



Chepontuc Footnotes

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

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

**Wednesday
March 20
at 7pm
Saratoga Springs
Public Library**

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.



Chapter Chair Report ~ Kathi Noble



It will be the beginning of March when you'll be reading this. As I write this at the beginning of February I'm wondering will March still be full on winter or will spring be starting. According to Punxsutawney Phil, who didn't see his shadow, we will have an early spring. Time will tell if he is correct. I'm usually happy with either. The more downhill skiing and snowshoeing I can get in the better or if spring is emerging I'm good with that to get ready for gardening, hiking and camping. We have no control over the weather, so we just have to make the best of what we get.

I'm happy to announce that the chapter has sponsored 6 kids for the DEC summer camps, which means we were also able to send one for free. We're also sending a teen to the ADK Teen Trails program. I'm looking forward to hearing from the campers about their experiences. If you have a child or know one that is between the ages of 11 to 17 and may be interested in summer camp, check the website in the fall for camp information and application. Information will be updated and posted sometime in September at adk-gfs.org/education.php.

The Banff Mountain Film Festival World Tour was held in February. We sold out both nights. I'm hoping it was great and am sure it was, (I'm writing this before it happened). I'm pretty certain this is going to become an annual event so if you missed out this year make sure you get your tickets early next year. I'd like to thank the Banff committee for their hard work and dedication to making this event happen.

Contact us at: adk-gfs.org, facebook.com/adkgfs or facebook.com/SaratogaYMG

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Adirondack Place Names: Why Is That Thing Over There Called That? presented by Erik Schlimmer

**Wednesday
April 17
at 7pm
Saratoga Springs
Public Library**

During the past thirty years, Erik has explored the wildest places in America. Some of his trips include mountain biking across the United States — twice, paddling the Delaware and Susquehanna rivers from source to sea, and hiking nearly 2,000 mountains. The mountains he's most familiar with are the Adirondacks. Today he'll share some of his photos of this range as well as what his extensive research has revealed about place names. As he likes to say, "Behind every place name there's a story, and the story's usually pretty good."



In this month's program, join Erik Schlimmer, a founding member of Friends of The Trans Adirondack Trail and an award-winning author and educator, to hear the stories behind place names in the Adirondacks. Erik historically decodes 100 Adirondack place names in rousing detail, supported by a backdrop of his gorgeous photos from the wilderness. Co-sponsored by the Adirondack Mountain Club and Saratoga Springs Public Library.

Tanzania: Land of beauty, magnificent safari & conservation parks, spectacular scenery & friendly people

Presented by Betsy & Bob Birchenough

**Wednesday
May 22
at 7pm
Crandall Library
Glens Falls**

Betsy and Bob Birchenough of Queensbury have traveled all over the world for their work in radiology and for fun: Australia, New Zealand, China, Peru, Ecuador, and all of Europe. The Tanzania trip came about after they met an Australian couple at Machu Picchu. The couple in question happened to be on a three-year road trip from the southern tip of South America to the Arctic. Betsy and Bob invited them to stop by and visit at their home in Lake George. Three years later in 2012 they received an invitation to their wedding in Tanzania. Invitation accepted! The trip exceeded all the wildest expectations. National parks, safaris, villages and cities visited in two weeks.

Some examples of the adventure include Tarangire National Park which has 550 breeding bird species – the largest number in the world. The visit coincided with the dry season, the best time to see the largest number of large mammals in the wild: elephants, zebras, giraffes, etc. Ngorongoro Conservation Park, a UNESCO Heritage site since 1974 was formed by a large volcano 3 million years ago and the crater floor covers 100 sq. miles.

Betsy and Bob Birchenough look forward to sharing with you all the magnificent animals, majestic trees and the wonderful local people.

Newsletter update

We are still looking for a Newsletter Editor!

If you are comfortable sending out email reminders for content, attending most of the monthly Executive Committee meetings (we don't meet in the summer) to get to know the crew, familiar with word processing, and have a desire to help out the Chapter, then you might be the perfect person for this volunteer job!! Our webmaster does the back half of the newsletter in Microsoft Publisher. We can get you a copy for your computer if you are interested! Email newsletter@adk-gfs.org if you are interested or would like more information. Thanks.

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.

_____ 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

Membership Update ~ by Pat Desbiens

NEW MEMBERS

November 2018

Maureen Bailey & Mark Frederick, Queensbury
Gabrielle Beard, Hudson Falls
Jennifer & Alex Bogda, Ballston Spa
Colin & Liz Capon, Mayfield
Peter, Theresa, John & Christopher Capozzola, Saratoga Springs
Nick Fusco, Hudson Falls
Gabi Hughes, Ballston Spa
Haley Hutchins, Saratoga Springs
Dennis Kramer, Schuylerville
Anna Lynch, Saratoga Springs
Deven Mosher, Queensbury
Skyler Munson, Fort Edward
Valerie S. Roof & Rodney Parrott, Saratoga Springs
Nathan & Fran Rowe, Saratoga Springs

December 2018

Steven Allen, Gansevoort
William, Teri, Louie, Margaret, Catherine & William Crowe
Lauren DeLor, Queensbury
Josh Lamay, Gansevoort
Kessie Martin, Lake George
Gina Martin, Lake George
Steve Mastaitis, Saratoga Springs
Matt McDonough & Maria Theodorou, Riverside, Illinois
James Rothermel, Lake George
Sarah & Ava Sullivan, Saratoga Springs
Christina & Michael Takach, Norwalk, Connecticut
Michaelah & Madison Townley, Saratoga Springs
Scott Walker, Saratoga Springs
Alex Wilke, Saratoga Springs

Arin Zollinger, Ballston Lake

REJOINED MEMBERS

November 2018

Shelley Mason, Terrence, Jackson & Miller Fina, Argyle
Kathryn Good, Herndon, Virginia
Greg, Kim, Isabella & Quentin Grieco, Saratoga Springs
Noelle Guimond, Corinth
Danielle Riggs, Glens Falls
Brian Stoetzel, Tonawanda

December 2018

Kenneth R. Gnade, Queensbury
James Mulford, Saratoga Springs
Barbara Otsuka, Middlebury, Vermont
Straford Wild, Saratoga Springs

New Affiliate

Amy Hildreth, Schenectady

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, trip reviews, membership information, fire tower information, program details, photo gallery from trips, and links to other outdoor information.

Conservation Update by Jennifer Ferriss

The City of Saratoga Springs Open Space Advisory Committee held a public forum on Thursday, January 31, 2019, at the Saratoga Springs Public Library to receive input on their Natural Resource Inventory (NRI) project, in cooperation with LaBella Associates and students from the Master of Regional Planning Program at the University of Albany. The NRI is a scientific professional tool that addresses a broad range of resources including: water, ecology, habitats, soils, scenic resources, and historical and cultural areas. The final product will include maps, narratives, and photos that will help identify opportunities and threats, conservation priorities, and mitigation strategies for the City of Saratoga Springs.

Community members were asked to identify scenic resources that would protect the Saratoga Greenbelt, a visionary 24 mile network of trails that upon completion will form a continuous loop with interconnected feeder streets and trails throughout the City of Saratoga Springs, New York. As an attendee, I had the opportunity to reveal my favorite natural places of solitude and where I enjoy wild flora and fauna within the city limits. We all had a chance to provide feedback on gateways to the city, open fields, historic districts, distant views and waterways that should remain intact to maintain the city in the country feel that Saratoga Springs residents and visitors enjoy. A copy of the presentation is available on the committee's website: <https://www.saratoga-springs.org/2223/Open-Space-Advisory-Committee>. Look for another opportunity this summer to provide feedback on the draft NRI.

ADK Fire Tower Challenge ~ by Kathi Noble



The challenge was started in 2001 when the book, "Views from on High: Fire Tower Trails in the Adirondacks and Catskills", written by John P. Freeman was published. Below is the data that I have since taking over the challenge correspondence. I read back in some meeting minutes there were approximately 600 finishers as of January 2011.

2012:	40 regular	1 winter	4 children
2013:	33 regular	3 winter	2 children
2014:	41 regular	2 winter	1 child
2015:	87 regular	14 winter	1 child
2016:	109 regular	6 winter	1 child
2017:	97 regular	13 winter	3 kids
2018:	128 regular	10 winter	2 kids

Congratulations to the following people who have finished the Fire Tower Challenge:

Ed Kobos, New Hartford NY
David Diaz, Utica NY
Doug Tinkler, New Hartford NY
Janet Horvath, Croghan NY
Melanie Ganter, Saratoga Springs NY
Brian Moore, Holland Patent NY
Ryan Mahoney, Cheshire CT
Addison Wolanin, New York Mills NY
Tony Eakins, Parishville NY
Debra Cifelli, Poughquag NY
Richard Reynolds, Poughquag NY
Lori Mackey, Utica NY
William Mackey, Utica NY
Jennifer Bonfanti, Spencerport NY
Nancy Botting, Johnson City NY

In addition, congratulations to our *Winter Fire Tower Challenge* completers!

Marie Rinella, North River NY
Vinnie Rinella, North River NY
Charla Glenister, Plattsburgh NY
Becky Swem, South Burlington VT

A quote from a recent finisher that we found amusing:

Lori Mackey commented in her notes from the hike up Owls Head, "We got so sweaty and there were *tons* of bugs. By the time we got to the bottom, we were a mess. Bugs stuck to us...yuck."

Banff Centre Mountain Film Festival ~ by Maureen Coutant

The Chapter with help from the community came together to host the Banff Center Mountain Film Festival World Tour. This was a huge amount of work and the Chapter wants to send out a big thank you to the Committee that made this happen:

ADK-GFS ~ Peter Benoit, Mo Coutant, Dan Kane, Jim Schneider, Tammara Van Ryn, Anne Paolano
Rocksport ~ Sue Beadle
Fountain Square Outfitters ~ Nancy Fuller
SUNY Adirondack Adventure Sports Club ~ Karie Rathbun

Last year was our first year hosting and we sold out (400 tickets) so quickly we added a second night to accommodate more fans. We still sold out shortly after the notice in the Jan-March newsletter. We will, hopefully, do it again next February. If you are interested in attending next year, please get your ticket early. Mark your calendar now to check the website in mid-November to get info on tickets and don't delay buying them. We want you to join us!

Thanks again to our local sponsors and door prize donors for a fun evening!

Fountain Square Outfitters, Rocksport, the law firm of Meyer & Fuller, Cool Insuring, Nemer Auto Boday, SUNY Adirondack Adventure Sports Club, Advantage Press, and the Queensbury Hotel.

Door prizes were donated by many of the sponsors and **Adirondack Extreme, Summit Yoga, West Mountain, ADK, Sports Page, Joy Works by Joy Muller-McCoola (yoga stone), Legs by Liz (neck gaiters), Steve Myhrberg (ADK chair).** If you'd like to donate something next year or help, email Banff@adk-gfs.org

Outings and Programs Calendar - March 2019

Date	Day	Type	Destination	Leader(s)	Rating
March 2019					
2	Sat	Hike/Snowshoe	Bear Den, Dial and Nippletop	Jeff Mans	A+
3	Sun	Ski	Boreas Ponds	Steve Mackey	A
4	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
5	Tue	Ski	Tuesday Outing	Maureen Coutant	NR
6	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
7	Thu	Other	YM Bowling!	Megan McLaughlin	NR
9	Sat	Hike	Wright, and Maybe More MacIntyres	Wayne Richter, Joe Babcock	A+
9	Sat	Snowshoe	Hadley Mountain	Reg Prouty	B
12	Tue	Hike	Tuesday Outing	Maureen Coutant	NR
16	Sat	Hike/Snowshoe	Colden for some ZZZs	Joe Babcock, Andrew Meunier	A
16	Sat	Hike/Snowshoe	Sawteeth via Pyramid-Gothics Trail with return via Scenic Trail	Jeff Mans	A+
16	Sat	Hike/Snowshoe	Buck Mountain-LG12ster	Amanda Gomez	B
19	Tue	Hike	Tuesday Outing	Maureen Coutant	NR
20	Wed	Program	"Travels to Norway and Iceland" presented by John Schneider	Sarah King	NR
21	Thu	Meeting	Outings Leaders Social	Wayne Richter	NR
26	Tue	Walk	Tuesday Outing	Maureen Coutant	NR
27	Wed	Other	Young Members Game Night	Brian Coville	NR
30	Sat	Hike	Ampersand Mountain	Wayne Richter	B+
April 2019					
1	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
2	Tue	Hike	Tuesday Outing-Black Mtn	Maureen Coutant	B
3	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
6	Sat	Hike/Snowshoe	Peaked Hills in North Hudson/Hoffman Notch Wilderness Area	Jeff Mans, Jayne Boudier	A-
7	Sun	Hike	YM Wakely Mt Firetower	Megan McLaughlin	C+
9	Tue	Hike	Tues Outing- Prospect by Big Hollow	Maureen Coutant	B
11	Thu	Other	YM Garrison Social	Megan McLaughlin	NR
13	Sat	Hike/Snowshoe	Blue Ridge Mountain in North Hudson/Hoffman Notch Wilderness Area	Jeff Mans, Jayne Boudier	A
13	Sat	Hike/Snowshoe	Spruce Mountain Fire Tower	Rich Crammond	C+
13	Sat	Hike/Snowshoe	Poke-o-Moonshine	Amanda Gomez	A-
16	Tue	Walk	Tues Outing - Pharaoh Area	Maureen Coutant	C+
17	Wed	Program	Adirondack Place Names: Why is that thing over there called that?	Sarah King	NR
20	Sat	Bike	Bike to Rathbun's Sugar House	Steve Mackey	A
27	Sat	Hike	The Crows, Nun Da Ga O Ridge and Hurricane Spring Hike	Joe Babcock, Jim Zwynenburg	B+
27	Sat	Trail Work	Tongue Mtn Range	Tom Ellis	B+
30	Tue	Hike	Tues Outing - Fire Tower Hike	Maureen Coutant	NR
May 2019					
1	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
4	Sat	Hike/Snowshoe	Crane Mountain	Amanda Gomez	B+
4	Sat	Other	ADK HQ workday	Maureen Coutant	NR
5	Sun	Hike	YM Owl's Head Firetower Hike	Megan McLaughlin	C+
6	Mon	Geocache	monthly Monday Geocache	Sarah King	NR
7	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	B+
11	Sat	Hike	Pitchoff Hike	Joe Babcock, Wayne Richter	B+
11	Sat	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C
14	Tue	Hike	Tues Outing - Roostercomb	Maureen Coutant	B
16	Thu	Other	YM Artisanal Brew Works Social	Megan McLaughlin	NR
18	Sat	Hike/Snowshoe	Lost Ponds Trail and Bushwhack	Rich Crammond, Jayne Boudier	B-
18	Sat	Hike	Cat and Thomas Traverse	Reg Prouty	B
18	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
21	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
22	Wed	Program	"Tanzania and Zanzibar" presented by Bob and Betsy Birchenough	Sarah King	NR
28	Tue	Walk/Hike	Tues Outing - Shelving Rock walk	Maureen Coutant	C

Outings and Programs 1 of 4

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.

BOREAS PONDS - [Ski]

Sun, Mar 3, 2019, 7:00 am, Rating: A

Steve Mackey - 518-793-6484, smackey33@verizon.net

- I skied into the ponds twice last year. Both times the snow conditions were excellent, and the trip wasn't that difficult. It is around 13 miles round trip, but it is on an old Finch Pruyn road that is gently rolling. If it is a clear sunny day, the view at the dam is spectacular.

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!

TUESDAY OUTING - [Ski]

Tue, Mar 5, 2019, 6:00 pm, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- If there's snow, we'll do an evening ski in Cole's Woods behind the YMCA in Glens Falls. The lighted trails are one of the reasons we moved to this area 30 years ago. Check in the weekend before and I'll change it up if the conditions aren't good for skiing!

EXECUTIVE COMMITTEE MEETING

Wed, Mar 6, 2019, 7:00 pm, Rating: NR

Kathi Noble - chapterchair@adk-gfs.org

- Meeting at Crandall Library Holden Room, Glens Falls.

YM BOWLING! - [Other]

Thu, Mar 7, 2019, 6:00 pm, Rating: NR

Megan McLaughlin - 631-365-3934, megan@adk.org

- Join us in South Glens Falls at Kingpin's Alley Family Fun Center for an evening of YM Bowling! We will aim to start games between 6 and 7pm. Visit kingpinsalley.com for pricing or email megan@adk.org with questions.

WRIGHT, AND MAYBE MORE MACINTYRES - [Hike]

Sat, Mar 9, 2019, 5:00 am, Rating: A+

Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

Colead: Joe Babcock - 518-791-9395 or jababcock19@gmail.com

- We went to Algonquin and Iroquois in January but did not get to Wright. This hike will go first for Wright. If conditions are right (after Wright), we'll go on to Algonquin and even Iroquois. We may also consider hiking the trail down to Lake Colden and walking out across Avalanche Lake - an experience not to be missed in a hiker's lifetime. We had spectacular views and

great snow in January, so let's hope for more of the same in March.

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.

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.

COLDEN FOR SOME ZZS - [Hike/Snowshoe]

Sat, Mar 16, 2019, 5:00 am, Rating: A

Joe Babcock - 518-791-9395, jababcock19@gmail.com

Colead: Andrew Meunier - 518-376-2470

or andrew.m.meunier@gmail.com

- Hiking to Colden for some nice views if the day turns out that way. Always a nice hike in any season. We will be taking the trail to Lake Arnold and head up the trail to Colden. Hoping for a great day in the park. As with any winter hike, dress for conditions and bring your traction. We will meet at Panera Parking Lot off Exit 19 to car pool to the ADK Loj trailhead.

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 round trip and an elevation gain of about 2700 feet. Call or email for details and meet-up.

BUCK MOUNTAIN-LG12STER - [Hike/Snowshoe]

Sat, Mar 16, 2019, time TBD, 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 19, 2019, time TBD, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This week we'll head to the Saratoga Battlefield. Never know what the weather will be like this time of year. So maybe a ski? or walk? bike ride? Have to wait to see! 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.

Outings and Programs 2 of 4

OUTINGS LEADERS SOCIAL - [Meeting]

Thu, Mar 21, 2019, 7:00 pm, Rating: NR

Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

- This get-together will be a chance for outings leaders, and those interested in becoming an outings leader, to compare experiences, learn from one another, make or renew acquaintances, plan trips for the next newsletter, or just find out what it's all about. We're still working on a location (we'll be giving Mo Coutant a break after hosting us last fall), so check the online calendar or contact Wayne for an update.

TUESDAY OUTING - [Walk]

Tue, Mar 26, 2019, 9:00 am, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- I keep meaning to check out the Vischer's Ferry Preserve, but never get there! So I need to put it on the schedule in order to do it! Come explore it with me! Call or check the website the weekend before for more details.

YOUNG MEMBERS GAME NIGHT - [Other]

Wed, Mar 27, 2019, 6:30 pm, Rating: NR

Brian Coville - 516-996-5086, Brian_Coville@Outlook.com

- Game Night in Gansevoort (8 Evergreen Drive) for young members, prospective young members, and other friends. Please feel free to bring a game or recommend one. I'll get pizza, but please let me know if you would prefer anything else. Please feel free to contact me if you have any questions.

AMPERSAND MOUNTAIN - [Hike]

Sat, Mar 30, 2019, 6:00 am, Rating: B+

Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

- Ampersand is an enjoyable hike to a summit with spectacular views. We'll hope for enough snow to make it a snowshoe day and clear skies. Round trip is 5.4 miles with almost 1800 feet of elevation gain.

MONTHLY MONDAY GEOCACHE

Mon, Apr 1, 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-BLACK MTN - [Hike]

Tue, Apr 2, 2019, 8:30 am, Rating: B

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- Hard to say at this time what the conditions will be at the beginning of April, but let's head up Black Mountain with or without snowshoes or microspikes! We'll do the loop that brings us around the ponds if we aren't snowshoeing. Just up and back the direct route if we're on snowshoes. Call or email the weekend before for more details.

EXECUTIVE COMMITTEE MEETING

Wed, Apr 3, 2019, 7:00 pm, Rating: NR

Kathi Noble - chapterchair@adk-gfs.org

- Meeting at The Wesley in Saratoga.

PEAKED HILLS IN NORTH HUDSON/HOFFMAN NOTCH WILDERNESS AREA - [Hike/Snowshoe]

Sat, Apr 6, 2019, 7:30 am, Rating: A-

Jeff Mans - 518-265-4135, adkhighlander@aol.com

Colead: Jayne Boudier - jayneboudier@gmail.com

- Peaked Hills in North Hudson from the east. We'll park at the Dirgylot Hill parking area on the left off of Route 9, a few miles north of Schroon Lake and Northway Exit 28. From there, we'll hike under the Northway culvert, following the old woods road to the first tee, turning right, and then following the woods road a short distance and continuing along a very light hunter's trail leading to the north with evidence of old hatchet marks on trees, eventually hitting the major unnamed drainage on the east side of Blue Ridge (17th Brook), where another old woods road parallels the brook. We'll follow 17th Brook past the eastern face of Peaked Hills and continue until the toe of the northern slope of East Peaked Hill, and then head almost straight south to climb the East Peaked Hill, and then over to South Peaked Hill, and time and conditions permitting, head to West Peaked Hill. Waterfalls, rock slabs and open summits await. Approximately 8+ miles and a total elevation gain of 2000-2500 feet. This should be an enjoyable hike in its own right, but is a prelude for a 4/13 hike starting along the same route to Blue Ridge Mountain.

YM WAKELY MT FIRE TOWER - [Hike]

Sun, Apr 7, 2019, 8:00 am, Rating: C+

Megan McLaughlin - 631-365-3934, megan@adk.org

- Moderately rated trail, about 6 miles round trip, with an easy 2 mile start followed by a more challenging last mile gaining more than 1000 feet of elevation. The road to this fire tower is not plowed. If we are having an exceptionally cold, snowy spring, we may have to switch to another tower. Email megan@adk.org to sign up and get exact meet-up location/time.

TUES OUTING- PROSPECT BY BIG HOLLOW - [Hike]

Tue, Apr 9, 2019, 9:00 am, Rating: B

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- We usually hike Prospect from the Lake George Rec Area, but I thought we'd do something different and hike it from the Big Hollow Rd. This might be a different route for some and it's always nice to do something different! I think this is about 6 miles round trip, but I'll have better info by the weekend before. So call or email then for more info.

YM GARRISON SOCIAL - [Other]

Thu, Apr 11, 2019, 6:30 pm, Rating: NR

Megan McLaughlin - 631-365-3934, megan@adk.org

- Join us at The Garrison in Lake George to meet new people, and help plan upcoming young members outings!

BLUE RIDGE MOUNTAIN IN NORTH HUDSON/HOFFMAN NOTCH WILDERNESS AREA - [Hike/Snowshoe]

Sat, Apr 13, 2019, 7:00 am, Rating: A

Jeff Mans - 518-265-4135, adkhighlander@aol.com

Colead: Jayne Boudier - jayneboudier@gmail.com

- Blue Ridge Mountain in North Hudson from the east. We'll park at the Dirgylot Hill parking area on the left off of Route 9, a few miles north of Schroon Lake and Northway Exit 28. From there, we'll hike under the Northway culvert, following the old woods road to the first tee, turn right, and then following the woods road a short distance and continuing along a very light hunter's trail leading to the north with evidence of old hatchet marks on trees, eventually hitting the major unnamed drainage on the east side of Blue Ridge (17th Brook), where another old woods road parallels the brook for almost a mile before petering out. We'll follow this drainage (not to be confused with the main drainage that comes from the Blue Ridge/Hoffman col) as high up as it will take us, generally staying on the north side, until the summit of Blue Ridge, with an elevation of 3468 feet. Approximately 10 miles and a total elevation gain of about 2750 feet. FYI, we have a 4/6 hike to Peaked Hills that will take us along the same beginning route.

Outings and Programs 3 of 4

SPRUCE MOUNTAIN FIRE TOWER - [Hike/Snowshoe]

Sat, Apr 13, 2019, 9:00 am, Rating: C+
Rich Crammond - 518-584-2380

- Let's hike or snowshoe to this 73 foot high tower, then up in the cab for some views. Summit elevation is 2009 feet. Round trip hiking is 2.2 miles with 1003 feet of elevation change. Meet at Spruce Mt. Road dead end where the trailhead starts, South Corinth area from Route 9N and Wells Road.

POKE-O-MOONSHINE - [Hike/Snowshoe]

Sat, Apr 13, 2019, time TBD, Rating: A-
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com

- Keeping up with the fire towers I have not yet completed, and I'm hoping many will join me for the same reason. There are great views on top. I am hoping we won't need snowshoes but you never know. Otherwise, please call me for gear list and carpool info.

TUES OUTING - PHARAOH AREA - [Walk]

Tue, Apr 16, 2019, 8:30 am, Rating: C+
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- We'll head to the Pharaoh Lake Wilderness area to explore another area without much elevation change. Open to suggestions on our route! Call or email the weekend before to find out what I decide on!

ADIRONDACK PLACE NAMES: WHY IS THAT THING OVER THERE CALLED THAT?" PRESENTED BY ERIK SCHLIMMER. FOUNDING MEMBER OF FRIENDS OF THE TRANS ADIRONDACK ROUTE, LLC. -

[Program]

Wed, Apr 17, 2019, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com

- This program will be held at Saratoga Springs Public Library.

BIKE TO RATHBUN'S SUGAR HOUSE

Sat, Apr 20, 2019, 7:00 am, Rating: A
Steve Mackey - 518-793-6484, smackey33@verizon.net

- I've done this ride several times, but never as a club trip. We will bike to Rathbun's Sugar House near Granville. Distance one way is 26 miles. There are some nice back country roads with very little traffic. We usually bike one way and then meet our spouses at the restaurant for brunch, and throw our bikes on the car bike racks for the return trip. Hopefully we can get enough cars to make it a one way trip. If not, I'll bike back with whoever is left over.

THE CROWS, NUN DA GA O RIDGE AND HURRICANE SPRING HIKE

Sat, Apr 27, 2019, 5:00 am, Rating: B+
Joe Babcock - 518-791-9395, jababcock19@gmail.com
Colead: Jim Zwynenburg - 518-683-2413 or jim@testplastic.com

- A great long day in the park while staying off the High Peaks during Mud Season. Hiked this a few years ago and had a blast! Hope to repeat the experience this time. Could still be some ice around, but then again may be a warm day as well. Meeting at Panera Parking Lot off Exit 19 to car pool. Hope to see you all there.

Chapter Trail Work Day!!

Sat April 27th (usually meet around 9 at Paneras)
But call or email Tom Ellis for the plan!
518-638-6139 Or trails@adk-gfs.org

We take care of the Tongue Mtn trail from the Deer Leap trail head out to Deer Leap, then continue along the ridge down to the trail up to the saddle. No skills required! Anyone can help! Always fun!

TUES OUTING - FIRE TOWER HIKE

Tue, Apr 30, 2019, time TBD, Rating: NR
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- I need to do Hunter in the Catskills...but also a couple more in the Adirondacks to work on the Fire Tower Challenge. I'm easily persuaded, so let me know your preference! Will decide as it gets closer and we can see what the conditions will be like!

EXECUTIVE COMMITTEE MEETING

Wed, May 1, 2019, 7:00 pm, Rating: NR
Kathi Noble - chapterchair@adk-gfs.org
- Location to be determined. Probably Crandall Library Holden Room.

CRANE MOUNTAIN - [Hike/Snowshoe]

Sat, May 4, 2019, time TBD, Rating: B+
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com

- Closer to home hike for those who want a great view! This trail is steep and rocky. With any luck we won't need snowshoes. Please call me for gear list and carpool info.

ADK HQ WORKDAY - [Other]

Sat, May 4, 2019, 9:00 am, Rating: NR
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM
- Come join fellow ADKers to help get the ADK headquarters building ready for the warmer weather. We rake, put out the picnic table, paint if we can, put in the screens, hook up the hose, and do anything else that needs to be done.

Nothing complicated and it's great to talk to other ADKers as we're pitching in to help the Club. Come for an hour or stay for lunch! Every little bit helps!



YM OWL'S HEAD FIRE TOWER HIKE

Sun, May 5, 2019, 8:00 am, Rating: C+
Megan McLaughlin - 631-365-3934, megan@adk.org
- Celebrate Cinco De Mayo at Owl's Head Firetower! Just over 6 miles round trip. Great views! Sombreros and creative treats for the summit are encouraged. Included in the Adirondack Firetower and 29er Challenges. Email, call or text to sign up and get exact met-up location/time.

MONTHLY MONDAY GEOCACHE

Mon, May 6, 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 - PADDLE

Tue, May 7, 2019, 9:00 am, Rating: B+
Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM
- I try to start off the paddle season with an adventure to get from Lake Luzerne to Second Lake. It's not a beginner paddle! I really shouldn't start off with this one, but you need to do it before the water level drops too much and the weeds get high. But it involves getting in and out of your boat to go around or over beaver dams and through shallow water. It's an adventure since we have to try to remember the route from the prior years...or back track. But that's OK, we're never too far from the actual path. Bring a snack and drink and a sense of adventure!

Outings and Programs 4 of 4

PITCHOFF HIKE

Sat, May 11, 2019, 5:00 am, Rating: B+

Joe Babcock - 518-791-9395, jababcock19@gmail.com

Colead: Wayne Richter - 518-893-7895 or wrichter@nycap.rr.com

- Hiking Pitchoff, we will start from the trail near the Cascade trailhead and hike to the up to the last open area on top, then hike the same trail back. I look forward to this hike and the potential for some nice views along the way. Join us for a nice hike to get ready for the summer hiking season.

SPRING BIRD WALK - WILTON WILDLIFE PRESERVE & PARK

Sat, May 11, 2019, time TBD, Rating: C

Rich Speidel - 518-623-2587

- 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 three miles along the trails and varied habitats of Camp Saratoga. We will stop often and record the bird species identified. Group size is limited, so please call ahead to sign up. The rain date is Sunday, May 12. Meeting place: Camp Saratoga, Scout Road.

TUES OUTING - ROOSTERCOMB - [Hike]

Tue, May 14, 2019, 8:00 am, Rating: B

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- It's been a while since I've led this hike. It's one of my favorite "B" hikes with a great view. It's a 5.2 mile round trip hike with about 1800 feet of elevation gain. Pack a lunch, but plan on stopping at the Noonmark for dessert!

YM ARTISANAL BREW WORKS SOCIAL - [Other]

Thu, May 16, 2019, 6:30 pm, Rating: NR

Megan McLaughlin - 631-365-3934, megan@adk.org

- Join us at Artisanal Brew Works in Saratoga to meet new people, and help plan upcoming outings!

LOST PONDS TRAIL AND BUSHWHACK - [Hike/Snowshoe]

Sat, May 18, 2019, 9:00 am, Rating: B-

Rich Crammond - 518-584-2380

Colead: Jayne Bouder - 518-636-3352

- Let's hike or snowshoe back to another remote Adirondack pond; should be fun, I hope. Approximately 4 miles round trip total with approximately 1 mile round trip of bushwhacking; little elevation change. Please dress for Adirondack weather. Bring your headnets for you know what! Eeks! (Black flies not welcome.) Meet at the Stony Pond trailhead on Route 28N, Minerva area.

CAT AND THOMAS TRAVERSE - [Hike]

Sat, May 18, 2019, 8:00 am, Rating: B

Reg Prouty - 518-747-9736, reginaldprouty@gmail.com

- The best way to do both Cat and Thomas is to spot some cars near Edgecomb Pond and start at the DEC parking lot near exit 24. It is about 7.5 miles from here visiting Thomas first and then Cat. Cat has the best views of Lake George. So let's hope for a nice warm spring day for this popular hike.

SPRING BIRD WALK - PACK FOREST, WARRENSBURG

Sat, May 18, 2019, time TBD, Rating: C

Rich Speidel - 518-623-2587

- 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 325 years old. Group size is limited, so please call ahead to register. The rain date is Sunday, May 19. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

TUESDAY EVENING PADDLE

Tue, May 21, 2019, 5:15 pm, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- TBD...contact me the weekend before for info.

"TANZANIA AND ZANZIBAR" PRESENTED BY BOB AND BETSY BIRCHENOUGH - [Program]

Wed, May 22, 2019, 7:00 pm, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- This program will be held at Crandall Library in Glens Falls.

TUES OUTING - SHELIVING ROCK WALK

Tue, May 28, 2019, 8:30 am, Rating: C

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This week we'll head down to the east side of Lake George and walk along the trails in the Shelving Rock area. This trail takes you past a waterfall and down to Log Bay and then north along the lake with plenty of scenic overlooks. We'll eat along the shore and then head back to our cars, either backtracking or along the dirt road.

See the Chapter photo gallery
for trip photos
www.adk-gfs.org

Trip leaders and participants:
Remember to send in your photos to webmaster@adk-gfs.org for the gallery. (This is where the newsletter editor finds most of the pictures to include in this publication)
Thank You!

Find out how the Chapter works!

Upcoming Executive Committee meetings:

Mar 6 @ 7pm @ Crandall Library, GF

Apr 3 @ 7pm @ Wesley, Saratoga Springs

May 1 @ 7pm @ TBD –probably Crandall

Call or email the Chapter Chair for more info.

Trip Reviews 1 of 3

Tuesday Outing Tue, Nov 27, 2018, Maureen Coutant

- We hadn't been down to Saratoga in a while and I'd heard that some work had been done on the Bog Meadow Trail, so we returned to this area to check it out. I was hoping that all the old railroad ties had been removed, but that wasn't the case. Maybe one day or they'll be filled in with gravel! But WOW have the beavers been busy since we were last there! They've pretty much submerged the trail leading to and from the walkway in the bog area. Lots of new planking had to be put in place to get you to the walkway and that's where the important work was done. Plus a whole new extension trail was done on the Meadowbrook Road end of the trail to move the trail to the parking area and along the bog. Lots of work! Thank you to all those involved with making that happen. It was a great day out. Participants: Nancy Burke, Kim Brown, Mo Coutant, Paul Dietershagen, Karen Dixon, Mary Knutson, Lee Loose, Licia & Steve Mackey, Joanne Szot, Bill Wasilowski.

Erebus from Bumps pond Sun, Dec 2, 2018, Jayne Boudier

- Forecast morning & noon rain discouraged 9 others, who wisely cancelled. Kim & Jolie showed up! Kim braved the (warned of) icy drive to the state trailhead. The morning rain had quit, & we walked the 3 1/2 miles to Bumps Pond on 4 inches of nice snow. The girls were game! One of the many snow laden hemlocks noisily dumped its load near Kim! We got nearly halfway to Erebus, before the noon rain arrived to ruin the 12 inches of nice snow on the hill!. So we retreated - 4+ miles on a slushy, slippery trail - soaked to the skin! Memorable day! Participants: Jayne Boudier, Kim Brown, & Jolie Navatka.

Monthly Monday Geocache Mon, Dec 3, 2018, Sarah King

- It had rained overnight but the rain was done by the time we met at Panera at 8am. Hopped in the car and arrived at Clay Meadow parking lot/trailhead on 9N around 9am. We all put micro spikes on and Steve carried snowshoes in case the trail needed packing down. Temps were in the mid 40s so we all ended up taking off layers on the way up. We were shooting for finding as many of the 12 winter friendly geocaches on the way up to 5th Peak lean to and beyond. I didn't think we'd make it all 12 caches, and we didn't, ending with #7 just past the junction .7 miles from the lean to. We didn't need snowshoes and might not even have needed our micro spikes as we encountered very little ice. What we did find was water and lots of it. Licia commented that she had never seen so much water on the trail. In fact many parts of the trail were streams. Steve had his ax and ended up doing some trail maintenance beyond us. He and Mo (with some help from Julie) created about 12 water bars as we hiked up. No problem finding the 7 caches we looked for (all is plain site and above the snow line) and we stopped after #7 to enjoy a quick lunch before heading back down. We spend 3 hours on the way up and about an hour heading down. Bonus for me was no rattlesnakes and mild temps, even though we walked through lots of water on the trail. Fun hike as always with fun people. Participants: Sarah King, Mo Coutant, Steve and Licia Mackey, Julie Leonelli.

Erebus from Bumps pond Sun, Dec 2, 2018, Jayne Boudier

- Forecast morning and noon rain discouraged 9 others, who wisely cancelled. Kim and Jolie showed up! Kim braved the (warned of) icy drive to the state trailhead. The morning rain had quit, and we walked the 3 1/2 miles to Bumps Pond on 4 inches of nice snow. The girls were game! One of the many snow laden hemlocks noisily dumped its load near Kim! We got nearly halfway to Erebus, before the noon rain arrived to ruin the 12 inches of nice snow on the hill!. So we retreated - 4+ miles on a slushy, slippery trail - soaked to the skin! Memorable day! Participants: Jayne Boudier, Kim Brown, Jolie Navatka.

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Tuesday Outing Tue, Dec 4, 2018, Maureen Coutant

- This week we hiked into OK Slip Falls. Having received over a foot of snow nearby the week before, we weren't sure what to expect. We came prepared with snowshoes and microspikes. The trail was packed out and firm, though, so most people switched to microspikes along the way. It was cold and windy in the parking lot and walking along the road to the trailhead, but once we were on the trail and out of the wind, we all warmed up quickly! It was the first time in for some and first time in winter conditions for many. There was a ton of water coming over the falls and it was pretty spectacular - as always. Glad we got in there! (Not everyone made it to the falls ... Steve wound up doing so much trail work on the way in that we were coming out while he was about 10 minutes from the falls - he gets the volunteer of the day award!) Participants: Kim Brown, Mo Coutant, Peter Fedorick, Richard Hall, Karen Johnson, Mary Knutson, Licia & Steve Mackey, Kathy Messina, Rich Myette, Karen Provencher, John Schneider.

Hackensack Mountain Sat, Dec 8, 2018, Amanda Gomez

- A great short and local hike. We were honored with a sunny and windless day! I was really happy with the day and everyone was home by late lunch. Thanks to all who came out for this hike! Participants: Janay Herbert, Karen Provencher, Jennifer Ferris, Patricia Baugh, Pamela Del Signore, Laura Fiske, Neal Van Dortsen, Reg Prouty, Amanda Gomez.

Mt. Colden Sat, Dec 8, 2018, Wayne Richter and Mike Fuller

- Wayne could not be with us on this hike; the Richter family were with their daughter after under going surgery. We all met at the ADK Loj to a nice fall temperature of 10 below. But with sun making its way into the valley we were soon shedding a layer before Lake Arnold. The trail was well broken out to the false summit but not to the real summit. Did someone not familiar with the peak, climbing in a cloud, think they were on top of Colden? We made to the summit for great views and lunch; temps had warmed up a bit. We had a great hike out in the daylight. We all have the power of positive energy and we all channeled that toward the Richter family for their daughter's speedy recovery. 8 positive thinkers: Joe Babcock, Dave "OCHO" White, Mark Seymour, Jim Zwynenburg, Eric Kimmelman, Akane Suzuki, Katherine Bannigan, and Mike Fuller.

Trip Reviews 2 of 3

Tuesday Outing -Cat Mtn Tue, Dec 11, 2018, Maureen Coutant

- It was another cold day (started out in the low teens but worked into the 20s during the day). But this didn't stop a big group from joining me to climb Cat Mountain from Edgcomb Pond. There's now a nice, although rutted, parking lot near the pond. So you no longer have to park on the road, which is very nice. The pond looked almost perfect for skating, and on our way out a few ice fishermen were out trying their luck. The trail was hard packed snow/ice with a few patches of bare ground covered in a variety of brown leaves. Microspikes were definitely the best bet for the day. We hiked 2 miles up the blue trail and, with no wind and sunshine, it was comfortable on top for a while. Once we chilled off a bit, it was time to head down the red trail. This trail wasn't broken out and was a bit challenging on the steep parts on top, but everyone butt slid or carefully got down the tricky parts. The next tricky part was finding the trail. Someone had been in there with a black spray paint bottle and painted over the red blazes and even the red markers. This made it more challenging, but thanks to Ripley we found the way whenever it took us a while to find the trail. Participants: Rob Bedore, Mo Coutant, Leo Demers, John Devine, Paul Dietershagen, Mary Harrill, Mary Knutson, Peter Fedorick, Licia & Steve Mackey, Wayne MacFarran, Kay Mence, Joy Muller-McCoola, Patrick Reilly, Neal (& Ripley) Van Dorsten.

Wilton Wildlife Park Sat, Dec 15, 2018, Rich Crammond

- The coldest Turkey Trot hike for Thanksgiving in 20 years at around 0° F, and then over three weeks later the temperature was over 40° F for this outing. What's with that? Climate change maybe? Whatever it is, sure was mild for December 15th. Highlights for this hike were seeing many bluebirds, hiking with Jayne and Pat, and sharing some holiday cookies. What a mild day in the forest! Didn't get no better for sure. Participants: Jayne Boudier, Pat Reilly, Rich Crammond.

Hopkins Mountain Sat, Dec 15, 2018, Andrew Meunier and Ben St. Andrews

- Our small group easily fit into Anthony's Explorer for the trip to the trail-head. Temperatures were already in the upper 30's and occasional sunlight filtered through the forest as we got underway. Deeper snow higher up meant we hadn't schlepped our snowshoes for nothing. Upon reaching the summit, we were rewarded with ample sunshine, still conditions, and exceptional views. It was so pleasant that we spent almost half an hour lounging around - a rare treat for a winter hike. It was great to enjoy a day in the park with such companionable company! Participants: Ben St. Andrews, Kim Brown, Anthony Benson, Andrew Meunier.

Annual Cookie walk Tue, Dec 18, 2018, Maureen Coutant

- The word is out! This is the outing where you gain more calories than you work off! A nice walk around Moreau Lake. Mud Pond looked good for skating but the main lake had a big open section where hundreds of geese were hanging out and were pretty loud! We also saw a new mini-planetarium that is now on the beach and a greenhouse that was installed last spring. We must not have walked that way the last times we've been there. Once we were at the warming hut, Julie had a festive table cloth and napkins waiting for us. Then everyone put out a container of cookies and everyone enjoyed trying the assortment of creations. Everyone loves Donna's decorated loons, moose, and deer sugar cookies. But there were too many cookies to even try them all! Great seeing everyone ... see you next year! Participants: Chris Bessen, Jim Brown, Kim Brown, Mo Coutant, John Devine, Paul Dietershagen, Kim Dixon, Emilie Gould, Sarah King, Mary Knutson, Julie Leonelli, Leland Loose, Wayne MacFarren, Licia & Steve Mackey, Kathi Noble, Carol Sorenson, Joanne Szot, Bill Wasilauski, Tammy Zaiko, The Zimmer Family - Donna, Mitch, Stephanie, Jerry.

Giant & Rocky Peak Ridge Sat, Dec 29, 2018, Wayne Richter and Joe Babcock

- Although the forecast was a little unpromising, we endured nothing worse than sporadic bouts of snow dust falling on us during the first few hours. Trail conditions were not too bad, with microspikes and crampons the order of the day. The open, rocky areas of the Ridge Trail were a treat, even though we couldn't see all that much. Wayne brought cookies (thank you Monica for baking) and Mike brought brownies - all very tasty. We had a pleasant surprise when Katherine Bannigan came upon us near the Giant's Washbowl; she accompanied our group as far as Giant. Giant's summit was socked in and windy, while Rocky Peak Ridge's was equally socked in and even windier. We lingered long at neither. On our way down the Ridge Trail, we dropped below the rising clouds, opening dramatic views of the surrounding mountains. The skies even cleared partially as we neared the end of the trail. Participants: John Acacia, Joe Babcock, Joanne Conley, Dan Finnin, Mike Fuller, Paul Gebhard, Rick Hall, Aaren Harris, Amy Hildreth, Eric Kimmelman, Wayne Richter, Mark Seymour, Dave White, and a surprise guest appearance by Katherine Bannigan.

New Years Day Annual Hike-Buck MTN. from Hogtown Tue, Jan 1, 2019, Reg Prouty and Bob Aspholm

- We did not need snowshoes this New Years due to the snow deficit, but there was plenty of ice, making microspikes advantageous. On the summit it was very windy but we found a sheltered spot behind some conifers for our lunch. However, due to the cold Reg's horn did not want to play so we sang Auld Lang Syne with Bob directing with the words. We had a good day despite the chill factor. 13 participants: Reg Prouty, Jayne Boudier, Mark Bremser, Jeff Levitt, Mark Stark, Nao Nozawa, Kathy Quoi, K. Esrick, Bob Aspholm, Joel Davis, Nathaniel Kilmer, Dustin Stevenson, Chris Bombard, and Dylan Jacobson.

ADK Outing -Saratoga skate Tue, Jan 8, 2019, Maureen Coutant

- I had hoped to skate at the Saratoga State Park this week, but there was no sign of a rink being set up. We did talk to a park employee during our walk and was told that one would be set up once the forecast had freezing temps for more than a few days. So, as I write this on a subzero day later in the month...I'm guessing we could skate now! We meandered around the park in our microspikes instead. Steve actually skied on the dusting of snow that fell overnight. Not sure how he did it since in many areas there was bare ground! He used his oldest skis, that's for sure. We walked along the 5 mile trail for a while, along the streams, and a few brave souls tried some spring water. We finished the walk at the warming hut with lunch by the fire. Luckily Ralph noticed the back door since they forgot to unlock the front door! Participants: Nancy Burke, Mo Coutant, Pam F., Susie Imgruth, Jim Jordan, Ralph Keating, Licia & Steve Mackey, Kay Mence, Tina Palmero, Anne Paolano, Reg Prouty, Joanne Szot, Alison Zoske.

Algonquin, Iroquois and Wright Sat, Jan 12, 2019, Wayne Richter and Mike Fuller

- We had an absolutely clear but very cold day with a start at about 10 below. The best part was - finally - beautiful new snow on the trail that made for a pleasant footway without much in the way of trail breaking. Winds above tree line were brutally strong, so we didn't have much time to linger to enjoy all of the beautiful snow formations on the ground and on the trees, but we were still awed by the magnificence of it all. Our first peak was Algonquin. We met one fellow coming down, and then a pair who had gone to Iroquois. Their trail made it easy to find the way there. Fortunately, we could take shelter from the wind in the vegetation between Algonquin and Iroquois. We made a quick stop on top of Iroquois, then headed for one of the sheltered spots for lunch and brownies from Mike. We covered up tightly for the long hike up

Trip Reviews 3 of 3

Algonquin's south face with the wind on our left, and then the descent right into the wind. On our way down, we met several skiers and snowboarders. Once below the junction with the trail to Wright, the smooth trail gave us a quick descent. Participants: John Acacia, Joe Babcock, Rick Hall, Dan Finnin, Mike Fuller, Rick Hall, Andrew Meunier, Wayne Richter, Mark Seymour.

LG12ster Cat and Thomas Sat, Jan 12, 2019, Amanda Gomez

- I had a few people signed up for this hike but I canceled due to the weather. I felt it was too cold coupled with the windchill and therefore wouldn't be safe, much less fun for everyone.

Pyramid and Gothics Sun, Jan 13, 2019, Steve Mackey

- I think that this is the first year that everybody was a skier. A couple of the skiers were pretty new at it (they rented skis) but overall they did amazingly well. It was a very cold day, around minus 9 when we left the cars, but once we got skiing, we all warmed up. Most of us even had to shed some of our clothing. When we reached Lower Ausable Lake we dropped our skis, and proceeded to bare boot, but carried our snowshoes. At the upper junction we all put on our snowshoes, because it wasn't as well packed and we needed the extra traction. At the summit we were greeted with almost no wind and warm sunshine. I noticed that even though it was probably around zero, the sun was melting the snow on my pack. We proceeded to all take lots of pictures and then headed on over to Gothics. The previous trail breakers had stopped at Pyramid, so we got to break out the trail between the two mountains. Luckily it wasn't very far, but we all upped our appreciation for the initial Pyramid trail breakers. It's a lot of work when the trail is so steep. We took a lot more pictures on Gothics and then headed back. We all got to butt slide on the way out whether we planned on it, or not. Beautiful winter day. Participants: Kathryn Cuneo, Paige Benfer, Karen Provencher, Jim Zwynenburg, Caitlin Nordgren and Steve Mackey.

Monthly Monday Geocache Mon, Jan 14, 2019, Sarah King

- Today we braved the single digit temps and headed down the Northway to Ann Lee Pond in Colonie. It's off Heritage Lane right across from Albany International Airport. It was cold but no ice or snow. There were 8 new caches there in addition to 5 that Sarah had already found. We parked and started our chilly walk, finding the 8 new ones on the perimeter trail. One of the older caches was a wherigo cache. This type of cache involves using the Wherigo cartridge format (i.e., use of zones, characters and/or items) to lead the player to a physical geocache and can be played on an Oregon or with the free wherigo app on a smartphone. Ed had loaded the app and was our leader in solving the "puzzle" which involved getting a chicken, a fox and grain successfully across the bridge. You know the puzzle, I'm sure. It was cold to be walking back and forth across the new bridge there but we had fun and were rewarded with the coordinates to the final after getting across the bridge without the fox eating the chicken or the chicken eating the grain. We stopped on Wolf Road for hot beverages and some of Licia's killer blondies and were home by 2. Fun day as always. Participants: Sarah King, Mo Coutant, Steve and Licia Mackey, Joanne Pedersen, Ed Kopf.

Tuesday Outing- Moxham Mtn Tue, Jan 15, 2019, Maureen Coutant

- This week was cold, but not too cold. Warmer than forecasted with temps in the low 20s and no wind. The trail was packed down, so most of us just hiked in microspikes. I included Susie but we really only saw her as she was returning from hiking down the mountain. She got there early and we got to the trailhead late after a Stewarts bathroom stop on the way! This is a nice, fairly new trail, so it's not straight up the mountain. There is a nice gradual ascent for most of it. Many in the group had never been there before. The view over to Gore was a bit obscured by low hanging clouds, but they rose while we were on top and we could see the top for a while. Great day out

with an always wonderful group. Participants: Kim Brown, Mo Coutant, Carma DeCicio, Paul Dietershagen, Richard Hall, Peter Fedorick, Susie Imgruth, Karen Johnson, Jim Jordan, Mary Knutson, Dan Lombard, Wayne MacFarren, Steve Mackey, Kay Mence, Karen Provencher, Neal Van Dorsten.

Yard and Big Slide from South Meadow Sat, Jan 19, 2019, Jeff Mans

- Cancelled due to winter storm warning.

Kipp Mountain Sat, Jan 19, 2019, Reg Prouty

- This short but scenic hike to Kipp's summit afforded a panoramic view down onto frozen Loon Lake and over toward Crane, Gore, and several other small mountains to the south and southwest. There were only a couple of slippery spots towards the top. We made fast work of it, taking only 2 1/2 hours including the time at the summit. 5 hikers: Reg Prouty, Danielle Mazza, Paula Miller, Barbara Smith, and Paul Gregg.

YM Peaked Mt Sat, Jan 19, 2019, Megan McLaughlin

- Beautiful snowshoe along 13th Lake. Sun in the morning made the chilly temperatures pleasant followed by flurries on our way down from the incoming storm. Snowshoed across the lake on our way back. Attended by Megan M, Rich R, Jennifer N, Eric W & Liam G.

Tuesday Outing - Harry Betar walk Tue, Jan 22, 2019, Maureen Coutant

- I was surprised anyone joined me for this walk along the Harry Betar walkway in South Glens Falls! The day before didn't get above zero and it was still cold when I headed out, but I needed to move after hunkering down the past two days. Apparently, others felt the same way. We bundled up and I wasn't cold as we walked along the Hudson. The sun was out with no breeze, so it really was great to be out. We were also surprised that the SGF crew had plowed off the entire path. We didn't even need our microspikes. They do such a great job with the path...thank you SGF. Participants: Mo Coutant, Carma Decicio, Paul Dietershagen, Karen Dixon, Sarah King, Anne Paolano, Neal Van Dorsten, Alison Zoske, Joanne Szot.

Tuesday Outing - Adirondack ski? Tue, Jan 29, 2019, Maureen Coutant

- This week a storm hit on Tuesday, which disrupted my plan to XC ski up north. Instead, we stayed local and skied in Cole's Woods on Monday and Wednesday evening instead. The trail was much better on Wednesday after getting snow dumped on it on Tuesday. It was cold, but the great part about XC skiing is that once you get moving, you warm up quick regardless of the temperature, as long as you are dressed appropriately! On Wednesday, I was surprised to see a big group of 4-6 years out with their parents. Love it! Participants: Mo Coutant, Licia & Steve Mackey, Karen Provencher, Alison Zoske.

Tuesday Outing Tue, Feb 5, 2019, Maureen Coutant

- This week I was planning on doing a walk. But we had snow, warm weather, and a forecast of freezing rain or just rain in the near future, so Carpe Snow! We headed up to Cronins Golf Course with skis and snowshoes. Most of us headed out on the course and enjoyed the gently rolling hills. The low spots were damp, but the skiing was still good and the snow didn't stick to the bottoms. A few headed off on snowshoes into the woods. Later we all met up and headed to Warrensburg for some pizza. Great day to be out doing anything!! Participants: Kim Brown, Mo Coutant, Carma DeCicio, Paul Dietershagen, Mary Harrill, Susie Imgruth, Licia and Steve Mackey, Joy Muller-McCoola, Kathi Noble, Anne Paolano, Karen Provencher, Jim Ralston.

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 your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

Participation Guidelines

Leaders are responsible to evaluate interested parties' fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions. *Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. **For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip.** Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. **DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (and recently and are in good shape as necessary for that outing.)** *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 STRET. 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.



Chepontuc Footnotes

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

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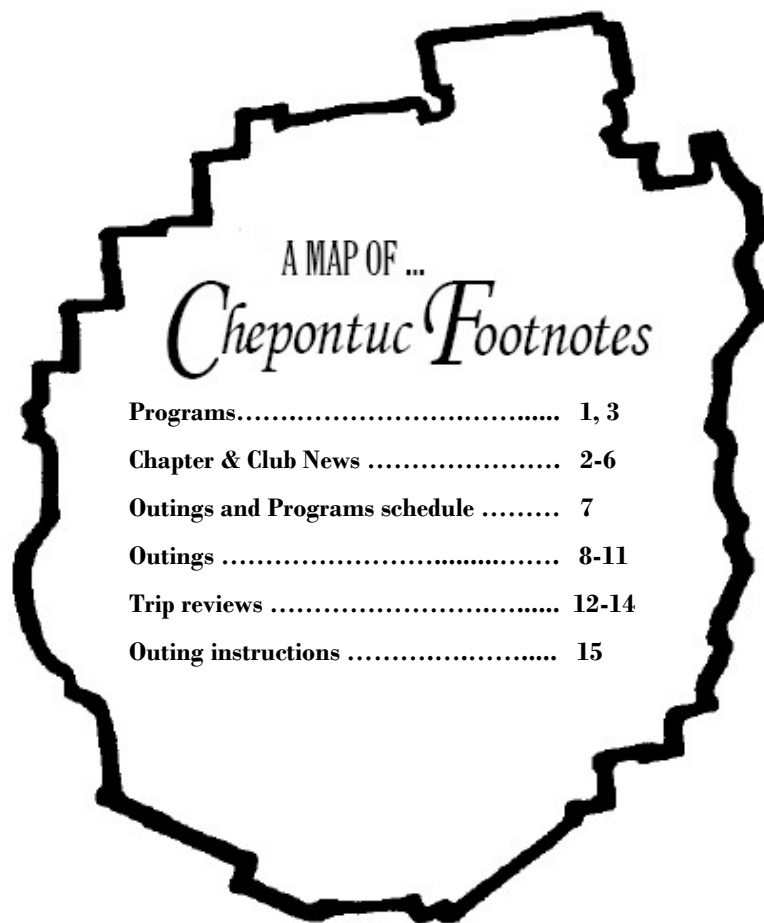


Are you moving?

*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!**