



Chepontuc Footnotes

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

Chapter Officers Needed for 2013!

At the annual meeting each fall, chapter officers are elected to serve the chapter for the upcoming fiscal year.

We have vacancies for chapter chair and second vice chair. If you are interested in learning more about these positions please contact me or feel free to contact the people currently in these positions. All officer contact information is available on the second page of the newsletter or on the website under the Chapter info. Tab. The description of duties for all officers and elected positions is available in the chapter by-laws on the chapter website. There is

no prerequisite required for either position, only the willingness to serve as a leader for the chapter.

These positions have one year terms and nominations are due August 1st. Nominations and officer biographies will be published in the September - November chapter newsletter.

Please contact Laura Fiske, Second Vice Chair and Chair of the Nominating Committee at vicechair2@adk-gfs.org with any questions or nominations.



CAPTION THIS PHOTO CONTEST! Submit a caption to the above-photo to Jonathan Lane at ymg@adk-gfs.org by July 31, 2012 and win a prize!

Save the Date! Friday, October 26th

This year's Annual Dinner will be held at Lillian's in Saratoga Springs. We are honored to have award winning Adirondack singer, songwriter, and educator Peggy Lynn, as our entertainment for the evening. This year we are going to have a wonderful buffet with plenty of delicious options. We're also limiting the guests to 130 attendees, so get your reservation in as soon as you can!

Registration forms will be in the September-November Chepontuc newsletter and also available online at www.adk-gfs.org after Labor Day.

ADK puts the "Fun" in Fundraising!

By Maureen Coutant

Chepontuc Footnotes

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Glens Falls Saratoga ADK Chapter
Adirondack Mountain Club
PO Box 2314, Glens Falls, NY, 12801

Executive Committee Officers:

Chapter Chair Maureen Coutant

Phone: 745-7834 chapterchair@adk-gfs.org

First Vice Chair Tricia Lockwood

Phone: 275-6054 vicechair1@adk-gfs.org

Second Vice Chair Laura Fiske

Phone: 884-0345 vicechair2@adk-gfs.org

Secretary John Caffry

Phone: 798-0624 secretary@adk-gfs.org

Treasurer John Schneider

Phone: 584-8527 treasurer@adk-gfs.org

Directors

Jonathan Lane, Laura Fiske, Linda Ranado
Email for all directors: director@adk-gfs.org

Past Chapter Chair Heidi teRiele Karkowski

Phone: 585-7206 pastchair@adk-gfs.org

Committee Chairs:

Annual Dinner: vacant

Conservation Jacki Bave

Phone: 587-3754 conservation@adk-gfs.org

Education Linda Ranado

education@adk-gfs.org

Hospitality Gretchen Steen

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Young Members Group Jonathan Lane

Phone: 744-4594 ymg@adk-gfs.org

I hope you're all enjoying the summer. The ADK chapter takes a vacation as well. Our hike leaders still lead trips, but our monthly programs and Executive Committee meetings go on hiatus for July and August. It's nice to take a break every now and again. But, the Club is busy throughout the year. After finishing up the Black Fly Affair Fundraiser at the beginning of June, they turn their attention to organizing the Ididaride bike tour. This has become a popular ride with both serious and recreational bike riders



CHAPTER CHAIR Report

"It's nice to take a break every now and again. But the Club is busy throughout the year."

enjoying a beautiful 75 mile ride through the Adirondacks or the 20 mile course for those who don't want that much of a challenge. It's a great way to support ADK if you're a bike rider. I'm not, so I twisted my husband's arm to do it last year and I volunteered along the course. It was fun to help out with such a major event. The ride is in August and it's not too late to sign up to ride or help, go to adk.org to do so. Jim and I will see you there!

We have another unique fundraising opportunity coming up at the end of September. The Ragnar Relay is coming to our area for the first time and has chosen ADK to be the nonprofit that assists with the relay. The Relay is a really fun running event that has a

team of runners start in Saratoga on Friday and finish in Lake Placid on Saturday. The team switches running members throughout the night and into Saturday as they run north to Lake Placid. Ok, I'm not a runner and there's no way I could talk my husband into doing that one ... maybe if he could do a one mile section a few times? But, again this would be a fun event for a volunteer who wants to help at the water stations or any of the other areas.

It's a fundraiser for ADK since the Relay will pay ADK for each volunteer and the money gets split between the main Club and the Chapter. The Chapter will provide the volunteer with a thank you gift of some sort! So consider helping out. It helps ADK and it should be lots of fun. See additional info in the newsletter and save the date – Friday, Sept 28 – Sat, Sept 29th. (I think 4 hour volunteer shifts)

Come fall, the Chapter will be back in action and one of our main projects is to find my replacement! Plus a few other open positions. Come on people! Did I make it seem too hard? It's really not. We have an experienced Executive Committee with people willing to lend a hand and help out. See the nominating committee article in the newsletter and give Laura or me a call. We are glad to answer any questions. We need you!

New Zealand: Day Tramps, Paddles and other Adventures!



Long-time ADK member Judy Halstead will give a photo presentation and talk on the three-week-plus trip she and her husband, Jonathan Feinberg, took recently to New Zealand. Their many day hikes included the Tongariro Alpine Crossing (Tongariro National Park) where they encountered epic views of volcanic mountains Mt Tongariro and Mt Ngāuruhoe, which, together, played Mt Doom in *Return of the King: Lord of the*

Rings. Unique sights on this world-renowned trek include Red Crater and various lava formations. On other hikes, known as “tramps” in New Zealand, they travelled through rainforests to glaciers, waterfalls or lakes.

Judy and Jonathan’s paddling trips included the spectacular secluded beaches and islands of *Abel Tasman* National Park and views of vineyards and mountains from Lake Wanaka, New Zealand's fourth largest lake. The largest and most isolated of the 14 national parks in New Zealand, Fiordland National Park, a World Heritage Site, has truly stunning scenery. Unique fauna, such as the threatened Fiordland crested penguin, inhabit the fiords, rocky coasts and towering cliffs of Fiordland National Park. Jonathan’s favorite part of the trip was paddling amongst the waterfalls, islands and clouds of mist in Doubtful Sound. Judy will also share photos of New Zealand’s tallest mountain, Aoraki Mount Cook (on a rare clear day!) and report on the status of Christchurch a year after the February 2011 6.3 earthquake.



Judy, an ADK member since 1980, is Professor of Chemistry at Skidmore College. In addition to chemistry, Judy also teaches environmental studies courses. She and her research students recently concluding the study, *A Statistical Analysis of Water Chemistry Parameters, Land Use Patterns and Geology in the Kayaderosseras Creek Watershed*.

Program

New Zealand: Day Tramps,
Paddles and other Adventures

When: 7pm Sept. 20
What: Presentation

Where: Saratoga Springs
Library

2013 Chapter Winter Weekend at Heart Lake

The Chapter will hold its 2013 Winter Weekend at the Wiesel Trails Cabin at Heart Lake from Friday, March 15, 2013 to Monday, March 18, 2013.

From the cabin, we will be able to cross-country ski and snowshoe to 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. Saturday and Sunday Dinners and breakfast coffee are included in the price. The Wiesel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 persons in four four-person bunkrooms.

In many of our past years, we have had one or more persons finishing their Winter 46 during this weekend. We may possibly have another finish that quest!

The rate for the weekend should be no more than \$110 per person, if we fill all 16 spaces.

To reserve your spot, send your deposit of \$110 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, we must find new volunteers to plan and execute dinners. The kitchen is quite small, and if all of us made our own dinners, this would cause quite a bottleneck. Thus, we are looking for volunteers to handle this important part of the Weekend.

Do not wait until the last minute to make your reservations. The past few years, we had a number of persons who thought they were registering early enough, only to find out that the reservations were full, and they had to be wait-listed.

Enjoy your summer, but think of the Chapter Winter Weekend 2013.

Finally, this will be the last time John Schneider will be coordinating this event, having done this for the past 23 years. It is time to turn this over to another Chapter member who wished to continue this rich tradition of a Glens Falls-Saratoga Chapter Winter Weekend in the Adirondacks. Let me know if you have an interest in taking this on.

Executive Committee Meeting Minutes Synopsis

Minutes from April 4, 2012

Wilderness Chair Jim Schneider is working on getting the **Club's firetower book** updated. He will meet with Jack Freeman, the author of the first edition of the book, to discuss this. He is trying to work with the DEC forester to get the trails on Tongue Mountain marked better. He would like to have ADK lead hikes for his school, but there are liability issues to work out before this could be done.

Hospitality Chair Gretchen Steen discussed the annual Raptorfest, which was recently held in the Fort Edward Grasslands. The event was very well attended, and the Chapter got many visitors to its table and new members joined.

Conservation Chair Jacki Bave reported receiving thank you letters for many of the Chapter's donations.

Bill Bechtel said that he would like ideas for newsletter artwork.

Director Jonathan Lane reported that the Club Board adopted a new policy that PFDs must be worn on all paddle trips, due to insurance requirements and minimum outings group size of 3 is now recommended, and 4 in the winter. Records of outings must be retained for 3 years.

Chair Mo Coutant presented a draft policy for approving links to the Chapter's website. She also reported on the Annual Dinner, which she is organizing due to the lack of a committee chair. The event will be held on October 26th at Lillian's in Saratoga, which seats 150+. It was agreed to try the buffet option, rather than the plated dinner options.

NEW MEMBERS

GF/S Chapter

March 2012

Carolyn & Ray Ahearn, Lake Luzerne
Mir Subhan Ali, Gansevoort
Janet Altamari, Tomball, Texas
Sharyl Backus, Schuylerville
Bill Barton, Johnsonville
Kelly & Rebecca Belenchia, Voorheesville
Christina Bunker, Gansevoort
Lawrence Callahan, Rexford
John Coonradt, Latham
Linda Dalton, Clifton Park
Edmond & Penny Dereocker, Ballston Spa
Lela Doyle & Mark Graber, Saratoga Springs
Richard & Judy Ebeling, Lake George
Skip & Ann Gifford, Scotia
John & Colleen Hadley, Ballston Spa
John Hill, Saratoga Springs
Anita & Robert Hodson, Newark, Delaware
Robin, Lou Horton & Sawyer Cresap, Delmar
Walter & Patricia Howard, Saratoga Springs
Robin Hoy, Newtown, Pennsylvania
Merry Huber, Ballston Spa
Brian Jacobs, Queensbury
Kevin Johnson, Clifton Park
Peter Karp, Ballston Spa
Robert Kruger, Saratoga Springs
Mary Marocco, Clifton Park
Rose & Tom McKee & Dawson Bishop, Loundonville
Spencer & Sara Montgomery, Glens Falls
David Nichols, West Ruper, Vermont
David Paddock, Lake George
Scott Patten, Lake George

Michelle Dellafave, James, Madison, Lindsay, Coleman, Regan & Charlotte Perella, Ballston Spa
Robert Ropell, North Babylon, New York
Tara Eaton, Jeremy & Miles Tensen, Saratoga Springs
Charissa Tucker, Hudson Falls
Patricia Valenza, Ballston Spa
Steve Weinstein, New York, New York
Brenda Williams, Cohoes
Randall Woessner, Niskayuna
Rob Young, Saratoga Springs

Rejoined Members

Scott, Leslie, Ryann & Reese Anderson, Ballston Spa
Peter & Daniela Belikis, Queensbury
Lynda & David Constantine, Saratoga Springs
David Doyon, Saratoga Springs
Terry Hawthorne, Ballston Spa
Robert Henckel, Queensbury
timothy, Patti, Chris & Ali Pehl, Saratoga Springs
Mike & Mikayla Pinto, Glens Falls
Terry, Becky & Connor Tremblay & Jamie Sweeney, Saratoga Springs

April 2012

Claudia, Ryan, Sue & Reed Braymer, Glens Falls
Adam Bussert, Saratoga Springs
Bryan, Ashton & Nevach Dachel & rose Pelcher, Stony Creek, New York
Susan Dressler, Johnsonville, New York
Edward & Kim Fischler, Lake George
Bryan Gerhardt, Ballston Spa
Joanna Grimes, Glenville
Lucy Harlow, Wilton
tom Harris, Ballston Spa
Michael Lamore, Corinth
April Lynch, Charlie, Ethan, Duncan, Lillian Bain, Darby & Riley Guay, Put-

nam Station, New York
Laura McNeil, Ballston Spa
Mark Meinrenken, Glens Falls
Richard Mersereau, Corinth
Christopher Montalbano, Ballston Spa
Linda Palombi-Quay & Glen Quay, Saratoga Springs
Patrick & Susan Reilly, Saratoga Springs
Tammy & Keegan Reyne, Saratoga Springs
Brian Russell, Gansevoort
Patrick, Allison & Amanda Ryan, Wilton
Sid, Stacey, Sydney, Jonah & Bradley Sadowski, Troy
Holly, Odin, Kodi & Sierra Traver, Ballston Lake
Bo Walsack, Marlboro, New Jersey

Rejoined Members

Susan Atwell, Ballston Spa
Regine Brate, Clifton Park
James T. Brown, Ballston Lake
Jason Chiumento, Ballston Spa
Cathy Corrigan, Saratoga Springs
Tim Demers, Saratoga Springs
Jeanne Holm, East Greenbush
David, Jolie, Rhianna & Ryan Honey, Warrensburg
Holly Hutchinson & David Ardizzone, Crawfordville, Florida
Kenneth G. Johnson, Buskirk
Susan Keely, Glens Falls
Randy Kneer, Cropseyville
Gary LaBella, Malta
Sonja Martinson, Fairlee, Vermont
David & Kathleen Ofiara, Saratoga Springs
Fran Sloatman, Lake George
Jan & Douglas Stephens, Glens Falls
Suzanne S. Walpole, Queensbury
Linda M. Zoller, Clifton Park

Thank you to Chapter member Bob Aspholm for creating a beautiful [Adirondack chair](#) that the Chapter purchased to donate to ADK's Black Fly Affair fundraiser! This is the second Adirondack Chair that Bob has painted for fundraisers. Last summer, his Algonquin chair was on display in downtown Glens Falls until auctioned off and won by very happy chapter members Gary and Shar Rodd. If you're interested in having Bob paint your favorite peak, email chapterchair.adk-gfs.org and we'll put you in touch. To see the chair, go to our website! www.adk-gfs.org

RAGNAR RELAY, the overnight running race, is coming to the Adirondacks! The relay starts at the Saratoga Spa State Park, skirts along the Hudson River, passes through the Lake George region, up the southern side of Lake Champlain and ends in Lake Placid. GREAT NEWS ~ ADK has been selected as the "Charity of Choice!" Organizers estimate 100 volunteers are needed. **RAGNAR will pay ADK \$100 for every volunteer we provide, which will be split 50/50 with the ADK Chapter who provides the volunteers.** Please let Maureen Coutant know if you'd like to volunteer for the Glens Falls-Saratoga Chapter @ chapterchair@adk-gfs.org For more information, visit <http://www.ragnarrelay.com/race/adirondacks>.

By Linda Rinado,
Education Chair

At the end of April, Bob and Nancy Buckley and I had the pleasure of leading scavenger hunts for the Glens Falls YMCA's "Healthy Kids Days." About 40 participants joined us as we followed a trail through Cole's Woods and, with identification sheet and check off list in hands, spotted and called out the names of varied flowers and other assorted plants. The kids learned quickly, amazingly pointing out repeated appearances of such flora as trillium, honeysuckle, skunk cabbage, partridge berry and many more as we continued on. I hope they had as much fun as we did!

As you are reading this, our summer sponsorships should be making plans and heading off to Camps Colby and Pack Forest or up to the Adirondack LOJ to prepare for hands on lessons in trail maintenance. I wish them a good time and look forward to hearing from them.

As usual, feel free to contact me at education@adk-gfs.org if you wish to help out or have an event we can help you out with.

Pharaoh Lake Wilderness Area News:

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

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

Unusual animals: _____

Unusual plants: _____

Trail conditions (blow-down, beaver activity, signs missing or incorrect, etc.): _____

Lean-to conditions: _____

Other: _____

Please mail your report to:

Pharaoh Lake Wilderness Area

Glens Falls-Saratoga Chapter ADK

P.O. Box 2314

Glens Falls, NY 12801

CONSERVATION NEWS

By Jacki Bave

Saratoga Goes Green with Complete Streets Policy –

The City of Saratoga Springs has approved a Complete Streets Policy to promote and encourage access in the city for all modes of transportation, including motorists, pedestrians, bicyclists and public transit users. The city will now include features such as sidewalks, bike lanes, shared signage, crosswalks and bus pull-outs whenever designing or rehabilitating roadways. These features will enhance quality of life by reducing dependence on cars and on fossil fuels. In August 2011, a statewide Complete Streets bill was passed by the NY Legislature, and requires that such design guidelines be considered for any roadway receiving federal or state funding. Saratoga's new policy can be viewed on the city's website at www.saratoga-springs.org.

State Budget and Legislative Update – In the state's final budget for 2012, the Environmental Protection Fund (EPF) was set at \$134 million, which includes \$17.5 million for land acquisition and \$18 million for the Department of Environmental Conservation (DEC) stewardship projects. The EPF Enhancement Act of 2012, which was supported by ADK, was not adopted but may be held over for next year's budget. This proposal would have used all unclaimed bottle deposits to enhance the EPF.

On the legislative front, ADK participated in Earth Day, Lobby Day in Albany on April 25, 2012. The purpose of this lobby day was to urge state legislators to enact five bills which are critical for protecting our environment:

- 1) The Child Safety Products Act would protect NY's children from toxic chemicals by regulating the use of such chemicals in kids' products.
- 2) The Environmental Protection Fund Enhancement Act would direct unclaimed bottle deposits to the EPF to increase the resources available for various environmental projects.
- 3) The Global Warming Pollution Cap would cut 80% of climate-altering pollution by the year 2050.
- 4) The Fracking Hazardous Waste Loophole would ensure that all waste from gas drilling that contains hazardous chemicals be subject to hazardous waste regulations. Currently there are special exemptions that allow the gas industry to circumvent such requirements.
- 5) Solar Industry Development and Jobs Act would create jobs and invest funding in NY's solar energy industry.

Hundreds of New Yorkers turned out for this annual event, which ADK helped organize.

Outings and Programs Calendar [updated calendar on web site]

Date	Day	Type	Destination	Leader(s)	Rating
July					
1	Sun	Bushwack	Lost Gorge Rockhop	Jayne Boudier	A
1	Sun	Hike	Wright Peak	Bill Carpenter	A
7	Sat	Hike	YMG - Hadley Fire Tower & Summit Guide Welcome	Jen Shepherd	B+
8	Sun	Hike	Street & Nye	Lorraine MacKenzie	A
9	Mon	Geocache	Monthly Geocache	Sarah King, Maureen Coutant	NR
10	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
14	Sat	Hike	Santanoni, Couch, and Panther	Mike Fuller	A+
15	Sun	Hike	Montcalm Point Hike and Swim	Neal Van Dorsten	C+
15	Sun	Hike	Pitchoff Loop	Sandy Yellen	B+
17	Tue	Hike	Midweek Trip Spectacle Pond	Neal Van Dorsten	C-
21	Sat	Bike	Schroon Lake Loop Bike Trip	Neal Van Dorsten	B+
21	Sat	Hike	Grassy, Slim and Wilson Ponds	Rich Crammond	B-
22	Sun	Hike	Gothics and Armstrong High Peaks	Bill Carpenter	A
24	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
24	Tue	Walk	Midweek Trip Lake walk	Neal Van Dorsten, For Mo	C
28	Sat	Geocache	YMG - Geocaching	Jonathan Lane	C+
28	Sat	Hike	Giant Via Ridge Trail	Reg Prouty	A+
28	Sat	Paddle/Camp	Raquette Lake	Jayne Boudier	A
29	Sun	Hike	Phelps Mountain	Lorraine MacKenzie	A+
29	Sun	Hike	Peaked Mountain	Neal Van Dorsten	B+
August					
4	Sat	Hike	Allen Mt.	Mike Fuller	A+
4	Sat	Hike	Treadway Mountain	Reg Prouty	B
5	Sun	Hike	Moreau State Park Ridge hike	Judy Halstead	B
5	Sun	Hike	High Peak Hike to be determined	Bill Carpenter	A+
7	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
11	Sat	Hike	Bullhead Mt. Crash Site Bushwhack	Rich Crammond	B+
12	Sun	Geocache	YMG - Geocaching	Jonathan Lane	C+
18	Sat	Hike	Santononi and Panther Mountains	Lorraine MacKenzie	A+
19	Sun	Hike	Mount Marcy	Bill Carpenter	A
19	Sun	Hike	Cook Mountain *Family Friendly	Jill Gruben	C
21	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
25	Sat	Hike	YMG - Snowy Mountain Fire Tower	Jen Shepherd	A+
September					
4	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
5	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
8	Sat	Hike	YMG - Mt. Marcy	Jen Shepherd	A+
9	Sun	Hike	Whiteface and Esther High Peaks	Bill Carpenter	A
10	Mon	Geocache	Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
15	Sat	Hike	Aronld, Lillpad, Rock, Bear (eek!), Clear Pond	Rich Crammond	B
18	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
20	Thu	Program	New Zealand: Day Tramps, Paddles and other Adventures	Sarah King	NR
22	Sat	Hike	Giant and Rocky Peak Ridge Traverse	Mike Fuller	A+
28	Fri	Other	Ragnar Relay Volunteers	Maureen Coutant	D/C
29	Sat	Hike	Poke O'Moonshine	Reg Prouty	B-

Outings Schedule

LOST GORGE ROCKHOP - [Bushwack]

Sun, Jul 1, 2012, 7:00 am, Rating: A

Leader: Jayne Boudier - 793-3770

- The gorge is full of user friendly rocks, crystal pools, and waterfalls of all sizes. Later on in the woods is a large, smooth rock with great views. We will bushwack seven miles (half trailless) 1,100 ft. ascent, at a moderate pace. North Boquet River, Dix Mountain Wilderness.

WRIGHT PEAK - [Hike]

Sun, Jul 1, 2012, 7:00 am, Rating: A

Leader: Bill Carpenter - 793-5506

- For those who did Algonquin and Iroquois with me last year, you remember that we ran out of time so, this year, we are doing Wright. This hike will take about six-and-a-half hours and approximately seven miles. We may extend the hike. Call leader for details. Rain will cancel.

YMG - HADLEY FIRE TOWER & SUMMIT GUIDE

WELCOME - [Hike]

Sat, Jul 7, 2012, 7:00 am, Rating: B+

Leader: Jen Shepherd - 518-312-0133,

jshepherd501@gmail.com

- Most people don't know that several fire towers, Hadley being one of them, are staffed by summit guides for most of the summer. While Hadley is a very nice hike on it's own, I'd like to make this one a bit different. Let's welcome the new guide by bringing him/her extra water and non perishable food items (not a requirement to join the fun). We'll have a nice lunch on the summit and possibly explore the north side as well. Round trip is 3.6 miles with a 1,525ft. elevation change. Pace will be on the leisurely side, with plenty of opportunity for photos and rest breaks. Rain may cancel. Contact hike leader for meet location.

STREET & NYE - [Hike]

Sun, Jul 8, 2012, 7:30 am, Rating: A

Leader: Lorraine MacKenzie - 791-9794, otczone@aol.com

- Nye Mt stands only 3,895 ft tall but is part of the original 46 and still counts today towards the goal. Street does top the 4,000 foot mark by 166 ft. The total elevation gain will be approximately 2,300 ft over a distance of about 7.5 miles. Unlike many of the other high peaks, the summit consists of trees not bare rock so views are limited but like all the other hikes just being in the woods is fantastic! Rain cancels.

MONTHLY GEOCACHE

Mon, Jul 9, 2012, 9:15 am, Rating: NR

Leader: Sarah King - 798-0615, scubakings@roadrunner.com

Colead: Maureen Coutant - 745-7834 or

mojim@roadrunner.com

- Come join us on a trip to a preserve or mountain to look for the hidden caches that you can find by using a handheld GPS. If you don't have one, but want to help us look ... come along. The more the merrier! We generally stay within an hour of Glens Falls. Call or email Sarah for more details!

EVENING PADDLE

Tue, Jul 10, 2012, 5:30 pm, Rating: NR

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

- We generally paddle on rivers and lakes within 45 minutes of Glens Falls. The evening trips are scheduled to allow people to join us after work and enjoy the beauty at the end of the day. Starting in July, I'm back to my normal Tuesday evening pattern that I've done in prior years. But check the weather forecast and email or call a few days before a scheduled trip for more info. I reschedule if the forecast is threatening storms. NOTE: This year life jackets must be worn on all ADK trips. This is a new requirement from our insurance carrier.

SANTANONI, COUCH, AND PANTHER - [Hike]

Sat, Jul 14, 2012, 5:30 am, Rating: A+

Leader: Mike Fuller - 802-254-3314,

farmboy55@hotmail.com

- We'll hike Santanoni, Couch, and Panther. Bring plenty of food, water and bug dope. This is a big day; 18+ miles. We have plenty of daylight, so we'll stay together. If you are working on your 46, these are three to get with a group. Meet at Panera Bread at 5:30am. Please contact leader by the Thursday before the hike to sign up!

MONTCALM POINT HIKE AND SWIM

Sun, Jul 15, 2012, 9:00 am, Rating: C+

Leader: Neal Van Dorsten - 644-9453, nealvan@aol.com

- We will meet in Bolton Landing across from the Lakeside Lodge. Then we will go to Clay Meadows and hike the beautiful shoreline of Lake George to Montcalm Point, where we will have lunch and take a swim, then we will boat back to town to retrieve our cars. This is a great trip, and is offered only once this year.

PITCHOFF LOOP - [Hike]

Sun, Jul 15, 2012, time TBD, Rating: B+

Leader: Sandy Yellen - 584-2763

- By popular demand, I'm bringing this one back again. It has three peaks with gorgeous views in the High Peaks region. It's about 5.5 miles but seems longer because of the ups and downs. We will spot cars and start from the western trailhead. Call leader for details and to sign up.

MIDWEEK TRIP SPECTACLE POND - [Hike]

Tue, Jul 17, 2012, 9:00 am, Rating: C-

Leader: Neal Van Dorsten - 644-9453, nealvan@aol.com

- Midweek trip, in for Mo. We will hike along the a spectacular brook and magnificent woods to the Pond. This walk is truly breathtaking. Only about 2.5 miles round trip with easy walking, some slight ups and downs, and a stop at the Eclectic Adirondack Store. Meet at the parking area at Exit 24 around 9 am. Call or email to confirm.

SCHROON LAKE LOOP BIKE TRIP

Sat, Jul 21, 2012, 9:00 am, Rating: B+

Leader: Neal Van Dorsten - 644-9453, nealvan@aol.com

- We will meet at exit 24 for this very scenic and interesting bike trip. There is some terrain, but also lots of level stretches with plenty of water and mountain views. We will stop at the eclectic Adirondack Store for a snack and look around and then bike along the lake and back. This trip is roughly 27 miles and we will go at an easy pace, leaving no one behind. Email or call to sign up.

GRASSY, SLIM AND WILSON PONDS - [Hike]

Outings Schedule

Sat, Jul 21, 2012, 8:00 am, Rating: B-

Leader: Rich Crammond - 584-2380

- Meeting place: Grand Union, North Creek Village, Main Street. This is a 5.8 mile round trip hike. Let's stay cool in the lowland for these three Adirondack bodies of water. Some muddy areas and little elevation change. Please call leader for details and to sign up. This hike is in the Eagle Lake, Blue Mt. Lake area. We will carpool from the Grand Union in North Creek. See you there!

GOTHICS AND ARMSTRONG HIGH PEAKS - [Hike]

Sun, Jul 22, 2012, 7:00 am, Rating: A

Leader: Bill Carpenter - 793-5506

- Going in from Lower Ausable Lake, we will go up over Pyramid with some of the best views in the High Peaks, over to Gothics, then Armstrong and down the Beaver Meadow Trail. The hike is approximately 9.6 miles and eight-and-a-half hours. Rain will cancel.

EVENING PADDLE

Tue, Jul 24, 2012, 5:15 pm, Rating: NR

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

- See July 10th

MIDWEEK TRIP LAKE WALK

Tue, Jul 24, 2012, 9:00 am, Rating: C

Leader: Neal Van Dorsten - 644-9453, nealvan@aol.com

Colead: For Mo

- This is a nice walk around Lake Moreau. We will meet at Starbucks in Glens Falls at 9 am. We'll have great views and the opportunity to jump in for a swim if you wish. Allow a few hours to enjoy the many sights.

YMG - GEOCACHING

Sat, Jul 28, 2012, 7:30 am, Rating: C+

Leader: Jonathan Lane - 744-4594,

saratogahiker@infogorp.com

- Whether you're a geocaching novice, an experienced treasure hunter, or just looking for a nice, easy hike, this outing is for you! We will visit a nearby (within an hour driving time) park or state forest area and search for the geocaches hidden within. GPS units are recommended, but not mandatory. Contact leader for destination details and to sign up.

GIANT VIA RIDGE TRAIL - [Hike]

Sat, Jul 28, 2012, 7:00 am, Rating: A+

Leader: Reg Prouty - 518-747-9736,

reginaldprouty@yahoo.com

- Giant Peak via the Ridge Trail is one of my favorite climbs as the views are great all the way up if we take time to turn around at numerous locations on the overlooks on the approach. This hike will be an excellent opportunity for someone to add a peak or revisit a peak at a pace that will be comfortable for all. Round trip distance is six miles with a 3,050 feet ascent.

RAQUETTE LAKE - [Paddle/Camp]

Sat, Jul 28, 2012, 12:00 pm, Rating: A

Leader: Jayne Boudier - 793-3770

- July 28-9. We could camp at Big Island, or Tioga Point, and

explore the Marion River to the carry, or the Needles, or South Inlet to the falls (maybe even hike to the old Sagamore powerhouse). I'm open to suggestions. But later on, Sunday, St. Williams on Long Point is having their annual chicken barbecue, and I'll be going to there, for sure! We'll paddle eight - 10 miles, at a moderate, unrushed pace. Anyone who wants to only attend the barbecue might find us there between 1-4 p.m. on Sunday. There's a free ferry from Raquette Lake village.

PHELPS MOUNTAIN - [Hike]

Sun, Jul 29, 2012, 7:00 am, Rating: A+

Leader: Lorraine MacKenzie - 791-9794, otczone@aol.com

- Phelps Mountain was my first High Peak. It was a hot summer day that totally turned around by a thunder storm. A perfect example of the unpredictable Adirondack weather. I learned that bringing a change of clothing & rain gear was a must, as I had neither! We will be hiking at a moderate pace. The round trip mileage is a little less than eight miles with an elevation gain of 2,300 ft. Rain cancels!

PEAKED MOUNTAIN - [Hike]

Sun, Jul 29, 2012, 9:00 am, Rating: B+

Leader: Neal Van Dorsten - 644-9453, nealvan@aol.com

- This is an astonishingly beautiful hike, first along Thirteenth Lake, then a mountain brook, then along a pretty wetland and on to Peaked Pond. Finally, we will take a short steep trip up to the summit of Peaked Mountain for some spectacular views on the rugged and pristine woodlands. Anyone can have the option of waiting at Peaked Pond if they wish. Allow about four or five hours for this leisurely hike and bring a lunch. We will meet at the trailhead or call carpool from Bolton. Sign up early, as this is a popular hike.

ALLEN MT. - [Hike]

Sat, Aug 4, 2012, 5:30 am, Rating: A+

Leader: Mike Fuller - 802-254-3314,

farmallboy55@hotmail.com

- Legendary hiker Ron Lester coined this mountain, 'The Big Nasty.' Let's see if he is telling the truth. Anyone working on their 46 who would like to get this as a group should come along; the group will stay together. There is plenty of water along this route, leader will bring a filter. It is 18+ miles with 2,540 feet of vertical. The hike is relatively flat to Skylight Brook where we begin our climb. Bring plenty of food and bug dope. Meet at Panera Bread at 5:30am. Please contact leader by the Thursday before the hike for more information and to sign up.

TREADWAY MOUNTAIN - [Hike]

Sat, Aug 4, 2012, 8:00 am, Rating: B

Leader: Reg Prouty - 518-747-9736,

reginaldprouty@yahoo.com

- Treadway is a great little mountain to enjoy during mid summer when the blueberries ripen. With warm temperatures this Spring and ample rain they should be large and delicious. Treadway has views of the Pharaoh Lake Wilderness Area and Ticonderoga-Lake Champlain Region to the East of the summit. Ascent is only 900 feet from Putnam Pond and distance is eight miles round trip.

MOREAU STATE PARK RIDGE HIKE

Outings Schedule

Sun, Aug 5, 2012, 9:00 am, Rating: B

Leader: Judy Halstead - 583-2504, halstead@skidmore.edu

- After arranging a shuttle, we'll do a through-hike taking advantage of this great asset close to home. Plan on four to five miles of hiking with 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 meeting place details and directions.

HIGH PEAK HIKE TO BE DETERMINED

Sun, Aug 5, 2012, time TBD, Rating: A+

Leader: Bill Carpenter - 793-5506

- Call leader with your preferences. Some hikes will be required to have a co-leader.

EVENING PADDLE

Tue, Aug 7, 2012, 5:15 pm, Rating: NR

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

- See July 10th

BULLHEAD MT. CRASH SITE BUSHWHACK - [Hike]

Sat, Aug 11, 2012, 8:30 am, Rating: B+

Leader: Rich Crammond - 584-2380

- This hike is to an old airplane crash site well below the summit. Elevation change will be around 600 feet and about eight miles of hiking, round trip, from the Siamese Ponds Wilderness trailhead. Some thick foliage in some areas. Meeting place will be at the Grand Union, North Creek Village. Call leader to sign up. See you there!

YMG - GEOCACHING

Sun, Aug 12, 2012, 7:30 am, Rating: C+

Leader: Jonathan Lane - 744-4594,

saratogahiker@infogorp.com

- Whether you're a geocaching novice, an experienced treasure hunter, or just looking for a nice, easy hike, this outing is for you! We will visit a nearby (within an hour driving time) park or state forest area and search for the geocaches hidden within. GPS units are recommended, but not mandatory. Contact leader for destination details and to sign up.

SANTANONI AND PANTHER MOUNTAINS - [Hike]

Sat, Aug 18, 2012, 6:00 am, Rating: A+

Leader: Lorraine MacKenzie - 791-9794, otczone@aol.com

- This trip will be dependant upon my getting a co leader. It is an 11 mile, 2,400 elevation gain trailless peak. We will be summiting Santanoni first, then walking the ridge to Panther, down the brook and out Bradley Pond trail. Rain cancels.

MOUNT MARCY - [Hike]

Sun, Aug 19, 2012, 7:00 am, Rating: A

Leader: Bill Carpenter - 793-5506

- What can you say about Marcy, the highest peak in the state, the cloud-splitter with views among the best. Let's go have a great day in the mountains! It's approximately a 15 mile trip and about nine-and-a-half hours. Rain will cancel or change the day.

COOK MOUNTAIN *FAMILY FRIENDLY - [Hike]

Sun, Aug 19, 2012, 9:00 am, Rating: C

Leader: Jill Gruben, newsletter@adk-gfs.org

- This is an excellent, small mountain to climb in Ticonderoga with a pretty view of Lake George. We'll picnic at the summit. Little legs will find this rewarding should the blueberries be seasonally ready for picking along the way. The hike is approximately 3.3 miles RT. Contact Leader to sign up! Leader and husband hike with 5-year-old and two-year-old twins.

EVENING PADDLE

Tue, Aug 21, 2012, 5:15 pm, Rating: NR

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

- See July 10th -This paddle will be lead by a replacement to be named later since Mo will be on vacation!

YMG - SNOWY MOUNTAIN FIRE TOWER - [Hike]

Sat, Aug 25, 2012, 7:00 am, Rating: A+

Leader: Jen Shepherd - 518-312-0133,

jshepherd501@gmail.com

- Need another fire tower? Are you feeling ambitious? Apparently I am! Let's head up to the Snowy Mountain fire tower. Hike is 7.8 miles round trip with 2106ft in elevation change. Plan to bring plenty of food and water. Pace will be leisurely and moderate with time for photos and hydration breaks. We'll have lunch on the summit, explore or relax a bit, then head back down. Rain will cancel. Contact hike leader for meet location.

EVENING PADDLE

Tue, Sep 4, 2012, 5:15 pm, Rating: NR

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

- See July 10th

EXECUTIVE COMMITTEE MEETING

Wed, Sep 5, 2012, 7:00 pm, Rating: NR

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

- Executive Committee meeting at Carl R's in Queensbury

YMG - MT. MARCY - [Hike]

Sat, Sep 8, 2012, 6:00 am, Rating: A+

Leader: Jen Shepherd - 518-312-0133,

jshepherd501@gmail.com

- Lets hike the highest peak in New York State. Standing at 5,344ft and 14.8 miles round trip, Mt. Marcy is in my opinion an amazing hike. It's a long day but the summit views are well worth it. Hikers should be in good physical condition. Pace is moderate. Bring plenty of food, water and layers as the weather conditions on the summit can be unpredictable. To add to the fun, either wear or bring something silly for a unique group shot on the summit. This is optional of course. Rain will cancel. Contact hike leader for meet location or more details.

WHITEFACE AND ESTHER HIGH PEAKS - [Hike]

Sun, Sep 9, 2012, 6:30 am, Rating: A

Leader: Bill Carpenter - 793-5506

- If you are working on your High Peaks why do Whiteface

Outings Schedule

without Esther? Why do Whiteface? Your friends or your spouse or family can drive up and join us for lunch that they will happily bring and enjoy. Good views and good time. Just remember if your working on your 46 you can't ride back down. Approximately 12+ miles and about nine hours depending on how long we take for lunch. Rain will cancel.

MONTHLY MONDAY GEOCACHE

Mon, Sep 10, 2012, time TBD, Rating: NR

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

Colead: Sarah King - 744-9348 or

scubakings@roadrunner.com

- See July 9th

ARONLD, LILLPAD, ROCK, BEAR (EEK!), AND CLEAR POND - [Hike]

Sat, Sep 15, 2012, 8:30 am, Rating: B

Leader: Rich Crammond - 584-2380

- This hike will be approximately 11 miles with little elevation change. We will do a loop hike and there could also be some muddy areas. Meeting place: Severance Hill Trailhead parking area, Rt.9, Schroon Lake, Exit 28. Please call leader to sign up. See you there!

EVENING PADDLE

Tue, Sep 18, 2012, 5:15 pm, Rating: NR

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

- See July 10th

NEW ZEALAND: DAY TRAMPS, PADDLES AND OTHER ADVENTURES - [Program]

Thu, Sep 20, 2012, 7:00 pm, Rating: NR

Leader: Sarah King - 798-0615, scubakings@roadrunner.com

- Program to be held at Saratoga Public Library. Long-time ADK member Judy Halstead will give a photo presentation and talk on the three-week-plus trip she and her husband, Jonathan Feinberg, took recently to New Zealand. Their many day hikes included the Tongariro Alpine Crossing (Tongariro National Park) where they encountered epic views of volcanic mountains Mt Tongariro and Mt Ngāuruhoe, which, together, played Mt Doom in Return of the King: Lord of the Rings. Unique sights on this world-renowned trek include Red Crater and various lava formations. On other hikes, known as "tramps" in New Zealand, they travelled through rainforests to glaciers, waterfalls or lakes. Judy and Jonathan's paddling trips included the spectacular secluded beaches and islands of Abel Tasman National Park and views of vineyards and mountains from Lake Wanaka, New Zealand's fourth largest lake. The largest and most isolated of the 14 national parks in New Zealand, Fiordland National Park, a World Heritage Site, has truly stunning scenery. Unique fauna, such as the threatened Fiordland crested penguin, inhabit the fiords, rocky coasts and towering cliffs of Fiordland National Park. Jonathan's favorite part of the trip was paddling amongst the waterfalls, islands and clouds of mist in Doubtful Sound. Judy will also share photos of New Zealand's tallest mountain, Aoraki Mount Cook (on a rare clear day!) and report on the status of Christchurch a year after the February 2011 6.3 earthquake. Judy, an ADK member since 1980, is Professor of

Chemistry at Skidmore College. In addition to chemistry, Judy also teaches environmental studies courses. She and her research students recently concluding the study 'A Statistical Analysis of Water Chemistry Parameters, Land Use Patterns and Geology in the Kayaderosseras Creek Watershed.'

GIANT AND ROCKY PEAK RIDGE TRAVERSE -

[Hike]

Sat, Sep 22, 2012, 6:00 am, Rating: A+

Leader: Mike Fuller - 802-254-3314,

farmallboy55@hotmail.com

- Hike to Giant and Rocky Peak ridge traverse. This was my first Adirondack hike, and a favorite of mine. We'll spot cars in New Russia and Chapel Pond. Hike is around 11-12 miles. Bring plenty of food and water. Let's hope the leaves have some color in them and a clear day. Meet at Panera Bread at 6am. Please contact leader by the Thursday before the hike for more information and to sign up!

RAGNAR RELAY VOLUNTEERS - [Other]

Fri, Sep 28, 2012, time TBD, Rating: D/C

Leader: Maureen Coutant - 745-7834,

mojim@roadrunner.com

- Come support ADK by volunteering to help with the Ragnar Relay starting in Saratoga Friday and ending in Lake Placid Saturday! Four hour volunteer shifts are available. See newsletter article and website for more information.

POKE O'MOONSHINE - [Hike]

Sat, Sep 29, 2012, 8:00 am, Rating: B-

Leader: Reg Prouty - 518-747-9736,

reginaldprouty@yahoo.com

- We will carpool from exit 19 Panera Bread meeting inside at 8 AM. Poke O'Moonshine is a fire towered mountain between exits 32 and 33 of the Northway. Views are great of the Eastern Adirondack area. Round trip distance is 4.2 miles with 1,280 feet of ascent.

Receive Chepontuc via email!

Log on to

www.adk-gfs.org

Tuesday Outing Tue, Apr 3, 2012, Maureen Coutant

- We had a great trip up the trail from the Lake George Rec. Ctr. to the top of Prospect. You start from a higher elevation than from the trail in the village and it's not as eroded, so it makes for an easier hike. Although you do miss walking over the Northway and waving to the cars. Thanks to Steve Gray for leading the front group! 20 Participants: Sue Atwell, Mo Coutant, Coral Crosman, Steve Gray, Sue Howard, Joe and Ginger Kelterborn, Sharon Lamb, Marsha LaPointe, Dan Lombard, Licia and Steve Mackey, Lori McCarron, Kendra Pratt, George Sammons, John Schneider, Klaus Sommerlatte, Marti Townley, Neal Van Dorsten, and Deb Wood.

Tuesday Outings Sun, Apr 8, 2012, Maureen Coutant

- This week we took a short walk through the Wilton Wildlife Preserve. We saw the firetower, the camp area, and walked the trails. It was great to be out and the forecasted rain never came. 10 Participants: Mo and Gen Coutant, Coral Crosman, Larry Fox, Steve Gray, Ginger and Joe Kelterborn, Licia Mackey, Bill Schwarz, and Deb Wood.

YMG - Adirondack Quest - Leader's Choice Sat, Apr 14, 2012, Jonathan Lane

- This was a beautiful day with a great group of fellow hikers on a journey to Moose Mountain Pond. The trail was very pleasant and led us to a great lookout over the pond. We saw some pretty flowers and multiple snakes along the trail. 13 Participants: Bill Barton, Rich Crammond, Erica Halbrook, Fatima Hammed, Debbie Hummel, John Kodjak, Jonathan Lane, Rachel Luch, Jen Shepherd, Klaus Sommerlatte, Majde Takieddin, Yan Ny Tan, and Ravi Verma.

Monthly Monday Geocache Mon, Apr 16, 2012, Sarah King and Maureen Coutant

- We finally did the ridge trail between Cat and Thomas Mtns. We heard it was challenging and expected to walk on a slope and over blowdown the whole time. It didn't turn out to be the case at all. We all really enjoyed the trail and maybe stepped over one tree the whole day. We found all the caches but one, which we think a moose stole since there were signs of moose in the area. The heat on this day was our biggest challenge. 4 Participants: Mo Coutant, Steve Gray, Sarah King, and Licia Mackey

Tuesday Outing Tue, Apr 17, 2012, Maureen Coutant

- This week we hiked French Mountain with landowner permission (of course!). It was the first time up for some. We enjoyed the view and snack on the lookout. We hunted for garbage on the way down the trail as part of our early Earth Day good deed. We didn't find much, so we took a side trip to the old Great Escape billboard and picked up garbage there ... and at least one tick! Be careful out there! We see ticks on us after hikes all through the Glens Falls-Saratoga area. 13 Participants: Sue Atwell, Andrea Chartier, Mo Coutant, Coral Crosman, Steve Gray, Ginger and Joe Kelterborn, Peggy Knowles, Licia Mackey, George and Irene Sammons, Deb Wood, and Marie Yurenda.



Photo by Rebecca Starks

Family-friendly Saratoga Spa Park Hike Sun, Apr 22, 2012, Jill Gruben

- The weather held for an enjoyable brisk walk in the woods! A gregarious group touched bark, moss, mushrooms, and holes in trees made by woodpeckers. We pointed out tiny purple flowers, held onto sticks, and excitedly crossed bridges. A highlight of the hike was wading in a pond created by a downed tree! There was a lot of giggling and smiling. And for Earth Day, we picked up trash along the way! This was a fun day! 27 Participants: Ed and Griffin Spickler; Jonathan, Elizabeth, Isabelle and Matthew Litts; Pamela, Jeremy and Cortland TenEyck; Marloe, Stephen, Abigail and Katie Davis; Jennifer Trudeau-Brown, Michael Brown and Alexandria Brown; Rebecca and Sage Starks; Richard and Elliot Youmans; Nancy and Clara Ohlin; and Michael, Jill (Gruben), Adam, Maya and Ian Rubinstein.

Tuesday Outing Tue, Apr 24, 2012, Maureen Coutant

- We actually did this trip on Thursday to get better weather. It had been a long time since I'd been to the Bog Meadow Trail in Saratoga. The trail takes you along an old railroad track that was converted to a trail. The water in some areas was threatening to come up and over the trail, but it was in great condition and fairly dry that day. We enjoyed the viewing platform and the bog! Some, more than others, enjoyed seeing a big water snake along the trail! 12 Participants: Susan Atwell, Mo Coutant, Karen Darfler, Barb and Randy Glenn, Steve Gray, Eric Krantz, Bob Powell, George Sammons, Bill Schwarz, Laurie Williams, and Marie Yurenda.

Prospect Mountain From The South Sat, Apr 28, 2012, Reg Prouty

- Ten able hikers reached the summit of Prospect, after a couple of unplanned side trips, by lunch time. Visibility was so good we could see the Corning tower in Albany with the naked eye. After a relaxing lunch we caught the herd path short-cut that Jack Freeman suggested to the State years ago and were finished by early afternoon. 10 Participants: Reg Prouty, Peter Bishop, Bill Carpenter, Rob and Rachel Bedore, Yan Ny Tan, Margie Litwin, Sharon Zaccari, Susan Kearing, and Jamie Hayes.

Trip Reviews

French Louie Grave Site Plus Panther Pond and Jessup River Trail (unmaintained) Sat, Apr 28, 2012, Rich Crammond

- This was a hiking day to remember! Every hiking bud did their part to make this a successful destination outing. We had to do some scouting along the way, but we all got there and back safely. A big thank you to everyone. Highlights of this hike were seeing Dug Mt. Falls, French Louie's grave site, bushwhacking to Jessup River and helping hands from Mark Janey, Jayne Boudier, Jean Holcomb and everyone else. (It just doesn't get any better). Hiking with Rich was a real plus to! 8 Participants: MaryAnn Moran, Jean Holcomb, Jayne Boudier, Jen Shepard, Mark Janey, Erica Halbrook, Rich Cammond Jr. and Rich Crammond Sr.

Bike trip Glens Falls to Schuylerville and back Sun, Apr 29, 2012, Steve Mackey

- This ride was a nice distance; we got a good workout, but didn't overdo it. We biked south along the Hudson on West River Road on the way down, and then took Route 32 on the way back. We took a break at the Saratoga Monument in Schuylerville, but unfortunately it wasn't open. On the way by Butler Road, we stopped and visited my old friend "Donny day-off," on his dairy farm near Bacon Hill. We had a 'bit' of a head wind on the way home, but "if it doesn't kill you, it makes you stronger." 2 Participants: Jim Coutant and Steve Mackey.

Tuesday Outings Tue, May 1, 2012, Maureen Coutant

- On this trip we hiked Hadley Mtn at about the same time as the Crooked Canes group. So we mixed and mingled and had a chance to get other hiking ideas. We were on a hunt for the white trillium, but didn't see them that day. We did see plenty of other wildflowers and explored a section on top of Hadley called 'the garden.' Steve Gray gave us new information about that area and other little known Hadley history. It's good to go with a group and learn from others! 10 Participants: Sue Atwell, Jerry and Nancy Burke, Mo Coutant, Steve Gray, Sue Howard, Eric Krantz, Sharon Lamb, Licia Mackey, and Marie Yurenda.

Spring Bird Walk – Wilton Wildlife Preserve & Park Sat, May 5, 2012, Rich Speidel

- We observed two colorful birds right from the start: a rose-breasted grosbeak over the parking lot and Baltimore oriole near the pond. Another highlight came later, when we followed a ringing song to its source at a small woodland pond. After looking for a few minutes, we discovered the musician – a Louisiana waterthrush. This uncommon warbler comes to us from Mexico and Central America. Other notable sightings were kingbird, black-throated green warbler, and pine warbler. A great view of New York's official bird--the eastern bluebird--capped off a fine morning afield with 40 species identified. 8 Participants: Patricia Brennan, Kathy Bryant, Fran Herve, Mark Janey, Gail Lansing, Licia Mackey, Edna Van Dorsten, and Rich Speidel.

Birding on the LGLC's Last Great Shoreline & Gull Bay Preserves Sun, May 6, 2012, Laurie LaFond and Licia Mackey

- We stopped briefly before the kiosk for the Last Great Shoreline. We spotted a pair of Wood Ducks, a Kingfisher, Northern

Oriole, Killdeer, et al. We were thrilled to have decent views of six warblers, two vireos, the Great Crested Flycatcher, and Yellow Bellied Sapsucker, on the blue trail. When the woods were quiet, Foam Flowers, Gaywings and Columbine entertained us. An opening in the canopy and at the trails-end lake view afforded a glance at a Loon, flying gulls, Turkey Vultures and a Northern Harrier. At noon we headed south for a beautiful picnic overlook, on a spur of the rookery trail. There were 31 heron nests. Adults were watching over nests, turning eggs, incubating, or flying out for food. No little babies' heads were popping up yet. Eastern Kingbirds and Tree Swallows flitted about. A Red Shouldered Hawk flew near briefly. Thanks to all eyes and ears we identified 42 species. 7 Participants: Carmelita DeCicco, Paul Dietershagen, Ely Fuller, Steve and Licia Mackey, Stewart Brown, and Laurie LaFond.

Monthly Geocache Mon, May 7, 2012, Sarah King and Maureen Coutant

- For this month's geocache hunt, we returned to the Shelving Rock Mtn area. This time Licia came armed with her ADK map and we were glad that she did. After finding the caches and being on trails we never before explored, we decided to try to loop around back to our car without backtracking on the route we came up. Between the GPSs and the map, we did it, but I think everyone had their doubts and thought we might wind up on top of Erebus! 5 Participants: Mo Coutant, Steve Gray, Sarah King, Licia Mackey, and Brian Nichols.

Tuesday Outing Tue, May 8, 2012, Maureen Coutant

- This week we walked along the trails in the Skidmore North Woods. We always try to go in May to enjoy the variety of wildflowers that can be found here. We didn't see many white trillium, but we did see some Mayapple, Canadian Mayflower, foam flowers and many others. Afterwards, we headed downtown for a coffee and bite to eat. 10 Participants: Sue Atwell, Mo Coutant, Anita Dingman, Steve Gray, Eric Krantz, Licia Mackey, George and Irene Sammons, Bill Schwarz, and Jan Stephens.

Camp Saratoga in Wilton Wildlife Preserve Sat, May 12, 2012, Reg Prouty

- We met at the parking lot on Scout Road in the Town of Wilton's Camp Saratoga. First we headed north on some of the New Karner Butterfly habitat trails and witnessed several species of butterflies including the New Karner. Then we crossed the road and investigated some of the loops near the pond and ending up meeting one of the fire tower volunteers at the base of the tower. He gave us a great history of the fire tower, Camp Saratoga, and the families who made it possible. 4 Participants: Reg Prouty, Catherine Corrigan, Stewart Brown, and Mary Ann Moran.

Spring Bird Walk – Pack Forest, Warrensburg Sat, May 12, 2012, Rich Speidel

- Sunny, warm weather made for a pleasant outing and a variety of birds. We first visited the old growth pine-hemlock forest and had a fine view of a Blackburnian warbler and its orange "fire throat." A pair of loons were on Pack Forest Lake, along with a great blue heron and two kingbirds near the shore. Other highlights included good numbers of least flycatchers, a pair of solitary (blue-headed) vireos, and magnolia and yellow-

Trip Reviews

rumped warblers. Thanks to our combined group effort, 35 species of birds were identified. 7 participants: Charles Bergmann, Ania Gaguine, John Good, Mark Janey, Licia Mackey, Terry Peek, Rich Speidel.

YMG - West Kill - Catskill High Peak Sun, May 13, 2012, Jonathan Lane

- What a great day in the woods! There was a possibility of rain, but fortunately we didn't see any. Black flies and ants were a little bothersome around the summit, but not enough to diminish the overall fun and enjoyable day. Ice cream was enjoyed on the return trip home. 12 Participants: Bill Barton, Joan Ferguson, Renee Ferguson, Erica Halbrook, John Kodjak, Jonathan Lane, Rachel Luch, Jen Shepherd, Rachel Sloan, Tommy Stanley, Majde Takieddin, and Joanne Walczak.

Evening Paddle Thu, May 17, 2012, Maureen Coutant

- We started off the season with great weather for a paddle in the Glen Lake fen (wetland). It was a first for some of the paddlers. We managed to get close to the Great Escape and could have gone further, but decided not to try to go over the many beaver dams. The red-winged blackbirds sang for us and we saw a great blue heron and a few ducks and geese. Afterwards, half of the group had dinner up the road. 12 Participants: Dave Avigdor, Mo Coutant, Paul Dietershagen, Don Espey, Mary Ellen Lawler, Licia Mackey, Becky Meath, George Sammons, Kim and Scott Sopczyk, Don Thorn, and Greg Wait.

Mt. Adams Fire Tower Sat, May 19, 2012, Rich Crammond

- Blue sky, a minimal amount of bugs, good temperature, and nice people to hike with, you can't ask for anything more. This was a rugged outing for sure, but we all did well. Highlights were brown snakes along the trail, good fodder, wildflowers and sweet smelling balsam fir, splashing across the Hudson and Lake Jimmy, the great view from the tower cab, and Jen body dipping in the 'cold' Hudson, another rugged ADK Lady. Best of luck with her leading outings in the future! Thank you fellow hikers. It just doesn't get any better. 5 Participants: John Schneider, Jen Shepherd, Bill Barton, Karen Burka, and Rich Crammond.

ADK Headquarters Work Day Sat, May 19, 2012, Maureen Coutant

- Thank you to all that came out and helped with the workday this spring. This year there was a ton of gravel that the snowplow moved from the parking lot to the lawn! Our most difficult task was to move most of it back! It was a bit like a chain gang task and made raking seem easy! Thanks again to everyone!

Spring Bird Walk & Climb – Pack Forest, Warrensburg Sat, May 19, 2012, Rich Speidel

- We were blessed with ideal weather for watching birds; sunny and warm with calm wind. A singing white-throated sparrow in full view was an early highlight, along with a purple finch. Later we observed a pair of loons on Pack Forest Lake, a yellow-rumped warbler, and three kingbirds in a tree overhead. A scarlet tanager sang from a tree top as we started up Ben Wood Mountain. We were fortunate to see the male tanager's brilliant red plumage within the green tree canopy. Near the summit we had an amazingly long close-up of a hermit thrush, quietly holding in place several yards away. A clear view from the scenic overlook added to a nice day in the field, and 37 species of birds on our list. 7 participants: Gabe Bedore, Rob Bedore, Virginia Carluccio, Cathy Corrigan, Bruce Goodale, Mary Ann Moran, Rich Speidel.

YMG - Hurricane Mountain Fire Tower Sun, May 20, 2012, Jen Shepherd

- What a great day for a hike. It was sunny and blue skies all day. We encountered some mud, a snake or two, a lady slipper and did some puddle splashing along the way. Some of us did a little more puddle splashing than others even if it wasn't intentional! It was a beautiful yet hot day with a welcome breeze on the summit where Jon found his 100th geocache. Congrats Jon! An extra bonus to the day was swimming in Chapel Pond after the hike. Only three brave souls went completely into the cold water, myself included. 9 Participants: Ravi Verma, Jen Shepherd, Dakota Offenbacker, Krystal Tucker, Erica Halbrook, Bill Barton, John Whitney, Jonathan Lane, and Majde Takieddin.

Family-friendly hike to Pine Orchard Sun, May 20, 2012, Jill Gruben

- Two families enjoyed a path through the pines. We saw tons of toads! And they came in an array of colors. We also saw a few snakes. The black flies were out and nibbling, but not overly aggressive. Thank goodness! A good time was had by all! 8 Participants: Pamela, Jeremy and Cortland TenEyck, Michael, Jill (Gruben), Adam, Maya, and Ian Rubinstein.

WANT TO READ MORE TRIP REVIEWS?

adk-gfs.org/reviews.generic.php

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Sign Up

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to call may result in not knowing about cancellations, rescheduled departures, etc. Guests are always welcome, but must also register! **PLEASE** be considerate when signing up for a trip. Advise the leader if you cannot make a trip so as not to impact others' plans. **Trips WILL BE CANCELLED if minimums are not met**, thereby affecting all parties. For safety, the MINI MUM number for Outings is: 3 people, including the leader (4 in winter) Panera Bread unless otherwise noted in the trip description. Be there and ready to depart at the posted time (directions below).

Meeting Place Information - Panera Bread

Northway Plaza, 820 Route 9, Queensbury, NY 761-6957/3
 • From **NORTHWAY (I-87)** Take Exit 19 and go east on AVIATION /QUAKER Road. Follow .5 mile to ROUTE 9/GLEN STREET. Turn North (LEFT) onto ROUTE 9, then right at the light into the NORTH WAY 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.

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!

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Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	8-12	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	5-8	5-6
C+	Fairly Easy	1,000+	5-8	4-6
C	Easy	Under 1,000	Under 5	Under 5

*Descriptions are only typical and can vary.

Ratings

Special Winter Needs

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants will 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/polypuro 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. New faces offer more varied outings while sharing their personal favorite destinations. Contact the Outings Chairs on page 2 for more information.

Programs and Meeting Directions

Chapter Programs and Meetings are held monthly, alternating facilities between Glens Falls and Saratoga Springs. Brief directions are below. More detailed information and maps can be found under Programs on the Chapter Web page: www.adk-gfs.org

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

From the South: Route 9 North. LEFT onto CHURCH STREET. RIGHT onto LAWRENCE. • **From the North:** EXIT 15 off of the Northway. RIGHT onto ROUTE 50 South. Continue onto VAN DAM STREET, RIGHT onto LAWRENCE STREET.

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

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

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

• **From Northway (I-87),** Take Exit 14 onto Route 9P North (Union Avenue). Proceed 1.5 miles, past three traffic lights to T-junction, RIGHT onto CIRCULAR 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 in to downtown, up to the main street. 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.



www.adk-gfs.org

Chepontuc Footnotes

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

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POSTMASTER: CONTAINS DATED MATERIAL.
PLEASE DELIVER PROMPTLY. THANK YOU.

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!

Reminder:

***Please include your
e-mail address when renewing
your membership!***

