Preparing to be entertained with Peter Fish’s quick wit and cheerful smile as we hear stories of memorable mountain experiences and how to be properly prepared for your next adventure in the woods. Find out if you are as “ready as a Ranger” when you hit the trail.

Peter Fish is the iconic and retired High Peaks Wilderness Area Forest Ranger, having served the public, the Forest Preserve and the Department of Environmental Conservation for over a quarter century. An avid hiker and Adirondack 46er, Fish has hiked, snowshoed or skied major peaks of the Adirondacks, New England, Scotland and Ireland.

The Holiday Inn Saratoga offers a warm, welcoming place to gather in the friendly Adirondack tradition. **We welcome non-members and invite you to become an ADK member at the Dinner.** Please reserve early to guarantee your place at the table!
Glens Falls-Saratoga Chapter ADK
Annual Dinner 2010

Hors d’oeuvres: Cocktail Hour/Cash Bar
Fresh Vegetable Crudités
Imported & Domestic Cheeses with Crackers

Mixed Green Salad with House Vinaigrette
Rolls & Butter

Entrees: Choice of One
• Slow Roasted Prime Rib of Beef Au Jus ($29)
• Baked Salmon Filet Beurre Blanc ($24)
• Roast Young Turkey with Herb Stuffing ($22)
• Veggie: Tomato Basil Penne tossed with Seasonal Vegetables & Feta Cheese ($19)

Roasted Baby Red Potatoes • Seasonal Mixed Vegetables

Mixed Berry Torte
Coffee, Tea, Decaf

Reservations Instructions/Directions
1. All reservations must be PREPAID and RECEIVED BY FRIDAY, OCTOBER 15 (no exceptions)
2. Sorry, phone reservations cannot be accepted — use mail in form below.
3. Please make checks payable to: GLENS FALLS-SARATOGA CHAPTER ADK
4. Mail reservation form (below) and check to:
   JOHN SCHNEIDER, 6 NONCHALANT DR., SARATOGA SPRINGS, NY 12866
5. We do not mail confirmations back to you. Your meal ticket will be waiting for you at the registration table.
6. For more information contact HEIDI KARKOSKI at hikerheidi46@rocketmail.com or go to www.adk-gfs.org
7. Please reserve early as space is limited. Sorry, we cannot accommodate telephone reservations or reservations received after October 15. Thank you for participation in the ADK community.

DIRECTIONS to Holiday Inn Saratoga: 232 Broadway (intersection of RT 9, RT 50 and E. Circular St, across from Stewart’s) Hotel: 518-584-4550; online at www.spa-hi.com (Parking lot at hotel)

RESERVATION FORM

For more information, contact Heidi Karkoski at hikerheidi46@rocketmail.com or go to www.adk-gfs.org

NAME (please PRINT CLEARLY for your name tag)  T urkey  B eef  F ish  V eggie

1. ____________________________  22  29  24  19

2. ____________________________  22  29  24  19

3. ____________________________  22  29  24  19

DINNER SELECTION (PLEASE CHECK ONE)

Checks payable to: Glens Falls Saratoga Chapter ADK. Please enclose payment and mail to:
   JOHN SCHNEIDER, 6 Nonchalant Dr., Saratoga Springs NY 12866
A bounty of autumn fun

BY HEIDI tEriele KARKOSKI

I t’s hard to believe that it’s time for the fall issue of *Footnotes*. Well, the days have been getting shorter and the goldenrod and asters blooming trailside are another clue. Now is the time to mark your calendars and plan to attend one or more of the great events scheduled this autumn.

ADK’s Fall Outing is slated for September 10 through 12 at Camp Fowler in Speculator. This is a fabulous region to explore and with more than 25 activities scheduled — including hikes, paddles, bicycling and more — there is something for everyone.

Your Chapter has lined up two informative programs in the coming months. Jean Holcomb will present the story of her trek over the Appalachian Trail, a six-month journey from Maine to Georgia, on September 30. Jean Holcomb will present informative programs in the coming months. There is something for everyone.

There’s still lots to do as the weather gets cooler.

CHAPTER CHAIR

Report

Club Day at EMS!

EMS on Route 50 in Wilton will be holding their Club Day Event on Friday, October 1 and Saturday, October 2. Drop by and check out the great discounts on clothing and gear plus stop by at our Chapter table and say hello!
Celebrate the seasons in the Adirondacks

The Adirondack landscape is endowed with lofty mountains and rich northern forests reflected in over 2,800 lakes and ponds, and thousands of miles of flowing waterways. Imprinted with four distinct seasons, the scenery evolves continually. Each season brings new wonders and challenges, yet this landscape retains a sense of place unique in our nation—a distinctly Adirondack heart and soul.

Mark Bowie has wandered the Adirondack compass, meticulously capturing the glories and subtleties of each season. From intimate scenes to grand panoramas, accentuated with music and verse, this spectacular multimedia presentation showcases the region’s wild beauty and diversity. Moving and heartfelt, it is truly a celebration of the Adirondack’s magnificent seasons.

Mark Bowie is a third generation Adirondack photographer. He’s a frequent contributor to Adirondack Life and Adirondack Explorer magazines, and his work has been published nationally in books and magazines, on calendars, posters, greeting cards and advertising media. His first two books, Adirondack Waters: Spirit of the Mountains and In Stoddard’s Footsteps: The Adirondacks Then & Now have become landmark regional publications. Each won the Adirondack Center for Writing’s Photography Book of the Year. Mark is a staff instructor for the Adirondack Photography Institute and leads digital and landscape photography workshops. He has produced several multimedia shows on the Adirondacks and has been featured on the public television programs Adirondack Outdoors and Insight.

Program: Local woman hikes Adirondack Trail

In June of 2009, Jean Holcomb, long time resident of Saratoga Springs and hike leader for the Glens Falls/Saratoga Chapter of ADK began an epic journey to hike the entire Appalachian Trail. It wasn’t supposed to happen that way. Jean’s original plan was to start in April but a torn rotator cuff and frozen shoulder intervened and almost deep-sixed her hiking plans. After much painful physical therapy and a lot of hand wringing she made the decision with the suggestion of her son, EJ, to make a later start and hike the trail the “wrong way” by starting in Maine.

About 80 percent of thru hikers on the Appalachian Trail start at the southern terminus at Springer Mountain, Georgia, sometime in late March to early May. A small number, usually around 200, begin at the northern end in Baxter Park, Maine. Jean’s plan had been to start in late April and do at least half the trail in one season. If possible she would continue on to New York and finish there. Nonetheless there is an upside: the many river crossings there are no bridges in Maine, which were often terrifying. Jean's original plan was to start in April, but it wasn’t supposed to happen that way. Jean’s plan had been to start in late April and do at least half the trail in one season. If possible she would continue on to New York and finish there. Nonetheless there is an upside: the many river crossings there are no bridges in Maine, which were often terrifying. The good news is that once you have done Maine all the rest seems just a bit easier. Even though there were trials and tribulations of one sort or another all along the trail all Jean had to do was say to herself, “Heck, I did Maine, I can do this.” And so, somehow, someway, she just kept getting closer to Georgia until it seemed that there would be no stopping her short of a hurricane or broken leg.

There were good times along with the bad and many friends joined the lone hiker along the way. Virginia really was “almost heaven” with its fall colors and crisp weather and the Smokies were magical even in the snow. So come hear all about it at 7 p.m., September 30, at Saratoga Library. The show will knock your (hiking) socks off!
The Chapter will hold its 2011 Winter Weekend at Heart Lake during the 2011 Martin Luther King Weekend — Friday, January 14, to Monday, January 17, 2011.

From the cabin, we will be able to cross-country ski and snowshoe many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await your snowshoes. 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 Mt. Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfasts and dinners are included in the price. The Wiezel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 in four-person bunkrooms. The rate for the weekend should be no more than $120 per person, if we fill all 16 spaces.

To reserve your spot, send your deposit of $120 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, New York 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. The past four years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

Becky Mosher, our executive chef for more than 20 years of Chapter Winter Weekends, retired after the 2010 Winter Weekend. Although she still plans on attending, please volunteer to plan and execute dinners and breakfasts.

Do not wait until the last minute to make your reservation!
Chapter members will be asked to vote at our annual meeting/dinner, Friday, October 22, 2010, at the Saratoga Springs Holiday Inn, on the Chapter Officers for 2011. The nominating committee has presented the following slate of officers for 2011:

Chairperson: Maureen Coutant
1st Vice Chair: Tricia Lockwood
2nd Vice Chair: Laura Fiske
Secretary: John Caffry
Treasurer: John Schneider
Board of Directors: Jonathan Lane

MAUREEN COUTANT
I have been a member of ADK for more than 15 years. During that time I have been very involved with the Chapter. In the 1990s, I served as the Chapter Chair after first learning the ropes in the Vice Chair positions. I’ve chaired the Nominating Committee a few times and also served as a Director for our Chapter on ADK’s Board of Directors. My husband and I have led many hikes in the past and more recently I’ve been leading walks while our daughter is in school. We also try to lead as many paddling trips as we can from spring through the fall. On the Club level, I have been on the committee for ADK’s annual fundraiser and am the Chairperson for ADK’s Lake George Property “headquarters” at Exit 21. I’ve stayed involved with ADK to support all the great things that the organization does locally and statewide. We educate the public and young people about preserving the outdoors and respecting nature, we maintain trails and provide hiking opportunities and we advocate for the Adirondacks and locally.

TRICIA LOCKWOOD
I have been an ADK member since 2006. For the past two years I have been involved with the Chapter serving as the 2nd Vice Chair. During that time I have also helped with organizing the Chapter Basket for the annual Black Fly Affair. I am currently working on completing the 46 High Peaks and the Fire Tower Challenge. In addition to hiking, I also enjoy snowshoeing, biking, golf, basketball, softball and snowmobiling. I live in Kingsbury and work in Greenwich as a credit analyst. I look forward to being able to continue on the committee for another year.

LAURA FISKE
I have been a member of the ADK and the Glens Falls/Saratoga chapter for many years and have participated in the leadership of the chapter as the Education Committee chairperson and a Director. I am currently in my second term as a Director for the chapter. In addition to my role in the chapter, I am a member of the club Finance and Audit Committee. In addition to hiking I have become involved in cycling and this summer participated in my third organized bike tour. I look forward to serving the chapter as a Director and the 2nd Vice Chair for the upcoming year.

JOHN CAFFRY
I have been an ADK member since 1985. Since that time, I have served ADK in many capacities, such as: Member of Chapter Executive Committee since 1987; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary since 2006; former member of ADK Board of Governors and Executive Committee; former chair of ADK Headquarters Committee; current member (since 1988), and former chair, of ADK Conservation Committee. I have participated in the Adopt a Lean-to program since 2003. I am a native of Glens Falls, currently living there with my wife, Ellen, and our two daughters. I am a member of the Caffry & Flower law firm in Glens Falls. Occasionally, I can find time for hiking, paddling and all varieties of skiing.

JOHN SCHNEIDER
For more than twenty years I served the chapter in many, if not all, capacities, including: hike leader, executive committee member, newsletter editor, chapter representative on the ADK Board of Directors (currently representing our chapter). At the club level, I have been active on the Trails Committee and organizer of ADK’s Adopt a Lean-to program in partnership with New York State Department of Environmental Conservation. I also organize our chapter annual “winter camp” at Heart Lake.

JONATHAN LANE
I became a member of the Glens Falls-Saratoga Chapter of the Adirondack Mountain Club in the Spring of 2005. Since then, I have become a Life Member, started and continue to organize the Younger Members Group for the GF-S Chapter, completed the GF-S-sponsored Fire Tower Challenge, reached the summit of all 46 Adirondack High Peaks, lead hikes on a regular basis, and continue to help take the Chapter to new, exciting levels with my out-of-the-box thoughts and ideas.

New members

GF-S CHAPTER
New Members to the GF/S Chapter:
May 2010
- Sarah Bachman & Lachlan Ingram, Cobbitty,Australia
- David & Kathy Boyce, Holly Springs, North Carolina
- James Bunsey, Bennington, Vermont
- Rachel Chinski, Niskayuna
- Joyce Cleveland, Bolton Landing
- Richard Daley, Wilton
- Diane Demetriou, Hadley
- Nathan Drew, Saratoga Springs
- Barbara Florysksh, Tribes Hill
- Douglas Freehafer, Ballston Spa
- Jason Grard, Hudson Falls
- Courtenay W Hall, Stillwater
- Dean & Pamela Higgins, Saratoga Springs
- Matthew Lynn, Queensbury
- Katherine Mapstone, Canandaigua, New York
- Debra Mitchell, Canton
- Greg & Shannon Morin, Buskirk
- Ryan Morrison, Saratoga Springs
- Joseph Murphy, Saratoga Springs
- Susan Nauman, Cohoes
- Peg Quinn, Saratoga Springs
- Richard Rodel, Wilton
- John & Julie Scheidegger, Gansevoort
- Kirstie Szlaza, Gansevoort
- Ken Vandermark, Randolph, Vermont
- Crystal Waszko, Salem
- Richard W Mock, Amsterdam
- Scot Jacoby, Poughkeepsie, New York
- Michael Steding & Andrea Howard, Ballston Spa
- Andrew & Susan lucci, Queensbury
- Guy lehine, Queensbury
- Thomas & Marilyn Jacobs, Glens Falls
- Owen Grant, Saratoga Springs
- Dale Hiram, Coopersburg, Pennsylvania
- Kelly Hungerford, Glens Falls
- Brandi Farr, Blaine Rowland & Jacob Baker, Queensbury
- Owen Grant, Saratoga Springs
- Dale Hiram, Coopersburg, Pennsylvania
- Kelly Hungerford, Glens Falls
- Thomas & Marilyn Jacobs, Glens Falls
- Guy Lehine, Queensbury
- Andrew & Susan Ciucci, Queensbury
- Carolyn & Doug Murray, Toms River, New Jersey
- Benjamin Shank, Saratoga Springs
- Michael Steding & Andrea Howard, Ballston Spa
- Scot Jacoby, Poughkeepsie, New York
- Richard W. Mock, Amsterdam
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 been 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 Crandall Public Library in Glens Falls and Saratoga Springs Public Library. Future Programs: TBD. Executive Committee Meetings held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Carl R’s Cafe Restaurant and Bar in Glens Falls and Wesley Health Care Center in Saratoga Springs. Future Meetings: September 1, October 6, November 3, December 1. 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: TBD.

### September

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Outing Type</th>
<th>Destination</th>
<th>Leader/Contact</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wed</td>
<td>Meeting</td>
<td>Executive Committee Meeting</td>
<td>Heidi Karkoski</td>
<td>NR</td>
</tr>
<tr>
<td>5</td>
<td>Sun</td>
<td>Hike</td>
<td>Dippikill Hike</td>
<td>Allen Altman</td>
<td>C+</td>
</tr>
<tr>
<td>11</td>
<td>Sat</td>
<td>Hike</td>
<td>High Peak, Haystack</td>
<td>Alison Darbee, Joe Murphy</td>
<td>A+</td>
</tr>
<tr>
<td>11</td>
<td>Sat</td>
<td>Hike</td>
<td>Moreau State Park Ridge Hike</td>
<td>Judy Halstead</td>
<td>B</td>
</tr>
<tr>
<td>11</td>
<td>Sat</td>
<td>Paddle/Camp</td>
<td>Wakely Mountain, Cedar River Flow</td>
<td>Jayne Boudier</td>
<td>A</td>
</tr>
<tr>
<td>14</td>
<td>Tue</td>
<td>Paddle</td>
<td>Evening Paddle</td>
<td>Maureen Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>18</td>
<td>Sat</td>
<td>Hike</td>
<td>&quot;YMG&quot; — Cliffs and Falls</td>
<td>Jonathan Lane</td>
<td>B+</td>
</tr>
<tr>
<td>18</td>
<td>Sat</td>
<td>Hike</td>
<td>Mount Adams</td>
<td>Neal Van Dorsten</td>
<td>B-</td>
</tr>
<tr>
<td>19</td>
<td>Sun</td>
<td>Hike</td>
<td>Tongue Mountain Range — Northwest Bay</td>
<td>Lorraine MacKenzie</td>
<td>B-</td>
</tr>
<tr>
<td>25</td>
<td>Sat</td>
<td>Hike</td>
<td>Gore Mountain</td>
<td>Rich Crammond</td>
<td>B+</td>
</tr>
<tr>
<td>26</td>
<td>Sun</td>
<td>Paddle</td>
<td>West Branch of the Sacandaga Paddle</td>
<td>Ray Bouchard</td>
<td>B</td>
</tr>
<tr>
<td>28</td>
<td>Tue</td>
<td>Paddle</td>
<td>Evening Paddle</td>
<td>Maureen Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>30</td>
<td>Thu</td>
<td>Program</td>
<td>Jean Holcomb to recount Appalachian Trail</td>
<td>Jean Holcomb</td>
<td>NR</td>
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### October

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<tr>
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<th>Rating</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>Sat</td>
<td>Hike</td>
<td>Santanoni</td>
<td>Jayne Boudier, Jean Holcomb</td>
<td>A</td>
</tr>
<tr>
<td>2</td>
<td>Sat</td>
<td>Hike</td>
<td>Big Slide Via Three Brothers</td>
<td>Reg Prouty</td>
<td>A</td>
</tr>
<tr>
<td>3</td>
<td>Sun</td>
<td>Hike</td>
<td>More of Moreau</td>
<td>Bill Schwarz</td>
<td>B+</td>
</tr>
<tr>
<td>3</td>
<td>Sun</td>
<td>Paddle</td>
<td>Fall Stream Paddle</td>
<td>Ray Bouchard</td>
<td>B</td>
</tr>
<tr>
<td>6</td>
<td>Wed</td>
<td>Meeting</td>
<td>Executive Committee Meeting</td>
<td>Heidi Karkoski</td>
<td>NR</td>
</tr>
<tr>
<td>9</td>
<td>Sat</td>
<td>Hike</td>
<td>&quot;YMG&quot; — &quot;High Peak&quot; — Tabletop</td>
<td>Jonathan Lane</td>
<td>A-</td>
</tr>
<tr>
<td>9</td>
<td>Sat</td>
<td>Hike</td>
<td>Virgin Falls Bushwhack</td>
<td>Rich Crammond</td>
<td>B</td>
</tr>
<tr>
<td>10</td>
<td>Sun</td>
<td>Hike</td>
<td>Peakway Mountain</td>
<td>Neal Van Dorsten</td>
<td>B-</td>
</tr>
<tr>
<td>12</td>
<td>Tue</td>
<td>Paddle</td>
<td>Evening Paddle</td>
<td>Maureen Coutant</td>
<td>NR</td>
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<tr>
<td>16</td>
<td>Sat</td>
<td>Hike</td>
<td>&quot;YMG&quot; — High Peak, Colden</td>
<td>Alison Darbee</td>
<td>A+</td>
</tr>
<tr>
<td>22</td>
<td>Fri</td>
<td>Other</td>
<td>Annual Dinner with Ranger Emeritus Peter Fish</td>
<td>Heidi teReile Karkoski</td>
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<tr>
<td>23</td>
<td>Sat</td>
<td>Other</td>
<td>ADK Headquarters Fall Workday</td>
<td>Maureen Coutant</td>
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<tr>
<td>24</td>
<td>Sun</td>
<td>Hike</td>
<td>&quot;YMG&quot; — Pharaoh Mountain</td>
<td>Alison Darbee</td>
<td>B</td>
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<tr>
<td>26</td>
<td>Tue</td>
<td>Paddle</td>
<td>Evening Paddle</td>
<td>Maureen Coutant</td>
<td>NR</td>
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<tr>
<td>30</td>
<td>Sat</td>
<td>Hike</td>
<td>McKenzie and/or Moose</td>
<td>Jayne Boudier</td>
<td>A</td>
</tr>
<tr>
<td>31</td>
<td>Sun</td>
<td>Hike</td>
<td>&quot;YMG&quot; — Avalanche Pass</td>
<td>Jonathan Lane</td>
<td>B+</td>
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### November

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<td>3</td>
<td>Wed</td>
<td>Meeting</td>
<td>Executive Committee Meeting</td>
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<tr>
<td>6</td>
<td>Sat</td>
<td>Hike</td>
<td>&quot;YMG&quot; — Treadway Mountain</td>
<td>Alison Darbee</td>
<td>B+</td>
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<tr>
<td>10</td>
<td>Wed</td>
<td>Program</td>
<td>Adirondacks: In Celebration of the Seasons — Mark Bowie Terry Peek</td>
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<tr>
<td>13</td>
<td>Sat</td>
<td>Hike</td>
<td>&quot;YMG&quot; — Noonmark Mountain &amp; Diner</td>
<td>Jonathan Lane</td>
<td>B+</td>
</tr>
<tr>
<td>20</td>
<td>Sat</td>
<td>Hike</td>
<td>Barton High Cliffs Loop</td>
<td>Jayne Boudier</td>
<td>B+</td>
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<tr>
<td>25</td>
<td>Thu</td>
<td>Hike</td>
<td>Turkey Trot #12</td>
<td>Rich Crammond</td>
<td>C+</td>
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### December

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<tr>
<th>Date</th>
<th>Day</th>
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<td>Meeting</td>
<td>Executive Committee Meeting</td>
<td>Heidi Karkoski</td>
<td>NR</td>
</tr>
</tbody>
</table>
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.

Dippikill Hike
Sunday, September 5
Time: 10:00 a.m., McDonald's, Route 9, Warrensburg (I-87 Exit 23)
Rating: C+
Leader: Allen Altman — 800-396-0276 or altmanscientific@gmail.com
I'm an out-of-town chapter member and invite other members to my annual Dippikill hike. Dippikill is ten miles from Warrensburg and is owned by the Student Association of the University of Albany. We'll hike the beautiful “Ridge Trail” to the twin summits of Dippikill Mountain (el. 1,582') which offers spectacular views of the Hudson River and surrounding mountains. After the hike you may spend the rest of the day at the Dippikill Pond swimming, canoeing (canoes provided by the Student Association are already at the pond) and enjoying the almost-untouched ecology. Approximately 3.5 - 4 miles with some uphill.

*High Peak* — Haystack Hike
Saturday, September 11
Time: 5:30 a.m.
Rating: A+
Leader: Alison Darbee — darbeear@gmail.com
Colead: Joe Murphy — 518-580-6302
Ready for the third highest High Peak? Round trip 17.8 miles with an elevation gain of 3,570 feet. We'll start hiking from the Garden parking lot to JBL, up to slant rock, over little Haystack and then on to the real summit of Haystack. This will be a long but rewarding day. Proper hiking gear and endurance a must! Please e-mail or call a leader by the Thursday before the hike for details and to sign up.

Moreau State Park Ridge Hike
Saturday, September 11
Time: 9:00 a.m.
Rating: B
Leader: Judy Halstead — 583-2504 or halstead@skidmore.edu
After arranging a shuttle, we'll do a through hike taking advantage of this great asset close to home. Plan on 4-5 miles of hiking with lots of ups and downs, some stream crossings and several quality lookouts. A typical Moreau Ridge hike includes views of the Hudson River, the southern Adirondacks and graceful, soaring raptors. Bring lunch, water and appropriate gear. Contact leader for details and directions.

Wakeley Mountain, Cedar River Flow Paddle/Camp
Saturday-Sunday, September 11-12
Time: 7:30 a.m.
Rating: A
Leader: Jayne Boudier — 793-3770
We'll climb Wakeley mountain (67th of Adirondack 100 highest, with a 70-ft. fire tower) on Saturday. Whoever wants to camp overnight can paddle the Cedar River Flow on Sunday. It is a beautiful place to wake up! 6 1/2 miles of hiking with 1,636 ft. ascent, and 6-10 miles of paddling, at a moderate to leisurely pace. Leader has camping gear and boats to lend.

Evening Paddle
Tuesday, September 14
Time: 7:30 a.m.
Rating: NR
Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

*YMG* — Cliffs and Falls Hike
Saturday, September 18
Time: 8:00 a.m.
Rating: B+
Leader: Jonathan Lane — 744-4594 or saratogahiker@infogorp.com
Fish Hawk Cliffs, Indian Head, Rainbow Falls, and Beaver Meadow Falls — wow, this is going to be an awesome hike! Each an incredible destination by itself, but together should make for quite a memorable day. Approximately 10 miles round trip at a comfortable pace, with just enough elevation gain to get your blood pumping. Rain will cancel.

Mount Adams Hike
Saturday, September 18
Time: 8:30 a.m.
Rating: B-
Leader: Neal Van Dorsten — 644-9453 or nealvan@aol.com
This is a great hike in a somewhat remote area. According to a ranger I spoke with, the tower at the top can be partially climbed and affords spectacular views of many of the High Peaks, including Marcy. It is only 2.3 miles to the top and has a modest elevation gain. We will meet at the Son of a Sailor restaurant in Bolton Landing at around 8:30 a.m. Call or e-mail trip leader to sign up.

Chepontuc Footnotes
TONGUE MOUNTAIN RANGE — NORTHWEST BAY HIKE
Sunday, September 19
Time: 8:00 a.m.
Rating: B-
Leader: Lorraine MacKenzie — 791-9794 or otczone@aol.com
The Northwest Bay trail follows the western shoreline of the Tongue Mountain Range. The 5.4-mile distance to the Point of the Tongue has some steep sections but is very picturesque. We will travel over several bridges and streams. I will try to see if I can arrange for a boat pickup at Montcalm Point otherwise this will wind up being over a ten mile hike. Bring your bathing suits if it is warm. Trip is limited to 6 participants. Rain cancels.

GORE MOUNTAIN HIKE
Saturday, September 25
Time: 9:00 a.m.
Rating: B+
Leader: Rich Crammond — 584-2380
We will meet at Ski Bowl Road and North Creek beach area just off Route 28 at North Creek. We will start from the beach area to the top of Gore Mountain at 3,583 feet. Nine miles round trip on the Schaefer trail. Elevation gain about 2,483 feet. See you there.

WEST BRANCH OF THE SACANDAGA PADDLE
Sunday, September 26
Time: 8:00 a.m.
Rating: B
Leader: Ray Bouchard — 893-7314
This is a 10-mile one-way paddle with the current along a peaceful, slow, meandering stream. As we move along at a leisurely pace we’ll be able to view the rolling hills of the Silver Lake Wilderness Area to the east and the Ferris Lake Wild Forest area to the west. Trout Lake will be our destination for lunch and an opportunity to explore the floating bogs that are found there. We’ll position at least one car on Route 10 at the take out near the entrance to the “Shaker Place.” Please bring a PDF. You might also consider bringing a hat and sunglasses plus a windbreaker and gloves if the air is cool. It wouldn’t hurt to bring along a change of clothes in a waterproof bag, just in case you get wet.

EVENING PADDLE
Tuesday, September 28
Time: time TBD
Rating: NR
Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com
Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

SANTANONI HIKE
Saturday, October 2
Time: 5:30 a.m.
Rating: A
Leader: Jayne Boudier — 793-3770
Coad: Jean Holcomb — 583-0658 or jholcomb5@nycap.rr.com
I haven’t been to Santanoni in a long time, and the re-opened old ridge trail sounds exciting. Thirteen miles, 3,000 ft. ascent, at as moderate and relaxed a pace as possible.

BIG SLIDE VIA THREE BROTHERS HIKE
Saturday, October 2
Time: 7:00 a.m.
Rating: A
Leader: Reg Prouty — 518-747-9736
We will start from Glens Falls early as it is often difficult to get a parking spot in the Garden parking lot. Round trip distance is about 8 miles, 9.5 if we do a loop hike. Elevation change is 2,800 feet from the Garden. Pace will be moderate, as we will take time to enjoy the fall foliage of the Great Range from the other side. Plan on an all-day hike with an optional stop for dinner on the way back.

MORE OF MOREAU HIKE
Sunday, October 3
Time: 8:00 a.m.
Rating: B+
Leader: Bill Schwarz — 307-6091 or bschwarz@nycap.rr.com
We’ll traverse both ridges of Moreau State Park’s western section for numerous views of the lake and Hudson River. Expect plenty of elevation changes, even with the start at Spier Falls Road’s high point. Parking is limited, making the trip size limited. Expect to carpool. This is a nine-mile hike, so bring lunch, water, and a sense of adventure. Meet at Panera. Rain cancels.

Rent bear-proof food storage containers
8.8” dia. X 12” long, weight 2.7 lbs.
Designed to slip into camper’s backpack; holds approximately 6 person-days of food. These bear-proof canisters are now required in the Eastern High Peaks Zone.

Additionally, they are always important to use on any backcountry overnight adventure to any backpacking or canoe camping destination. No more bear bag follies.
They’re also pine marten-proof!

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

Please call Jim Schneider, 581-9367 (Saratoga Springs) or Randy Glenn, 792-7104 (Glens Falls) to reserve your rental canister or for more information. Rentals are available exclusively to ADK Glens Falls-Saratoga.
FALL STREAM PADDLE  
Sunday, October 3  
Time: 8:00 a.m.  
Rating: B  
Leader: Ray Bouchard — 893-7314  
This is a leisurely paddle on a slow meandering stream that begins at the northern end of Piseco Lake. We’ll be paddling against the current into Fall Lake and then continue on to a lovely picnic spot on Vly Lake. There will be some beaver dams along the way, most of which can be scooted over with a short burst of speed. However, it is possible that we will have to get out of our canoes or kayaks a few times, so be prepared for wet feet. Please bring a PDF. You might also consider bringing a hat and sunglasses plus a windbreaker and gloves if the air is cool. It wouldn’t hurt to bring along a change of clothes in a waterproof bag, just in case you get wet.

*YMG* — *HIGH PEAK* — TABLETOP HIKE  
Saturday, October 9  
Time: 6:30 a.m.  
Rating: A-  
Leader: Jonathan Lane — 744-4594 or saratogahiker@infogorp.com  
One of our “trail-less” High Peaks. We may take a short side-trip to Indian Falls, too, before returning to the trailhead. Approximately 11 miles round trip at a moderate pace. Rain will cancel.

VIRGIN FALLS BUSHWHACK HIKE  
Saturday, October 9  
Time: 8:30 a.m.  
Rating: B  
Leader: Rich Crammond — 584-2380  
Virgin Falls is in the Blue Ledge area of Minerva. The bushwack is six miles round trip. Meet at Rich’s camp 0.6 miles up Winding Road from 28N in uptown Minerva. Wear something orange. Call leader for car pooling details. See you there.

PEAKED MOUNTAIN HIKE  
Sunday, October 10  
Time: 8:30 a.m.  
Rating: B-  
Leader: Neal Van Dorsten — 644-9453 or neavan@aol.com  
This is a spectacular fall hike. Last year we saw a flock of loons getting ready to depart. The trail goes along Thirteenth Lake, then up a brook to Peaked Pond, then on to Peaked Mountain. It is a short, steep traverse to the top, but most of the hike is fairly level, affording pretty scenery and many diverse ecosystems. Call or e-mail to join.

EVENING PADDLE  
Tuesday, October 12  
Time: TBD  
Rating: NR  
Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com  
Join us for an evening paddle generally within 1/2 hour of the Glens Falls area. Call or e-mail Sunday evening for details.

*YMG* — *HIGH PEAK* — COLDEN HIKE  
Saturday, October 16  
Time: 6:00 a.m.  
Rating: A+  
Leader: Alison Darbee — darbeear@gmail.com  
This hike will be a fast-paced hike for those who want to sweat, savor views from the top, and sweat some more! Our forest workout will be a round trip of approximately 13 miles. Please e-mail leader by the Thursday before the hike for full details and to sign up!

*YMG* — PHARAOH MOUNTAIN HIKE  
Sunday, October 24  
Time: 7:00 a.m.  
Rating: B  
Leader: Alison Darbee — darbeear@gmail.com  
This will be a fast-paced hike for those looking for a good workout. We’ll start at Crane Pond and head up to Pharaoh Mountain. There are great views from the top where a fire tower once stood. (hunting season = wear some blaze orange) Please e-mail leader by the Thursday before the hike for full details and to sign up!

MCKENZIE AND/OR MOOSE HIKE  
Saturday, October 30  
Time: 6:00 a.m.  
Rating: A  
Leader: Jayne Boudier — 793-3770  
These two almost-High Peaks rule northwest of Lake Placid, and have 360-degrees worth of ledge views between them. Approximately 13 miles, and 3,000 ft. ascent (if we do both), at as moderate a pace as possible. We may do a side trip to Loch Bonnie on the way down.

*YMG* — AVALANCHE PASS HIKE  
Sunday, October 31  
Time: 7:00 a.m.  
Rating: B+  
Leader: Jonathan Lane — 744-4594 or saratogahiker@infogorp.com  
This hike is said to be one of the most spectacular hikes in all of the Adirondacks, so we will take our time and enjoy it! “Hitch-up Matildas” here we come! Round trip distance is about 10 miles without much elevation gain. Moderate pace. Rain will cancel.
*YMG* — TREADWAY MOUNTAIN HIKE
Saturday, November 6
Time: 7:00 a.m.
Rating: B+
Leader: Alison Darbee — darbeear@gmail.com
This will be another fast-paced hike for those who like to move!
We’ll hit the trail at the Putnam Pond State Campgrounds and also
take a side trail around Clear Pond on the way out, we’ll plan on
stopping for lunch at a lean-to near the pond as well. Approximate
round trip mileage 8.5 or so. Please e-mail leader by the Thursday
before the hike for full details and to sign up!

*YMG* — NOONMARK MOUNTAIN & DINER HIKE
Saturday, November 13
Time: 7:30 a.m.
Rating: B+
Leader: Jonathan Lane — 744-4594 or saratogahiker@infogorp.com
For anyone who has hiked up Noonmark Mountain before, you
know how incredible the views are! And if you haven’t been on top
of Noonmark, come enjoy the 360-degree views. We will head up
Round Mountain first, then make our way to Noonmark. After we
have had our fill of beautiful views for the day, we’ll go fill ourselves
up at Noonmark Diner before the ride home. Approximately 7
miles round trip; moderate pace. Rain will cancel.

BARTON HIGH CLIFFS LOOP HIKE
Saturday, November 20
Time: 8:00 a.m.
Rating: B+
Leader: Jayne Bouder — 793-3770
These spectacular “little known cliffs that range for 1/4 mile along
an unnamed mountain” were called Barton High Cliffs by Barbara
McMartin. They live in Hague, northeast of Brant Lake. We’ll do a
loop that gives us views as we cross the top, and then a look up the
cliffs as we pass below them on our way back. Less than 5 miles of
(comparatively) easy bushwacking, 800 ft. of ascent, at a moderate,
unhurried pace.

Pharaoh Lake
Wilderness Area News:

Have you hiked in the Pharaoh Wilderness Area? If
you haven’t what you will find are beautiful lakes and
ponds, quiet solitude, great backpacking, easy walking,
and delightful swimming. And when you come back, let
us know what you found. We are particularly interested
in flowers, animals, trail and lean-to conditions, and
just about anything notable either good or bad. Your
Glens Falls-Saratoga ADK Chapter has adopted the
entire Pharaoh Lake Wilderness Area.

Use this simple form as a guide to report back to us:

Unusual animals: _______________________________

Unusual plants: ________________________________

Trail conditions (blowdown, beaver activity, signs miss-
ing or incorrect, etc.): _________________________

Lean-to conditions: _____________________________

Other: _______________________________________

_____________________________________________

Please mail your report to:
Pharaoh Lake Wilderness Area
Glens Falls-Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, NY 12801

Our Chapter looking for artists.
If interested, contact
Jonathan Lane at 744-4594 or
saratogahiker@infogorp.com
Evening Paddle, June 1, Maureen Coutant, 13 participants
• We had a great paddle/picnic in the Spier Falls section of the Hudson. It was the first time in that area for some and the first time on a trip for others. Steve taught Gen how to use her paddle to spray other kayakers, but fortunately they were the ones who got the most wet! We scouted out the rocks and picked the best one for the picnic and shared food, stories and fun. Mike and Gen went swimming and then loaded up two big bags of garbage from the woods nearby and hauled them out. Participants: Gen, Jim and Mo Coutant, Ralph DeCristofaro, Mike George, Gerry and Lynn Hare, Ken Hughes, Licia and Steve Mackey, Maria Rawson, Alison Saville, Charlotte Smith.

Mo-Rodd Midweek Adventure, June 2, Maureen Coutant and Gary Rodd, 9 participants
• This week we hiked Buck Mountain from the backside. Surprisingly, no one had done it this easier way but the trip leader. The bugs weren’t bad at all, the weather was great, and the view spectacular as always. The pine pollen wasn’t as bad as last week, but you could actually see a line of it on the lake below. That was a first. Participants: Maureen Coutant, Diane Hurrt, Albina Ientile, Sarah King, Laurie LaFond, Gary Rodd, George Sammons, Sandi Sullivan, Kathy Taylor.

High Peak, Seymour, June 5, Alison Darbee and Joe Murphy, 9 participants
• We left Queensbury in a torrential downpour, complete with lightning and thunder, hoping for the best! We got lucky and drove out of the storm as we headed north to the Corey’s Road trailhead. By the time we hit the trail all sprinkles had stopped. The mist and clouds eventually departed as the day went on and we got a few dramatic views from the top. Sunshine accompanied us on the way down and out. Great group, and great attitudes even on our short scenic route experience! Thanks to all for a great day and congrats on another High Peak! Participants: Madeline Kowalik-Bova, Ray O’Connor, Brandon Myers, Helena Nevarez, Wayne Richter, Mike Stahl, Gary Wilcox, Joe Murphy, Alison Darbee.

Mo-Rodd Mid-week Adventure, June 9, Maureen Coutant and Gary Rodd, 8 participants
• This was the day of the tragedy in another part of Lake George where a kayaker was hit by a motor boat and drowned. We were paddling in the inlet and NW bay and only saw one boat while we were out. The main thing is that the motor boat saw us. After I found out about the accident, it made me thankful for our large groups and intentional planning to not be on the lake during busy times or in busy areas. It’s a beautiful lake, but you need to be careful and even when you are, terrible things can happen. I think we’ll all be a little more aware and careful due to this incident. Our trip was saved at the beginning by an Americader who had an extra paddle. We were unloading when we realized that in our effort to conserve gas, a paddle wasn’t moved to the car that had a kayak loaded onto it in the Panera parking lot! We paddled out to the bay, but didn’t make it to the point before the wind and waves came up. That was the point where we turned around and let the waves push us back to the inlet. Sarah also found some kayak geocaches along the way. Participants: Mo Coutant, Ely Fuller, Sarah King, Licia Mackey, Gary Rodd, George Sammons, Kathy Taylor, Bill Thomas.

High Peak, Dix from Route 73, June 13, Alison Darbee and Joe Murphy, 7 participants
• We left Queensbury with an overcast sky and passed through sprinkles on our way to the Round Lake trailhead. We had a slight mist in the air during our travels, and a very muddy hike. Can’t say that we had a view from the top, but we now know what it’s like to be in a cloud! Needless to say, a great group, a fine hike, and we even had a first time High Peak hiker in our group! Thanks to all for a great day and congrats on another High Peak. Participants included Madeline Kowalik-Bova, Terje Kuusk, Helena Nevarez, Dan Rammacher, Ryan Simko, Joe Murphy, Alison Darbee.

Monday Geocache, June 14, Maureen Coutant and Sarah King, 7 participants
• This month we did a “kayak” caching trip on Glen Lake. We found some in the “fen” (wetland) area and got to one spot that none of us had ever been. That’s the great thing about geocaching, it brings you to places you never knew existed or could access! Anyway, this spot was in a culvert under a bridge that looked like it was on or near the Great Escape. A few cars went over and they were probably thinking, how did those kayakers get there? Later three or four more caches were found on the lake section. Participants: Mo Coutant, Mike George, Sarah King, Licia Mackey, Becky Meath, Marjory Moeller, Don Thorn.

Evening Paddle, June 15, Maureen Coutant, 23 participants
• We continued the paddle/picnic theme from the last paddle, but this time on the section of the Hudson River just south of Hadley. We paddled up to the rocks and got out and
picnicked overlooking the water coming from the waterfall and through the chute up river. This time the super soakers were on hand. Steve and Gen were again the wettest but this time only Mike went swimming! Participants: Ray Bouchard, Nancy Citro, Gen, Jim and Mo Coutant, Ralph DeCristofaro, Sandy Deeb, Mike George, Judy Halstead, Ken Hughes, Morris (and Joey) Kopels, Licia and Steve Mackey, Joy Muller & Gary McCoola, Becky and Tom Meath, Andrew and Anne Paolano, Jim Ralston, Maria Rawson, George Sammons.

Mo-Rodd Midweek Adventure, June 16, Maureen Coutant and Gary Rodd, 24 participants
- This week the group went up Thomas. There was some talk of doing Cat, but the plan changed and everyone finished up before the rain started! Participants: Ralph DeCristofaro, Kelly Fletcher, Dianne Hurtt, Licia Mackey, Gary Rodd, Kelsey Ross, George Sammons, Kathy Taylor, Neil Van Dorsten.

High Peak, Mount Marshal, June 19, Alison Darbee and Joe Murphy, 8 participants
- We had good temperatures and a fun hike that included some deep mud pits on our way up to the top of Marshall. Participants: Madeline Kowalk-Bova, David Crouse, Seth Dunn, Susan Keely, Helena Nevarez, Rebecca Smith, Joanne Walczak, Alison Darbee.

Mo-Rodd Midweek Adventure, June 23, Maureen Coutant and Gary Rodd, 9 participants
- We had a nice paddle along the Schroon River between Exit 25 and 26, above the rapids and dam! We were thankful for the clouds which kept us from getting too warm. This was the first time doing the trip for many of us. We spotted cars so that we could just paddle with the current. Ahhhh. Participants: Mo Coutant, Charlie Czech, Mike George, Licia Mackey, George Sammons, Don Thorn.

Northville Placid Trail Wakely Dam to Lake Durant, June 26, Carolyn Cyr, 5 participants
- We opted to spot cars at Wakely Dam and hike from north to south, starting at Lake Durant. The trail and the weather were dry despite forecasts for rain. A stop at Stephens Pond and lean-to allowed time for snacks. Soon we joined the newly constructed trail completed by the ADK Trail Crew last year. We all enjoyed a delightful walk in the woods along the slightly rolling terrain. We felt a few sprinkles during lunch at the junction of two streams, just before an impressive new bridge. The day was completed by a short walk along Cedar River Road — now we have all officially completed this lovely section of the NP Trail. Participants: George Baranauskas, Carolyn Cyr, John Devine, Kendra Pratt, Gary Wilcox.

Evening Paddle, June 29, Maureen Coutant, 24 participants
- Wow! I can’t believe how many people hadn’t paddled the Feeder Canal, yet have lived in Glens Falls for quite some time! So, this turned out to be the night to give it a try! It didn’t hurt that we had plenty of daylight, water in the canal, and perfect weather. Except for one branch grabbing Mike’s hat and glasses, it was a great trip. Everyone seemed to enjoy this unique paddling experience and I hope they share the experience with a friend and do it again. Participants: David and Mary Alley, Kathy Bradley, John Caffry, Nancy Citro, Gen, Jim, and Mo Coutant, Charlie Czech, Sandy Deeb, Mike George, Beth and Steve Gruzler, Ken Hughes, Sarah King, Daisy and John, Becky and Tom Meath, Andrew and Anne Paolano, Gretchen Romanesko, Janet Stephens, Rudy Tomasik.

Mo-Rodd Midweek Adventure, June 30, Maureen Coutant and Gary Rodd, 8 participants
- We had great weather for our last outing. We did an easy hike up to the gazebo at Pilot Knob Lookout and had a little picnic and soaked up the sun. We all shared some goodies and headed down to the lake for a dip. It was actually too chilly for all but the kids on the trip. As I write this a week later we’re in the midst of a heat wave! What a difference a week can make! See everyone in the fall! Participants: Gen and Mo Coutant, Mike George, Kyra Lombard, Licia Mackey, George & Irene Sammons, Bill Schwarz.

Pillsbury Fire Tower, July 7, Alison Darbee, 8 participants
- Yes we hiked in the heat! We had hazy views from the top but a welcoming breeze greeted us on the tower landings. We learned some new flowers and bird songs along the way and I think all had a good time. Participants: Ray Bouchard Carolyn Cyr, Chris Curtin, Nathan June, Helena Nevarez, Jamie Newton, Marsha Noble, Alison Darbee.
High Peaks, Dial & Nippletop, July 10, Alison Darbee and Joe Murphy, 6 participants
• Despite the forecast for rain we headed out to a muggy climb up through Elk Pass to Nippletop and then over to Dial and out. Some things overhead or that happened on this hike: Is this the shoulder of Noonmark? Is this the shoulder? This is all bear den is? Now this has to be the shoulder ... I also think someone in our group may or may not have some use for Preparation H, and another could for sure use a shield from pooping birds! Thank you to #6646 for knowing and naming all the peaks on view from Whiteface on down the line! Joke telling and some good ribbing rounded out the day. Participants: Venus Webb, Rebecca Smith, Brian Lamos, Madeline Kowalik-Bova, Joe Murphy, Alison Darbee.

YMG — Fire Tower Challenge — Kane Mountain, July 10, Jonathan Lane, 4 participants
• A nice, easy hike with great company. The rain stopped earlier in the morning, so we were able to enjoy great weather for our hike. After taking in the beautiful views from the tower, we returned to the trailhead and headed for Sawdust Cafe, which was located near a large swamp and had a special of Steak and Frog Legs! None of us found out if they really taste like chicken. Participants: Dan French, Chandra Geremick, Jonathan Lane, Marsha Noble.

Treadway Mountain, July 17, Reg Prouty, 8 participants
• The blueberries were sweet, larger than usual and abundant as a cheerful eager group made their way to the beautiful summit of Treadway Mountain. As the people enjoyed a leisurely lunch the leader provided background music on his pocket trumpet. Participants: Jim Brown, Susan Keely, Terje Kuusk, Katie Pangia, Reg Prouty, Mickey Onofrietto, Joanne Walczak, Nancy Weber.

Nundagao Ridge, July 18, Ellen DuBois, 7 participants
• Conditions: Beautiful clear day with long range views of the Dix Range, the Great Range, Big Slide, Pitchoff, Cascade, Porter, the Jay Range and Whiteface. We maintained a steady, easy pace, stopping often on the rocky open sections to enjoy the varying views. Everyone seemed to enjoy the perfect weather and scenery. Participants: Fred Lieber, Steve Rodriguez, Sandy Yellen, Ray Boucher, Roxanne Weippert, Michael Marmar, Ellen DuBois.

St. Regis Fire Tower, July 21, Alison Darbee, 5 participants
• We started out with a beautiful sunny day and got off the mountain just as it started to thunder. The views were wonderful up top and we took a leisurely lunch break. I must say our group had some rather stimulating conversations pretty much all day, even when we stopped for vittles at the Noonmark Diner, the thought-provoking prattle did not stop! Thanks to all for making an enjoyable day! Participants: Carolyn Cyr, Sue Howard, Katie Pangia, John Synakowski, Alison Darbee.

Linsey Marsh, July 24, Rich Crammond, 4 participants
• We saw a mother Hermit Thrush with her little one. There were lots of wildflowers, red efts and many kinds of mushrooms along the trail. As we approached the open marsh, a female Mallard took flight. It was a fine day to be on the trail in the Adirondacks. My thanks to Liz, Gail and my son Rich for hiking along. Participants: Liz Gee, Gail Epstein, Rich E. Crammond, Rich D. Crammond.

Cascade Peak, July 31, Reg Prouty, 7 participants
• It was a great day to be on a High Peak with unlimited visibility in all directions, so clear we could see the fire tower on Hurricane and the weather station on Whiteface as well as Lake Champlain as clear as a bell with the naked eye. Seven climbers enjoyed the beautiful summit for over an hour while we waited for two of them to rejoin us from doing Porter. Kim, Heather and Jane added their first ever High Peak and Marianne did her first two in the same day. Roy added No. 2 and No. 3 as he did Porter with Marianne. Patriotic music — including both U.S. and Canadian National Anthems — was provided by the leader as well as selections from musical shows on the pocket trumpet. Participants: Jim Brown, Heather Capobianco, Marianne Hines, Jane Kana, Roy Hoffman, Reg Prouty, Roy Hoffman.

High Peaks, Street and Nye, July 31, Alison Darbee and Joe Murphy, 16 participants
We had a wonderful weather day and a large group! We got lucky as the river was down for easy crossing and we met some great people along the trail today as well. Participants: Terje Kuusk, Cole Hickland, Ken Tarullo, Carly Tarullo, Tom Ostrander, David Crouse, Jackie Cordell, Madeline Kowalik-Bova, Venus Webb, Brian Keech, Susan Keely, Helena Nevezar, Larry Chasnoff, Howard Chasnoff, Joe Murphy, Alison Darbee.
**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 **MINIMUM number for Outings is: 3 people, including the leader (4 in winter)** Panera Bread 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

* 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, 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 STRENUEUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (AND RECENTLY) AND ARE IN GOOD SHAPE AS NECESSARY FOR THAT OUTING.*

**Ratings**

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<th>Miles</th>
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*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. 2 of newsletter)

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**Program and meeting directions**

- **Carl’s Café Restaurant and Bar**
  Main Street and Interstate 87, Glens Falls, NY 12804 793-7676
  • EXIT 18 of the Northway. Turn EAST onto MAIN STREET. Carl’s is on the RIGHT.

- **Lake George ADK Headquarters**
  814 Goggins Road, Lake George, NY 12845, 668-4447
  • 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)

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**Chepontuc Footnotes**

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