Mt. Kilimanjaro and Beyond with Jean Quattrocchi

Journey to the Roof of Africa, Mt Kilimanjaro, on a seven day expedition. Along with the sights and experiences of this adventure, we will be taken on a safari in Tanzania. This will be followed by the visit Jean made to a Malawi village for which her students raised funds to purchase and install a lifesaving freshwater pump.
Partnerships
By John Caffry, Chapter Chair

High Peaks Trail Conditions:
Despite the warm winter, icy and snowy conditions remain prevalent in the High Peaks. For the foreseeable future, Chapter members should continue to be prepared for all types of conditions, regardless of what the weather is like at home when you set out. Just as important, when temperatures do rise, remember to stay off the highly erodible, higher altitude trails until the frost is out of the ground. Seek out alternative hikes during that period. Current trail information is available on the DEC website.

CHAPTER LEADERSHIP UPDATE: I am pleased to report two additions to our Executive Committee. Deb Donohue has agreed to be the new Newsletter Committee Chair and editor. This is her first issue of Chepontuc Footnotes as editor.

Steve Lashomb has taken over the Young Members Group and has wonderful ideas to foster the love of the Adirondacks in our young members. Dan Kane has moved up from the alternate director position to fill a newly created vacancy in our Director Positions. This is due to the fact that the Chapter’s membership has grown to the point where it now has three representatives on the main club’s Board of Directors. Dan is already very involved with the main club and should be a good addition to both the Chapter Executive Committee and the Board of Directors. The chapter still has openings for the Publicity Committee Chair and First Vice Chair positions. If anyone is interested in joining the Executive Committee, feel free to contact me, or to come to a meeting and see what it’s all about!

Lynda Lake with her granddaughter, Adrina and Kane. (See related story on page 3)
Fire Tower Challenge News  
By Kathi & Tim Noble

We are so excited to read the submitted Challenge stories every month! This month’s highlighted letter is from Christina Mabee. She commented in her letter, “This Challenge holds a strong bond with the memories I had with my mom.” Christina’s mom was her hiking partner and best friend. Due to an illness she was unable to complete the Challenge with only 2 towers left. The executive committee of the Glens Falls Saratoga Chapter has voted to award Christina’s mother, Lynda Lake, a Fire Tower Challenge patch posthumously. Christina is continuing this family tradition by hiking with her daughter, Adrina, and her pooch, Kane.

The following people are the most recent finishers of the challenge.
Congratulations to all of them for this great accomplishment!
Colleen Dolezsar, Delanson, NY
Kathleen Maguire Cornwall, Ontario, Canada
Terry Clement, Tupper Lake, NY
Crystal Davis, Schenectady, NY
Dan Petit, Schenectady, NY
Dean & Jeremy Tyrrell, Schroon Lake, NY
Christina Mabee, Scotia, NY
Lynda Lake, Scotia, NY
Margaret Varin, Clifton Park, NY
Kristen Taylor, Snyder, NY
Corenne Black, Cranberry Lake, NY
Romana Fiaschetti, Rome, NY

Way to go!

There were 4 completers of the challenge for the winter rocker:
Daniel Pekrol, Niskayuna, NY
Rebecca Nichols, Tribes Hill, NY
Francis Willis, Queensbury, NY
Thomas Penders, Queensbury, NY

Membership update  
By Pat Desbiens

January 2016 - New Members
Scott Anderson, Lake Luzerne
Jim, Alissa, Isabel, Emma & Bergen Caprood, Queensbury
Hillary Claggett & Robert Little, Saratoga Springs
Justin Driscoll, Middle Grove
Catherine Feck, Rexford
Travis Grossman, Albany
Greg, Ruth, Kaleigh & Aedan Hays, Schuylerville
Marlene Hurley, Queensbury
Kerri Ketcham, Gansevoort
Robin Leary, Saratoga Springs
Chris Round, Queensbury
Laura Sieme-Giordano, Cambridge
Claire Superak, Saratoga Springs
Katie & Mike Usher, Greenfield Center

Rejoined Members
George R. Cahill, Ticonderoga
Charles Harris, Queensbury
Helen Hokula, Catskill
Steven Joiner, Queensbury
James Kilduff, Kathleen O’Connor & Owen Connor Kilduff, Saratoga Springs
Bob, Lisa & Chris Reepmeyer, Saratoga Springs
Greg Schwake, Lake George
Shaleen, Christopher, Libby & Travis Stavers, Malta

February 2016 - New Members
Daniel Berheide, Saratoga Springs
Alexandra Besso, Gansevoort
Joanne & Jason Commissio, Argyle
Elizabeth Demarsh, Hudson Falls
Andrew LaRosa & Alexandra Wait, Saratoga Springs
Steven Lashomb & Kelly Coughlin, Saratoga Springs
Christopher, Lindsey, Clara & Tim Mann, Saratoga Springs
Kathleen McDermott, Queensbury
Jennifer Phoenix & Les Wright, Whitehall
Heather, Jason, Lansing & Wyatt Ward, Saratoga Springs
Jim & Laura Zwynenburg, Queensbury

Rejoined Members
Michael Brother, Pine Bush, New York
Corey & Bryan Dandaraw, Clifton Park
Karen & James Jones, Halely & Alison Kopacz, Wilton
Ron Leveille, Ballston Spa
Wanda Moccio, Indian Lake
Janice Prichett, Clifton Park
Linda Valerino, Malta
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Type</th>
<th>Destination</th>
<th>Leader(s)</th>
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<td>1</td>
<td>Sun</td>
<td>Hike</td>
<td>Hopkins Mountain</td>
<td>Wayne Richter</td>
<td>B+</td>
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<td>2</td>
<td>Mon</td>
<td>Geocache</td>
<td>Monthly Monday Geocache</td>
<td>Sarah King, Mo Coutant</td>
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<tr>
<td>3</td>
<td>Tue</td>
<td>Paddle</td>
<td>Tuesday Paddle</td>
<td>Mo Coutant</td>
<td>B</td>
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<td>4</td>
<td>Wed</td>
<td>Other</td>
<td>Executive Committee monthly meeting</td>
<td>John Caffry</td>
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<tr>
<td>4</td>
<td>Wed</td>
<td>Sunset Hike</td>
<td>Young Members: Sunset Hike</td>
<td>Stephanie Graudons</td>
<td>B-</td>
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<tr>
<td>5</td>
<td>Thu</td>
<td>Walk</td>
<td>Spring Bird Walk - Wilton Wildlife Preserve &amp; Park</td>
<td>Rich Speidel</td>
<td>C</td>
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<tr>
<td>7</td>
<td>Sat</td>
<td>Hike</td>
<td>Exploring Prospect Mountain</td>
<td>Bill Bechtel</td>
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<tr>
<td>7</td>
<td>Sat</td>
<td>Other</td>
<td>Lake George Property Workday</td>
<td>Mo Coutant</td>
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<td>10</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday Outing</td>
<td>Mo Coutant</td>
<td>NR</td>
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<tr>
<td>14</td>
<td>Sat</td>
<td>Hike</td>
<td>Cat and Thomas Mountains</td>
<td>Bill Bechtel</td>
<td>B+</td>
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<tr>
<td>15</td>
<td>Sun</td>
<td>Other</td>
<td>Executive Committee monthly meeting</td>
<td>John Caffry</td>
<td>NR</td>
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<tr>
<td>15</td>
<td>Sat</td>
<td>Sunset Hike</td>
<td>Young Members: Sunset Hike</td>
<td>Stephanie Graudons</td>
<td>B-</td>
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<tr>
<td>17</td>
<td>Tue</td>
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<td>Tuesday Outing</td>
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<td>May program</td>
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<td>21</td>
<td>Sat</td>
<td>Hike</td>
<td>Panther Gorge Lean-to</td>
<td>Mike Fuller</td>
<td>A+</td>
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<tr>
<td>21</td>
<td>Sat</td>
<td>Hike</td>
<td>Pilot Knob Peak</td>
<td>Bill Bechtel</td>
<td>B+</td>
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<tr>
<td>21</td>
<td>Sat</td>
<td>Hike</td>
<td>Lake Andrew</td>
<td>Rich Crammond, Jayne Bouder</td>
<td>B</td>
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<tr>
<td>21</td>
<td>Sat</td>
<td>Hike</td>
<td>Pole Pond Loop</td>
<td>Neal Van Dorsten</td>
<td>B-</td>
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<tr>
<td>21</td>
<td>Sat</td>
<td>Walk</td>
<td>Spring Bird Walk - Pack Forest, Warrensburg</td>
<td>Rich Speidel</td>
<td>C</td>
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<tr>
<td>22</td>
<td>Sun</td>
<td>Hike</td>
<td>Black Mountain- Fire Tower, loop</td>
<td>Bill Carpenter</td>
<td>B</td>
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<tr>
<td>24</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday Outing</td>
<td>Mo Coutant</td>
<td>NR</td>
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<td>25</td>
<td>Wed</td>
<td>Sunset Hike</td>
<td>Young Members: Sunset Hike</td>
<td>Stephanie Graudons</td>
<td>B-</td>
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<tr>
<td>28</td>
<td>Sat</td>
<td>Hike</td>
<td>Esther and Whiteface</td>
<td>Bill Morse</td>
<td>A+</td>
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<tr>
<td>28</td>
<td>Sat</td>
<td>Hike</td>
<td>Sleeping Beauty Mt.</td>
<td>Jack Whitney</td>
<td>B-</td>
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<tr>
<td>31</td>
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<td>Tuesday Outing</td>
<td>Mo Coutant</td>
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<tr>
<td>1</td>
<td>Wed</td>
<td>Other</td>
<td>Executive Committee monthly meeting</td>
<td>John Caffry</td>
<td>NR</td>
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<tr>
<td>4</td>
<td>Sat</td>
<td>Hike</td>
<td>Seward Black Fly Blood Drive</td>
<td>Mike Fuller</td>
<td>A+</td>
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<tr>
<td>4</td>
<td>Sat</td>
<td>Hike</td>
<td>Plane Crash Site, Cold Brook Trail, High Peaks Area</td>
<td>Rich Crammond, Jayne Bouder</td>
<td>A</td>
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<tr>
<td>5</td>
<td>Sun</td>
<td>Hike</td>
<td>Ampersand Mountain</td>
<td>Bill Carpenter</td>
<td>B+</td>
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<tr>
<td>5</td>
<td>Sun</td>
<td>Hike</td>
<td>Amy's Park - RTL</td>
<td>Lorraine MacKenzie</td>
<td>C+</td>
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<tr>
<td>6</td>
<td>Mon</td>
<td>Geocache</td>
<td>Monthly Monday Geocache</td>
<td>Sarah King</td>
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<tr>
<td>7</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday outing</td>
<td>Mo Coutant</td>
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<tr>
<td>11</td>
<td>Sat</td>
<td>Hike</td>
<td>Giant</td>
<td>Wayne Richter</td>
<td>A</td>
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<tr>
<td>12</td>
<td>Sun</td>
<td>Hike</td>
<td>Crane Mt.</td>
<td>Jack Whitney</td>
<td>B</td>
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<tr>
<td>14</td>
<td>Tue</td>
<td>Paddle</td>
<td>Tuesday paddle</td>
<td>Mo Coutant</td>
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<tr>
<td>18</td>
<td>Sat</td>
<td>Hike</td>
<td>Phelps Mt. via Herd Path</td>
<td>Bill Morse</td>
<td>B+</td>
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<tr>
<td>18</td>
<td>Sat</td>
<td>Hike</td>
<td>Goodnow Mountain</td>
<td>Reginald Prouty</td>
<td>B+</td>
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<tr>
<td>21</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday outing Party!</td>
<td>Mo Coutant</td>
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<tr>
<td>25</td>
<td>Sat</td>
<td>Paddle/Camp</td>
<td>Rainbow Lake</td>
<td>Jayne Bouder</td>
<td>A</td>
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<tr>
<td>26</td>
<td>Sun</td>
<td>Hike</td>
<td>Wakley Mt. Fire Tower Challenge</td>
<td>Jack Whitney</td>
<td>B</td>
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<tr>
<td>28</td>
<td>Tue</td>
<td>Paddle</td>
<td>Tuesday Evening Paddle</td>
<td>Mo Coutant</td>
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<td>July</td>
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<td>3</td>
<td>Sun</td>
<td>Hike</td>
<td>Hurricane Mt. Wildflower/Photo hike</td>
<td>Jack Whitney</td>
<td>B</td>
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<tr>
<td>9</td>
<td>Sat</td>
<td>Hike</td>
<td>Panther and Couch</td>
<td>Mike Fuller</td>
<td>A+</td>
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<td>9</td>
<td>Sat</td>
<td>Hike</td>
<td>Montcalm Point Hike and Swim</td>
<td>Neal Van Dorsten</td>
<td>C+</td>
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<td>10</td>
<td>Sun</td>
<td>Hike</td>
<td>Cascade Mountain</td>
<td>Bill Carpenter</td>
<td>B+</td>
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<tr>
<td>12</td>
<td>Tue</td>
<td>Paddle</td>
<td>Tuesday Evening Paddle</td>
<td>Mo Coutant</td>
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<td>16</td>
<td>Sat</td>
<td>Hike</td>
<td>Mount Vanhoevenberg from South Meadow Road</td>
<td>Reginald Prouty</td>
<td>B+</td>
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<tr>
<td>17</td>
<td>Sun</td>
<td>Hike</td>
<td>The Pinnacle and Cat Mountain</td>
<td>Lorraine MacKenzie</td>
<td>B-</td>
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<tr>
<td>23</td>
<td>Sat</td>
<td>Hike</td>
<td>Severance Hill and Big Pond</td>
<td>Rich Crammond</td>
<td>C+</td>
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<tr>
<td>26</td>
<td>Tue</td>
<td>Paddle</td>
<td>Tuesday Evening Paddle</td>
<td>Mo Coutant</td>
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<tr>
<td>30</td>
<td>Sat</td>
<td>Paddle/Camp</td>
<td>Raquette Lake and St Williams</td>
<td>Jayne Bouder</td>
<td>A</td>
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</tbody>
</table>
HOPKINS MOUNTAIN  - [ Hike ]
Sun, May 1, 2016, 8:30 am, Rating: B+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- Hopkins is one of the gems of the lower summits among the High Peaks. Its open bedrock summit has a spectacular view right up the Ausable valley with many of the High Peaks visible. Along the way, we'll pass a few gigantic white pines, follow along beautiful Mossy Cascade Brook and have a look at the cascade. Round trip is 6.4 miles with 2120 feet of elevation change.

MONTHLY MONDAY GEOCACHE
Mon, May 2, 2016, time TBD, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

TUESDAY PADDLE
Tue, May 3, 2016, 10:00 am, Rating: B
Mo Coutant - 745-7834, mojim@roadrunner.com
- This will be the first paddle of the season...and ironically, the hardest. The reason why is that we'll be attempting to paddle from Lake Luzerne to Second Lake. It's against the current in a narrow channel, at times, which makes the paddling a little strenuous. The water can be shallow during the year, so we try to do it as our first trip out to get higher water. But we always have to get out of our boats in at least one spot where it's just too shallow to paddle against the current. Plus we never know if we'll be able to cross beaver dams or have to get out...then there's potential downed trees to get around! So, it's an adventure and probably the most fun of any paddle trip all year! Call or email for more information.

EXECUTIVE COMMITTEE MONTHLY MEETING  - [ Other ]
Wed, May 4, 2016, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Crandall Library, Holden room.

YOUNG MEMBERS: SUNSET HIKE
Wed, May 4, 2016, time TBD, Rating: B-
Stephanie Graudons - 518-415-9016, stephanie@adk.org
- Easy to moderate sunset hike in the Lake George area. Trail, meeting time, and location to be determined. Bring a headlamp or flashlight, snacks or pack dinner, extra layers for while we're hanging out, and a sense of adventure. Hike is weather permitting; rain will cancel (or reschedule). Email stephanie@adk.org for more info and to sign up.

SPRING BIRD WALK - WILTON WILDLIFE PRESERVE & PARK
Thu, May 5, 2016, time TBD, Rating: C
Rich Speidel - 623-2587
- May is a great time to hear and see native and migrating birds in our area. This will be an easy morning walk of about two miles along the trails and varied habitats of Camp Saratoga. We will stop often and record the bird species identified. Please call ahead to sign up, and bring binoculars, snacks and water. The rain date is Friday, May 6. Meeting place: Camp Saratoga, Scout Road.

EXPLORING PROSPECT MOUNTAIN  - [ Hike ]
Sat, May 7, 2016, 8:30 am, Rating: B
Bill Bechtel - 518-399-1206, williamandkaren@nycap.rr.com
- Starting at the Lake George Recreation Area, we will climb to the peak, after which we will explore other trails on the south-east side of the mountain, looping back to our cars and hiking about 7 miles. Hike one of three for getting back in shape for the summer hiking season.

LAKE GEORGE PROPERTY WORKDAY  - [ Other ]
Sat, May 7, 2016, 9:00 am, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- Come join fellow ADKers to help spruce up the ADK Headquarters Building just off Exit 21 of the Northway! No skills required. Bring work gloves and a rake, but if you don't want to rake...we can find something else for you to do! Breakfast and lunch provided. Come for an hour or stay until midafternoon. We'll take any help we can get!! Thanks!

TUESDAY OUTING  - [ Walk/Hike ]
Tue, May 10, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll hike or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

CAT AND THOMAS MOUNTAINS  - [ Hike ]
Sat, May 14, 2016, 8:30 am, Rating: B+
Bill Bechtel - 518-399-1206, williamandkaren@nycap.rr.com
- Starting at Edgecomb Pond, we will ascend Cat Mountain then hike the ridge line over to the cabin and further on to the peak of Thomas Mountain, returning to Edgecomb Pond and hiking about 8 miles. Hike two of three for getting back in shape for the summer hiking season.

POLE HILL POND - RTL  - [ Hike ]
Sun, May 15, 2016, 8:30 am, Rating: B
Lorraine MacKenzie - 791-9794, otczone@aol.com
- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for our second LGLC preserve outing. Pole Hill pond is located west of the Tongue Mountain range in Bolton. It is a 5 mile loop. The brochure states to "Prepare for wet areas, steep climbs, and rocks. Your rewards will be the spectacular view from Walnut Ridge, serenity of untouched Pole Hill Pond, and abundance of native Adirondack plants and birds." Sounds wonderful!

YOUNG MEMBERS: PICNIC IN THE PARK  - [ Other ]
Sun, May 15, 2016, 1:00 pm, Rating: NR
Julia Greiner - 518-860-9030, jules@adk.org
Colead: Stephanie Graudons - 518-415-9016 or stephanie@adk.org
- Catch up with friends or make some new ones! Join us for an afternoon of hanging out in Congress Park in downtown Saratoga from 1-4pm. Bring a blanket and bag lunch, and we'll have frisbees, scavenger hunts, and a few snacks to share. We'll stroll around the park and possibly make a side trip to Ben & Jerry's for ice cream for those interested. Kids and families welcome! Weather permitting, rain date is May 22.

TUESDAY OUTING  - [ Walk/Hike ]
Tue, May 17, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See May 10th. NOTE: This might get changed to a paddle trip!
Outings Detail

MAY PROGRAM
Wed, May 18, 2016, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- Program will be held at Saratoga Springs Public Library.
  "African Sojourn: Mt. Kilimanjaro and Beyond" with Jean Quatrrocchi.

PANTHER GORGE LEAN-TO - [ Hike ]
Sat, May 21, 2016, 5:30 am, Rating: A+
Mike Fuller - 802-254-3314, farmalboy55@hotmail.com
- Every year I go to Panther Gorge for lean-to inspection. This will start my 11th year as adopter. We'll start at the Elk Lake Trailhead. It's 18 miles and 2,300 of up and down. A great spring hike without a high peak. I go rain or shine. We'll meet at Panera Bread at 5:30 or the Elk Lake Trailhead at 7:00.

LAKE ANDREW - [ Hike ]
Sat, May 21, 2016, 9:00 am, Rating: B
Rich Crommond - 518-584-2380
Colead: Jayne Boudier - 518-793-3770
- This outing will be approximately 8 miles round trip with around 400 feet of elevation change. It's mostly a road hike to a nice body of water. The meeting place will be at the Santanoni trailhead parking lot off Rt. 25 north of Tahawus and Rt. 84, Blue Ridge Rd., Upper Works area. Let's get 'er done, hiker buds. Please dress warm for Adirondack spring weather.

POLE POND LOOP - [ Hike ]
Sat, May 21, 2016, 9:00 am, Rating: B-
Neal Van Dorsten - 644-7034, nealvan@aol.com
- This new hike is very diverse and interesting: a variety of forests and water with some open woods at the top. The views are spectacular from the top of the ridge. It is a lot of up and down with some steep climbs. Meeting at the public parking across from the Lakeside Lodge in Bolton Landing. Call or email to confirm.

SPRING BIRD WALK - PACK FOREST, WARRENSBURG
Sat, May 21, 2016, time TBD, Rating: C
Rich Speidel - 623-2587
- A leisurely morning walk of about three miles through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migrating and native birds crossing our path. We will check for birds around Pack Forest Lake and may visit the Grandmother's Tree, a towering 175 foot white pine some 320 years old. Please call ahead to register, and bring binoculars, snacks and water. The rain date is Sunday, May 22. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

BLACK MOUNTAIN- FIRE TOWER, LOOP - [ Hike ]
Sun, May 22, 2016, 8:30 am, Rating: B
Bill Carpenter - 793-5506, jpbakdi@yahoo.com
- This hike is part of the fire tower challenge. To make it even better is to do the loop as well, with going by nice ponds and views included. Lunch time will be at the Black Mt. Lean-to, a nice stop. The hike is approximately 8.5 miles and 5 hours, depending on the group.

TUESDAY OUTING - [ Walk/Hike ]
Tue, May 24, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll hike or walk depending on the conditions within an hour of Glens Falls. Call or email a couple of days ahead to get the details.

BORROWED LANDS: LAKE ANDREW
Sat, May 21, 2016, 9:00 am, Rating: B
Kelly LaLonde - 518-783-0615
- This will be an (all day) hike to the Lake Colden area. Bring a headlamp or flashlight, snacks or pack dinner, extra layers for while we're hanging out, and a sense of adventure. Hike is weather permitting, rain will cancel (or reschedule). Email stephanie@adk.org for more info and to sign up.

SLEEPING BEAUTY MT. - [ Hike ]
Sat, May 28, 2016, 6:30 am, Rating: A+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- Great views to be had from the summit. We will take the trail down to Bumps Pond. Should be some lady slippers along the way. Slower pace to allow for wildflower photos along the way. Round trip around five miles.

MAY 28, 2016, Time TBD
- [ Walk/Hike ]
- [ Hike ]
- [ Paddle ]
- [ Other ]

EXECUTIVE COMMITTEE MONTHLY MEETING - [ Other ]
Wed, Jun 1, 2016, 7:00 pm, Rating: NR
John Caftry - chapterchair@adk-gfs.org
- Board meeting at Saratoga-Wesley Health Center.

SEWARD BLACK FLY BLOOD DRIVE - [ Hike ]
Sat, Jun 4, 2016, 6:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmalboy55@hotmail.com
- I've had some requests to lead some slower pace hikes. So Donaldson and Emmons will be the main 2 peaks. If everyone is up for it, we'll take in Seward. It's 16+ miles and 3,400 ft of up. We'll meet at Panera Bread Queensbury at 5:00 or the Coreys trailhead at 7:30.

PLANE CRASH SITE, COLD BROOK TRAIL, HIGH PEAKS AREA - [ Hike ]
Sat, Jun 4, 2016, 8:00 am, Rating: A
Rich Crommond - 518-584-2380
Colead: Jayne Boudier - 518-793-3770
- This will be an (all day) hike to the Lake Colden area. Bring backcountry food, flashlights, rain gear, compass, map, headnet and "I think I can do it" to this back country rugged outing!
Round trip is approximately 16 miles with about 2,000 feet of elevation change (eeks!). The crash site is at 3,800 feet, and less than 100 feet off the trail. Let’s get ‘er done, hiking buds! Meet at 8 am at the Upper Works trailhead, Tahawus Route 25 dead end.

AMPERSAND MOUNTAIN - [ Hike ]
Sun, Jun 5, 2016, 8:00 am, Rating: B+
Bill Carpenter - 793-5506, jpmadl@Yahoo.com
- The Adirondack Sampler reads, “Such a contrast in beauty is not available to this degree anywhere else in the Adirondacks.” That says it all! The first half is easy, while the second half is very steep and rugged. Round trip time is 4.5 hours + time for lunch and 5.5 miles. This hike needs a nice day.

AMY’S PARK - RTL - [ Hike ]
Sun, Jun 5, 2016, 8:30 am, Rating: C+
Lorraine MacKenzie - 791-9794, otczone@aol.com
- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for our third LGLC preserve outing. Amy’s Park is a network of 4 trails in the Town of Bolton that can be connected into a 5 mile loop. We will encounter various types of terrain ranging from an old logging road to a steep climb. We pass a beaver dam, as well as having nice views of Lake George. Rain cancels.

MONTHLY MONDAY GEOCACHE
Mon, Jun 6, 2016, time TBD, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. You don’t have to know anything about geocaching to come. It’s just another excuse to get out in the woods. Call or email a few days before to find out the plan!

TUESDAY OUTING - [ Walk/Hike ]
Tue, Jun 7, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This week we’ll probably do a walk or hike around the Lake George area. Call or email a few days before for details.

GIANT - [ Hike ]
Sat, Jun 11, 2016, 6:00 am, Rating: A
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- Giant is an excellent peak for getting in shape: The Ridge Trail will give us a steady rise with spectacular views along the way on the many fine ledges, followed by a great summit. We’ll hope the black flies let us enjoy it, but be prepared for them.

CRANE MT. - [ Hike ]
Sun, Jun 12, 2016, 8:30 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- Great views from the ledges near the summit; also a walk along Crane Mt. Pond. Should be some wildflowers along the way. Round trip 4.8 miles. Slower pace to allow time to take photos.

TUESDAY PADDLE
Tue, Jun 14, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This week we’ll do a paddle trip in the GF area. Call or email a few days ahead for details.

PHPELS MT. VIA HERD PATH - [ Hike ]
Sat, Jun 18, 2016, 7:30 am, Rating: B+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- We will be hiking Phelps going from South Meadows on the Klondike Notch trail. It is 2.6 miles to the Klondike Lean-to where we will take the herd path to summit Phelps. The hike is 9-miles with about 2,000 feet of elevation gain. I will meet the group at 7:30 AM at exit 29. I may also bring my dog.

GOODNOW MOUNTAIN - [ Hike ]
Sat, Jun 18, 2016, 8:00 am, Rating: B+
Reginald Prouty - 518-747-9736, reginaldprouty@yahoo.com
- This 3.8 mile round trip has 1040 feet of ascent and excellent views from its climbable fire tower. We will hike at a moderate pace so let’s enjoy the beginning of the summer on one of my favorite small mountains.

TUESDAY OUTING PARTY! - [ Walk/Hike ]
Tue, Jun 21, 2016, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- This will be the last official Tuesday Outing of the season! So we need to do something special. I haven’t decided what yet! I’m thinking a pot luck picnic to one of our favorite places or a hike and wind up at my house for a meal? Check website in June.

RAINBOW LAKE - [ Paddle/Camp ]
Sat, Jun 25, 2016, 7:00 am, Rating: A
Jayne Bouder - 518-793-3770, bouder@verizon.net
- June 25-26 This lake lives east of Paul Smiths. It is somewhat domesticated, with Buck Pond State Campground at one end, camps crowding the other, and views of two fire towers. But there’s also plenty of wild area, interesting terrain, and free campsites. We should have time to explore the North Branch (of the Saranac River), Rainbow's namesake eskers, and The Flow without having to rush. The paddle is about 12 miles, at a moderate to leisurely pace. The leader has boats to lend.

WAKLEY MT. FIRE TOWER CHALLENGE - [ Hike ]
Sun, Jun 26, 2016, 8:45 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- This spectacular hike features a fire tower with great views and also an old beaver meadow to explore. Round trip distance is six miles with an elevation gain of 1,635 feet. Call or e-mail leader for details.

TUESDAY EVENING PADDLE
Tue, Jun 28, 2016, 5:30 pm, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We’ll be doing a paddle within an hour of Glens Falls.

HURRICANE MT. WILDFLOWER/PHOTO HIKE
Sun, Jul 3, 2016, 8:30 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- Great views from this summit and some wild flowers along the trail. Round trip about 5.5 miles. Slower pace to allow for photographs. Call or e-mail leader for details.

PANTHER AND COUCH - [ Hike ]
Sat, Jul 9, 2016, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmalboy55@hotmail.com
- This will be another slower pace hike to help out older aspiring 46ers finish their quest. We’ll do Panther, then Couch. If everyone is up for it, we’ll go to Santananon. It’s actually on our way back because we’ll use the Express trail back to the main trail. We’ll meet at 5:00 at Panera Bread Queensbury or 7:00 at the trailhead.
RAQUETTE LAKE AND ST WILLIAMS - [Paddle/Camp]
Sat, Jul 30, 2016, 7:30 am, Rating: A
Jayne Bouder - 518-793-3770, bouder@verizon.net
- July 30-31. We could camp at Big Island or Tioga Point, poke around the Needles, or do South Inlet to the falls (and maybe hike to the old Sagamore powerhouse). I'm open to suggestions. And at noon on Sunday, St. Williams on Long Point is having their annual chicken barbecue and silent auction... The paddle is 8-10 miles, at a moderate to leisurely pace. I have canoes to lend. Anyone who would like just to do the barbecue can take the free ferry there from Raquette Lake Village, between 1-4 p.m. on Sunday.

Participate in ididaride! on 7/31/16 (adk.org for info)

MONTICALM POINT HIKE AND SWIM
Sat, Jul 9, 2016, 9:00 am, Rating: C+
Neal Van Dorsten - 644-7034, nealvan@aol.com
- A wonderful hike along the shores of Lake George starting at Clay Meadows and ending at Monticalm Point; we will then take a swim and then we will be picked up by boat and transported back. This hike has limited availability so sign up early. We will meet at the public parking across from Lakeside Lodge in Bolton Landing. Call or email to confirm.

CASCADE MOUNTAIN - [Hike]
Sun, Jul 10, 2016, 8:00 pm, Rating: B+
Bill Carpenter - 793-5506, jpbadk@yahoo.com
- What a nice way to introduce someone to the high peaks, start your 46, or just a fine hike. Round trip is 4.8 miles and takes about 4.5 hours plus time for lunch. By the way, Cascade is 36th of the 46 in elevation.

TUESDAY EVENING PADDLE
Tue, Jul 12, 2016, 5:30 pm, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll be doing a paddle within an hour of Glens Falls. Call or email a couple of days ahead for details.

MOUNT VANHOEVENBERG FROM SOUTH MEADOW ROAD - [Hike]
Sat, Jul 16, 2016, 8:00 am, Rating: B+
Reginald Prouty - 518-747-9736, reginaldprouty@yahoo.com
- This smaller mountain in the foothills of the high peaks region is excellent for viewing Lake Placid, the Olympic bobsled and luge runs, and the high peaks. Round trip is only 7.6 miles with a mere 740 feet of elevation change.

THE PINNACLE AND CAT MOUNTAIN - [Hike]
Sun, Jul 17, 2016, 8:30 am, Rating: B-
Lorraine Mackenzie - 791-9794, otczone@aol.com
- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for our 4th LGLC preserve outing. The usual trip to Cat Mountain involves a loop with Thomas Mountain. LGCLC has made a new trail linking Pinnacle with Cat. It will be interesting to approach Cat from the south. Both summits provide different spectacular views of Lake George. Total trip is just a little over 6 miles with some steep sections. Rain cancels.

SEVERANCE HILL AND BIG POND - [Hike]
Sat, Jul 23, 2016, 9:00 am, Rating: C+
Rich Crammond - 518-584-2380
- We will hike the 1 mile to the summit of Severance; the trail is a little steep toward the top. After that, we will drive to the trailhead for Big Pond, a few miles away, for a 3 mile round trip hike to the wooded shore. See you there. Meet at the Severance Mt. trailhead, Route 9, Schroon Lake, 1.5 miles north of the village.

TUESDAY EVENING PADDLE
Tue, Jul 26, 2016, 5:30 pm, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll be doing a paddle within an hour of Glens Falls. Call or email a couple of days ahead for details.

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
Young Members: Banff Mountain Film Festival  Fri, Feb 19, 2016, Stephanie Graudons
- This was a great little social outing to get people together to watch these amazing outdoor films. Our group consisted of Yuan-Ming Cheng, Joe and Kelly Durma, Julia and Jake Greiner, Stephanie Graudons, and Ted Letcher. There were lots of other familiar faces from the ADK community, so it wasn’t hard to meet up with others we knew there too. ADK staff had a table at the event, and even recruited a new young member from the area to join. Can’t wait to do this again next year!

Young Members: Moxham Mountain  Sat, Feb 20, 2016, Stephanie Graudons and Julia Greiner
- The weather forecast wasn’t too promising with its probability of wintry mix and rain in the mountains, but that didn’t deter us, and it’s a good thing it didn’t! What looked like it might not be a great weather day leading up to it, turned out to be a bright sunny morning with mild temperatures. 11 young members from the Albany and Glens Falls-Saratoga region hiked up Moxham Mountain, stopping often for photos, conversation, and snacks. What the group didn’t know, due to trees obscuring the view of the sky, was that the sunshine above them would soon be taken over by the oncoming snow shower. In a very short time, the clouds moved in, the wind started whipping, and light wintry mix fell from the sky. The group didn’t spend long on the summit, only enough time for a quick photo and to take a look around, and retreated to the woods to pass around treats out of the wind. Thankfully, on the way down the precipitation was light so one really got wet. Since everyone had such a great time, a stop for a late lunch in Lake George was suggested, which was a perfect way to end the outing. Participants: Liz Mackey, David Kelley, Dustin Wright, Yuan-Ming Cheng, Mhreena Ahmad, Julia Greiner, Jake Greiner, Dan Kemp, Michael Diana, Stephanie Graudons, and Ted Letcher.

Trip Reviews

Tuesday Outing  Tue, Feb 23, 2016, Maureen Coutant
- This week we did our annual trip to the Fort Edward Important Bird Area (IBA) as a joint trip with the IBA’s Friends group which was started by our Chapter member, Laurie LaFond. She led us around to a few sites and answered questions about the habitat and why it’s important for the birds, especially those species that are threatened or endangered. She was also able to iden-
tify Northern harriers, Red-tailed hawks, and the special treat of the day (evening really)...many Short-eared owls! We saw them flying over the fields and sitting on posts. We took turns looking through a spotting scope and sharing binoculars. It was one of Laurie’s best days for seeing the owls and we were all thrilled to be there with her! Participants: Don Butler, Mo Coutant, Alan & Liz Gee, Mark Janey, Heide Kaufmann, Eric Krantz, Laurie LaFond, Licia & Steve Mackey, Liz Mulshine, Gwenné Rippon, Howard & Lynne Silverberg, Don Washburn, Jim Zwynenburg.

Monthly Monday Geocache  Mon, Mar 7, 2016, Sarah King and Mo Coutant
- Today we headed down to Thatcher State Park to hike the High Point Trail and look for 15 caches placed for the Winter 33 challenge put out by volunteer geocachers on behalf of the state park system. It was a beautiful day, unseasonably mild for early March. No micropokes needed. We all ended up shedding layers as we walked along the trail. Conditions were muddy in spots, no ice to be seen. We climbed when driving to the trailhead but the trail itself didn’t gain much elevation. We did come upon a great overlook near one of the caches where we snapped a quick picture of the group. Probably the most memorable thing about this trail is all the fissures that we noticed as we walked along. You really need to be paying attention or you could break a leg if you stepped into one. I also snapped a picture of one of the deeper fissures we passed. See the gallery for that and a few other shots of this trip. We found a neat multi stage cache where we had to discover the code word to open a cryptex, a term coined by Dan Brown and made popular in this book and movie The Da Vinci Code. As I guessed, the code word was “geocache” so we were able to open the cryptex to get the coordinates to the final location. All hides were right along the trail and we had a great time making the loop and finding all 15 caches. Treats provided by Licia Mackey, our baker extraordinaire. As always, a great outing with great people. The distance was about 4 miles and we were on the trail about 3 hours. Trip Participants: Sarah King, Licia Mackey, Mo Coutant, Steve Gray, Don Thorn, Larry Eaton, Heide Kaufmann.

Wright Peak, Algonquin, Iroquois  Sun, Mar 13, 2016, Steve Mackey
- I actually screwed up the time change part, so I ended up moving the start time to 7:30 new time. We got to the Loj around 9:00 which sounds kind of late, but it was the day before it would have been 8:00, which sounds okay. As you are all aware, spring came early this year, and though we carried snowshoes, we never needed them. About half way up Wright we all put on our micropokes and used them most of the day. A couple of times we switched to crampons, such as when we were descending Wright and climbing the upper parts of Algonquin. There were about three spots where the trail looked like a frozen waterfall. It would have been very dangerous without some kind of traction device. The actual weather was beautiful. Several times we were hiking with short sleeves or wind breakers on. On all three summits we spent time hanging out, eating, and taking pictures. I wasn’t sure if we were going to be able to take the trail down to Lake Colden, so we reserved judgement until we saw what it looked like. Under melting conditions the trail can turn into a river, and I didn’t want to deal with it. Luckily it was in good shape. A few times we could hear water running underneath us, and a few times you could see dirt on the snow where it had flooded recently, but it wasn’t an issue for us. We planned on being able to hike on the ice across Avalanche Pass. The beginning was open water, but after a couple of hun-
dred yards we gingerly ventured out on it, and it was fine. (It
didn't hurt our confidence that a Ranger was skiing on it.) The
last couple of miles out from Marcy Dam were extremely
muddy. We got to the cars at dark. We didn't need head lamps,
but we were going to need them soon. We had a good strong,
fast group. Participants: Jim Zwynenburg, Keelin Zwynenburg,
Paul Gebhard, Joe Babcock, Justin Drisco, Keith Harrison,
Chris Ball, Peter Abreu, and a guest appearance by Mike
Fuller.

Tuesday Outing  Tue, Mar 15, 2016, Maureen Coutant
- Thank you to Steve and Licia for filling in for Mo while she was
out of town! The Feeder Canal Trail was one of the best options
for an ice and mud free walk. We started at Murray Park in
Hudson Falls and headed past the Five Combines, toward Fort
Edward. Neil and Steve hustled ahead while Heidi, Eric and
Licia paused to take pictures, check water levels in the com-
bines, and ID some birds. The song of the Red-winged Black-
bird assured us spring has arrived. We met Bill Schwarz, a
usual participant, returning from an earlier start. It was good to
get out for some fresh air, exercise, and have enjoyable com-
pany to chat with. Participants: Eric Krantz, Heidi Kaufman, Neil
Van Dorsten, Licia and Steve Mackey.

Young Members: Evening Trail Walk & Social Wed, Mar
16, 2016, Julia Greiner and Stephanie Graudons
- We had a small group for this outing: David Kelley, Stephanie
Graudons, Julia Greiner, Greta Heilman, and her two young
children. We did some light hiking around the trails at Cole's
Woods for an hour or so after work. What started as just a
cloudy afternoon turned into a stormy evening (that's right -
thunderstorms!), with rain on and off. The kids were delighted
with the thunder and enjoyed this fun little adventure. There
was lots of exploring and observing leaves and water, and per-
haps some confusion about why we were playing outside in the
rain, thunder, and darkness. It was a lot of fun and we hope to
do more young member and family friendly activities in the fu-
ture.

Moreau Lake Overlook via Spier Falls Connector to West-
ern Ridge and Red Trails Sat, Mar 19, 2016, Reg Prouty
- Although it was not an official ADK hike as there were only
two of us, Bob Bedard and I enjoyed a beautiful early spring
day at the overlook, needing no microspikes or snowshoes due
to the year of no winter.

Tuesday Outing Tue, Mar 22, 2016, Maureen Coutant
- This week we hiked up Prospect Mountain from the Lake
George Rec trail. We think this is the best approach of the 3
main routes up Prospect, although Big Hollow is good. The
village route is in need of some rerouting due to all the erosion
over the years. This approach starts along a stream with beauti-
ful moss covered rocks and little waterfalls. You leave the
stream and head through the woods along an unmarked trail
and eventually come out at the parking lot. From there, it was a
steep trip up to the summit where we enjoyed some snacks and
views. Great day out! Participants: Mo Coutant, Carl Harris,
Heidi Kaufmann, Sarah King, Licia Mackey, Anne & Rick
Morse, Joy Munro, Kathi Noble.

Tuesday Outing Tue, Mar 29, 2016, Maureen Coutant
- Each spring we hike French Mountain and do a little clean up,
usually just looking for trash along the trail or at the hidden bill-
board spot. Over the years, we’ve really cleaned up that spot
and usually don’t find too much trash other than in the parking
lot. So this year we expanded our efforts to building a few water
bars to try to move some water off the trail which will help slow
the erosion of the trail. This was Steve’s idea after hiking it a
few weeks ago and seeing spots where a well placed water bar
would make a difference. Steve, Carl, Mark, Bill, Rick, and Joy
were the main builders and with all the help they made quick
work of it! It was a windy day, so we didn’t stay at the lookout
for long. Participants: Mo Coutant, Margaret Curtis, Carl Harris,
Mark Janey, Licia & Steve Mackey, Anne & Rick Morse, Joy
Munro, Anne Paolano, Bill Schwarz, Joanne Szot.
Outings Instructions: For more information see “Chapter Handbook” on our website’s Chapter Links

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

Meeting Place Information - Panera Bread
Northway Plaza, 820 Route 9, Queensbury, NY 761-6957/3
+ From NORTHWAY (I-87) Take Exit 19 and go east on AVIATION / QUAKER Road. Follow 0.5 miles to ROUTE 9/GLEN STREET. Turn North (LEFT) onto ROUTE 9, then right at the light into the NORTHWAY PLAZA. Then take a left at the four-way stop, and park in front of Panera Bread.

Travel Information/Car Pools
We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it’s helpful to offer to drive or car pool. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

Participation Guidelines
Leaders are responsible to evaluate interested parties’ fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions. *Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip. Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (and recently and are in good shape as necessary for that outing). *An ADK Liability Waiver must be provided by the Leader and signed by all participants before the trip begins. This is a requirement by ADK HQ. Parents must sign for minors. *No Pets allowed on outings except where designated in the description.

Dogs
Participants in Chapter outings will be allowed to bring their dogs on outings in the following circumstances: (1) the outing has been designated by the outing leader as a “dog outing” and which has been publicized as such; or (2) the outing leader may bring his/her dog, that has not been designated as a “dog outing,” if the notice of the outing discloses that the leader will be doing so. All dogs on Chapter outings will be kept on a leash at all times.

Hiking Needs/Preparation/Equipment
Bring trail food and plenty of water on ALL hikes! Clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet. — please do not wear 100% cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don’t trust the forecast or the sky based on the start of the day. Be prepared!

Ratings
Special Winter Needs
In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants can expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented Shell pants, jackets and mittens are commonly used with warm layers beneath.

Rating Effort Level Elevation Gain (feet) Miles Time (hours)
A+ Very Strenuous 4,000+ 10+ 10+
A Strenuous 3,000+ 8-12 8-10
B+ Moderately Strenuous 2,000+ 5-10 6-8
B Moderate 1,000+ 5-8 5-6
C+ Fairly Easy 1,000+ 5-8 4-6
C Easy Under 1,000 Under 5 Under 5
*Descriptions are only typical and can vary.

Become an Outings Leader
Ask any Chapter Leader for details. Offer to Co-lead to get the experience! We’re always looking for new leaders to help share the fun while filling in the calendar. New faces offer more varied outings while sharing personal favorite destinations. Contact the Outings Chairs on page 2 for more information.

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

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

From the South: Route 9 North.
LEFT onto CHURCH 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.

Crandall Library, Holden Room, 251 Glen Street, Glens Falls, NY 12804, 792-6508
• EXIT 18 of the Northway. Left at the circle onto Glen Street. Library 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 STREET to the first, traffic light. LEFT onto SPRING STREET for two blocks., RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. This is a two-hour parking limit.

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