



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

Chepontuc Footnotes

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

Annual Dinner set for Oct. 12

*Event will feature the
music of Dan Berggren*

Mark your calendars! Please join your fellow ADKers on **Friday, October 12**, for our annual Chapter Dinner. We're back at our new digs — the **Queensbury Hotel in Glens Falls** — with plenty of room, great food and friendly hometown service.

Once again we have a fantastic program. We are honored to welcome one of the all-time greats of Adirondack music: Musician and Glens Falls-Saratoga ADKer **Dan Berggren**. With his warm, multi-faceted vocals, great guitar work and grand original songs, Dan is recognized as one of today's finest real-deal folk music artists.

Dan Berggren's roots are firmly in the Adirondack Mountains of northern New York where he was raised but his music has branched out across many borders. The award-winning educator and musician has entertained audiences in concert halls, coffee houses, libraries, schools and museums from Kentucky to Michigan, Belgium to Bulgaria, and Zimbabwe to Transylvania.

Dan is a long-time member of the Adirondack Mountain Club, a recipient of its Education Award, and Artist-in-Residence for the Association for the Protection of the Adirondacks. **Please visit Dan on the web at: www.berggrenfolk.com**

Watch for the Annual Dinner invitation on the cover of the next newsletter and reserve your place early! New members — don't miss this chance to meet and socialize with your fellow ADKers who "clean up real good." Until then, Happy Trails!

Hike & Learn

Series offers students great opportunities

Hike & Learn Series: Survivor: Adirondacks I

Location: Thomas Mountain (Lake George Conservancy Preserve)
Limit: 12 student participants (aged 9-13)
1 parent/grandparent /guardian per family
Date: July 21, 2007
Leaders: B. Buckley, N. Buckley, L. Ranado

Description: This summer the Education Committee is continuing its "Hike & Learn" series. Part I of our series is geared towards the 9-13 age group. As they hike up Thomas Mountain (2 miles off Exit 24 of the Northway), they will learn about some basic, but essential, items to take on every hike to keep them safe, especially in case of an emergency. All participants should have a backpack, lunch, plenty of water, and footwear with good tread (no sandals please!). Parents/guardians are expected to participate as well, and, while hiking with a separate group leader, will discuss and share in the experience of what their children are learning. We will meet at the Hadley trailhead parking lot at 8:30 a.m.. If needed, directions will be given when you make your reservation.

Please sign up by Thursday, July 19.
Contact: Linda Ranado (Iranado@hotmail.com or 696-7265)

Hike & Learn Series: Gadgets & Gizmos: Beginning Geocaching

Location: Moreau State Park
Date: August 4, 2007
Limit: 12 student participants (aged 9-13 with/parent and/or guardian)
Time: 9:00 a.m. Moreau State Park
Leader: Adam Sears
Contact: Linda Ranado (Iranado@hotmail.com or 696-7265)

Description: Come experience the excitement of geocaching. Participants will learn about what a GPS system is and how one is used to discover hidden "caches" in the new sport of geocaching as they explore throughout Moreau State Park to unearth hidden treasures. Sure to be a fun time for all!

•••

Hike & Learn Series: Gadgets & Gizmos: Beginning Map & Compass

Location: Dacey Clearing and Bumps Pond area
Date: August 11
Limit: 10 student participants (aged 9-12)
Time: 9:00 a.m.
Leader: Barb Bave
Contact: Linda Ranado 696-7265
Description: Come and learn the basics of using a compass and reading a topographical map. After some preliminary instruction, we will hike some of the trails in the area and do some short bushwhacking, using our compasses and topo maps. Bring a compass and plenty of water.

Summer: Time to hit the trails

BY JIM SCHNEIDER

At this writing our chapter plans for the summer are all set. We have all of our sponsored kids ready for the New York State Department of Environmental Conservation environmental camps. We are also sending several kids off to the Adirondack Mountain Club's teen trails projects. Our chapter trail crew has cleared the Long Lake to Shattuck Clearing section of the Northville-Placid Trail as well as the Tongue Mountain trails in the Lake George Wild Forest.

We have another summer of varied and interesting outings put together for you by Patti Schwankert and her outings leaders. We have hikes of all ratings and many destinations as well as some great paddle trips.

Find a trip that interests you and call the leader. our leaders really want you to call them and they want you to join their trips. Our volunteer leaders do this for you; give an outings leader a call and join their outing.

If you happen to be in the Pharaoh

Wilderness Area this summer, please keep your eyes open for any damage or vandalism to signs or lean-

tos. This popular and heavily used area is our chapter's adopted wilderness area and unfortunately it has suffered senseless destruction along with illegal ATV incursions. We are attempting to document such actions as we appeal for increased ranger presence. Do not under any circumstances compromise your safety by confronting individuals engaged in illegal activity. Report any of the above circumstances to Jim Schneider 518-581-

9367. If you are witness to any serious violations, immediately call New York Department of Environmental Conservation Region 5: 518-897-1200 or **800-847-7332**.

Finally, be certain that you check with your outing leader on the trip's meeting place. With the closing of the popular Bruegger's Bagel Bakery in Queensbury many trips will launch from Panera Bread also in Queensbury. But, it is always a good idea to double check where your group will be meeting.

CHAPTER CHAIR Report

Before an outing, be certain that you check with your outing leader on the trip's meeting place; With the closing of Bruegger's Bagel Bakery in Queensbury, meeting places have changed.

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB
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Education Corner

As summer approaches, the Education Committee is pleased to finalize our DEC camp and Teen Trails sponsorships, sending Rachel Morris to Camp Colby, Jonathan Murray to Pack Forest and Jessy Holcomb, Ralph Farrell and Sarah Larsen off to learn about trail maintenance while working on designated projects with the Adirondack Mountain Club's Teen Trails Program.

We are equally pleased to announce a continuation of the Hike & Learn series which will repeat last year's "Survivor: Adirondacks I" and "Gadgets & Gizmos: Map & Compass"

Outings as well as the addition of "Gadgets & Gizmos: Beginning Geocaching." Hope to see you there.

As part of our outreach program, we held a workshop for the faculty of the Greater Amsterdam School District as part of a wellness conference this past fall, and, by this printing, will have participated in the Annual Third Grade Adirondack Environment Day at Queensbury Elementary School. If your class or organization is interested in our services, please feel free to contact us. (Iranado@hotmail.com or Linda at 696-7265)

Chapter rents bear-proof food storage containers

Have everything packed and ready before you leave home!

Backpackers' Cache
8.8" dia. X 12" long, weight 2.7 lbs.

Designed to slip into your backpack.

These bear-proof canisters are required in the Eastern High Peaks Zone and are important to use on any backcountry overnight adventure to any backpacking or canoe camping destination.

Rental Rates:
1-3 days \$5.00
4-7 days \$10.00

Call Jim Schneider 518-581-9367 to reserve your canister rental. Rentals are available exclusively to ADK Glens Falls-Saratoga Chapter members.



New members

GF-S CHAPTER

New members to the GF-S Chapter:
MARCH

- Heidi, Brian, Meredith, Paige and Evan Cavret, Clifton Park
- Matthew and Ariel Epstein-Dickson, Victory Mills
- Ken Fiebke, Fort Ann
- Joseph, Rosalia and Kerienne Fitzgerald, Glens Falls
- Jackie Jackson, Greenfield
- Jay, Lisa and Brandon Kapoor, Saratoga Springs
- Timothy Kemp, Greenfield
- Bruce and Evan Maslack and Suzanne Lynch, Saratoga Springs
- Jim, Shelby and Derek Osborn, Ballston Spa
- Adin, Melissa and Alexis Potter, South Glens Falls
- Michael Roberts, Ballston Lake
- R.L., R.D. Bowen-Smith and Z.D. Smith, Gansevoort
- Marcia Stout-Roce, Kattskill Bay

APRIL

- John and Sue Mangan, Little Meadows, Pennsylvania
- Lynne and Robert Bramski, Waterford
- Ben Brooke and Rebecca Stoner-LaFountain, Lake George
- Francis Carney, Clifton Park
- James Carpenter, Corinth
- Rosanne Day, Schuylerville
- Robert and Regina Epp, Waterford
- Bob Faulkner, Clifton Park
- George Golden, Clifton Park
- Herm Greenfield, Saratoga Springs
- Steven, Lauren, Ryan and Jenna Komp, Clifton Park
- Mary Lefebvre, Waterford
- Joseph Lemnah, Saratoga Springs
- Michael and Christine Levy, Saratoga Springs
- Bob Marcellus, Queensbury
- Bethany Milazzo, Queensbury
- Melissa Murphy, Saratoga Springs
- Sharon and Francis Neeley and Liom and Connor Ferris, Saratoga Springs
- Stephen Obermayer, Ballston Spa
- Fran, John, Mary Clar, Joshua and Natalie Pikus, Saratoga Springs
- Don Potter, Stillwater
- Joan Reid and Michael Potter, Queensbury
- Grant Rinehimer, Amsterdam
- JoAnn, Greg, Jordan and Justin Stevens, Gansevoort



Chapter Winter Weekend at Heart Lake

The Chapter's 2008 Winter Weekend at the Wiesel Trails Cabin at Heart Lake will be held during the Martin Luther King Weekend from Friday, January 18 to Monday, January 21, 2008.

From the Cabin we will be able to cross-country ski and snowshoe into many areas of the High Peaks. This is a good opportunity to for those of you who may be working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await the snowshoe. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mount Jo might be all you want to do. The Loj property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfast and dinners are included in the price. The Wiesel Trails cabin, with electricity, a kitchen, and showers, sleeps 16 persons in four four-person bunk rooms.

The rate for the weekend should be no more than \$100 per person, if all 16 spaces are filled.

If we do not get an appropriate number of attendees, we will need to cancel our reservation at least 60 days (October 18) before our arrival date. Do not wait until the last minute to make your reservations.

To reserve your spot, send your deposit of \$100 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, NY 12866. Call 518-584-8527 for more details. Reservations are on a first come- first serve basis. If we fill all 16 spots, we will maintain a short waiting list.

Exploring New Zealand on foot and by kayak

Our first program of the new season will be at 7 p.m., September 20 at the Saratoga Springs Public Library Community Room. We are privileged to have our chapter's Education Chair, Linda Ranado share her fantastic six-week trek through New Zealand.

Linda Ranado:

A number of years ago I decided it was payback time. I had long reaped the benefits of the Adirondack Mountain Club's guide-books, trail maintenance and environmental advocacy and protective actions and it was time to give back.

Thus, I joined the Glens Falls-Saratoga Chapter of ADK, began to participate in its outings and became a member of the Education Committee, of which I presently chair ... an appropriate position, I suppose, for a, now-retired, 32-year veteran teacher of secondary English.

My love of hiking was re-energized at Amsterdam High School when some of my colleagues and I formed the "Hikettes," beginning with short after-school hikes

and leading to, with the encouragement of our fellow colleague, 46'er historian Tony Solomon, six of us being introduced to the High Peaks. Interspersed with a multitude of hikes throughout the Adirondacks and Catskills, three of us — Barb Bilins, Nancy Buckley and myself — completed the 46 in July of 2005. It was this camaraderie that arose from our mutual love of being out on the trail that led to our decision to tramp about New Zealand for more than six weeks upon my retirement. (Barb and Nancy did Australia upon their retirement a few years prior which was added incentive.)

Our time in New Zealand was amazing! South Island highlights began with excursions on and off the Banks and Otago Peninsulas observing dolphins, seals, albatross and penguins. Ensuing travels found us tramping through the 33 ½ miles of rainforest and alpine of the Milford Track. Highlights of the North Island found us walking through Kauri forests, sailing in the Bay of Islands, and side-tripping to the sparsely populated Great Barrier Island and its natural hot springs, extensive beaches, and forests. All culminated to a return to the mainland and a trek through the volcanic/desert regions of the Tongararo Northern Circuit with side trips into the depths of the Red Crater and over to Mt. Ruapeho and its Crater Lake whose lahar break had cut off traffic a mere three days before.

The land, the people, the flowers, the birds ... all made for a most memorable "kiwi" experience.

Program

'NEW ZEALAND:
ON FOOT AND BY KAYAK'

WHEN: 7 P.M.
SEPTEMBER 20

WHAT: TALK WITH
LINDA RANADO

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY
COMMUNITY ROOM

IMPORTANT NOTICE!

New Outings Meeting Location

Unless otherwise noted, effective immediately the meeting location for Chapter Outings is as follows. (The former location, Brueggers has closed.)

PANERA BREAD

Northway Plaza, 820 Route 9,
Queensbury NY 761-6957/3
Hours: Mon-Thurs: 6:30 a.m.-9:00
p.m.; Fri-Sat 6:30 a.m.-10:00 p.m.; Sun:

7:30 a.m.-8:00p.m.

• From NORTHWAY (I-87)

Take Exit 19 and go east on AVIATION/QUAKER ROAD, follow .5 miles to ROUTE 9/GLEN ST. 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.



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on inside rear cover. OUTINGS DETAILS & CONTACT INFORMATION are found in the "Outings" section. Changes or additions made after publication can be seen on our web page: www.adk-gfs.org

Programs held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library. Future Programs: September 20

Executive Committee Meetings held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Library. Future meetings: September 5

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: September 26

July		Outing Type	Destination	Contact	Rating
1	SUN	Hike	Thomas Mountain	Whitney	C+
4	WED		**Independence Day**		
7-8	SAT-SUN	Canoe/Camp	Osgood Pond — Canoe Camp	Bouder	A
8	SUN	Hike	Wallface	Andrews	A+
10	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
11	WED	Hike	Black Mountain Loop	Van Dorsten/Prouty	B
13	FRI	Hike	*Family Trip* — Baxter Mountain	Coutant	—
14	SAT	Hike	Santanoni Range	Whitney	A
14	SAT	Hike	Hunter Mountain	Gottung	B
15	SUN	Hike	Pyramid, Gothics and Armstrong	Aspholm/Proudy	A
18	WED	Hike	Blue Ledges Stroll	Van Dorsten/Prouty	C
21	SAT	Paddle/Hike-Slide	Whiteface Paddle/Hike/Slide Climb	McLean	A
21	SAT	Hike	Botheration Pond, Elizabeth Point	Crammond	B
21	SAT	Hike	East Dix, South Dix and Macomb	Andrews	A
21	SAT	Hike & Learn	Hike and Learn Series: Survivor: Adirondacks I	Buckley/Ranado	NR
21-22	SUN	Canoe Camping	Saranac Lakes Canoe and Camp	Bouder	A
22	SUN	Hike	*YMG/Fire Tower* — Pillsbury Mountain	Lane	B+
22	SUN	Hike	Algonquin and Iroquois	MacKenzie	A
24	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
28	SAT	Hike	Dial and Nippetop Mountains	Holcomb	A
28	SAT	Hike	*Full Mooner Hike* — Saratoga Battlefield	Genett	C
29	SUN	Hike	Seymour	McCullough	A
29	SUN	Hike	Pharoah Mountain	Prouty/Desbien	B+
August					
1	WED	Hike	*Family outing* — Deer Leap	Coutant	C
4	SAT	Hike	*YMG* — Waterfalls Hike	Lane	B+
4	SAT	Hike	Saddleback and Basin Mountains	Whitney	A+
4	SAT	Hike	Valcour Island	Van Dorsten	C
5	SUN	Hike	Oxshoe, Crab, and Horseshoe Ponds	Aspholm/Prouty	B
7	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
11-12	SAT-Sun	Canoe/Camp	Raquette Lake canoe and camp	Bouder/Prouty	A
11-12	SAT-SUN	Canoe/Camp	Henderson Lake — Canoe/Kayak/Hike/Overnight Camp	Whitney	B
11	SAT	Hike	*Fire Tower* Vanderwhacker Mountain	Crammond	B
15	WED	Hike	Sleeping Beauty	Van Dorsten	B
18	SAT	Hike	Santanoni's	Andrews	A+
18	SAT	Hike	*New Member Hike/Fire Tower* Hadley Mountain	Desbiens	B
25	SAT	Hike	*Full Mooner Hike* — Saratoga Battlefield	Genett	C
25-26	SAT-SUN	Canoe Camping	Rainbow Lake canoe and camp	Bouder	A
26	SUN	Hike	Wilcox Lake	Gottung	B-
29	WED	Hike	Buck Mountain from Pilot Knob	Van Dorsten	B
September					
3	MON		** LABOR DAY **		
5	WED	Meeting	Executive Committee Meeting	Schneider	—
7-9	FRI-SUN	Camping	Ouluska Pass	Bouder	
9	SUN		*ADK 100 Highest* — Morgan Mountain and Wilmington Peak	Whitney	B
11	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
12	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
19	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
20	THU	Program	Exploring New Zealand-Saratoga Springs Public Library	Holcomb	
23	SUN	Hike	Sawteeth	Holcomb	A
25	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
26	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
26	WED	Meeting	Outings Leaders Meeting — GLENS FALLS Bank	Schwankert	
30	SUN	Hike	Wyman Mountain	Holcomb	A
30	SUN	Hike	*Fire Tower Challenge* — Black Mountain (Lake George)	Desbiens	B



Outings

PLEASE NOTE: *Designated hikes (family, new member, etc.) are geared for a special purpose, but are not exclusive. If you would like to attend any outing, please call the trip leader. Also, please be sure to refer to the outing instructions at the back of the newsletter to be prepared for the outing.*

THOMAS MOUNTAIN

Sunday, July 1

Time: 1:00 p.m.

Rating: C+

Jack Whitney 793-9210 jack1758@adelphia.net

Reg Prouty 747-9736

Mow your lawn in the morning and hike this mountain in the afternoon. We will hike the new trail to Thomas. Great views of Lake George from this summit! Round trip distance is about four to five miles.

OSGOOD POND CANOE AND CAMP

Saturday, July 7-8

Time: 2:00 p.m.

Rating: A

Jayne Boudier 793-3770

Two little ponds with two narrow channels, two outstanding examples of natural communities, two outlets (Osgood AND Jones Ponds), two great camps (or maybe just one, if it rains Saturday night ...), and an early start could make this an awesome trip! About 12 miles, at a moderate to leisurely pace, with time to stop. It's near Paul Smiths. Anyone not wanting to camp may join us early on Sunday. Call leader for directions.

WALLFACE

Sunday, July 8

Time: 6:00 a.m.

Rating: A+

Neal Andrews 899-5500, Wantlocks@aol.com

The route up this mountain is described in the February 1985 *Adirondac*. Will involve bushwhacking around the side of the cliffs to the top. Fourteen miles from Adk Loj with bushwhacking and boulder hopping. Excellent views of Algonquin, etc.

WARREN/SARATOGA COUNTY PADDLES

Tuesday evenings, July 10

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834, mojim@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flat water somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

BLACK MOUNTAIN LOOP

Wednesday, July 11

Time: 9:00 a.m., Dunkin Donuts, Whitehall

Rating: B

Neal Van Dorsten 644-9453 or Nealvan@aol.com

Reg Prouty 747-9736

We will climb the highest mountain on the shores of Lake George, and will be rewarded with spectacular views. Then we will loop past the beautiful Black Mountain Ponds and have lunch at the lean-to. This is fairly easy climbing at a leisurely pace, with an elevation change of 1,000 feet. Allow about 4 hours.

FAMILY OUTING — BAXTER MOUNTAIN

Friday, July 13

Time: 9:30 a.m.

Maureen 745-7834 or mojim@adelphia.net

Come join us for a leisurely hike up Baxter Mountain in Keene. We'll look for blueberries and enjoy the adventure and afterward cool off in a nearby stream. Probably stop for ice cream or pie also! 2.2 mile round trip, 770 feet ascent

SANTANONI RANGE

Saturday, July 14

Time: 4:45 a.m.

Rating: A +

Jack Whitney 793-9210, jack1758@adelphia.net

If you are working on your 46 or if you just want to spend the day in this classic mountain range... Join us for some of the best views in the Adirondacks! We will try to hike all three mountains in this range. Starting with Couchsachraga and on to Santanoni and, if time permits, hopefully we will end the day on Panther.

HUNTER MOUNTAIN

Saturday, July 14

Time: 8:00 a.m. (Bruegger's Bagel Bakery, Stuyvesant Plaza, Albany)

Rating: B

Jessica Gottung 725-3859

Call leader for details. Rain date is Sunday July 15.

PYRAMID, GOTHICS AND ARMSTRONG

Sunday, July 15

Time: 6:30 a.m., Panera Bread, Queensbury

Rating: A

Bob Aspholm 798-8599 or Reg Prouty 747-9736

We will make an approximately 14-mile clockwise loop to visit all three peaks, 2 of which are High Peaks in the Great Range near the Ausable Club. Total ascent is 3,472 feet at a relaxed to moderate pace. This will be a full-day hike.



BLUE LEDGES STROLL

Wednesday, July 18

Time: 9:00 a.m., Mohawk Campgrounds, Lake George Village

Rating: C

Neal Van Dorsten 644-9453 or Nealvan@aol.com

Reg Prouty 747-9736

An easy stroll along the banks of the Upper Hudson, with a chance to walk over two-billion-year-old Precambrian Rock. Bathing suits optional. Total time roughly 2 hours. Mohawk Campgrounds directions: Northway/I-87 Exit 22, Route 9N North, approximately 1 mile on the right.

WHITEFACE PADDLE HIKE SLIDE CLIMB

Saturday, July 21

Time: 7:00 a.m., Lake Placid Boat Launch

Rating: A

Mike McLean 315-262-2564, mpmclean@twcny.rr.com

A four-mile paddle and seven-mile hike. We'll leave the Lake Placid Boat Launch around 7:00 a.m. and paddle over to Whiteface Landing (canoe/kayak). From there we'll head up the trail to the lean-to. If conditions are dry, we'll scoot over to a stream just above the lean-to and climb the slide that leads us almost to the summit. Bring money for snacks and cold drinks. Return down the trail, across the lake, and then into a nice Lake Placid restaurant to end the trip.

BOTHERATION POND, ELIZABETH POINT

Saturday, July 21

Time: 8:30 a.m.

Meeting Place: Grand Union, North Creek Village

Rating: B

Rich Crammond 584-2380

This hike will be an approximate 7.6-mile round trip. About 200' elevation change with some bushwhacking and a stream crossing. We'll have a little compass and map reading too!

EAST DIX, SOUTH DIX AND MACOMB

Saturday, July 21

Time: 6:00 a.m.

Rating: A

Neal Andrews 899-5500, wantlocks@aol.com

The route for this trip is yet to be determined. With enough interest, we could head out from Elk Lake, up and over Macomb, and return to Elk Lake. Another option is to follow the South Fork of the Bouquet River. Call leader for additional details.

SARANAC LAKES CANOE AND CAMP

Saturday-Sunday, July 21-22

Time: 1:00 p.m.

Rating: A

Jayne Boudier 793-3770

We'll set up camp at Weller Pond, maybe with a little time to spare on Saturday. Then we've got all day Sunday! Put in on Middle Saranac Lake; take out at First Pond Campground Headquarters. This trip includes a small hand-operated lock, an excellent lunch spot, and lots of islands to explore. Thirteen miles, moderate to leisurely pace, and lots of stops. Anyone not wanting to camp may join us (early) on Sunday. Call for details.

YMG — *FIRE TOWER* — PILLSBURY MOUNTAIN

Sunday, July 22

Time: 7:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to anyone who is young at heart. The trail up Pillsbury is a short, yet strenuous climb. Distance is about 3.2 miles round trip with an elevation gain of 1,337 ft.

Chapter Officers announced for 2008

The chapter nominating committee has presented the slate of officers for 2008:

Chairperson
1st Vice Chair
2nd Vice Chair
Secretary
Treasurer

Jean Holcomb
Heidi Karkoski
Maureen Coutant
John Caffry
John Schneider

Directors (continuing — no terms expired in 2007):
Barb Bave, Laura Fiske, John Schneider

Candidate biographies will appear in the next chapter newsletter as well as on our chapter website at www.adk-gfs.org

Chapter members will be asked to vote at our annual meeting / dinner Friday, October 12, 2007 at the Queensbury Hotel.



Outings

ALGONQUIN AND IROQUOIS

Sunday, July 22

Time: 6:30 a.m.

Rating: A

Lorraine MacKenzie: 656-3645 or lorrainem@safaritelecom.com
In the middle of the McIntyre Range, Algonquin stands 5,114 feet tall as the second highest peak in the Adirondaks. We will start from Heart Lake and trek the 4.3 miles to the summit, catch our breath after it is taken away from the fantastic views of Colden and hike 1.1 miles farther over Boundary to Iroquois. Bring plenty of water. Rain cancels. Call or e-mail leader for details and to sign up.

WARREN/SARATOGA COUNTY PADDLES

Tuesday evenings, July 24

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834, mojim@adelphia.net

I have a Precision "Swifty" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flat water somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

DIAL AND NIPPLETOP MOUNTAINS

Saturday, July 28

Time: 7:00 a.m.

Rating: A

Jean Holcomb 583-0658, jchhiker@localnet.com

I like to lead outings from the Ausable Club because once on the trails, they tend to be less crowded than any other trailhead in the High Peaks and the distance from Glens Falls is relatively short. This is about a 13-mile round trip with at least 4,000 feet of elevation gain along the way. It is done as a loop over Bear Den and then down via Elk Pass. A great hike whether or not you are a peak bagger! Restricted to 12 hikers.

FULL MOONER HIKE — SARATOGA BATTLEFIELD

Saturday, July 28

Time: Contact leader for details

Rating: C

Aileen Genett: 482-9101, solice212@yahoo.com (no later than 9:00 p.m., Friday, July 27)

This is a multigroup outing, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through Saratoga Battlefield. We'll walk 4-6 miles along Tour Road to the Nielsen Farmhouse + some trails. Dress appropriately in layers, walking shoes, gloves, layers, bug dope and flashlight, etc.

SEYMOUR

Sunday, July 29

Time: 6:00 a.m.

Rating: A

Pat McCullough 798-3186, pmccul@gmail.com

As trail-less peaks go, I feel that Seymour is fairly easy. It is about fourteen miles total. The first 5 1/2 miles are gentle ups and downs that gets you to the base of the mountain. Then it is a mile and a half up to the summit with about 2,000 feet of vertical. Reverse the walk and you are back to the parking lot off Coreys Road.

PHAROAH MOUNTAIN FROM CRANE POND

Sunday, July 29

Time: 8:00 a.m. (Nice and Easy Mobil; Northway Exit 26)

Rating: B+

Reg Prouty 747-9736 or Pat Desbiens 899-9688

This is a beautiful mountain with 3 summits that afford a 360-degree vista from the High Peaks to the mountains of Vermont. Round trip is about 8 miles with about 1,500 feet of ascent at a moderate pace. Elevation of the summit is 1,390 feet.

* FAMILY OUTING* — DEER LEAP

Wednesday, August 1

Time: 9:30 a.m., Panera Bread, Queensbury

Rating: C — slow

Maureen Coutant 745-7834 or mojim@adelphia.net

This is a short hike to an overlook of Lake George. Come see a section of trail maintained by volunteers from our Chapter every spring. Swimming and ice cream will probably follow the hike! 3.4 miles round trip.

YMG — WATERFALLS HIKE

Saturday, August 4

Time: 7:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratogahiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to anyone interested in waterfalls. We will visit at least half a dozen falls, including beautiful Beaver Meadow Falls and Rainbow Falls. This hike will also take us up to Indian Head and Fish Hawk Cliffs. If you haven't been there before, you're in for a treat! Expect to hike about 10-12 miles, but without too much elevation. Rain will cancel; rain date will be on Sunday the 5th.



SADDLEBACK AND BASIN

Saturday, August 4

Time: 5:15 a.m.

Rating: A+

Jack Whitney 793-9210 or jack1758@adelphia.net

The start will be from the Garden in Keene Valley. We will hike into Johns Brook Lodge then onto Bushnell Falls to Slant Rock and up the Shorey Shortcut Trail up to the Range Trail, then on to Basin and then up to another bump called Saddleback returning to the Johns Brook Valley via the Orebed Brook Trail. About 16.5 miles round trip with over 3,000 ft. of elevation gain.

VALCOUR ISLAND

Saturday, August 4; rain or wind date August 5

Time: 8:00 a.m., Mohawk Campgrounds, Lake George Village

Rating: C

Neal Van Dorsten 644-9453 or Nealvan@aol.com

If you never hiked Valcour this is your chance. It is a beautiful hike through diverse forests and fields, with small cliffs and spectacular overlooks of Lake Champlain. We will canoe to the island, then walk the easy 7.5-mile perimeter trail, with a lunch stop on one of the many picturesque coves. Bathing suits if you wish. Canoes needed, but we have some extras. A day's outing. Mohawk Campgrounds directions: Northway/I-87 Exit 22, Route 9N North, approximately 1 mile on the right.

OXSHOE, CRAB, AND HORSESHOE PONDS

Sunday, August 5

Time: 7:00 a.m., Panera Bread, Queensbury

Rating: B

Bob Aspholm 798-8599 or Reg Prouty 747-9736

This hike begins at Crane Pond and continues into the Pharaoh Lake Wilderness Area to three scenic little ponds along the western end of the short swing trail. Round trip distance is about 7 miles with only a few hundred feet of ascent due to rolling terrain.

WARREN/SARATOGA COUNTY PADDLES

Tuesday evenings, August 7

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojim@adelphia.net

I have a Precision "Swifty" kayak – slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flat water somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

RAQUETTE LAKE CANOE AND CAMP

Saturday-Sunday, August 11-12

Time: 1:00 p.m.

Rating: A

Reg Prouty 747-9736, reg46r473@yahoo.com

Jayne Boudier 793-3770

We could camp at Big Island or Tioga Point on Saturday, and explore the Marion River to the carry, or the Needles and Hens and Chickens Islands, or South Inlet to the falls (maybe even hike to the old Sagamore powerhouse) on Sunday. We're open to suggestions. 10-12 miles, moderate to leisurely pace. Anyone who doesn't like to camp may join us (early) on Sunday morning.

HENDERSON LAKE CANOE/KAYAK/HIKE/OVERNIGHT CAMP

Saturday-Sunday, August 11-12

Time: 7:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

Let's explore this area around this newly acquired acquisition of land by New York State. We will paddle about 1 mile up Henderson Lake to a lean-to and make camp for the night. There are opportunities for hikes to Duck Hole or Summit Rock in Indian Pass from the lean-to or to just paddle around this lake. We will return to our cars on Sunday in the afternoon. Call leader for further details.

FIRE TOWER — VANDERWHACKER MOUNTAIN

Saturday, August 11

Time: 8:30 a.m., Rich's Camp, Ridge Road, 0.6 miles off 28N Minerva

Rating: B

Rich Crammond 584-2380

This hike will be 5.4 miles round trip after we drive up the access road a few miles. Great views on a clear day. A few short steep sections. See you there!

SLEEPING BEAUTY

Wednesday, August 15

Time: 8:30 a.m. at Starbucks in Glens Falls or 9:30 a.m. at Dacys

Clearing Rating: B

Neal Van Dorsten 644-9453 or Nealvan@aol.com

An appropriate name for this hike. The view from the top is wonderful and there is a return loop. The summit is 2,347 feet and it is a fairly easy hike.



SANTANONI'S

Saturday, August 18

Time: 5:30 a.m.

Rating: A+

Neal Andrews 899-5500, wantlocks@aol.com

Bradley Pond, here we come! We'll use the "standard route" for this trip. High mileage, plenty of ascent, and probably a bit of heat to top things off! Bring plenty of food and liquids. This will be a full day of "bonding" with Mother Nature. Call leader for additional details.

***NEW MEMBER/FIRE TOWER* HADLEY MOUNTAIN**

Saturday, August 18

Time: 9:00 a.m.

Rating: B

Pat Desbiens 899-9688 or pdesbien@nycap.rr.com

Hadley Mountain offers some of the most spectacular views in the Southern Adirondacks. There is a restored fire tower on the summit with a caretaker's cabin just below the summit. This is a short hike (3.6 miles round trip with 1,525 ft. of elevation gain) with a steady ascent and a level section in the middle. The pace will be relaxed and weather permitting lunch on the summit. Heavy rain or thunderstorms will cancel the hike. New members are encouraged to participate. Please call to sign up for the hike no later than 6 p.m., Friday, August 17.

***FULL MOONER HIKE* — SARATOGA BATTLEFIELD**

Saturday, August 25

Time: Contact leader for details

Rating: C

Aileen Genett 482-9101 (no later than 9:00 p.m. Friday, August 24) or solice212@yahoo.com

This is a multi-group outing, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one, come all to the full moon walk through the Saratoga Battlefield. We'll walk 4-6 miles along the Tour Road to the Nielsen Farmhouse and some trails. Dress appropriately in layers, walking shoes, gloves, layers, bug dope and flashlight, etc.

RAINBOW LAKE CANOE AND CAMP

Saturday-Sunday, August 25 and 26

Time: 12:00 p.m.

Rating: A

Jayne Boudier 793-3770

Camping at Buck Pond State Campground, east of Paul Smiths. With an early start, we might have time to explore the North Branch (Saranac River), Rainbow's namesake eskers, and The Flow, without having to rush. About 12 miles, moderate to leisurely pace, with time to stop. Anyone who doesn't like to camp may join us at the campground (early) on Sunday.

WILCOX LAKE

Sunday, August 26

Time: 8:00 a.m., Burger King, Gloversville

Rating: B-

Jessica Gottung 725-3859

Ten miles round trip, not much elevation to this secluded lake. We will rest at one of the lean-to's for lunch. Feel free to bring your bathing suit and swim for a bit. A great trail which follows the East Stony Creek offers very beautiful views along the way. A little rain won't deter us but a downpour will cancel. Don't miss this hike!

BUCK MOUNTAIN FROM PILOT KNOB

Wednesday, August 29

Time: 8:00 a.m. at Mohawk Campgrounds, Lake George Village, or at 9:00 a.m. at the trailhead

Rating: B

Neal Van Dorsten 644-9453 or Nealvan@aol.com

This popular trail has some steep spots but nothing real serious. It is a wonderful hike and offers fantastic views of the Lake at the summit, 2,334 feet. Allow about 4 hours or so

OULUSKA PASS CAMPING

Friday-Sunday, September 7-9

Time: 7:00 a.m.

Rating: A

Rich Crammond 584-2380 or Jayne Boudier 793-3770

This adventure is to look for a barringer brake and a plane crash site near Seward Mountain. We'll camp at Ward Brook or up in the pass. 17+ miles (11 on a logging road, the rest unmarked or bushwhacking), 3,500+ ft. ascent, moderate pace.

***ADK 100 HIGHEST* — MORGAN MOUNTAIN AND WILMINGTON PEAK**

Sunday, September 9

Time: 6:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

Just a little bit north of the North Pole, let's go and see what these two mountains hold in store for us. Between the two mountains is Copper Kiln Pond — maybe a good stop for lunch at the shelter located there. This is a trail to Copper Kiln Pond, with short bushwhacks to Morgan Mountain and Wilmington Peak. Round trip distance about 6.5 to 7 miles.

WARREN/SARATOGA COUNTY PADDLES

Date: Tuesday evenings, September 11

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojim@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flat water somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.



GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, September 12

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, September 19

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

SAWTEETH

Sunday, September 23

Time: 6:30 a.m.

Rating: A

Jean Holcomb 583-0658 or jchhiker@locnet.com

Jayne Boudier 793-3770

We will do the loop going up the Scenic Trail and coming down via the Weld Trail. About 3,000 feet elevation gain and 13 miles, half on the Ausable Club road. This was a fantastic hike the last two years. The Scenic Trail is stunning in fall. Just hope for a beautiful day. We will leave from Panera Bread parking lot, Northway Exit 19, Queensbury. 14 hiker limit.

WARREN/SARATOGA COUNTY PADDLES

Date: Tuesday evenings, September 25

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojim@adelphia.net

I have a Precision "Swifty" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flat water somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

Canoe/Kayak Rating System:

Rating	Miles	Portages	Water Class
A*	12+	Long (1/2 mile+)	II+; Whitewater
B	6-12	Short	I-Moving
C	Under 6	None	Flat

* Paddling trips that include Camping Overnight are also rated "A"

Note: Due to the variability of the interaction of water, wind, and weather; local conditions may change a trip's rating the day of an outing or even during the outing itself. As on all outings, leader's discretion applies.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, September 26

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

WYMAN MOUNTAIN BUSHWHACK

Sunday, September 30

Time: 6:00 a.m.

Rating: A

Jean Holcomb 583-0658

Jayne Boudier 793-3770

This unfamiliar 3,300 ft. peak has great views of the Dix Mountain Wilderness. 10-mile loop (5 miles are trailless), 2,500 ft. ascent, at a moderate pace.

FIRE TOWER — BLACK MOUNTAIN (LAKE GEORGE)

Sunday, September 30

Time: 7:30 a.m.

Rating: B

Pat Desbiens 899-9688 or pdesbien@nycap.rr.com

We will approach Black Mountain from the East. If the weather cooperates and it is a nice day we will make this a loop trip by ascending by the Pike Brook Trail to the summit, then descending via the trail coming up from Black Mountain Point to the Black Mountain Ponds Trail and finally to the Lapland Pond Trail back to the trailhead. Total distance will be about 6 miles with 1,046 ft. of elevation gain. Pace will be slow to moderate, allowing for time to enjoy the views of Lake George from the summit and the beautiful ponds on the way down.



Avalanche Pass, February 4, Bob Aspholm, 4 participants

- The weather was cold, very cold, but four hardy hikers pushed all the way to Avalanche Pass; this was before the big snowstorms but there was about 12" of snow on the ground at the time and we had good snowshoing. Approaching the head of the pass we faced a big wind which stopped us from going out on the ice very far. Views were pretty good but the cold prompted us for a pretty quick return. Participants: Bob Aspholm, Ray Bouchard, Jayne Boudier, Christine Savidge.

Thomas and Cat Mountains, March 18, Bob Aspholm, 7 participants

- There was a foot or better of snow on the ground but we had good weather that day for two mountains. We reached the cabin on Thomas and then set out for the top of Cat. We reached Cat in good time and the sun came out for us. The views from Cat are really great. Participants: Bob Aspholm, Ray Bouchard, Jayne Boudier, Bill Carpenter, Pat Desbiens, Laura Fiske, Jack Whitney.

Marcy, Gray and Skylight, March 31, Neal Andrews, 5 participants

- The late season snow still covered the trail from the start at ADK Loj. We bare-booted it all the way to above Indian Falls and then some put on crampons for the slippery rocks going up Marcy. We were able to walk on the hard-packed crust to the summit of Gray and probably should have used shoes for the bushwack down to Lake Tear as the herd path was invisible. Skylight was windy but again was able to be bare-booted to the rocky summit. We were alone once we left Marcy all day. Excellent group for a fine first weekend of Spring. Participants: Peter Abrau, Neal Andrews, Ken Austin, Steve Mackey, Nicholas Siver.

Crane Mountain, April 1, Reg Prouty and Jack Whitney, 14 participants

- We had to park and hike a little extra as the road to the parking area was not plowed but it gave us an opportunity to warm up before the ascent. We chose to do the counterclockwise loop climbing the two ladders first before spending some time having lunch and enjoying the view at the summit. Winter conditions were in order as both snowshoes and crampons were needed at various parts of the hike. Weather cooperated though and an enjoyable late winter (early spring) outing was had by all 14 hikers. Participants: Reg Prouty, Jack Whitney, Pat Desbiens, Ann Mundy, Jean Holcomb, Bob Aspholm, Ray Boucher, Jayne Boudier, Jonathan Lane, Bill Carpenter, Kim Ciraulo, Joe Spain, Sandy Yellen, and E. E. Fuller.

Saratoga National Historical Park, April 7, Rich Crammond, 4 participants

- We had a cold, but nice day for this outing. We saw a Ruby Crowned Kinglet, a not-so-lucky Red Tailed Hawk, and Peter Cottontail for this day-before-Easter outing. Learned some local history, too. Thanks to a rugged group! Participants: Mike Doyle, Reg Prouty, Jonathan Lane, Rich Crammond.

Hoffman Notch, April 14, Rich Crammond, Jayne Boudier, 7 Participants

- We sure did get a workout on snowshoes for this hike. The only tracks we saw were coyote, Fisher, Snowshoe and an early season trout fisherman's. Winter was still hanging on in this part of the Adirondacks with over a foot of snow still on the ground. The nice stream, yellow (big) birch trees, and the neat ledge was worth seeing again. As always, a great group of ADK'ers to hike with. Participants: Barb Northrup, Reg Prouty, Kim Ciraulo, Joe Spain, Jayne Boudier, Ray Bouchard, Rich Crammond.

Wednesday Morning Walk — Lake George, April 11, Maureen Coutant, 6 participants

- We started out at Usher's Park and walked along the south end of Lake George and up the boardwalk along the lake. Then we headed up to the trailhead for Prospect and after contemplating a trip up ... most of us headed back to the cars! Participants: Maureen Coutant, Albina Ientile, Licia Mackey, Gary Rodd, Bill Schwarz, Neal Van Dorcher.

Hoffman Notch, April 14, Rich Crammond, Jayne Boudier, 7 participants ... 8 if Bruegger's had been open

- Great day for snowshoes! Some of the stream crossings were interesting, but one place had a new bridge. We missed last year's spacious lunch log, and so had to dust off a narrower, stickier one. The Spring snowmelt waterfall off Washburn Ridge was frozen this time, and just as impressive. This group really appreciated a snowless place to sit! Participants: Ray Boucher, Jayne Boudier, Kim Ciraulo, Rich Crammond, Barb Northrup, Reg Prouty, Joe Spain.

Wednesday Morning Walk — bike trail, April 18, Maureen Coutant, 8 participants

- The group set out at the main parking lot in Queensbury and headed north. After walking along the road for a while we decided to avoid this section in the future! Participants: Maureen Coutant, Margaret Curtis, Albina Ientile, Licia and Steve Mackey, Gwenne Rippon, Gary Rodd, Hilary Wasserman.

Goodnow Mountain, April 21, Pat Desbiens, 14 participants

- The sky could not have been more blue or the weather better (70 degrees on the summit at noon) for the fairly easy climb of less than 2 miles to the climbable fire tower atop of Goodnow Mountain. Somehow we missed the old well on the way up but on the way back down we discovered why. The roof over the well has collapsed due to heavy snows and weathering away. It was so warm and spring-like on top that we parked our snowshoes in our snowshoe "parking lot" and spent over an hour lunching, taking pictures, climbing the tower, visiting the ranger cabin, and socializing there. By the consistency of the snow on the way down we could tell that in another week most of that trail would be mud rather than the mushy snow. Rich Crammond made a little foot-high snowman near the tower with twigs for arms. Thanks go to ESF at Syracuse University for the informative pamphlets in the sign-in box and for doing such a great job of trail and tower maintenance. Some of the group stopped for ice cream on the return drive. Participants: Pat



Desbiens, Reg Prouty, Kim Ciraulo, Mickey Onofrietto, Joe Spain, Barbara Northrup, Beth Johansen, Jonathan Lane, Elizabeth Fuller, Thomas Gilbert, Sandy Yellen, Deborah Dittner, Kat Payadis (our youngest and first-time snowshoer), Rich Crammond.

Wednesday Morning Walk — Feeder Canal Cleanup, April 25, Maureen Coutant, 5 participants

- We decided to extend Earth Day to Earth Week and picked up garbage along the trail. We didn't run into much garbage except at street crossings and the parking lot in Hudson Falls. Luckily there were also garbage bins at the parking lot so we got rid of our bags and walked back unencumbered! Thanks everyone for helping. Throw a bag in your pocket the next time you're out for a walk ... everyday could be Earth Day. Participants: Joanne Armstrong, Mace Comora, Maureen Coutant, Licia Mackey, Gary Rodd.

Kids Walk — Hovey Pond, April 27, Maureen Coutant, 5 participants

- We had a Signs of Spring Scavenger hunt ... we heard birds singing, found mud, flower buds, ducks, and a robin looking for worms. Then April showers put an early end to the hunt and we found donuts (and coffee) instead! Participants: Genevieve and Maureen Coutant, Albina and Gabriella Lentile, Kyra Lombard.

West Branch of Sacandaga Paddle, April 28, Ray Bouchard, 7 participants

- It wasn't the greatest day for paddling but I do believe the hardy group that showed up had a good time in spite of the clouds, cool temps and occasional short sprinkle. It wasn't a trip for a novice paddling solo though. The water level was about 3 feet higher than normal due to melting snow and recent rains. We didn't encounter snow or ice but I noticed the nearby lakes on the drive over were still covered except near the shore. The area we paddled in is very flat so the high water level didn't produce a raging stream but the strange currents produced by underwater debris made life a bit interesting. We had quite a distribution of participants, geographically speaking. Mike and Christa drove down from Indian Lake, while Louie came from nearby Speculator but the real die hard canoeist was Steve who drove all the way from the Oneida Lake area, just because. They all were a great bunch to paddle with. Participants: Ray Bouchard, Mike Brooks, Christa Brooks, David Avigdor, Jayne Boudier, Steve Hallock, Louie Page.

Old Far, April 29, Bob Aspholm, 5 participants

- It was a wet day for Old Far but we went on anyway in spite of lack of views from the top. It's not very far from the Northway and traffic noise including the "rumble" from the rumble strips on said Northway could be heard even on top. But on a good day the views are tremendous and the summit area is really lush with boulders, ledges, red pine, white pine, cedar, and probably good blueberry pickings in late summer; a small plane wreck was found off the west end of the summit. Participants: Bob Aspholm, Jayne Boudier, Bill Carpenter, Jean Holcomb, Jack Whitney.

Tuesday Walk — Coles Woods Walk, May 1, Maureen Coutant for Gary Rodd, 6 participants

- This was the first time back walking in Coles Woods since the snow finally fell in February. It felt good to be back. The Spring Wildflower hunt began ... not much yet. Participants: Maureen Coutant, Margaret Curtis, Albina Lentile, Renee Lombard, Licia and Steve Mackey, Hilary Wasserman.

Tuesday Evening Paddle — Lake Luzerne, May 1, Maureen Coutant, 5 participants

- We started at Lake Luzerne and headed to a connecting lake, but didn't quite make it. It could have been the two blockages that Licia had to pull us over (thanks to her neoprene booties) or the game of paddle polo at the beginning of the trip. Coolest sighting of the trip: nesting Canada Goose. Participants: Gen, Jim and Mo Coutant, and Licia and Steve Mackey.

Wednesday Morning Walk, Feeder Canal, Richardson Street, May 2, Maureen Coutant, 5 participants

- The canal was nearly empty so that some repair and remediation work could be done. It was scheduled to start filling later that day. The water was high in the Hudson though and we walked out on the Route 9 bridge and marveled at the water flowing over the dam. Participants: Maureen Coutant, Margaret Curtis, Licia Mackey, Bill Schwarz and Hilary Wasserman.

Kids hike — Pilot Knob Lookout, May 4, Maureen Coutant, 8 participants

- The wildflowers were wonderful. We pointed out trillium and then the kids loved spotting them along the trail. Other flowers in bloom were Dutchmen's britches, colt's foot, spring beauties ... and a bunch of unidentified blooms. The kids loved finding and holding a little garter snake after eating dinner in the gazebo. Participants: Gen, Jim and Mo Coutant, Albina, Gabriella, and Melissa Lentile, Kyra and Renee Lombard.

Spring Bird Walk — Peebles Island State Park (Waterford), May 5, Rich Speidel, 9 participants

- Friendly people, pleasant weather, and plenty of birds made for a fun outing at the confluence of the Mohawk and Hudson Rivers. We had some "firsts" — first visit to Peebles Island for some, first sighting of certain birds for others. We observed wood ducks on both rivers, four types of woodpeckers (including the crow-sized "pileated" in full view), and a host of resident and migratory songbirds. We identified 43 species; a fine variety of birds for early May. Participants: Erica Burkowski, Wendy Burkowski, Bruce Goodale, Jean Holcomb, Mark Janey, Carrie Menard, Phil Menard, Jack Reber, Ric



Schroon River Canoe, May 6, Don Thorn, Jayne Boudier, 9 participants

- The river was way over its banks a week before this trip. We had a crisp, beautiful day, great views of Hoffman Mountain, and fresh drag and high water marks to remind us of the recent ice out and high water. We could have explored a large flow, and maybe gotten to Paradox Lake with fewer obstacles than usual, if we'd had the time. A tailwind on the lake made our last mile a drift, instead of the usual battle. Great day! Participants: Jayne Boudier, Fred Cady, Don Colosimo, Carol Conolly, Julie Elson, Gary Mehlum, George Stuart, Don Thorn, Cathy Turner.

Wednesday Morning Walk — South Glens Falls Walkway, May 9, Maureen Coutant, 5 participants

- We were determined to find the route to the gazebo we had spied from the other side of the river on a previous walk. At first we didn't think it was possible, but thanks to Licia we found out how to continue on the trail and discovered another great local find. Also saw: trout lilies in bloom, a turtle, a bluebird and many other wildflowers. Participants: Mace Comora, Maureen Coutant, Albina lentile, Licia Mackey, Gary Rodd.

Moose and Shaw Ponds — Newcomb, May 12, Rich Crammond, 4 participants

- This was just a real nice day and great things to see along the way. Wild flowers, beaver dams, nice views, and three nice people to hike with. Moose Pond is BIG and worth the 7-mile hike to get there. Shaw Pond is nice too with a picnic table to go with it way back there. We had a good view of the Santanoni and Seward ranges. Little Santanoni was closer with the Seward range farther out. The black flies were out but not too bad. Thanks to my fellow ADK hikers for coming along on this outing. Participants: Art Ostrov, Mary Ann Amoran, Reg Prouty, Rich Crammond.

Spring Bird Walk — Wilton Wildlife Preserve and Park, May 12, Rich Speidel, 12 participants

- We were blessed with sunny, cool weather and blue sky — ideal for observing birds. Several rose-breasted grosbeaks treated us to views and one of the nicest songs in the bird kingdom. A blue jay flushed a broad-winged hawk into flight, and we had a good look at a swainson's thrush — an uncommon woodland migrant not often seen. The highlight of the morning was a pair of scarlet tanagers seen low in an open area; the male glowing "stop light" red in the sunlight — a spectacular sight! Thanks to a courteous and dedicated group, we identified 32 species of birds. Participants: Patricia Brennan, Martha Devaney, Cathy Hall, Keith Hall, Jean Holcomb, Rich Hovious, Pam Kelly, Peg McCanty, Donna Palmer, Edna Van Dorsten, Robert Zitowsky, Rich Speidel.

Spring Bird Walk — Pack Forest (Warrensburg), May 19, Rich Speidel, 7 participants

- Good birding began at the parking lot, where we spotted the uncommon bay-breasted warbler in the pine trees, followed by a Blackburnian warbler with its orange "fire throat." Although the sunny weather turned cloudy with light rain by early afternoon, we had several pockets of avian commotion. A seldom-seen brown creeper came into view, as well as a swainson's thrush and two brilliant scarlet tanagers. The deep woods melodies of the winter wren and hermit thrush were among the many songs heard during this enjoyable outing. In all, 35 species of birds were identified by our friendly and cooperative group. Participants: Fran Balch, Mary Camoria, Gail Epstein, Bruce Goodale, Mary Ann Moran, Terry Peek, Rich Speidel.

Henderson Lake Canoe, May 20, Jayne Boudier, Bob Aspholm, 7 participants

- Rain for sure was forecast, but we got a delightful partly sunny, windy day. We had a look around the newly cleared furnace on the way in, saw the cemetery, and enjoyed an unhurried day on the lake. Ray loved his new kayak, Jim found a tacklebox, and a canoe found Bob. We took a long lunch at the new lean-to, explored the Indian Pass inlet back to the trail footbridge, and finished with a strong tailwind. This is a beautiful, deep lake — with cliffy shores, interesting swamps and inlets, and a great views of Indian Pass and High Peaks. Participants: Bob Aspholm, Ray Bouchard, Jayne Boudier, Bill and Pat Carpenter, Jim Dickson, Jack Whitney.

Wednesday Morning Walk — Pilot Knob Lookout, May 23, Maureen Coutant, 8 participants

- It probably took us just as long to get there as to hike to the lookout, but we all agreed it was worth it. Many had never hiked this nearby trail and plan to return. (Remarkably fewer wildflowers in bloom than just 2 weeks before). Participants: Joanne Armstrong, Mace Comora, Mo Coutant, Margaret Curtis, Licia Mackey, Bill Schwarz, Edna Van Dorsten, Hilary Wasserman.

Tuesday Evening Paddle — Stewarts Dam Reservoir, May 29, Maureen Coutant, 10 participants

- This was the first time I'd paddled in this area and we enjoyed checking it out. Easy access, easy current, great company and the mosquitoes weren't bad until packing up! We saw a loon on the water and on the car ride home we saw a red fox. Then leaving Lake Luzerne we had to slow down as a porcupine waddled across the road! Participants: Gen, Jim and Mo Coutant, Gary McCoola, Joy Muller McCoola, Andrew and Anne Paolano, Jim Ralston, Gary Rodd, Marty Tucker.

Wednesday Morning Walk — Road to Butler Pond, May 30, Maureen Coutant, 8 participants

- Heat? Lack of breakfast? Coffee? Seismic activity? Pollen count? Somehow the road up to the Reservoir seemed to have gotten steeper than when we did it earlier in the spring. Hmmm ... nice little workout though. Participants: Joanne Armstrong, Rene Clarke, Mace Comora, Mo Coutant, Margaret Curtis, Licia Mackey, Gary Rodd, Hilary Wasserman.



Outing instructions

For more detailed information on Chapter Outings, see the "Glens Falls-Saratoga Chapter Handbook."

SIGN UP INFORMATION

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 MINIMUM number for Outings is: 3 people, including the leader (4 in winter) Bruegger's unless otherwise noted in the trip description. Be there and ready to depart at the posted time.

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 .5 mile 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 the 'regulars' 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.**

*ADK Liability Waiver must be provided by 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.

RATINGS

Hike Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	5-10	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	Up to 5	5-6
C	Easy	Under 1,000	Under 5	Under 5

*Descriptions are only typical and can vary.

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. — NOT 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!

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 will 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.

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 their personal favorite destinations. Contact Outings Chair for more information. (Contact info: Pg. 3 of newsletter)

Program 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 under "Programs" on the Chapter Web page: www.adk-gfs.org

SARATOGA SPRINGS PUBLIC LIBRARY

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

• From NORTHWAY (I-87)

Take Exit 14 onto Route 9P north (UNION AVE). Proceed 1.5 miles, past three traffic lights to a T-junction. RIGHT onto CIRCULAR ST. to the first traffic light. LEFT onto SPRING ST. 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 into downtown, up to the main street (BROADWAY). Turn onto SPRING ST. (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. (Parking as described above)

FIRST PRESBYTERIAN CHURCH OF GLENS FALLS

400 Glen St., Glens Falls, NY 12801, 793-2521

• From NORTHWAY (I-87)

Take Exit 18 and go east on CORINTH RD., MAIN ST., BROAD ST. (Name changes in town) Follow 2.7 miles through town, passing 5-6 lights, CVS, Stewarts on RIGHT... Road turns to SOUTH ST. You come to a "T" and a LIGHT at the monument and library ahead. Make a LEFT on GLEN ST. Pass light (at Stewarts) and make next LEFT onto NOTRE DAME (church is on corner) Park in rear.



Are you moving?

If you are moving, please forward your change of address, including new phone number, to Adirondack Mountain Club, 814 Goggins Road, Lake George, New York 12845.

You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club. Therefore, any change of address need NOT be sent to the Chapter — one form or one call to the Club is all you need.



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Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club
P.O. Box 2314 • Glens Falls, New York 12801
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