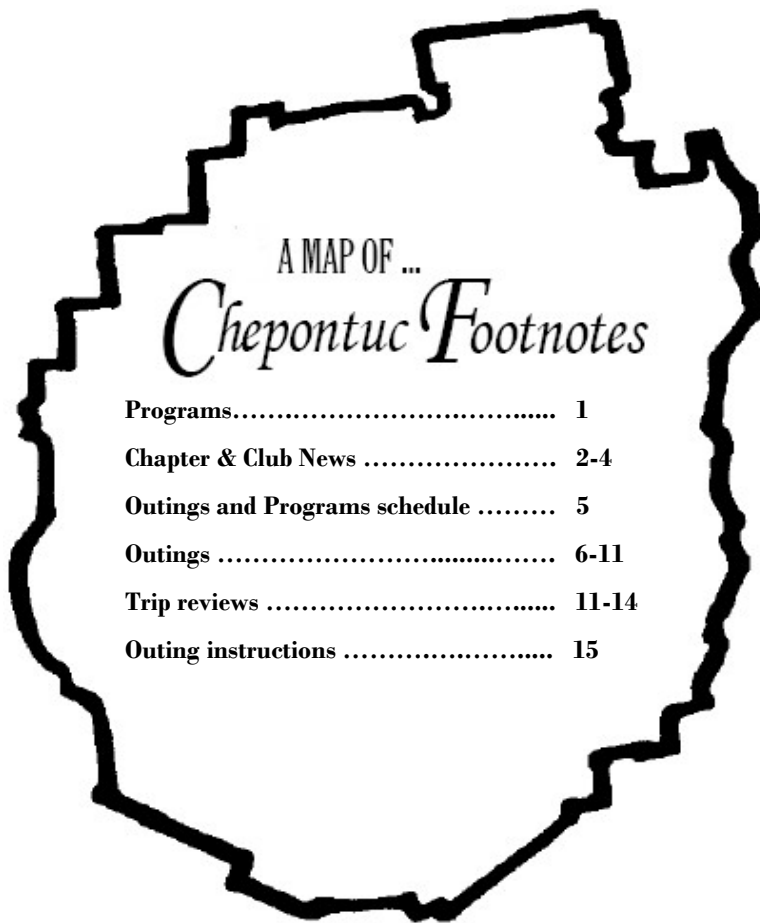


Are you moving?

*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!**