



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

Chepontuc Footnotes

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

Going **Green** in 2020

**During the
season of giving**



We want to give you
one more print issue at
the end of the year and
another opportunity to
opt in

This is almost the last printed issue and general mailing of *Chepontuc Footnotes* unless you **opted** for the printed copy. If you wish to **continue to receive a printed copy**, please complete the form on page 7 and mail by **December 1st 2019**.

Three Alaska National Parks January 16, 2020 Saratoga Springs Public Library 7 pm

Long-time ADKers Don Berens and David Pisaneschi will share a photo-program of their July 2019 trip to three US national parks in Alaska. They visited Wrangell – St. Elias NP, the country's largest, with eight of the ten highest peaks in the US. They also camped and hiked north of the Arctic Circle in two roadless parks: Kobuk Valley NP with unusual sand dune fields, and Gates of the Arctic NP, the country's least visited NP.

Don and David have both held offices in ADK and its chapters; David is currently vice-chair of ADK's Conservation Committee and an ADK adventure travel leader. Both are winter 46ers, and have climbed the Catskill 3500-footers and the Northeast 115; Don has visited the highpoint of each US state. David is a paddler and Don is a cyclist. Each has hiked in mountain ranges of other continents and visited Alaska multiple times.



In Memoriam: Gratitude and Appreciation

Edythe Robbins

NOVEMBER 23, 1925 ~ AUGUST 10, 2019



We lost a past member of our Chapter's Executive Committee this summer. Edythe was an active Chapter volunteer throughout the 1980s, serving as Conservation Committee Chair in 1980 and 1981, Second Vice Chair in 1983 and 1984, and Secretary from 1987 to 1989. She led outings for the Chapter on her way to becoming an ADK 46er. Many of our members have fond memories including this one, "my enduring memory of Edythe was of her close to the ground, carefully examining a wildflower with the small magnifying lens that she carried."

For those that didn't know her, her list of contributions gave us great insight into this extraordinary woman. "Contributions in lieu of flowers may be made to your charity of choice: adopt a stray or support a shelter, mentor a student or support a scholarship, adopt a trail or protect some open space."



Dan Kane - Superhero

Dan Kane passed away in late August from complications with cancer. We lost a superhero. For those ADK folks who might not have known Dan, he served as our chapter's director on ADK's board, High Peaks Summit Steward, Banff Mountain Film Festival committee, co-creator and coordinator of the High Peaks Information Center Stewardship Host Program, ADK Heart Lake Property committee, a regular at ADK trail days projects and ADK volunteer work days. In fact he was known as the "Mayor of Heart Lake" and could be seen there seemingly all the time hard at work with his wife Charlene and dog Marcy.

ADK President-elect Tom Andrews:

"If you ever met Dan, he touched your life immediately and in a positive way. His accomplishments in life were many. His love for the outdoors was unfor-giving. He loved to talk, but did it in a way that would educate the person he was talking to in some way."

Ask yourself..."What would Dan do?"

Don't complain. Work to fix it. Talk, but listen too. Care. Work hard. Empower others. Live with passion. Live with purpose. Make a difference. Be a good friend.

Chapter Chair Report ~ by Kathi Noble



I've been hiking for many years and have always felt that I've been over prepared for my trips. Our hike up Mt. Washington in New Hampshire was no exception. It was Summer...the weather should be beautiful right? Wrong! We had been tracking the weather through several sources and we knew that there was going to be rain, high winds and maybe even snow. The eve of the hike we loaded up our backpacks with clothing, water and food. I also had an emergency blanket, headlamp, hand warmers, a buff, extra socks, and lots of other stuff! We set out from the trailhead at 5:30 AM, it was 57 degrees and the sky was clear. After 2.4 miles we arrived at the Hermit Lake Shelter; I was putting on my rain jacket. When we arrived at the summit I was wet and chilled, but not soaked and cold. We went in the Visitors Center to dry off, rest, eat and prepare for the trek down. For the descent I had on a synthetic down water repellent jacket with a hood, a buff to cover my face, winter hat and gloves. As we left the building and waited to get our picture taken at the summit we had to brace ourselves against high winds pelleting us with driving rain. I heard later that it had gusted up to 70 mph, making the wind chill temperature 24 degrees. We started down the trail just as the hail began, hiking as fast as we could to get off the very open summit. After several miles the skies cleared and we were at last permitted some nice views of the valley, for a moment. The sky became dark and opened up again with hail and high wind. We attempted to hide behind a rock cairn to avoid the "BB" sized hail but it didn't really help. Eventually we all made it safely back to the cars. I was amazed at how many hikers weren't dressed properly, didn't have backpacks large enough to carry extra clothing and emergency gear or had no packs at all! One guy had on shorts and flip-flops. We encountered a couple just below the summit that were so underdressed and cold they were wondering if they should turn around. I told them to run to the summit and take the hiker van down. This is an experience I will never forget; it has given me confidence in my preparation for strenuous hikes and changing weather, which are common in the High Peaks. I reflect on the times I carried things I thought I didn't need, and wished I had left behind. I can appreciate what a difference a little extra weight in my pack can make to a successful adventure!

| Executive Committee Officers | Committee Chairs | Committee Chairs |
|--|--|--|
| Chapter Chair Kathi Noble 518-668-3046 chapterchair@adk-gfs.org | Conservation 401-529-5034 Aimee Viens Rutledge 518-396-9579 Paul Dietershagen conservation@adk-gfs.org | Trails Tom Ellis 518-638-6139 trails@adk-gfs.org |
| First Vice Chair Maureen Coutant 518-745-7834 vicechair@adk-gfs.org | Education Kim Brown 908-305-8357 education@adk-gfs.org | Web site George Sammons 518-743-9692 webmaster@adk-gfs.org |
| 2nd Vice Chair Laurie Williams 518-798-0051 vicechair@adk-gfs.org | Hospitality Gretchen Steen 518-638-6139 hospitality@adk-gfs.org | Wilderness Jim Schneider 518-421-4975 wilderness@adk-gfs.org |
| Secretary John Caffry 518-798-0624 secretary@adk-gfs.org | Membership Pat Desbiens 518-813-7946 membership@adk-gfs.org | Young Members Brian Coville 516-996-5086 ymg@adk-gfs.org |
| Treasurer Steve Mackey 518-793-6484 treasurer@adk-gfs.org | Newsletter Editor Jennifer Ferriss 518-290-0703 newsletter@adk-gfs.org | Fire Tower Jim Schneider 518-668-3046 Kathi & Tim Noble firetower@adk-gfs.org |
| Directors Tammara Van Ryn Bill Wasilauski director@adk-gfs.org | Outings Wayne Richter 518-893-7895 outings@adk-gfs.org | Annual Dinner Anne Paolano 518-798-3055 annualdinner@adk-gfs.org |
| Past Chapter Chair John Caffry 518-798-0624 pastchair@adk-gfs.org | Programs Sarah King 518-798-0615 programs@adk-gfs.org | Alternate Directors Peter Benoit Maureen Coutant Laurie Williams |

Conservation Update by Paul Dietershagen

Local Trail Initiatives

Quality of life matters and for folks like us who enjoy the outdoors, it is heartening to engage with others who are so motivated. Here are several topics from the recent Countywide (Saratoga) Trails Committee meeting most relevant to our chapter.

Zim Smith trail expansion (my favorite bike trail): This is a 9-mile trail that initiates in Ballston Spa and runs southward. Funding is in place to expand this trail farther south to Mechanicville where it will eventually hook up with the Champlain Canalway trail that is being expanded north from Waterford. Plans are to eventually expand the trail northward to Saratoga Springs.

Palmertown trail system: The southern Palmertown area stretches from the Hudson River in the north to Saratoga Springs in the south. Its bounded on the east by Route 9 and on the west by Route 9N. The Palmertown trail, an important initiative of the area plan, is envisioned to run 13 miles from Moreau State Park to Saratoga Springs. A dedicated coordinator has now been hired and this project will accelerate. There will be opportunity for our ADK chapter to become actively involved in planning, scouting and other trail activities.

Membership Update ~ by Pat Desbiens

GLENS FALLS - SARATOGA CHAPTER

JULY 2019

New Members

Hillary Alycon, Glens Falls
Eve-Lynn Cascone, Wilton
Dustin & Elissa Chirico & Abigail Baird, Malta
Susan & Mitchell Cohen, Saratoga Springs
Alexander Guilmette & Megan Lovelace, Ballston Lake
Ann Haller, Saratoga Springs
Victoria Kelts & Jason, Ben & Sam Rich, Waterford
Andrew, Cheryl, Avery & Calan Kirkpatrick, Concord, Massachusetts
Chad Leuthauser, Saratoga Springs
Brenda McFarlane, Corinth
Douglas & Barbara Milvaney, Somerville, Massachusetts
Stephanie Potter, Ryan, Ariel & Adeline Robinson, Hudson Falls
Richard Vandell, Sewell, New Jersey
Walter Yund, Ballston Spa

Rejoined Members

Glen, Katie, Dylan & Carson Bruening, Queensbury
Anita M. Gabalski, Shushan
Mary Grueniger, Saratoga Springs
William Jasewicz, Amsterdam
Christa Lafranier, Saratoga Springs
Denise, Mark & Bryan McQuade, Schuylerville
Karen McShane, Rodney Bentley, Brian & Cynthia Kent, Glens Falls
Adam, Brendan & Andrew Orr, Queensbury
David Salls & Karen Liebl, Saratoga Springs
Kenneth, Christine, Whitney & Nicholas Wright, Ballston Spa

AUGUST 2019

New Members

Jay Austin, South Glens Falls
Renee, Bob & Annalise Beyerbach, Queensbury
Silvia Cassano, Bennington, Vermont
Bob Clark, Glens Falls

K. Parker Diggory, Saratoga Springs
Jack Dilorenzo, Clifton Park
Timothy Donovan, Ballston Spa
Corey Freeman-Gallant, Porter Corners
Alana Gerus, Sand Lake
Justin McCauliffe, Greenwich
James Mitchell, Cambridge
Danforth Moon, Hadley
Kelly Packard, Brighton, Massachusetts
Anthony Szmul, Queensbury
Mitchell Scott, Frederick, Maryland
John Stone, Wilton

Rejoined Members

Glenn Balschunat, Glens Falls
Aaron Bobar, Broadalbin
Joseph & Eileen Purcell, Westport, Connecticut

Welcome

Be sure to check out our website:
<https://www.adk-gfs.org/> for the most up to date information about our outings and programs.

Previous newsletters and a photo gallery of recent hikes are also available for your perusal.

If you have any questions about your membership or want to be more involved with the Chapter, please don't hesitate to contact us. Details are on the website or on page 3 of this newsletter.

Thank you for joining (or rejoining) the Chapter.

ADK Fire Tower Challenge by Kathi Noble



Congratulations to the following people who have recently completed the Adirondack Mountain Club Fire Tower Challenge.

Kelly Brennan Saratoga Springs, NY
Brandon Martindale Saratoga Springs, NY
Ryan Surprenant Middle Grove, NY
Ron Henning Richland, MI
Justin Metzger Saratoga Springs, NY
Michael Audino Albany, NY
Shawn Davis Johnstown, NY
Peter Schmaeh Delanson, NY
Teanna Schmaeh Boston, MA
David Nelson Skaneateles, NY
Rori Novack Gansevoort, NY age 13
Amy Novack Gansevoort, NY
Kevin Miner Castleton, NY
Jamie Wangerin Saratoga Springs, NY
Jason Kwasniewski West Leyden, NY
Catherine Goodwin Tully, NY
Richard Goodwin Tully, NY
John Fitzgerald Lake Clear, NY
Samantha Cash Catskill, NY
Kimberly Berg Schenectady, NY
Cynthia Finnegan Niskayuna, NY
Gina Galicia Sainte-Adele, Quebec
Eric Belanger Sainte-Adele, Quebec
Bruno Belanger Sainte-Adele, Quebec age 13
Diego Belanger Sainte-Adele, Quebec age 14
Craig Riedel Star Lake, NY

Scott Renshaw Adams, NY
Jennifer Muhl Rochester, NY
Lynn Smith Rochester, NY
Simon Smith Rochester, NY age 8

Some fun information and quotes from finishers:

Ryan Surprenant commented, "I love all my trail friends and companions I've made over the years, and I can't express how much fun this challenge has been to me."

Amy Novack wrote, "My heart still skips a beat when I first see those towers."

Catherine Goodwin felt that the challenge was a great experience. "Both my husband and I love being in nature and we feel so much more alive and at peace when we are in the mountains. This challenge increased our zest for hiking even more."

Trail closures

By arrangement between private landowners and New York State, these trails are closed during hunting season. Hikes to these fire tower mountains will be disallowed for the ADK Fire Tower Challenge during these closure periods. Please respect private property.

Stillwater Mountain closed October 8 - December 20, inclusive. Reopening December 21.

Spruce Mountain closed October 26 - December 8 inclusive. Reopening December 9.

Snowshoes for Rent to Chapter Members!



Need Snowshoes?

Check our website for the most up to date information about rentals

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

Applicants Sought for Youth Camps

The Glens Falls-Saratoga Chapter of the Adirondack Mountain Club is seeking to sponsor applicants in the 11 to 17 age group for the upcoming 2020 camp season. The Chapter pays the \$350 fee for the selected youths to spend a week at either of the DEC's environmental camps, Camp Colby near Saranac Lake or Pack Forest just above Warrensburg. For those in the older range who prefer a more rugged experience, which includes five days out in the woods with hands-on experience learning the ins and outs of trail maintenance, ADK's headquarters offers its own Teen Trail program. The chapter pays the \$285 fee for the Teen Trails program. Applicants here will have a choice of several possible locations, which in the past included the High Peaks Area, portions of the Northville-Placid Trail and others. Those interested may go to the chapter home page at adk-gfs.org. On the left hand side under the Departments heading, click on education link to read more about these camp programs and to download applications. DEC applications must be in by **December 20th**. Acceptance will be on a first come, first served basis and registration must be done by the chosen candidate. Send completed applications to Kim Brown, 18 Lochlea Lane, Lake George, NY 12845 Call 908-305-8357 with any questions.



BANFF CENTRE MOUNTAIN FILM FESTIVAL

Change of Date!

Mark your calendar to check the Chapter website on
November 15th for ticket information
(Get your tickets early since we expect to sell out)

www.adk-gfs.org

or

facebook.com/ADKGFS

or

email: banff@adk-gfs.org

The Banff Centre Mountain Film Festival World Tour

SUNY Adirondack

Theater in the Humanities Building

Friday and Saturday, February 14 & 15 at 7pm



The Hudson River School and American Environmentalism at Saratoga Library, 7 pm November 21, 2019

Landscape paintings by 19th-century Hudson River School artists celebrate the majestic beauty of the United States. Their work brought pride to the new nation and helped shape an emerging American identity. The grand, scenic landscapes also influenced the beginnings of the environmental movement in the country. This program by Patrick Stenshorn of the Albany Institute of History and Art will provide insights into the Hudson River School and its impact on the conservation movements of the late 19th and 20th centuries.

Newsletter Opt-In to Print Form

CHEPONTUC WILL "GO GREEN"

Did you know that more than one-third of our Chapter's yearly budget goes to the production and mailing of our newsletter, *Chepontuc*, 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* will be the **January 2020 - March 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 December 1, 2019 to: Membership; Glens Falls-Saratoga Chapter ADK; P.O. Box 2314; Glens Falls, New York 12801.

Otherwise, the default-distribution is 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 the *Chepontuc* via the postal service, you will continue to do so.

_____ I wish to continue to receive a printed copy of *Chepontuc*.

Your name: _____

Address:

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

Return to:
Membership
Glens Falls-Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, New York 12801

Outings and Programs Calendar November 2019

| Date | Day | Type | Destination | Leader(s) | Rating |
|----------------------|-----|-------------------|---|---------------------------------|--------|
| November 2019 | | | | | |
| 2 | Sat | Hike | Porter and Cascade via Blueberry Mtn | Eric Kimmelman, Akane Suzuki | A+ |
| 2 | Sat | Hike | Hackensack Loop or Traverse | Reg Prouty | B |
| 2 | Sat | Hike | YM Halloween Hike- Pole Hill Pond | Megan McLaughlin | C+ |
| 4 | Mon | Geocache | Monday Monthly Geocache | Sarah King | NR |
| 5 | Tue | Hike | Hunter Mtn Fire Tower Hike | Maureen Coutant | B |
| 6 | Wed | Meeting | Executive Committee Meeting | Kathi Noble | NR |
| 9 | Sat | Hike | Young Members: Loon Lake Mountain Fire Tower | Eric Woodruff | B |
| 12 | Tue | Hike | Pole Hill Pond/Godwin Preserve | Maureen Coutant | B- |
| 13 | Wed | Other | Young Members - Game Night | Jules Greiner, Brian Coville | NR |
| 16 | Sat | Hike | Catskill 3500 - Sugarloaf and Plateau | Amanda Gomez | A |
| 17 | Sun | Hike | Black Mountain | Jim Zwynenburg, Jen Ferriss | B- |
| 19 | Tue | Hike | Hurricane Mtn | Maureen Coutant | B |
| 21 | Thu | Program | Hudson River School and American Environmentalism | Sarah King | NR |
| 26 | Tue | Walk | Skidmore North Woods | Maureen Coutant | C |
| 28 | Thu | Hike | Turkey Trot #21, Saratoga Battlefield | Rich Crammond | C+ |
| December 2019 | | | | | |
| 3 | Tue | Hike | Pilot Knob | Maureen Coutant | B |
| 4 | Wed | Meeting | Executive Committee Meeting | Kathi Noble | NR |
| 7 | Sat | Hike/Snowshoe | MacIntyre Winter Warm Up | Joe Babcock, Wayne Richter | A+ |
| 9 | Mon | Geocache | Monday Monthly Geocache | Sarah King | NR |
| 10 | Tue | Walk | Harry Betar Walkway SGF | Maureen Coutant | C |
| 14 | Sat | Hike/Snowshoe | Wilton Wildlife Park | Rich Crammond | C+ |
| 15 | Sun | Ski | Ski Pack Forest | Bill Schwarz | B+ |
| 17 | Tue | Walk | Annual Cookie Walk | Maureen Coutant | C |
| 21 | Sat | Hike/Snowshoe | Cat and Thomas | Amanda Gomez | A |
| January 2020 | | | | | |
| 1 | Wed | Hike/Snowshoe | Annual New Year Celebration Hike | Reg Prouty, Bob Aspholm | B+ |
| 4 | Sat | Hike/Snowshoe | Whiteface from Lake Placid | Wayne Richter, Joe Babcock | A+ |
| 4 | Sat | Hike | Young Members: Lower Tongue Range | Eric Woodruff | A |
| 4 | Sat | Ski | Ski Saratoga Battlefield | Bill Schwarz | B |
| 6 | Mon | Geocache | Monday Monthly Geocache | Sarah King | NR |
| 8 | Wed | Meeting | Executive Committee Meeting | Kathi Noble | NR |
| 11 | Sat | Hike/Snowshoe | Street and Nye | Andrew Meunier, Jeff Mans | B+ |
| 15 | Wed | Other | YM Game Night | Brian Coville | NR |
| 16 | Thu | Program | Three Alaska National Parks | Sarah King | NR |
| 18 | Sat | Hike/Snowshoe | Snowy Mt. Fire tower | Amanda Gomez | A+ |
| 19 | Sun | Walk/Ski/Snowshoe | Annual ski/snowshoe hike up Pyramid and Gothics | Steve Mackey | A+ |
| 22 | Wed | Walk/Ski/Snowshoe | Moreau Lake State Park | Reg Prouty | B |
| 25 | Sat | Hike/Snowshoe | Hudson Crossing / New Year Outing | Rich Crammond | C |
| 25 | Sat | Hike/Snowshoe | Giant and RPR | Andrew Meunier, Ben St. Andrews | A+ |
| 26 | Sun | Hike/Snowshoe | Big Slide via the Brothers | Megan McLaughlin | A |

Outings and Programs 1 of 3

PORTER AND CASCADE VIA BLUEBERRY MTN. - [Hike]

Sat, Nov 2, 2019, 5:00 am, Rating: A+
Eric Kimmelman - 518-866-8521, ekimmelman@gmail.com
Colead: Akane Suzuki - akaneadk@gmail.com
- Let's climb Porter and Cascade the quiet and fun way! We'll start from Marcy Field, and head up for Blueberry Mountain. After enjoying the view from its bold summit, we'll head to Porter, then Cascade. This route is more challenging and rewarding than climbing from Cascade Lake at Route 73. Total 11 miles, 4200 ft elevation gain. We'll meet at Exit 19 at 5am. Prepare for early November conditions. Bring enough layers and microspikes!

HACKENSACK LOOP OR TRAVERSE - [Hike]

Sat, Nov 2, 2019, 9:00 am, Rating: B
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- Hackensack in Warrensburg has a selection of newly marked loops of varying length and difficulty. The length and difficulty will depend upon the group dynamics and whether we do a traverse or loop returning to the same parking area. Our pace will not be too fast and we will take ample time for a relaxing lunch on the overlooks that afford rooftop views of the village of Warrensburg and the confluence of the Hudson and Schroon Rivers.

YM HALLOWEEN HIKE- POLE HILL POND

Sat, Nov 2, 2019, 9:00 am, Rating: C+
Megan McLaughlin - 631-365-3934, megan@adk.org
- Join our Young Members on a Halloween loop hike at Pole Hill Pond. This hike in Bolton offers views of Lake George. Six miles round trip. A really nice hike, with a steady uphill and no technical challenges. Perfect for wearing costumes, because, yes, costumes are encouraged. Prizes will be given. Open to members in their 20s, 30s and the young at heart.

MONDAY MONTHLY GEOCACHE

Mon, Nov 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!

HUNTER MTN FIRE TOWER HIKE

Tue, Nov 5, 2019, 7:00 am, Rating: B
Maureen Coutant - 518-745-7834, mojom@roadrunner.com
- This is the last fire tower that I need for the Catskill section of the Fire Tower Challenge. I'm planning on doing the 8 mile loop trail. It'll take about 2 hours to get there, so it will be a long day!! If you need this mountain also...give me a call!

EXECUTIVE COMMITTEE MEETING

Wed, Nov 6, 2019, 7:00 pm, Rating: NR
Kathi Noble - 518-222-3101, knoble2@nycap.rr.com
- Monthly meeting of the Executive Committee. Chapter Members welcome. Crandall Public Library, Glens Falls, NY

YOUNG MEMBERS: LOON LAKE MOUNTAIN FIRE TOWER - [Hike]

Sat, Nov 9, 2019, 9:00 am, Rating: B
Eric Woodruff - 518-588-5592, eric@thewoodruffs.us
- Bag one of the more remote fire towers in the Adirondacks! Loon Lake Mountain is one of the lesser traveled fire towers, and even though the tower is closed, there are still fantastic views from the summit. Located near Vermontville, the trail is a 5.8 mile, out and back, moderate to moderate-hard climb with almost 1700' elevation gain. Because of the time of the year, micro-spikes/crampons and/or snowshoes may be required to attend - I'll have more information available as we get closer to the hike. Will be coordinating carpools. To RSVP for this hike please contact Eric Woodruff.

POLE HILL POND/GODWIN PRESERVE - [Hike]

Tue, Nov 12, 2019, time TBD, Rating: B-
Maureen Coutant - 518-745-7834, mojom@roadrunner.com
- This week we are going to try something new and check out the Godwin Preserve (one of the Lake George Land Conservancy preserves) and head over to Pole Hill Pond and up to the overlook to see Lake George. I haven't been to Godwin before, so I'll check this out ahead of time. This will make it a shorter hike than doing the Pole Hill Pond loop...I think!

YOUNG MEMBERS - GAME NIGHT - [Other]

Wed, Nov 13, 2019, 6:00 pm, Rating: NR
Jules Greiner - 518-668-4447, Jules@ADK.org
Colead: Brian Coville - 516-996-5086
or Brian_Coville@Outlook.com
- ADK YM Game Nights are BACK! Come join in on the fun! Please bring a favorite game and a snack or beverage and get ready to meet new people and maybe even see some familiar faces. Newbies to ADK welcome. Please RSVP to Jules (jules@adk.org) for location info.

CATSKILL 3500 - SUGARLOAF AND PLATEAU - [Hike]

Sat, Nov 16, 2019, time TBD, Rating: A
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
- Sugarloaf Mountain Loop via Pecoy Notch and Mink Hollow Trails is 6.6 miles, and pairing Plateau will make the loop 7.3 miles round trip. Please call me for gear list and car pool info.

BLACK MOUNTAIN - [Hike]

Sun, Nov 17, 2019, 7:00 am, Rating: B-
Jim Zwynenburg - 518-290-6804, jim@testplastic.com
Colead: Jen Ferriss - 518-290-0703 or ferrissj@gmail.com
- Join us for a moderate/fast paced loop hike to celebrate birthdays and a Lake George 12ster finish. Let's enjoy the summit followed by Black and Lapland Ponds before we head back home to enjoy the rest of our Sunday. About 6.7 miles round trip. Meet at Panera, then carpool to the Pike Brook Road trailhead in Huletts Landing.

HURRICANE MTN - [Hike]

Tue, Nov 19, 2019, time TBD, Rating: B
Maureen Coutant - 518-745-7834, mojom@roadrunner.com
- The last couple of times, I've done this hike from the Crows parking area, so this time I'll head up the trail on the south side from Rt 9N. Round trip is 6.8 miles with an ascent of 2000'. Beautiful spot! Hope you can make it.

THE HUDSON RIVER SCHOOL AND AMERICAN ENVIRONMENTALISM PRESENTED BY PATRICK STENSHORN - [Program]

Thu, Nov 21, 2019, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- This program will be held at Saratoga Springs Public Library and is co-sponsored by Saratoga Springs Public Library and Southern Adirondack Audubon Society.

SKIDMORE NORTH WOODS - [Walk]

Tue, Nov 26, 2019, 9:30 am, Rating: C
Maureen Coutant - 518-745-7834, mojom@roadrunner.com
- I'll have Thanksgiving Day prep to do, but it'll be good to get out for some fresh air and to prepare mentally for the holiday! So we'll do a short walk through the Skidmore North Woods and then head downtown for lunch. Hope you can join me!

TURKEY TROT #21, SARATOGA BATTLEFIELD - [Hike]

Thu, Nov 28, 2019, 8:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Let's work up that old holiday hunger again this year with a nice hike of 4 to 5 miles through this great history park. Little elevation change. Meet at the visitors parking lot off Route 32, Stillwater. Please dress for "cold" weather. Happy Thanksgiving hiker buds.

Outings and Programs 2 of 3

PILOT KNOB - [Hike]

Tue, Dec 3, 2019, 8:30 am, Rating: B

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

- We'll head up Pilot Knob trying to find our way with the leaves obscuring the trail and the unofficial markings sometimes hard to follow. Last time we got off trail for a little while, but I think it was actually a better approach...maybe we'll do that on purpose! Call or email the weekend before for more details.

EXECUTIVE COMMITTEE MEETING

Wed, Dec 4, 2019, 7:00 pm, Rating: NR

Kathi Noble - 518-222-3101, knoble2@nycap.rr.com

- Monthly meeting of the Executive Committee. Chapter Members welcome. Wesley Health Care Center meeting room, Saratoga Springs, NY.

MACINTYRE WINTER WARM UP - [Hike/Snowshoe]

Sat, Dec 7, 2019, 5:30 am, Rating: A+

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

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

- It's time for a winter warm up or shake down hike, so get those snowshoes, microspikes, and maybe the crampons ready. It won't be calendar winter, but we're likely to have good winter conditions up top as we climb Wright, Iroquois and Algonquin.

MONDAY MONTHLY GEOCACHE

Mon, Dec 9, 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!

HARRY BETAR WALKWAY SGF

Tue, Dec 10, 2019, time TBD, Rating: C

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

- This week we'll do an easy outing to the Harry Betar walkway along the Hudson River. It's about a 3 mile walk round trip and then we'll head into Glens Falls for a bite to eat if you'd like.

WILTON WILDLIFE PARK - [Hike/Snowshoe]

Sat, Dec 14, 2019, 10:00 am, Rating: C+

Rich Crammond - 518-584-2380

- This will be around three hiking miles in a real nice park for holiday time outing fun. We will pass by an old fire tower taken from Luther Forest, also. Meeting place: Wilton Wildlife parking lot off Route 50 and Scout Road, Wilton. Please bring snowshoes and cold weather gear. Happy Holidays from Rich.

SKI PACK FOREST

Sun, Dec 15, 2019, 8:00 am, Rating: B+

Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com

- I've scheduled this several times now and conditions have been great at other times, but not the day of, so let's try again. This is a demonstration forest with wide trails just north of Warrensburg; there's a ridge involved, so expect some climbing/descending. Regular touring or backcountry skis are a must; we may be breaking trail. We can ski 6 or 7 miles, so bring lunch. Lack of snow may make this a hike; it's happened before. Precipitation, other than light snow, will cancel.

ANNUAL COOKIE WALK

Tue, Dec 17, 2019, 10:00 am, Rating: C

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

- Join us for the traditional walk around Moreau Lake ending at the warming hut where we share cookies or other treats brought by the group. Donna and Licia always have the best looking cookies, but they all taste good! No pressure or judgement...store bought are

fine. Just come and enjoy a nice morning out and eating more calories than we've worked off! Call or email for more info.

CAT AND THOMAS - [Hike/Snowshoe]

Sat, Dec 21, 2019, time TBD, Rating: A

Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com

- Celebrate the Winter Solstice with me for a 7.1 mile hike to grab two more of the Lake George 12ster. Snowshoes and/or microspikes required. Please call me for gear list and carpool info.

ANNUAL NEW YEAR CELEBRATION HIKE

Wed, Jan 1, 2020, 9:00 am, Rating: B+

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

Colead: Bob Aspholm - 518-683-4970

- Come help Bob and Reg ring in the new year with a snowshoe or hike depending upon snow or not. Destination will be decided later but will be somewhere around the Lake George region. Call a leader for details.

WHITEFACE FROM LAKE PLACID - [Hike/Snowshoe]

Sat, Jan 4, 2020, 5:30 am, Rating: A+

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

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

- We had so much fun hiking to Whiteface via Lake Placid in August that we decided to do it in winter. This time, though, the plan is to snowshoe or ski across the lake to Whiteface Landing and hike to the summit from there (swimming off the dock is optional; bring an ice auger if you're interested). It's then another 3.5 miles to the summit, so the round trip will be 14 miles. We may be breaking trail. We'll keep February 1 as the "rain" date in case the lake hasn't frozen by early January.

YOUNG MEMBERS: LOWER TONGUE RANGE - [Hike]

Sat, Jan 4, 2020, 7:00 am, Rating: A

Eric Woodruff - 518-588-5592, eric@adkeric.com

- Want to hike the Tongue Range and avoid the snakes? Snowshoe it! Start 2020 off right by hiking the lower part of the Tongue Range, covering First Peak, French Point, and Fifth Peak. Hike is a 12.6 mile loop, located near Bolton Landing, and has a total 3,000' elevation gain. As this is a winter hike, snowshoes and micro-spikes/crampons will be required depending on the weather and snow accumulation, as well as appropriate winter gear. To RSVP for this hike please contact Eric Woodruff.

SKI SARATOGA BATTLEFIELD

Sat, Jan 4, 2020, 8:00 am, Rating: B

Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com

- Sometimes the park road isn't plowed, and provides an excellent route for skiing. There are other designated ski trails, and we could use those also. Touring or backcountry skis are a must, since we may be breaking trail! We'll ski 6 or 7 miles, so bring lunch and a sense of adventure. This may become a hike if there's no snow. Precipitation, other than light snow, cancels.

MONDAY MONTHLY GEOCACHE

Mon, Jan 6, 2020, 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!

EXECUTIVE COMMITTEE MEETING

Wed, Jan 8, 2020, 7:00 pm, Rating: NR

Kathi Noble - 518-222-3101, knoble2@nycap.rr.com

- Monthly meeting of the Executive Committee. Chapter Members welcome. Crandall Public Library, Glens Falls, NY

Outings and Programs 3 of 3

STREET AND NYE - [Hike/Snowshoe]

Sat, Jan 11, 2020, time TBD, Rating: B+
Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com
Colead: Jeff Mans - 518-265-4135 or adkhighlander@aol.com
- This 8.5 mile out and back hike will take us to the top of Street and Nye. It's a nice outing for aspiring winter 46rs (and those looking to kick off the winter hiking season). Snowshoes and microspikes required.

YM GAME NIGHT - [Other]

Wed, Jan 15, 2020, 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. Please let me know if you plan to attend by January 14th so that I may ensure there's ample food for everyone.

THREE ALASKA NATIONAL PARKS PRESENTED BY ALBANY CHAPTER MEMBERS DAVE PISANESCHI AND DON BERENS -

[Program]
Thu, Jan 16, 2020, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- This program will be held at Saratoga Springs Public Library.

SNOWY MT. FIRE TOWER - [Hike/Snowshoe]

Sat, Jan 18, 2020, time TBD, Rating: A+
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
- Snowy Mountain Trail, part of the Jessup River Wild Forest, ascends 2,000 feet and 3.8 miles from the Snowy Mountain Trail parking area to the fire tower at the summit, which often has deep snow in winter. Snowshoes and/or microspikes are required on this hike during the winter months. Please call me for gear list and carpool info.

ANNUAL SKI/SNOWSHOE HIKE UP PYRAMID AND GOTHICS -

[Walk/Ski/Snowshoe]
Sun, Jan 19, 2020, 6:30 am, Rating: A+
Steve Mackey - 518-793-6484, smackey33@verizon.net
- This has become an annual trip for me. Since I don't need to bag any peaks anymore, I'm just going because it is a fun trip with awesome views. We will ski up the Ausable Road until we reach Lower Ausable Lake. We will switch to snowshoes, do the climb, come back out the same route, put our skis back on, and glide out. The distance is 6.6 miles one way, with roughly half of it being the ski part. Here is a quote I got from an web site describing the last part of the trail - From this point it is roughly 0.6 miles to the summit of Pyramid, but it is very steep in sections and to many, very demanding and exhausting. Atop Pyramid Peak I am sure you will be awestruck by its beauty.

MOREAU LAKE STATE PARK - [Walk/Ski/Snowshoe]

Wed, Jan 22, 2020, 9:00 am, Rating: B
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- Depending upon snow conditions we will cross-country ski or snowshoe around the lake, so come enjoy a little fresh air and healthy exercise locally.

HUDSON CROSSING / NEW YEAR OUTING - [Hike/Snowshoe]

Sat, Jan 25, 2020, 9:00 am, Rating: C
Rich Crammond - 518-584-2380
- A neat little outing by the Hudson River with around two miles of hiking up to Eagle Point and back. Dress for snow and rain and cold! Meeting place: Hudson Crossing dead end parking lot north of Lock 5, Schuylerville. Drive across locks to parking lot. Happy New Year, safe hiking for 2020 from Rich.

GIANT AND RPR - [Hike/Snowshoe]

Sat, Jan 25, 2020, time TBD, Rating: A+
Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com
Colead: Ben St. Andrews - 518-744-5574
or benjamin.st.andrews@gmail.com
- We'll take the Ridge Trail up to Giant and then visit the Rocky Peak Ridge summit. Both have excellent views but significant exposure, so get ready to bundle up! Snowshoes and microspikes required.

BIG SLIDE VIA THE BROTHERS - [Hike/Snowshoe]

Sun, Jan 26, 2020, 6:30 am, Rating: A
Megan McLaughlin - 631-365-3934, megan@adk.org
- High peak #27. We'll probably do this as a loop, about 8 miles. Beautiful views walking along the ridge lines. Spikes and snowshoes are a must have. We'll be car pooling from Lake George or further south; email megan@adk.org for more details and to sign up.

Excerpts and advice from Leonard, Brendan. "52 Pieces of Adventure Advice." Outside Online November, 1 2017, <https://www.outsideonline.com/2257141/52-pieces-adventure-advice>.

Always bring a headlamp.

The best place to keep extra batteries for your headlamp is in another headlamp. —An Alaskan guide

Don't get in your sleeping bag with damp socks on.

Always make sure the cap is on your water bottle.

When skiing in the trees, don't look at the trees, look at the spaces in between.

Geologic time includes now. —Gerry Roach

Going one mile an hour with zero breaks is faster than going two miles an hour and stopping to catch your breath every five minutes.

Don't plan on it not raining.

If you can follow it, you can lead it.

Don't expect a great night of sleep while camping—expect a series of naps.

Sometimes eating's not about liking. —Jayson Sime

Only do one stupid thing at a time. —Shannon Walton

The more you know, the less you need. —Yvon Chouinard

Breathe.

Ideal circumstances rarely make for interesting stories. —Scott Nowacki

Wear a hat. —My mom

There are no bad adventures, just bad company. —Libby VandeKamp Littler

Tuesday Outing - Paddle Tue, Jul 30, 2019, Steve Mackey

- I missed getting everybody's name on the sign up sheet, so if you don't see your name that you participated, sorry. We had real nice day, and a good turnout. We found a nice sandy beach on Schroon Lake near the turnaround. Some of us went swimming, some by choice, some by accident. Most of us got to see a cute little baby beaver on the way up stream. Participants: Kay Mence, Margie Litwin, Dave Roeger, Davad Borla, Paul Dietershagen, Carmelita DeCicco, Mark Janey, Joanne Armstrong, Doug & Judy Beers, Mitch & Donna Zimmer, Marjory Moeller, Karen Hayes, Steve Mackey.

Whiteface from Lake Placid Sat, Aug 3, 2019, Wayne Richter

- We had an ideal day for this hike, not too warm for the ascent, but warm enough that the swim in Lake Placid was refreshingly cool. The beginning part of the trail has been relocated a bit since I was last on it, and is now a more interesting trail through forest. We stopped for a break at Whiteface Landing on our way up and found the dock was more than a bit askew. Nonetheless, we enjoyed the early morning warmth from the sun on the dock during our snack. The fun really kicked in as we got higher and started going up bedrock with views of Lake Placid (the lake) behind us. A final ascent up the rocks below the summit brought us to the culture shock of the summit densely populated by those who had driven up. We took the elevator down with an operator in training for the world Surly Elevator Operator Championship. We walked up along the arete, then retreated below the summit for a quiet lunch. We headed down and had a great swim off the dock at Whiteface Landing and then sunned ourselves for a while, before heading out. Participants: Maryanne Badagliacca, Mike Badagliacca, Joe Babcock, Alana Gerus, Megan McLaughlin, Karen Provencher, Wayne Richter, Rich Rogers.

Dix Mountain from Elk Lake via the Hunter's Pass Trail Sat, Aug 10, 2019, Joe Babcock

- We had a nice hike through Hunters Pass and up to the summit of Dix. We did not get wet until our descent of the Beckhorn Trail. We had some nice views on top and although it was chilly, we spent some time at the summit exploring. The rain did not interrupt us until we stopped for lunch. It was a nice spot with an overlook, but we headed down the trail before it became too slippery. Once back down on the Hunters Pass trail and on our way back to the lot, we had some good rain to enjoy. All in all, a fun day on the trails. Participants: Erin Roberts, Heidi Nark, Dave Slezak and Joe Babcock.

Tuesday Outing - Paddle Wed, Aug 14, 2019, Maureen Coutant

- This week we paddled along the Hudson River from just above the falls between Glens Falls and South Glens Falls to the dam at the beginning of the Feeder Canal. We didn't hear the Tuesday night concert at the pavilion along the Hudson since I moved the paddle to Wednesday night. But we had great weather and a nice paddle with great company. Always a good time with ADKers. Participants: Gwen & John Bizal, Mo Coutant, Don Espey, Ed Kopf, Licia Mackey, Lucy Manning, Kay Mence, Jo Pedersen, Lynne Silverberg.

Moxham Mountain Sat, Aug 17, 2019, Rich Crammond

- This was a warm summer's day for hiking in the Adirondacks. We beat the heavy downpours by about an hour back to our cars. We saw many dogs and hikers on the trail. Highlights of this outing were: red efts, two good people to hike with, one peregrine falcon, one bald eagle, and one drone. Yes, that's right - a drone. Eeks! How can you beat a day like that? Didn't get no better - I guess. Participants: Jayne Boudier, Anthony Szmul, Rich Crammond.

YM Sunset Hike- Moreau Lake State Park Tue, Aug 20, 2019, Megan McLaughlin

- Great final sunset hike of the season. Most of the group arrived early and enjoyed a swim in the Hudson. We then hiked up to the overlook, ate cookies, and watched the sunset over the Hudson. Participants: Megan McLaughlin, Rich Rogers, Brian Coville, Alana Gerus, Tori Becker, Julia Greiner & Davey Kelley.

The Santanonis Sat, Aug 24, 2019, Wayne Richter

- Imagine a hike to the Santanonis where all eight of your companions were new to the range. Was it muddy? Yes it was. Did we make it through the mud? Of course. We started out under overcast skies, and had our first break on the rocks of Santanoni Brook. It was then up the "Express" Trail, quite a climb into the clouds. We made the summit, clustering closely. We spent some time at the lookout to the east just below the summit, with occasional breaks in the clouds tantalizing us with glimpses of other summits. Along the ridge we went, and down to the muddy col below Couchsachraga. We all got across safely, if not quite cleanly. The skies cleared a fair bit by the time we got to Couchsachraga, so we had good looks around, impressed by how far we had come. We made the long climb back to Times Square and then went on to Panther. By now, we had a glorious day for my favorite among the Santanonis. A pleasant surprise was a new rock path along the edge of the boggy area before the summit (thank you!). We spent some time visiting and sunning ourselves on the Panther's open face before heading down the Bradley Pond herd path. Participants: Katie Chwazik, Andrew Cross, Bill Cummings, Geoff Horan, Jolie Navatka, Wayne Richter, Marika Robak, Anthony Szmul, Jeff Wells.

Tuesday Outing - Paddle Tue, Aug 27, 2019, Maureen Coutant

- Lens Lake is such a cool lake. The lake is filled with bog plants and little channels to paddle through. While we were there, a grass with what looked like a white cotton ball on top was dancing in the breeze. There were pitcher plants and we even saw cranberries in places. Afterwards we went to the Stony Creek Market and grabbed a sandwich (grill closed before we got there!). Great trip! Participants: Gwen Bizal, Mo Coutant, Dee Demetriou, Mary Harrill, Ed Kopf, Margie Litwin, Licia & Steve Mackey, Marjory Mueller, Jo Pedersen.

Mountain Bike at Gore Mtn Ski Bowl Sat, Aug 31, 2019, Steve Mackey

- Originally I had this scheduled for August 10th, but I had to change the date, because we went and visited my daughter in the state of Washington. Unfortunately, on the new date, August 31st, nobody called or emailed. My go to rider Matt Karkoski was on a plane somewhere. I probably won't schedule this again, but it is a great place to ride.

Allen Sat, Aug 31, 2019, Wayne Richter

- What a great day for a hike to Allen! Over the suspension bridge we went and around partially fog-shrouded Lake Jimmy. Between the Opalescent River and the gravel pit, we found a section of trail blocked by an impressive beaver dam, at least six feet high in one area. We took a sunny break at the gravel pit, and pressed on before another break at the waterfall at the base of Allen Brook. Now the real climb began. After all my warnings about the treacherous, slippery red algae on the rocks, I was surprised at how little we found. Not that we didn't need care, but it was nowhere near as nerve-racking as I remember. In any case, we all made it up in good form to the quite busy summit where we enjoyed lunch and great views. We took snack breaks again at the base of Allen Brook and the gravel pit, and we made it out before dark. Participants: John Acacia, Michelle Mostoller, Wayne Richter, Erin Roberts, Anthony Szmul.

Monday Paddle! Mon, Sep 9, 2019, Maureen Coutant

- This week we finally made it to Jabe Pond, just south and west of Hague. There's a challenging dirt road to get to the pond, which is why I haven't led it as a trip in the past. After describing the road, I only had 2 other drivers willing to give it a go. One of them remarked that it was the worst road they'd even driven on. I actually didn't think it was too bad...I guess I've been on a few too many sketchy roads in the past. Due to the road, the pond isn't visited by as many people, which makes for a quiet outing. We did see a couple camping and another person fishing. We also saw 3 loons and one popped up right next to us. We only heard one far off loon call, though. The pond is very pretty with many little islands and the ever present loons! Participants: Mo Coutant, Julie Leonelli, Margie Litwin, Liz Mulshine, & Jerry.

Trip Reviews 2 of 3

Monday Monthly Geocache Tue, Sep 10, 2019, Sarah King
- *What a delightful day we spent at Merck Forest! After meeting at Panera, we made the hour drive over to Rupert and arrived at the large parking area. It was perfect hiking weather, low 70s with a slight breeze. There is an office/store with restrooms that is open all year. We picked up the very detailed, color trail map and were off. The trails here are very well maintained and marked. There were many more geocaches here than we had time (or energy) to find but we did find eight. Several of them led us to areas where several rentable cabins are located. We stopped at one of the cabins (it was actually a staff cabin but they were all out working) where we sat at a picnic table and enjoyed lunch. Todd pointed out some Jack-in-the-pulpit seed pods which I had never seen before. It was a great destination and I plan to return sometime in October to look for more caches here and enjoy the fall colors. Participants: Sarah King, Diane Demetriou, Todd and Rosemarie Earl, Judy Tower.*

Hike to Gothics via the Orebed Trail Sat, Sep 14, 2019, Joe Babcock and Jim Zwynenburg
- *We started this hike from the South Meadow parking lot due to the Garden lot being closed for bridge repair. We took Patrick's advice and dropped a car at the AMR parking lot so we could do a through-hike. It was a fun day enjoying the Klondike Notch Trail, and taking it over to Johns Brook Lodge. We visited the lean-to on our way through and stopped to have a snack at the lodge. Then we were off to hike up the Orebed Brook Trail. It started to rain, but it was really just a mist most of the time and did not take away from the hike too much. We would have loved to have had more views at the top, but the cable route up to Gothics is a beautiful trail and will wait for our return on a clear day. We were greeted by a constant blast of the rainy mist in the face up on the summit, so we did not hang out for long. We made our way down to the junction with the Beaver Meadow Trail where we stopped for lunch. We found out that Kimberly did not have any of the peaks along the lower Great Range, so three of us decided to continue on to Armstrong, Upper Wolf Jaw, and Lower Wolf Jaw to let her enjoy some more peaks. The views on Armstrong were the same as on Gothics. We did get improving, drier conditions on the Wolf Jaws and did get some views. It was a nice long hike through the park and a fun day. Thanks to the participants: Kimberly Labrecque, Patrick Reilly, Jim Zwynenburg and Joe Babcock.*

Table Top Mtn, Indian Falls Sat, Sep 14, 2019, Andrew Meunier
- *We decided to switch this hike to Sunday 9/14 because the weather was more favorable. Sure enough, we started out with clear skies and more than a hint of autumn in the air. We enjoyed the mellow trail on the way to Tabletop and had plenty of time to lounge on the summit where one of our hikers unintentionally dammed up a small trickle of water with their behind with soggy results. The sun was out for our visit to Indian Falls where we relaxed and enjoyed a third breakfast (or second lunch?). We cataloged an impressive variety of caterpillars and gazed with longing at the ripe fruit on the apple tree near the Marcy Dam register (out of reach unless you're a bear). Veggie burgers and ice cream awaited us at the Loj capping off a lovely early fall hike. Participants: Anthony Szmul, Mary Dabulas, Rashna Meunier, Andrew Meunier.*

Midweek Outing - Hopkins Thu, Sep 19, 2019, Maureen Coutant
- *Hopkins is such nice hike. My main worry was about the parking, but with carpooling and leaving a car at the Roostercomb lot we were able to park off the road. It's funny how we saw things on the way down that some of us missed on the way up...the outhouse, a house or two, and even views of the stream. But no one missed the spectacular view at the top. Great day out, made even better with a piece of pie at the Noonmark. Participants: Sue Atwell, Kim Brown, Nancy Burke, Mo Coutant, Jim Jordan, Steve Mackey, Peg Mangano, Kathi Noble, Karen Provencher, Patti Schwankert, Laurie Williams.*

Mount Mansfield, Vermont Sat, Sep 21, 2019, Wayne Richter and Jen Ferriss
- *Summer's last weekend gave us a splendid day for a hike. It's been a number of years since I was last to Mansfield, and I had forgotten how much fun some of the the trails are, with their many rock scrambles, and how specular the views from the open summit and slopes can be. We snagged some of the last few parking spaces in the lot at Underhill State Park, and headed out on the CCC Road. We ascended up the steep Maple Ridge Trail, stopping often to enjoy the views and the warmth on its many open ledges. We then dropped a bit on the Wampahoofus Trail (and I learned what a Wampahoofus is) through narrow rocks and even a bit of a cave. After a stop at the Butler Lodge, we climbed to the forehead where we took some time to enjoy the view. It was then on past the nose where we met up with Jim Zwynenburg, who was out on a multi-day backpack of the Long Trail. After eating lunch, we continued to the high point on the chin. Most of the group did an out-and-back to the Adams Apple, while a few stayed behind to enjoy the summit. We descended by the Sun-set Ridge Trail, where we had the added treat of a bald eagle soaring past overhead. A stop in Vergennes for ice cream rounded out the trip. Thanks to Jen Ferriss for co-leading. Participants: Joe Babcock, Kim Brown, Dawn Collins, Jen Ferriss, Doug Lenz, Karen Provencher, Wayne Richter, Erin Roberts.*



Ascent to Mount Mansfield, photo credit Joe Babcock



Mt. Colden Loop from ADK Loj

Sat, Sep 21, 2019, Jeff Mans

- Given all of the overflow parking on Adirondack Loj Road, we were relieved to find South Meadows Road was open with plenty of parking down the road and our final meet-up at the gate to the Marcy Dam truck trail. The weather was only surpassed by the extraordinary views that awaited us at Avalanche Pass/Lake, Hitch-Up Matildas, the Trap Dike, and up along the open ridge on the final climb to the summit on Colden. Splendid views opened all around us in every direction: Marcy, Gray and Skylight; the MacIntyre Range; the Great Range; Flowed Lands, Lake Colden; Avalanche Pass/Lake far below; and Whiteface to the far north. We returned past Lake Arnold to complete the loop and head back out. Truly one of the best loops in the Adirondacks on a fine day. Added bonus was a great group that I'd be happy to hike with anywhere. Participants included James Mans, Ralph Rimualdo, Hannah Smith, Diane Beckwith, Gary Grieco, TJ Dudek, and Jeff Mans (trip leader).

Tuesday Outing - Paddle Tue, Sep 24, 2019, Maureen Coutant

- This trip worked out soooo well. We paddled around the Huddle Bay section of Lake George. One in the group had a camp nearby and paddled over to join us and pointed out some sights. This area is somewhat protected by some islands and we paddled around a few of them...Clay and Three Brothers and a couple more. As we were getting to the south end of Clay Island I saw a bird with large wings heading towards us from the south. At first I thought it was a heron due to its big wings, but as it got closer we realized it was an eagle. We could see its white tail as it dove a few hundred yards in front of us for a fish. Jim saw the fish in the eagle's claws as it flew to shore to enjoy lunch. After we made it back and loaded up, it rained briefly but stopped by the time we got to Bolton for a picnic lunch at Rogers Memorial Park! Great day...Amazing! Participants: Mo Coutant, Mary Harrill, Karen Hayes, Steve Hibbard, Mary Knutson, Licia Mackey, Anne Paolano, Jim Ralston, Dave Roeger, Jim Schneider.

QUEENSBURY LAND CONSERVANCY TRAILS

Check out some trails close to home in Queensbury. Trail maps are available at each trail head and on the Queensbury Land Conservancy (QLC) website (<https://www qlcny.org/>)

The Sullivan Preserve is the newest trail, donated in 2018. Located across from the Docksider Restaurant on Glen Lake, the trail system is comprised of 17 short trails for a total of 2.5 miles. Ideal for hiking, mountain biking, photography and once the snow falls, skiing and snowshoeing. QLC is a not-for-profit 501c(3) organization focused on conserving open space throughout the greater Queensbury-Glens Falls region of New York.

Overnight Backpacking Outing: Elk Lake-Marcy Trail to Panther Gorge Sat, Sep 28, 2019, Andrew Meunier and Jeff Mans

- Iffy weather caused most participants to cancel but two of us decided to do this route as a day hike on Sunday instead. We took the last parking spot in an otherwise full lot - at 6:00AM! Sunrise revealed clear skies and it promised to be a spectacular fall outing. Despite some conflicting reports, we made great time on the trail past Pinnacle and through Marcy Swamp (many thanks to whoever placed the many sections of boardwalk!). The cedar-lined trail through the bog finally kicked up and we faced a steep climb from Panther Gorge to the top of Haystack. Once there, we had clear views of the colorful leaves below and a surprisingly large crop of blueberries to snack on. I would still love to do an overnight in Panther Gorge... maybe next year? Participants: Jared Desrochers and Andrew Meunier.

Blackwell Stillwater, Hudson River Sat, Sep 28, 2019, Rich Crammond

- This was, by far, a great day to be in the 'dacks. Nice fall colors and just a little bit of rain. We sure did have a good time exploring the area. Highlights of this outing were: Super fall colors, seeing deer, hiking past old camps, great views from the bridge over the Hudson River, and hiking along with son Rich. Just didn't get no better. Participants: Jayne Boudier, Richard Elvis Crammond, Richard David Crammond.

YM: Wakely Fire Tower Sun, Sep 29, 2019, Megan McLaughlin and Eric Woodruff

- Sunny with cool temperatures, and almost peak color equaled everything you could want for a fall outing. The first two miles were a nice ramble through the woods. We took the quick turn off to the beaver pond and could view the fire tower just one mile up the trail from there. A slightly slippery climb brought us to the ranger cabin and tower, which is currently the tallest (it looks it), where we had beautiful views from the top. We enjoyed cookies and sunned ourselves on the the helipad and then headed home. Participants: Megan McLaughlin, Rich Rodgers, Eric Woodruff, Alana Gerus, Amber Waugaman, Marilyn Zygo, Beau Bessen, Matt Dombrowski, Gary Patton & Deb.

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

NON-PROFIT ORG.
U.S. POSTAGE
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PERMIT #76
SARATOGA SPRINGS, NY
12866

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

Website: ADK-GFS.ORG

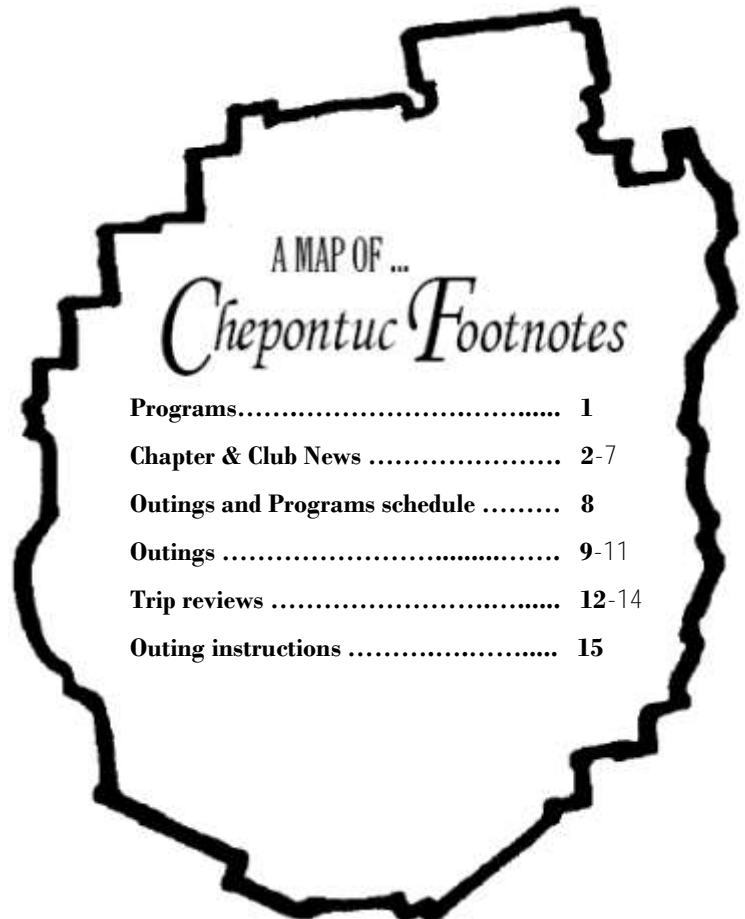


Are you moving?

*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!**