It’s back!! This year for 2 nights of different films! The Banff Centre Mountain Film Festival World Tour SUNY Adirondack Theater in the Humanities Building

Monday and Tuesday February, 18 & 19 at 7 p.m.

Tickets: $15 or $10 with SUNY ADK student ID/$20 at door Available at Rocksport, Fountain Square Outfitters and online at Brown Paper Tickets.

For info and links: www.adk-gfs.org or facebook.com/ADKGFS Or email: banff@adk-gfs.org

The ADK Glens Falls-Saratoga Chapter and SUNY Adirondack Adventure Sports Club are thrilled to once again bring this festival to our area! Last year was our first year and we sold out the first week in January. That was right after this newsletter got to our members. We were lucky to be able to add an additional night this year due to last year’s positive response. Each night will be a different show. Many people are buying tickets for both nights, so don’t delay getting your tickets. We still expect to sell out, even with two nights.

With stops planned in about 550 communities and more than 40 countries across the globe, this year’s tour features a collection of the most inspiring action, environmental, and adventure films from the Festival. Traveling to exotic landscapes and remote cultures, and bringing audiences up-close and personal with adrenaline-packed action sports, the 2018/2019 World Tour is an exhilarating and provocative exploration of the mountain world. From approximately 400 films entered into the annual festival, award-winning films and audience favorites are among the films chosen to travel the globe.

Please stop in to thank our sponsors: Rocksport, Fountain Square Outfitters, the law office of Meyer and Fuller, Cool Insuring, Advantage Press, Nemer Ford, and The Queensbury Hotel which is offering a special rate of $89 when you mention the Banff Film Festival...so invite your out of town family and friends to join you! It’s a fun evening made even better with door prizes from the companies above and others like West Mountain, Adirondack Extreme, Summit Yoga, The Hub, The Sports Page, Joy Woolworks and others!
Chapter Chair Report ~ Kathi Noble

Happy New Year and welcome to 2019! As always the chapter has a full calendar of outings, programs and other events, such as Banff Centre Mountain Film Festival World Tour planned again for the coming year. There should be something for everyone to enjoy.

Have you made a resolution for the coming year? Maybe it’s to become more involved with your local chapter of the ADK. There are vacancies on the executive committee: education, newsletter, and publicity chairs are needed. If chairing a committee isn’t for you maybe just being a member of a committee is more suited to you. Please contact me if you are interested or if you have any suggestions to help your club.

I’d like to thank everyone who made it to the annual dinner back in October. Everyone enjoyed the food and the information shared by James Savage regarding the Cranberry Lake 50 was very informative. I’d like to give a special shout-out for Anne Paolano for all her hard work to make this a successful event. The dinner committee has already started planning for next year so be on the lookout for the details.

Chepontuc Footnotes is going green! I’m personally very happy that this is happening. I like the idea of saving some trees and being more cost effective. Information about this process is included on the next page. Please take a look at it and get in touch with us if you have any questions.

Winter hit the northeast early this season. Hopefully, it will be a banner year for snow and we can all get out to enjoy it whether it is downhill or cross country skiing, snowboarding, snowshoeing, hiking, walking or maybe even some biking. Maybe some of you just enjoy it from the warmth and comfort of your home. Whatever you do be safe and enjoy!
Thank you to all the volunteers that helped the Chapter during 2018! We couldn't do it without you. Leading hikes, helping with trail work or at the Loj, special work days, chairing a committee, it’s all done with volunteers! Special thank you to Linda Ranado who stepped down this year after many years of running the Education Committee. Additional thanks to Warren Schultz who pulled together the newsletter during 2018 and Turner Bradford who co-chaired our Conservation Committee. We can always use more help, so please contact us if you are interested in helping on any committee!

**Newsletter Update**

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

Did you know that more than one-third of our Chapter's yearly budget goes to the production and mailing of our newsletter, Chepontuc Footnotes, to our members? Nearly 1,400 copies are produced and mailed every two months.

Following discussions at many of the Chapter Executive Committee meetings we wish, as a Chapter, to become a little more environmentally conscious, leave a few more trees standing and make the money spent on the production and mailing of the newsletter available to support the activities we appreciate, like hiking, paddling, trail maintenance and the many conservation efforts that are being undertaken by ADK.

The last printed issue and general mailing of Chepontuc Footnotes will be the **Nov. 2019 – Jan. 2020** issue. **If you wish to continue to receive a printed copy, please complete the form at the bottom of this notice and return it by November 1, 2019.**

Otherwise, the default e-distribution will be to the e-mail address you supplied ADK when you **joined or renewed your membership**. If that e-mail address is obsolete or missing and you are not receiving e-mails from either our Chapter or ADK, please provide your current e-mail address to: membership@adk-gfs.org.

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

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I wish to continue to receive a printed copy of Chepontuc Footnotes.

Your name: ____________________________

Address: ____________________________

Your telephone number and e-mail address in case we need to contact you:

Phone: ____________________________

Email: ____________________________

Return to: Membership

Glens Falls/Saratoga Chapter ADK

P.O. Box 2314

Glens Falls, New York 12801
The High Arctic – Land of the Polar Bear
Presented by John Schneider

Last summer my wife Eileen and I spent two weeks on a 150-passenger expedition cruise ship traveling from Svalbard, Norway to Greenland and ending in Iceland. Then we spent 10 days on our own touring the southern part of Iceland. At one point on our cruise we were only a little more than 600 miles from the North Pole, much farther north than the north slope of Alaska. Our reason for this cruise was to see polar bears, and I would have been satisfied seeing just one. I saw more than 20 and the ship’s bridge spotted a total of 33 bears. Three times we saw single bears and once a mother and cub come really close to the ship. One actually came up and touched the ship. To see polar bears in their element has been one of the highlights of all my travels.

On this trip we went ashore as often as possible to go on hikes. This occurred after staff had verified that no polar bears were in the area. Even then, all leaders carried powerful rifles, just in case a bear came upon us from out of nowhere – on one of our hikes we did spot bear prints on the beach. We also took zodiac boat rides among a large group of walruses, close to icebergs, calving glaciers, and near seabird rookeries. We visited a Greenland Inuit village where we saw polar bear and musk ox hides hanging up to dry and witnessed a man carving up the remains of a walrus.

Other animals we spotted were reindeer, seals, and blue and humpback whales. In addition, we saw thousands and thousands of sea birds, many on their nests raising their young or still hatching their eggs. One of my favorite birds is the Arctic tern that sees two summers each year as it migrates from its northern Arctic breeding grounds to the Antarctic coast for the southern summer and then back six months later. These terns have the longest migration in the animal kingdom, with an average round trip flight as much as 44,100 miles for those nesting in Iceland or Greenland.

In Iceland we drove over 800 miles along its southern coast and saw many waterfalls and glaciers. We spent one day hiking to the end of a glacier. Once we drove through miles and miles of blue, white and beige lupine - reminding me of driving in Texas in the spring. Eileen loved seeing Icelandic sheep and horses - Icelandic horses are born with a very smooth gait that is different from that of non-Icelandic horses.

All in all, as I have said numerous times, many of my trips are “trips of a lifetime,” and this trip was certainly one of those. Come and enjoy a journey in the “High Arctic – Land of the Polar Bear.”
Upcoming Programs by Sarah King

**Bike Adventure: A 3,300 Mile Bike Ride Down the Continental Divide**
**Presented by Steve Mackey**

Join Steve Mackey as he discusses his September 2018 trip (with his daughter) over the Great Divide Mountain Bike Route. It is the longest mapped mountain bike route in the world, starting in Jasper, Alberta and ending at the Mexican Border in Antelope Wells, New Mexico. It follows the Continental Divide (as well as the Continental Divide Hiking Trail) and crosses the divide 32 times. Around 80 percent of it is on gravel roads with the remainder being single track or paved roads. Steve and his daughter averaged 50 to 60 miles per day, riding for two months, with a total of 3,335 miles logged on their bicycle odometers. Steve has quite a few stories to tell, including: getting hit by a bus/trailer/kayak, having one of their bikes stolen, getting bogged down in impassable mud, getting rained on five times in one day, having days where they saw only two or three other humans, crossing mountain passes with bear spray at the ready, and seeing some of the most beautiful, remote scenery in the country.

(Go to the newsletter online to see the all the newsletter pictures in color and crisper!)

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**Monday Feb. 18th and Tuesday Feb. 19th  7pm**
**At SUNY Adirondack Theater in the Humanities Building**
**BANFF CENTRE MOUNTAIN FILM FESTIVAL WORLD TOUR**
Get your tickets before we sell out - See Page 1 and our website www.adk-gfs.org

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**Wednesday, March 20th 7pm**
**Saratoga Springs Public Library**
“High Arctic—Land of Polar Bears” by John Schneider  (See previous page)

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**Big Cedar Swamp Update by John Caffry**

The efforts by the Big Cedar Swamp Coalition (ADK & Southern Adirondack Audubon), local taxpayer activists, and Glens Falls Third Ward Supervisor Claudia Braymer, to protect the globally rare marl fen in the Big Cedar Swamp from Warren County’s proposal to extend an airport runway may be having an effect. The County is now reviewing an alternate plan that would not require any additional excavation or fill in the wetland.

Under this proposal by new airport manager Don DeGraw, runway construction would potentially be limited to areas that have already been cleared and filled, and none of the marl fen would be destroyed. The clearing of 23 acres of trees in wooded wetlands would be eliminated, and only 1.2 acres of wetlands would be affected overall. The alternative would have the added benefit of costing millions of dollars less than the original runway plan. However, as with many things, the devil is in the details, and the alternative is still in the very earliest stages of study. Even as it is being studied, the Board of Supervisors has voted to go ahead with the environmental review of the original massively destructive proposal. This will include a hydrological study of the area around the runway, including the marl fen.

I will continue to monitor this action on behalf of the Coalition, and to encourage the County to avoid impacts to the Big Cedar Swamp.
A conservation and recreation strategy plan for the Southern Palmertown area, located in Saratoga County, was released to the public in November. Saratoga PLAN, Open Space Institute, and Alta Planning and Design collaborated and conducted a public workshop in December 2017, as well as public surveys, and stakeholder interviews during the public engagement process prior to the release of the plan. The Southern Palmertown plan evaluates opportunities and provides recommendations for conservation, recreation, and sustainable economic development, including a trail connecting Moreau Lake State Park to Daniels Road State Forest. Other recommendations include the establishment of a community forest, develop eco-tourism and recreation-based tourism, and develop a “Friends” organization to support recreational development.

Saratoga PLAN’s announcement states, “The plan suggests steps that can be taken by local communities that will result in retention of the landscape, its environmental services, and natural resources, while simultaneously stimulating compatible economic development activities”.

In a county that has a high demand for development, it will be important to protect the Southern Palmertown area. This ecologically diverse area can provide many opportunities for the local community. Future partnerships will be important to seeing these opportunities come to fruition. The ADK-GFS chapter will be involved in a working group to oversee implementation of the plan’s recommendations and to ensure our members’ interests are represented.

Follow the link below for more information and to access the report on Saratoga PLAN’s website.
https://www.saratogaplan.org/blog/palmertown-report-released/

Photo of the Southern Palmertown study area taken from the Southern Palmertown Conservation & Recreation Strategy, dated October 2018.

FRENCH MOUNTAIN PROTECTED BY LGLC

In October 2018, the Lake George Land Conservancy (LGLC) purchased 317 acres on French Mountain. The area protected is located on the east side of Bloody Pond Road. LGLC will ultimately sell the land to the towns of Lake George and Queensbury and retain conservation easements that will protect it in perpetuity. Conservation of this land will provide recreation and water quality protection for the lake’s sensitive watershed. The land also provides a connection to the East Brook Preserve, a 12-acre parcel purchased by LGLC in early 2018. The Towns plan to create a multi-use trail system on the property utilizing some of the historic logging and skid trails. The land offers a breathtaking view of the lake, village, and surrounding Adirondacks.

The property was owned by the McPhillips family, which also owned the East Brook Preserve land, and desired to see the land protected and used as a recreational resource for the community.

LGLC’s announcement said the project became a “demonstration of how a land trust can successfully partner with municipalities for land conservation, and the shared goal of protecting Lake George”.

For more information about the Lake George Land Conservancy, visit their website: http://www.lglc.org/

Photo of McPhillips French Mountain property courtesy of LGLC.
**NEW MEMBERS**

**September 2018**

- Fort Edward Free Public Library, Fort Edward
- Jeffrey & Ellen Birch, Ticonderoga
- Maura Huntz, Anthony, Maya, Zachary & Isabella Bruno, Queensbury
- Jacqueline Burk, Ballston Spa
- Robert Crocetta, Saratoga Springs
- David Currie, Galway
- Melanie, Michael, Jack & Bridget Fraher, Clifton, NJ
- Dan & Tricia Frank, Rextford
- David Ganim, Porter Corners
- Simone Gignoux, Wilton, Connecticut
- Lucinda & Adam Grivalsky, Ballston Spa
- Kevin Johnson, Saratoga Springs
- Robert Johnston, Isle of Palms, South Carolina
- Elaine F. Lawrence, Diamond Point
- Holly Marek, Bolton Landing
- Megan Mulford, Saratoga Springs
- James Rodewald, Queensbury
- Deirdre Russell & Michael McAllister, Mahwah, NJ
- Patrick, Monica, Patrick & Clarissa Ryan, Rextford
- Steven & Lois Salisbury, Wyckoff, New Jersey
- Michael & Danielle Shanahan, Mechanicville
- Lori Shirley, Saratoga Springs
- Tim Tefft, Argyle

**October 2018**

- Barb & Sean Black, Ballston Lake
- Amy Bloom, Saratoga Springs
- Jane Bouchard, Schroon Lake
- Michael & Sierra Brandi, Saratoga Springs
- Paige Cavert, Canton
- William & Debbie Christiana, Ballston Lake
- Stephen Downey, Saratoga Springs
- Timothy Ferris, Saratoga Springs
- Daniel & Christine Finnin, Saratoga Springs
- Danielle Fitzgerald, Lake George
- Michael, Elizabeth, Sam & Zack Giuffrida, Cedar Grove, NJ
- Cheryl Hall, Weld, Maine
- Mary & John Harrill, Glens Falls
- Mary-Jane Huntley, Queensbury
- Richard Lesenski, Whately, Massachusetts
- Jason Mangine, Galway
- Karl Reynolds, Ballston Lake
- Alix Shepard, Latham
- Stephen Shost, Ballston Lake
- John Stoyak, Guilford, Connecticut
- Jeffrey Wells, Argyle
- Laura, Eric, Nate & Alex Zasada, Clifton Park
- Kim Zyгадlo, Saratoga Springs

**REJOINED MEMBERS**

**September 2018**

- Alycia Baker, Middle Granville
- Kelly & Rebecca Belenchia, Voorheesville
- J. Buckley Bryan, Jr., Bolton Landing
- Rick, Kerry, A.J. & Sarah Davidson, Glens Falls
- Kathleen J. Dennin, Bolton Landing
- Marguerite & Toby Dusha, Greenwich
- Emilie Gould, Clifton Park
- Bill Holt, Scotia
- Scott Igoe, Wilton
- Miles, Angela & Adelina Kraemer, Clifton Park
- Lisa Nagle & Bruce Cranston, Saratoga Springs
- Florence Nolan & John Bavaros, Glens Falls
- Bonnie, William & Anthony Powers, Diamond Point
- Arthur, Mary, Joseph, Matthew & Katherine Prostick, Saratoga Springs
- Brent, Heidi & Lochlan Ricks, Ballston Lake
- Ralph, Alissa, Nicolas & Carmen Rimualdo, Lake George
- Kenneth Robertson, Broadalbin
- Eric, Nicole, Jessika, & Mari Robinson & Liam
- & Maeve Wroblewski, Ballston Spa
- Barbara Smith, Lake George
- Mark Swanson, North Creek
- Chris, Jim, Ben, Andy & Peter Thatcher, Queensbury
- Richard Wright, Hudson Falls

**October 2018**

- Claudia, Ryan, Sue & Reed Braymer, Glens Falls
- Diane Collins, Glens Falls
- Bruce & Cathy Fleming, Saratoga Springs
- Walter & Patricia Howard, Saratoga Springs
- Judith & Allan Korot, Queensbury
- Dr. Daniel Larson, Queensbury
- William McCoskery, Glens Falls
- Helena Nevarez, Saratoga Springs
- Jeanne, Elizabeth & Patrick Nichols, Queensbury
- Patricia Mallory, Timothy, Chris & Ali Pehl, Saratoga Springs
- Mary Sommer Shushan
- Donald & Margaret Sweeney, Fort Ann
- A. Wheeler, Greenfield Center

**New Affiliate**

- Eric, Becky & Michael Woodruff, Amsterdam

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**Thank you for joining or renewing!** Don’t forget to check out our website at www.adk-gfs.org for up to date outings and events, membership information, fire tower information, program details, photo gallery from trips, and links to other outdoor information.
Wow! Look at how many hikers have recently finished the challenge. Now it’s time to work on the winter challenge. Hike the tower trails between December 21 and March 21 to receive the winter rocker!

William Luppino, Utica, NY
Thomas Sullivan, Vermontville, NY
Christina Nash, Gansevoort, NY
Shannon Pinkowski, Albany, NY
Elizabeth DeMarsh, Queensbury, NY
Ellen Woodworth, Great Bend, NY
Han Wah Ng, Clifton Park, NY
Michael Butler, Warrensburg, NY
Drew Titcombe, San Antonio, TX
Janis Relyea, Voorheesville, NY
Matthew Carr, New Lebanon, NY
Lisa Carr, New Lebanon, NY
Philo Benoit, Peru, NY
Miles Levesque, Manlius, NY
Marla Chauvin, West Chazy, NY
Sarah Null, Little Falls, NY
John Gillette, Little Falls, NY
Karen Seward, Delmar, NY
Kelly Ireland, Clifton Park, NY
Scott McDonald, Hogansburg, NY
Robert Juravich, Wilmington, NY
Danielle Walter, Mayfield, NY
Carla Wells, Plattsburgh, NY
Mark Buckley, Willsboro, NY
Kathryn Behuniak, Latham, NY
Jamie Paul, Lee, MA
Ryan Paul, Lee, MA
Ann Marie Burns, Latham, NY
Stephen Moreau, Whitesboro, NY
Alison Lacivita, Albany, NY
David Hellenga, Endwell, NY
Janelle Bausman, Plattsburgh, NY
Lisa Hudson, Plattsburgh, NY
Daniel Johnson, Schenectady, NY
Anne Lyons-Johnson, Schenectady, NY

| Allysa Williams, Williston, VT |
| Bradley Williams, Williston, VT |
| Jennifer Glasser, Saratoga Springs, NY |
| Toni Woodward, Fort Edward, NY |
| Philip Woodward, Fort Edward, NY |
| Brittney Watkins, Mohawk, NY |
| Matthew Watkins, Mohawk, NY |
| Caroline Leclerc, Val-David, Quebec |
| Jonathan Dube, Val-David, Quebec |
| Arlena Zajac, Slingerlands, NY |
| Maryellen Eyer, Clifton Park, NY |
| Brad Sargent, Ballston Spa, NY |
| Mark Moran, Albany, NY |
| Mary Jo Mahoney-Moran, Albany, NY |
| Shane Curless, Brockville, Ontario |
| Paul Curless, Brockville, Ontario |
| Nina Robert, Tupper Lake, NY |
| Matthew Peacock, Waddington, NY |
| Jason Waters, Schenectady, NY |
| Amanda Gomez, Ballston Spa, NY |
| Eric Woodruff, Amsterdam, NY |

Special recognition to:
Mark Earle, Brockville, Ontario

Mark passed away much too soon in early December. He had just summited Owls Head and completed the ADK Fire Tower Challenge. We know he was with friends and doing something he loved and hope that is some solace to his family and friends. We extend our sympathies to his family.

**Need Snowshoes? Rent them from ADK**

Snowshoes can be picked up at ADK Member Services in Lake George (just off exit 21) 518-668-4447 for reservations and hours. We have 2 pairs of Men's, Women's and Children's

Cost to members: $10/weekday $15/weekend
Non-Members: $13/weekday $18/weekend
<table>
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<tr>
<th>Date</th>
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<tr>
<td>1</td>
<td>Tue</td>
<td>Hike/Snowshoe</td>
<td>New Years Day Buck Mtn from Hogtown</td>
<td>Reg Prouty, Bob Aspholm</td>
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<tr>
<td>2</td>
<td>Wed</td>
<td>Meeting</td>
<td>Executive Committee Meeting</td>
<td>Kathi Noble</td>
<td>NR</td>
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<tr>
<td>6</td>
<td>Sun</td>
<td>Hike/Snowshoe</td>
<td>Cat Mt. Beginner Snowshoe Hike</td>
<td>Jack Whitney</td>
<td>B-</td>
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<tr>
<td>6</td>
<td>Sun</td>
<td>Ski</td>
<td>Ski Wilton Preserve (ungroomed)</td>
<td>Bill Schwarz</td>
<td>B</td>
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<tr>
<td>8</td>
<td>Tue</td>
<td>Walk/Ski/Snowshoe</td>
<td>ADK Outing - Saratoga skate</td>
<td>Mo Coutant</td>
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<tr>
<td>12</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Algonquin, Iroquois and Wright</td>
<td>Wayne Richter, Mike Fuller</td>
<td>A+</td>
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<tr>
<td>12</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>LG12ster Cat and Thomas</td>
<td>Amanda Gomez</td>
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<tr>
<td>13</td>
<td>Sun</td>
<td>Hike/Snowshoe</td>
<td>Wolf Pond Photo Hike</td>
<td>Jack Whitney</td>
<td>B</td>
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<tr>
<td>13</td>
<td>Sun</td>
<td>Walk/Ski/Snowshoe</td>
<td>Pyramid and Gothics</td>
<td>Steve Mackey</td>
<td>A</td>
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<td>14</td>
<td>Mon</td>
<td>Geocache</td>
<td>Monthly Monday Geocache</td>
<td>Sarah King</td>
<td>NR</td>
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<td>15</td>
<td>Tue</td>
<td>Hike</td>
<td>Tuesday Outing-Moxham Mtn</td>
<td>Mo Coutant</td>
<td>B-</td>
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<tr>
<td>16</td>
<td>Wed</td>
<td>Program</td>
<td>Bike Adventure A 3,300 mile Bike Ride</td>
<td>Sarah King</td>
<td>NR</td>
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<tr>
<td>19</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Yard and Big Slide from South Meadow</td>
<td>Jeff Mans</td>
<td>A+</td>
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<tr>
<td>19</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Kipp Mountain</td>
<td>Reg Prouty</td>
<td>C+</td>
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<tr>
<td>22</td>
<td>Tue</td>
<td>Walk</td>
<td>Tuesday Outing - Harry Betar walk</td>
<td>Mo Coutant</td>
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<tr>
<td>26</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Hudson Crossing / New Year Outing</td>
<td>Rich Crammond</td>
<td>C</td>
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<tr>
<td>29</td>
<td>Tue</td>
<td>Hike/Snowshoe</td>
<td>Tuesday Outing - Adirondack ski?</td>
<td>Mo Coutant</td>
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<td>February 2019</td>
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<tr>
<td>2</td>
<td>Sat</td>
<td>Ski</td>
<td>Cross-country ski - Wilton Wildlife</td>
<td>Reg Prouty</td>
<td>C+</td>
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<td>3</td>
<td>Sun</td>
<td>Hike/Snowshoe</td>
<td>Trails at Adirondack Interpretive Center in Newcomb</td>
<td>Jack Whitney</td>
<td>C</td>
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<tr>
<td>4</td>
<td>Mon</td>
<td>Geocache</td>
<td>Monthly Monday Geocache</td>
<td>Sarah King</td>
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<td>5</td>
<td>Tue</td>
<td>Walk</td>
<td>Tuesday Outing</td>
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<td>Executive Committee Meeting</td>
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<td>9</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Marshall</td>
<td>Joe Babcock, Wayne Richter</td>
<td>A+</td>
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<tr>
<td>10</td>
<td>Sun</td>
<td>Ski</td>
<td>Ski Siamese Ponds trail from Old Farm</td>
<td>Bill Schwarz</td>
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<td>12</td>
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<td>Hike</td>
<td>Tuesday Outing</td>
<td>Mo Coutant</td>
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<td>16</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Lake Bonita to Lake Ann</td>
<td>Jack Whitney</td>
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<td>16</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Black Mountain- LG12ster</td>
<td>Amanda Gomez</td>
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<td>18</td>
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<td>Program</td>
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<td>23</td>
<td>Sat</td>
<td>Snowshoe</td>
<td>Tongue Mt Range</td>
<td>Steve Mackey</td>
<td>A+</td>
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<tr>
<td>26</td>
<td>Tue</td>
<td>Walk</td>
<td>Tuesday Outing Moreau State Park</td>
<td>Mo Coutant</td>
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<td>March 2019</td>
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<tr>
<td>2</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Bear Den, Dial and Nippletop</td>
<td>Jeff Mans</td>
<td>A+</td>
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<tr>
<td>3</td>
<td>Sun</td>
<td>Ski</td>
<td>Boreas Ponds</td>
<td>Steve Mackey</td>
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<td>4</td>
<td>Mon</td>
<td>Geocache</td>
<td>Monthly Monday Geocache</td>
<td>Sarah King</td>
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<td>5</td>
<td>Tue</td>
<td>Ski?</td>
<td>Tuesday Outing - Coles Woods, GF</td>
<td>Mo Coutant</td>
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<td>6</td>
<td>Wed</td>
<td>Meeting</td>
<td>Executive Committee Meeting</td>
<td>Kathi Noble</td>
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<td>9</td>
<td>Sat</td>
<td>Snowshoe</td>
<td>Hadley Mountain</td>
<td>Reg Prouty</td>
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<td>12</td>
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<td>Hike</td>
<td>Tuesday Outing</td>
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<tr>
<td>16</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Sawteeth via Pyramid-Gothics Trail with return via Scenic Trail</td>
<td>Jeff Mans</td>
<td>A+</td>
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<tr>
<td>16</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Buck Mountain - LG12ster</td>
<td>Amanda Gomez</td>
<td>B</td>
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<td>19</td>
<td>Tue</td>
<td>Hike</td>
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<td>20</td>
<td>Wed</td>
<td>Program</td>
<td>Travels to Norway and Iceland</td>
<td>Sarah King</td>
<td>NR</td>
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<tr>
<td>26</td>
<td>Tue</td>
<td>Walk</td>
<td>Tuesday Outing</td>
<td>Mo Coutant</td>
<td>NR</td>
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</table>
NEW YEARS DAY ANNUAL HIKE-BUCK MTN. FROM HOGTOWN
Tue, Jan 1, 2019, 9:00 am, Rating: B
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
Colead: Bob Aspholm - 518-683-4970
- We will switch to Buck from the east this year. It is only 1130 feet of ascent this way and 4.6 miles round trip. Let’s hope for a good turnout to celebrate the first day of 2019 with a visit to the Lake George area’s most popular summit.

EXECUTIVE COMMITTEE MEETING
Wed, Jan 2, 2019, 7:00 pm, Rating: NR
Kathi Noble - chapterchair@adk-qs.org
- Holden Room, Crandall Library, Glens Falls, NY.

CAT MT. BEGINNER SNOWSHOE HIKE
Sun, Jan 6, 2019, 9:00 am, Rating: B-
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- This is a good hike for beginners, so if you just received a new pair of snowshoes or microspikes for the holidays and want to try them out, please come and join us (weather conditions will determine which we use). This is a 3.5 to 4 mile round trip. We will start at the Edgecomb Pond trailhead. Great views of Lake George and the surrounding area should reward us at the summit.

SKI WILTON PRESERVE (UNGROOMED)
Sun, Jan 6, 2019, 8:00 am, Rating: B
Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com
- We may ski on the south side of Scout Road, or (my favorite) the separate Fox Tract on Rt. 50. Expect a 5-mile trip or so; we should finish in time for a late lunch. Bring backcountry skis (no beginners!), snacks, and see what our snow dance has led to. Poor snow conditions would make this a hike, as sometimes happens. Rain cancels.

ADK OUTING - SARATOGA SKATE - [Walk/Ski/Snowshoe]
Tue, Jan 8, 2019, 9:30 am, Rating: NR
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- This week we will go down to Saratoga to either skate, ski, or snowshoe depending on the conditions. We’ll break into groups and all meet up at the warming hut afterwards for lunch. I’ll bring some marshmallows!

ALGONQUIN, IROQUOIS AND WRIGHT
Sat, Jan 12, 2019, 5:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Mike Fuller - 802-254-3314 or farmallboy55@hotmail.com
- Our primary goal will be Algonquin from Adirondack Loj. Conditions permitting, we will also summit Iroquois and Wright. This trip has a lot of high elevation exposure, so be prepared if it’s windy. Of course, it also has spectacular views and awesome scenery. All contacts to Wayne.

LG12STER CAT AND THOMAS - [Hike/Snowshoe]
Sat, Jan 12, 2019, time TBD, Rating: B
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
- Join me as we hike two of the Lake George 12ster for winter credit. We will hit Thomas then onto Cat. Cat has a great 270 degree view of Lake George. Proper winter attire required. Please contact me by phone for gear list and carpool info.

WOLF POND PHOTO HIKE
Sun, Jan 13, 2019, 8:30 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- There should be some great views from this pond; 6 miles round trip. The pond is located near Tahawus with views of the High Peaks in the distance. This is a relatively easy walk in the woods with much of it following Wolf Brook.

PYRAMID AND GOTHICS - [Walk/Ski/Snowshoe]
Sun, Jan 13, 2019, 6:00 am, Rating: A
Steve Mackey - 518-793-6484, smackey33@verizon.net
- I’ve led this several of the past few winters. It is my favorite winter hike. We will cross country ski down the Ausable Road and then switch to snowshoes for the climb. The ski is in gently uphill, so the real fun is on the way out. The upper part of Pyramid is very steep. It is not scary, but it is hard. The winter views from both Pyramid and Gothics are spectacular. Every year I get a few people that want to go, and they don’t ski. You are welcome to come; we will wait for you on the way out.

MONTHLY MONDAY GEOCACHE
Mon, Jan 14, 2019, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Join us on our monthly trip to find newly hidden geocaches in the area. It’s a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don’t have to be a “geocacher” to join us. Come see what it’s about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

TUESDAY OUTING - MOXHAM MTN - [Hike]
Tue, Jan 15, 2019, 9:00 am, Rating: B-
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- This week we will hike/snowshoe Moxham Mountain depending on the conditions. It’s 5.5 miles with 1400+ elevation change. We will take our time, but keep moving to stay warm! Call or email for more information.

“BIKE ADVENTURE- A 3,300 MILE BIKE RIDE DOWN THE CONTINENTAL DIVIDE” PRESENTED BY STEVE MACKEY - [Program]
Wed, Jan 16, 2019, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- This program will be held at Crandall Public Library in Glens Falls.

YARD AND BIG SLIDE FROM SOUTH MEADOW - [Hike/Snowshoe]
Sat, Jan 19, 2019, 6:30 am, Rating: A+
Jeff Mans - 518-265-4135, adkhighlander@aol.com
- Yard and Big Slide from South Meadow along the Klondike Trail. About 17 miles round-trip. Depending on conditions and participants, we would consider going as far as Yard and leaving Big Slide for another winter day. Call or email for more details and meet-up information.

KIPP MOUNTAIN - [Hike/Snowshoe]
Sat, Jan 19, 2019, 9:00 am, Rating: C+
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- Kipp Mountain - part of the Chestertown Challenge - involves a short 1.9 mile round trip but affords great views of Loon Lake. If the group wants, some or all could add Meade and Beckman Mountains for an additional 2.1 miles.

TUESDAY OUTING - HARRY BETAR WALK
Tue, Jan 22, 2019, 10:00 am, Rating: D/C
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
- This will be a flat walk along the Hudson River along the Harry Betar walkway in South Glens Falls and along the bluff walk just above. Afterwards, we’ll head over to a coffee shop in Glens Falls.
**Outings and Programs  2 of 3**

### Hudson Crossing / New Year Outing - [Hike/Snowshoe]
Sat, Jan 26, 2019, 9:00 am, Rating: C
Rich Crammond - 518-584-2380
- Just a neat little outing by the Hudson River. Around two miles of hiking or snowshoeing up to Eagle Point and back to the Schuyerville Lock 5 area. Bring warm clothes, and rain gear also. Meeting place: Hudson Crossing dead end parking lot north of Lock 5, Schuyerville. Happy and safe outings for 2019 from Rich.

### TUESDAY OUTING - Adirondack Ski - [Hike/Ski]
Tue, Jan 29, 2019, 8:30 am, Rating: B
Maureen Coutant - 518-708-0096, mojim@roadrunner.com
This trip will depend on the weather. I’d like to do a ski along the Ausable Club road or maybe on the Jack Rabbit Trail near Lake Placid. But if the conditions aren’t conducive for that, I’ll try to do a short hike instead. Stay tuned.

### Cross-Country Ski - Wilton Wildlife
Sat, Feb 2, 2019, 9:00 am, Rating: C+
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
We will ski if there is good fresh snow or snowshoe if icy. The outer loop is about 3 miles total. Bring a snack and a hot beverage and we’ll make a morning of it.

### Trails at Adirondack Interpretive Center in Newcomb - [Hike/Snowshoe]
Sun, Feb 3, 2019, 9:00 am, Rating: C
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- There are about 4 miles of trails to explore on the lands of the Adirondack Interpretive Center in Newcomb. Good beginner snowshoe. At times we will be walking along the shorelines of Lake Belden and Rich Lake. There will also be opportunity to visit the displays at the Interpretive Center. Bad weather will postpone to a new date.

### Monthly Monday Geocache
Mon, Feb 4, 2019, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Join us on our monthly trip to find newly hidden geocaches in the area. It’s a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don’t have to be a “geocacher” to join us. Come see what it’s about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

### Tuesday Outing - [Walk]
Tue, Feb 5, 2019, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM
This will be a walk somewhere since I’ll probably go on Sarah’s geocache trip on Monday! Check in with me the weekend before to find out where!

### Executive Committee Meeting
Wed, Feb 6, 2019, 7:00 pm, Rating: NR
Kathi Noble - chapterchair@adk-dfs.org
- Meeting at The Wesley in Saratoga.

### Marshall - [Hike/Snowshoe]
Sat, Feb 9, 2019, 5:00 am, Rating: A+
Joe Babcock - 518-791-9395, jababcock19@gmail.com
Coled: Wayne Richter - 518-893-7895 or wrichter@nycap.rr.com
- Marshall is a fine peak with a wonderful hike up and great views along the way and from the summit (if you know where to look). We’ll go in from Upper Works and ascend by the Herbert Brook herd path. If we’re lucky, we’ll be able to walk across Flowed Lands, always a winter treat.

### Ski Siamese Ponds Trail from Old Farm Clearing
Sun, Feb 10, 2019, 8:00 am, Rating: B
Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com
- We’ll traverse the old road leading to Siamese Ponds for about 5 miles each way, and maybe explore a side trail or two. This is a backcountry ski--no beginners! We may be breaking trail. Bring lunch and expect gorgeous wilderness terrain. Poor snow conditions may mean a detour to nearby Garnet Hill Ski Center, which charges a fee.

### Tuesday Outing - [Hike]
Tue, Feb 12, 2019, 9:00 am, Rating: NR
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM
This week we’ll do a hike somewhere in the Lake George area. Stay tuned and check the website or call the weekend before!

### Lake Bonita to Lake Ann - [Hike/Snowshoe]
Sat, Feb 16, 2019, 9:00 am, Rating: B
Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com
- A classic winter landscape! Starting from the trailhead on Wilton Mountain road, we will hike down to the scenic Lake Bonita. Then over to the lean-to near Lake Ann. From there down the Western Ridge trail where we will have spotted a car. Slower pace to allow for photography. Snowshoes and micro spikes needed.

### Black Mountain - LG12Ster - [Hike/Snowshoe]
Sat, Feb 16, 2019, time TBD, Rating: B
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
- We will ascend Black Mountain as a part of the Lake George 12Ster for winter credit. I hope there will be plenty of snow for snowshoes! Please contact me by phone for gear list and carpool info.

### Banff Centre Mountain Film Festival
Mon, Feb 18, 2019, 7:00 pm, Rating: NR
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM
- This is our second year hosting the BMFF with the SUNY Adirondack Adventure Sports Club. It’s an evening of short films centered around adventures in the mountains across the world. Award winning films, from the festival in Banff each fall, travel the world and we are so glad we are able to host a stop in the Glens Falls area. Last year we sold out in the beginning of January, so we’ve added a second night of additional films. We expect to sell out, so get your tickets soon or call Maureen to be put on the wait list.

### Banff Centre Mountain Film Festival
Tue, Feb 19, 2019, 7:00 pm, Rating: NR
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM
- See Feb 18th.

### Tongue Mt Range - [Snowshoe]
Sat, Feb 23, 2019, 6:00 am, Rating: A+
Steve Mackey - 518-793-6484, smackey33@verizon.net
- I noticed that Amanda is leading all the 12ster mountains on the east side of Lake George, so I will lead the range on the west. We will spot a car at Clay Meadows and then drive to the top of Tongue Mountain and begin from the Deer Leap Trailhead. We will hike south (sort of downhill) all the way to Montcalm Point and then hike out along the lake. If the ice is safe, maybe we will walk out on the lake on the way out. The total distance is around 15.5 miles. We might be breaking trail on a lot of it.
Outings and Programs 3 of 3

TUESDAY OUTING - [Walk]
Tue, Feb 26, 2019, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM
- This week we’ll do a hike and hot dog roast in Moreau State Park. We’ll either head to the warming hut or maybe the lean-to by Lake Ann. Depends on the weather and conditions...so check in the weekend before!

BEAR DEN, DIAL AND NIPPLETOP - [Hike/Snowshoe]
Sat, Mar 2, 2019, 7:00 am, Rating: A+
Jeff Mans - 518-265-4135, adkhighlander@aol.com
- From the AMR Lake Road we’ll take the Leach Trail over Bear Den to Dial Mountain and Nippletop, returning via Elk Pass to the Lake Road and out. A 12.7 mile loop trail with an elevation gain of about 4,200 feet. This hike is strenuous and can be difficult. The views from Bear Den are limited, although there is an outcrop just past the "peak" that can be climbed and offers some nice views. Dial offers very nice views of the Great Range as well as of Blake and Colvin. The trail from Dial to Nippletop follows the ridge and is an enjoyable walk with a very limited decent/ascent. The views from Nippletop into the Great Range and down through Elk Lake are inspiring. The descent from Nippletop down Elk Pass is rather steep but manageable if we take our time and enjoy the experience.

MONTHLY MONDAY GEOCACHE
Mon, Mar 4, 2019, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- Join us on our monthly trip to find newly hidden geocaches in the area. It’s a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don’t have to be a "geocacher" to join us. Come see what it’s about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

BUCK MOUNTAIN-LG12STER - [Hike/Snowshoe]
Sat, Mar 16, 2019, 7:00 am, Rating: B
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
- We will ascend Buck for the Lake George 12ster winter credit. I’m keeping my fingers crossed for enough snow to snowshoe in! Please contact me by phone for gear list and carpool info.

TUESDAY OUTING - [Hike]
Tue, Mar 12, 2019, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM
- Maybe this week we’ll head a little further north...check in the weekend before. I haven’t been to the Pharaoh Lake Wilderness area in a very long time. So, I’m thinking about something in that area. Check the weekend before for details.

SAWTEETH VIA PYRAMID-GOTHICS TRAIL WITH RETURN VIA SCENIC TRAIL - [Hike/Snowshoe]
Sat, Mar 16, 2019, 7:00 am, Rating: A+
Jeff Mans - 518-265-4135, adkhighlander@aol.com
- Sawteeth starting from the parking area to Lake Road and up the Pyramid-Gothics Trail to the junction for Sawteeth, with a wandering return from Sawteeth over the interesting Scenic Trail loop to Lower Ausable Lake and back out. Total distance 13 miles roundtrip and an elevation gain of about 2700 feet. Call or email for details and meet-up.

TUESDAY OUTING - [Hike/Snowshoe]
Sat, Mar 16, 2019, time TBD, Rating: B
Sarah King - 518-798-0615, scubakings@roadrunner.com
- If there’s snow, we’ll do an evening ski in Cole’s Woods behind the YMCA with me! Call or check the website the weekend before...and I’ll change it up if the weather and conditions...so check in the weekend before!

"TRAVELS TO NORWAY AND ICELAND" PRESENTED BY JOHN SCHNEIDER - [Program]  
Wed, Mar 20, 2019, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- This program will be held at Saratoga Springs Public Library.

EXECUTIVE COMMITTEE MEETING  
Wed, Mar 6, 2019, 7:00 pm, Rating: NR
Kathi Noble - chapterchair@adk-dfs.org
- Location to be determined. Probably Crandall Library Holden Room.

HADLEY MOUNTAIN - [Snowshoe]
Sat, Mar 9, 2019, 8:30 am, Rating: B
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- Hadley has a fire tower and is a good mountain for views to the south including the Sacandaga as well as to the west. Round trip is less than 5 miles and the grades are moderate.

Find out how the Chapter works!
Upcoming Executive Committee meetings:
- Jan 2 @ 7pm @ Crandall Library, GF
- Feb 6 @ 7pm @ Wesley, Saratoga Springs
- Mar 6 @ 7pm @ Crandall Library, GF

Call or email the Chapter Chair for more info.
Tuesday Outing - Paddle  Wed, Oct 3, 2018, Maureen Coutant
- This week we paddled down the outlet of Brant Lake to the dam just above the little village of Brant Lake. Then we paddled back upstream to the main lake and just above the island with the house on it. It was a cloudy day, but the sun peeked out every now and again and highlighted the bright fall foliage. Participants: Mo Coutant, Jim Gedney, Licia & Steve Mackey, Maryjoy Moeller, Rich Myette.

Cheney Cobble  Sat, Oct 6, 2018, Nick Ringelberg
- Cheney’s Citadel spied our approach, from the south this time ("OH, not YOU again!"), and let us up! Three mile bike ride, 3 mile hike, 3 hour bushwhack (1 mile, 1200 feet elevation gain), 10 hours total. Totally soaked in, so not able to get that "awe-inspiring view." I guess we will have to go back again to get the "view," now that we know the way. Participants: Donna Blondell, Jayne Boudier, Jeff Levitt, Nick Ringelberg.

Rocky Peak from East Trail (New Russia)  Sat, Oct 6, 2018, Jeff Mans
- On a rescheduled date with a last-minute change in route, we spotted a car at the Route 73 Washbowl trailhead below Giant, near Chapel Pond, and headed back the short distance towards New Russia and the East Trail for a traverse to Rocky Peak and Giant Mountain, and down to Route 73, never having to retrace our footsteps back. The morning was pleasant and sunny, with some white clouds moving slowly across the azure sky. Taking advantage of the good morning forecast, we quickly obtained increasingly vast open views of the high peaks and Champlain Valley as we trekked along Blueberry Cobble, Bald Peak and the ridge towards Rocky Peak, displaying a kaleidoscope of peak autumn foliage under the heavens above. Passing through the col between Bald Peak and Rocky Peak we came to one of my favorite spots in the woods with abundant birches and an inviting opening of blue sky just off to the south. Further along in the woods on the ascent towards Rocky Peak Ridge, we passed a boulder supporting two cylindrical stones that appeared to me to resemble the engines of the Starship Enterprise, or just my imagination running away once again. As the trail started to transition from woods to open ridgeline, Lake Mary Louise presented herself with all the charm a small tarn has to offer. The views up along the ridge towards Rocky Peak are among the most spectacular during the fall foliage, and we were amply rewarded before the racing clouds and mist finally caught up to us on the summit of Rocky Peak Ridge, where we stopped to take in some lunch and chatter among the many squatters at the summit. Before too long, a small group arrived and performed some type of ritual with one member of the select group donning a red Superman cape and signage broadcasting his apparent accomplishment of completing the 46. I simply could not resist announcing that we had been waiting for them and what took so long. After a few laughs and well-deserved congratulations, we faced the raging clouds and headed back into the comfort and shelter of the woods on our descent from Rocky Peak Ridge and up towards the summit of The Giant of the Valley. On the summit of Giant we found glimpses of a gathering of Where the Wild Thing Are shrouded in the mist of the anxious clouds. As all good things must end, we descended down the Washbowl trail to our spotted car, but not before we were greeted with inspiring views at the Giant’s Washbowl and from a rock ledge with open views of Chapel Pond and the cliffs rising above. A thoroughly rewarding hike with good company on a day that left little regret for beating the forecast most of the day. Participants: Jeff Mans, Jeff Newsome, and Donna O. in mind and spirit.

Tuesday Outing - Paddle  Tue, Oct 9, 2018, Maureen Coutant
- This week most of the group paddled Lake Abanakee almost from end to end. I say most since my back was bothering me, so while they paddled, I walked my dog along the lake. We still all had a good time. They were treated to loons swimming nearby and we all got to enjoy the peak foliage spotlighted when the sun shone through the clouds. We had lunch at the beach and most of us stopped at Stewarts on the way home. Participants: Mo Coutant, Mary Knutson, Margie Litwin, Licia Mackey, Kay Mence, Rich Myette.

Traverse Of Jay Mountain Range  Sat, Oct 13, 2018, Amanda Gomez
- Beautiful fall foliage all the way to the trailhead. Increasing clouds, and when we got to the ridgeline the wind picked up a bit and started to snow. A light dusting accumulated as we traversed the ridgeline and turned to rain as we headed back to our cars. Participants: Amanda Gomez, Mike DeSocio, Connor Phoenix, Paul Burns, Rich Rogers.

Gore Mountain Fire Tower Hike  Sat, Oct 13, 2018, Rich Crommond
- A real nice fall hike and no heavy rainfall, so real thankful for that. What we did see on the way down the trail was some great views and a “snowbow,” a very colorful snow squall! Going up were some real nice waterfalls from all the latest rainfall. I think everyone really enjoyed this cool, fall day outing. That’s what it’s all about: having a good time. Didn’t get no better. Thanks, hiking buds, for sharing your day. Participants: Peter Bishop, Leo Demers, Ray Bouchea, Bob Morrissey, Rich Crommond.

Tuesday Outing FTC  Tue, Oct 16, 2018, Maureen Coutant
- My back had been giving me trouble the week before, so we only did the Red Hill fire tower and not Hunter. So we still need to do another trip down to Hunter to finish up the Catskills section of the ADK Fire Tower Challenge. I was surprised so many people wanted to do the long drive down to do a hike that was less than 3 miles. But it was a beautiful day, so why not? It’s always great to be with other ADKers and catch up whether it is in a car or on the trail! The colors were not peak, but the view was still spectacular. Great day out—even avoiding the traffic! Participants: Sue Atwell, Mo Coutant, Leo Demers, Dee Demetriou, Sue Hermitage, James Jordan, Mary Knutson, Lee Loose, and Heather, Licia and Steve Mackey.

Mt. Colden from Lake Arnold/ADK Lodge  Sat, Oct 20, 2018, Jeff Mans
- Cancelled due to weather and lack of participants foolish enough to follow through upon more rational reflection. Maybe next time.

Traverse Of Western Ridge Trail In Moreau Lake State Park  Sat, Oct 20, 2018, Reg Prouty
- We could not have chosen a better fall day to do this scenic traverse. Views at all of the overlooks were great and we had lunch at the best one, which is even with the dam on the Hudson. We also spent a little time at the overlook near the end of the traverse where the river looks either like an eagle or an amoeba. A great day with good friends and new friends. 7 hikers: Reg Prouty, Jim Jordan, Suzanne Winkler, Joanne Walczak, Robert Gammon, Mary Gammon, and Jayne Bouder.

Tuesday Outing - Paddle  Tue, Oct 23, 2018, Maureen Coutant
- This week I changed the trip to a walk at the Skidmore Northwoods instead of a paddle since it was chilly and rainy. We actually started in a sprinkle, but it stopped after about 15 minutes. We walked around the woods and saw most of the highlights, but missed a few that we’ll have to come back to another time. Afterwards, most of us headed to Uncommon Grounds for a hot drink and snack. Always good to get down to Saratoga. Participants: Jim Brown, Mo Coutant, Mary Harrill, Jim Jordan, Lee & Mary Loose, Heather, Licia & Steve Mackey, Ted Orosz & Diane White, Joanne Szot, Alison & Joe Zoske.
There were 12 new caches here and 4 older ones. These caches were most

NY. We parked in the large parking lot off Northline Road and began our

Monthly Monday Geocache


were all sold out. The sandwiches and soup were good, and Jayne liked the hand-packed ice cream. 7 hikers: Reg Prouty, Joe Pawlasko, Bob Bedore, Megan McLaughlin, Rich Pen, Rich Crammond, and Jayne Boucher.

Whiteface and Esther

- Today’s destination was Woods Hollow Nature Preserve located in Milton, NY. We parked in the large parking lot off Northline Road and began our walk. The weather was in the mid 40s but no wind, so it didn’t feel too cold. There were 12 new caches here and 4 older ones. These caches were most-

Turkey Trot #20 Saratoga Battlefield

Participants: Laura Fiske, Dan D’Angelico, Kathy Fleming, Rich Crammond. By the time we arrived at the top, we were socked in and the visibility was really limited. We didn’t have a good view or photo opportunities as we started to head back down the trail. We decided to use headlamps for a few minutes before arriving back at the trailhead. It was a satisfying day in the woods and wet our Appetite for winter hiking. This was a first ascent of Whiteface and Esther for Ben and a first descent of Whiteface for Dan! Participants: Ben St. Andrews, Daniel Stewart, Brian Hoffman, Jim Zwynenburg, Andrew Meunier.

Whiteface and Esther

Sat, Nov 24, 2018, Andrew Meunier and Ben St. Andrews

- The waning Beaver Moon lit our objective beautifully as we dodged lethargic deer on the roadway to the Whiteface trailhead in Wilmington. Temperatures were relatively mild as we started the steep hike up Marble Mountain. The trail was still marked by leaves down low, but significant snow led us to strap on our snowshoes as we approached the junction for Esther. The trees on the slopes of Esther were heavily loaded and the summit was a winter wonderland with some nice views of Whiteface and only a few clouds in the sky. As the temperature climbed into the upper thirties, the sun started melting the snow in the trees above, treating us to chilly showers on our way up to the summit of Whiteface. Strong winds near the summit road led us to bundle up, but by the time we arrived at the top, we were socked in and the wind was eerie quiet. After a short snack, we headed back and only had to use headlamps for a few minutes before arriving back at the trailhead. It was a satisfying day in the woods and wet our appetite for winter hiking. This was a first ascent of Whiteface and Esther for Ben and a first descent of Whiteface for Dan! Participants: Ben St. Andrews, Daniel Stewart, Brian Hoffman, Jim Zwynenburg, Andrew Meunier.
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 MINI number for Outings is: 3 people, including the leader (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 tailhead parking) and may alter meeting locations due to destination or participants. If you are available, it’s helpful to offer to drive your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

Participation Guidelines
Leaders are responsible to evaluate interested parties’ fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions. *Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip. Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (and recently and 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 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. |
| Glens Falls Crandall Library Corner of Glen and South Streets Holden Room (2nd floor of library). From Exit 18, Broad into South to Glen Street. |
| Lake George ADK Headquarters: EXIT 21 of the Northway. Turn WEST onto ROUTE 9N South. ADK is on the LEFT. |
| Saratoga Springs Public Library: Henry Street., Saratoga Springs, NY 12866, 584-7860. From Northway (I-87), Take Exit 14 onto Route 9P North (Union Avenue). Proceed 1.5 miles, past three traffic lights to T-junction, RIGHT onto CIRCULAR STREET to the first, traffic light. LEFT onto SPRING STREET for two blocks., RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit. |

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

If you are moving, You may call Headquarters at 518-668-4447.

The Chapter receives all its mailing labels and membership lists from the Club.

Therefore, any change of address need NOT be sent to the Chapter. One call to the Club is all you need!

Reminder: Please include your e-mail address when renewing membership!