



Chepontuc Footnotes

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

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

Hiking Hadrian's Wall, England

April 22, 2020

Saratoga Springs Public Library

7 pm



ADK members Lenore and Jack Reber will share a photo-program of their June 2019 trip to England with the Sierra Club. Built by Roman emperor Hadrian in AD 122, the path extends for 84 miles near the border with Scotland. Ruins of the wall and Roman fortifications highlighted their 120 mile, 13 day walk with excellent weather and accommodations.

The Rebers have traveled to all fifty states and over ten countries. They have completed the ADK Fire Tower Challenge; both enjoy many outdoor activities in Saratoga Springs and the Adirondack Region, especially the Indian Lake area.

Modern Threats to Age-Old Adirondack Waterways

May 21, 2020

Saratoga Springs Public Library

7 pm



PAUL SMITH'S COLLEGE
Adirondack Watershed Institute

Dan Kelting will discuss outside threats that affect the waterways of the Adirondack Park, from acidic precipitation to invasive plants and animals arriving on boats and trailers. He will talk about the latest quick-moving invasion that may change the region's waterways forever.

Dan joined the faculty at Paul Smith's College (PSC) in 2003 as Executive Director of the Adirondack Watershed Institute (AWI). Under his leadership, the AWI has developed the largest water quality monitoring and aquatic invasive species programs in the Adirondacks. Kelting uses data from these programs to support and leverage his research and that of the Institute. He also teaches upper level courses in Forest Soils and Laboratory Methods, and mentors students for their undergraduate capstone projects.

Chapter Chair Report ~ Kathi Noble



It's the beginning of February and I'm still waiting for winter to arrive. Punxsutawney Phil did not see his shadow and as legend says, there will be an early spring. Some people are happy about that. Personally I'm hoping that Phil is wrong and winter is extended with several big storms. Whatever you prefer, hopefully you had a chance to enjoy some exercise this winter, whether it was getting outside or in the gym. If you aren't sure what to do check out the outings calendar for some great adventures and programs that will be sure to get you moving.

The executive committee is looking to fill some positions and have members join some committees. We currently are looking for a Second Vice Chair and some alternate directors. If you have any interest in these positions please contact me at chapterchair@adk-gfs.org or any of the other EC members. Click the "Volunteer Now" button below or on our website to find out what other opportunities may be available.



ADK Saratoga - Glens Falls Chapter Committee Officers and Chairs

Executive Committee Officers	Committee Chairs	Committee Chairs
Chapter Chair 518-668-3046 chapterchair@adk-gfs.org Kathi Noble	Conservation 401-529-5034 518-396-9579 conservation@adk-gfs.org Aimee Viens Rutledge Paul Dietershagen	Trails 518-638-6139 trails@adk-gfs.org Tom Ellis
First Vice Chair 518-396-8108 vicechair@adk-gfs.org Laurie Williams	Education 908-305-8357 education@adk-gfs.org Kim Brown	Web site 518-743-9692 webmaster@adk-gfs.org George Sammons
2nd Vice Chair vicechair@adk-gfs.org vacant	Hospitality 518-638-6139 hospitality@adk-gfs.org Gretchen Steen	Wilderness 518-421-4975 wilderness@adk-gfs.org Jim Schneider
Secretary 518-798-0624 secretary@adk-gfs.org John Caffry	Membership 518-813-7946 membership@adk-gfs.org Pat Desbiens	Young Members 516-996-5086 ymg@adk-gfs.org Brian Coville
Treasurer 518-793-6484 treasurer@adk-gfs.org Steve Mackey	Newsletter Editor 518-290-0703 newsletter@adk-gfs.org Jennifer Ferriss	Fire Tower 518-668-3046 firetower@adk-gfs.org Jim Schneider Kathi & Tim Noble
Directors director@adk-gfs.org Brian Coville Emily Kane Bill Wasilauski	Outings 518-893-7895 outings@adk-gfs.org Wayne Richter	Annual Dinner 518-798-3055 annualdinner@adk-gfs.org Anne Paolano
Past Chapter Chair 518-798-0624 pastchair@adk-gfs.org John Caffry	Programs 518-798-0615 programs@adk-gfs.org Sarah King	Alternate Directors Maureen Coutant Charlene Kane Laurie Williams
Learn more: adk-gfs.org	Publicity publicity@adk-gfs.org Jen Shepherd	Visit us at: , facebook.com/adkgfs or facebook.com/SaratogaYMG

ADK Fire Tower Challenge by Kathi Noble



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

Connor Jennings Chestertown, NY age 15
Jack Jennings Chestertown, NY age 15
William Jennings Chestertown, NY
Paul Hill Chestertown, NY
Ryan Hill Chestertown, NY age 16
Cole Sears North Creek NY age 13
Bob Powell Hague, NY
Sandy Powell Hague, NY
Ian Hamelin Schaghticoke, NY
Lisa Crandall Baldwinsville, NY
Jemma Rowlands Albany, NY
Glenna Redmond Cornwall, Ontario, Canada
Christine Sleezer Albany, NY
Grant Sanford Lake Placid, NY
Gary Barrow Ballston Lake, NY
Terry Simpson Adams Center, NY
Richard Pickert Philadelphia, NY
Bo Smith Johnstown, NY
Suzie Mailloux Lemoyne, Quebec, Canada
Joseph LaBarbera Deerfield, NY
Kathy Palazzoli Clinton, NY
Ashley Foster Canajoharie, NY
Michele Kaminsky Binghamton, NY
Theodore Chittenden Hudson Falls, NY

Christopher Frewin wrote that his hike up Hadley Mountain and 2 other hikes as a Boy Scout, "would instill my love for hiking and the outdoors for the rest of my life."

Christopher Frewin Scotia, NY

Shawn Turner wrote at the end of his letter, "It may not have been an exhaustive list as the Northeast 111, but completing this challenge was a long time coming and I am feeling pretty proud of myself. Thank you for challenging us to visit these amazing peaks that otherwise might have gone unnoticed."

Shawn Turner Marshfield Hills, MA

A special shout out to Elizabeth McDonald, Congers, NY, who completed the winter fire tower challenge!!!



Need Snowshoes? Luzerne Market 12 Main St, Lake Luzerne, NY

Hours: Sat. 8:30 - 7:30 & Sun. 8:30 - 5:00

We have 2 pairs of MSRs and 3 pairs of Tubbs.
One of the Tubbs is for children.
Daily rental is \$10

Contact Steve Mackey for more information: smackey33@verizon.net

Membership Update ~ by Pat Desbiens

GLENS FALLS - SARATOGA CHAPTER

NOVEMBER 2019

New Members

Dave Armstrong, Glens Falls
Laura Baker, Diamond Point
Jeffrey Emde, Lawrence Township, New Jersey
Christopher, Caitlin, Andrew & Owen Holley, Glenville
David Komoroske, Ballston Lake
Matthew Konecnik, Waterford
Patricia, Jeffrey, Aidan & Gavin Millens, Saratoga Springs
Anne Norris, Queensbury
Jason Turner, Malta
Eric Ucci, Christina Carton, Eleonora & Alexander Ucci, Saratoga Springs

Rejoined Members

Mike, Deana & Joe Endieveri, South Glens Falls
Brian Farenell, Glens Falls
John Hemstreet, Broadalbin
Herbert & Nancy Hudnut, Glens Falls
Randall Palmer & Diane Gulbrandsen, Saratoga Springs
Thomas, Sharon, Nicholas, Tyler & Elizabeth Reed, Hamilton, New Jersey
Lawrence & Shelli Saupe, Corinth

DECEMBER 2019

New Members

Michael Bergeron & Jessica Brownstein, Burlington, Vermont
Deborah Bryk, Saratoga Springs
Jacqueline Coburn, Wilton
Colleen Cremen, Saratoga Springs
Michael Defilippo, Ballston Spa
Timothy Devlin, Lake George
Sara Coffey, Ryan & Rhys Evans, Washington, D.C.
George Kirshe, Saratoga Springs
Zack Kovalenko, Glens Falls
Jane LaBombard, Glens Falls
Patrick Labuff, Gloversville
Theresa Legnard, Malta
Shawn & Christian Maloney, Middle Grove
Christine & James McKnight, Gansevoort
Grace Moody, Lake George
Anthony Morelli, Clifton Park
James Pozniakas, Clifton Park

Bridget Sands, Saratoga Springs
Gavin & Victoria Seabury, Glens Falls
Garrett Seabury, Hudson Falls
Khristian, Lori, Lucas & Elias Snyder, Gardners, Pennsylvania
Nick Stiansen, Saratoga Springs
Nicholas Stokes, Ballston Spa

Rejoined Members

Antonio & Debbie Bacchetta, Hamburg, New Jersey
Robert Bedore, Queensbury
Gabrielle Carpenter, Larry & Leiryn Crandall, Glens Falls
Steven Chwiecko & Anna Scott, Boylston, Massachusetts
Helen & Bill Crawshaw, Stillwater
Matt, Maureen, Matthew, Melissa & Michael Hosek, Ballston Spa
Sandra Payne, Stony Creek
Denise Radtke, Larry, Schuyler, Nicole & Asher Thomas, Saratoga Springs
Trudi Skinder, Schroon Lake

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.

All members are invited and encouraged to attend our monthly meetings to see what we are all about.

Thank you For Member Donations

Thank you to Jack and Tillie Freeman, longtime Glens Falls - Saratoga Chapter members for their donation of 4 framed Adirondack prints by local artists: Lynn Benevento, Ann Diggory, and Carl Heilman.

We raffled the Hadley Fire Tower painting by Lynn Benevento at our Annual Dinner and raised \$250 for the Friends of Hadley Mountain Fire Tower. Jack is the author of Views from On High and was an active member of the local Fire Tower friends group. During the Banff Centre Mountain Film Festival, we raffled off the Ann Diggory print of *Summer from Noonmark Mountain* and the proceeds from that donation and other raffles those nights went to support the ADK Summit Steward Program.

In addition, **Herb and Nancy Hudnut** were also very kind to our Chapter and donated many pairs of Cross-Country skis and a pair of snowshoes. A couple of pairs found homes with Chapter members and a pair of beautiful wooden skis were also raffled off during the film festival to support the Summit Stewards. **Thank you for thinking of us and your generosity.**

Banff Centre Mountain Film Festival ~ Maureen Coutant



Our ADK 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 ~ Kim Brown, Mo Countant, Charlene & Emily Kane, Jim Schneider, Ann Paolano with help from Licia and Steve Mackey and other ADK Committee members.

Rocksport ~ Sue Beadle

Fountain Square Outfitters ~ Nancy Fuller

SUNY Adirondack Adventure Sports Club ~ Clint McCarthy

We lost one of our original members last year with the passing of Dan Kane. It was such a shock and loss to us, but we were so happy his wife, Charlene, continued being on the Committee and was joined by their daughter Emily. Dan was a Summit Steward and a strong supporter of the program and ADK. This year we decided to put all of the proceeds from the Raffle sales, as well as memorial ornaments towards the Summit Seward Program in memory of Dan. This report that you are reading was written prior to Banff, so in the next issue we will report how much money we collected.

This was our 3rd year bringing the World Tour to the area and we sold out both nights on Christmas. If you are interested in attending next year, please get your tickets early. Mark your calendar now to check out our website in mid-November. We want you to join us!

This popular event is due in part to our local sponsors and raffle and door prize donors: **SUNY Adirondack Adventure Sports Club, Fountain Square Outfitters, Rocksport**, the law firm of **Meyer, Fuller & Stockwell, Cool Insuring, ARE Event Production, Hudson Headwaters Health Network, Nemer Auto Body, Local Motion Physical Therapy, 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, The Crossroads, Rock Hill Bakehouse and Café, Seasoned—SUNY Adirondack Culinary, Joy Woolworks** by Joy Muller-McColla (felt stones), **Liz Mulshine** (neck gaiters & headbands), **Steve Myhrberg** (Adirondack Chair & Mahogany Knife set), **Kim Brown** (set of Banff Book Festival award winners), **Jim Schneider** (ADK Fire Tower books), **Clint McCarthy** (bee house), **The Hudnuts** (skis), **The Freemans** (Adirondack print)

If you'd like to donate something next year or volunteer, **email** Banff@adk-gfs.org

Chapter Outing Leaders: ADK Wilderness First Aid

“What would you do if a companion suffered a serious fall on a hike miles from help? Or if someone on your outing had a serious allergic reaction on the trail? It's not hard to imagine these things happening and I was interested in this course because I wanted to be as prepared as possible. The sessions were intense at times. There was so much essential information to learn...I'm grateful for the Adirondack Mountain Club for helping me attend and I'm hoping to re-enroll in a few years for a refresher!” - Hike Leader Andrew Meunier after taking the Wilderness First Aid Course through the ADK.

“Although I had been looking at taking a course for some time, the catalyst for this course was personal. This past summer while hiking Allen, I had the unpleasant experience of falling and sliding down a rock face. While no serious injuries occurred and my party was able to handle the situation, I realized how easily it can happen and how lucky I was. Leading outings as a volunteer is fun, but it is necessary to be prepared for more serious situations when others are looking to you to lead. So when this opportunity arose, I did not hesitate to sign up. I am grateful to the ADK club and the support offered to outings leaders to allow us to improve our knowledge in emergency medicine. “

- Hike Leader Ben St. Andrews after taking the Wilderness First Aid Course through the ADK.

Saratoga Springs Complete Streets ~ Jim Schneider



In Saratoga Springs, have you noticed the traffic lane redesign on Lake Avenue? How about North Broadway? We now have bike lanes!

According to the National Highway Traffic Safety Administration 2018 statistics, 6,283 pedestrians and 857 bicyclists were killed in motor vehicle crashes. Pedestrian and bicyclist fatalities increase every year. 2019 cyclist deaths New York City hit a historical high. Ghost bikes, memorials to stricken riders, are omnipresent. There are more vehicles on the road (and bicyclists), vehicles are larger, and folks are distracted when attention and focus are needed most.

Smart Growth America began in 2000 and in 2012 adopted the National Complete Streets Coalition. According to their mission “communities

direct their transportation planners and engineers to routinely design and operate the entire right of way to enable safe access for all users, regardless of age, ability, or mode of transportation.”

The Saratoga Springs City Council in 2016 formally adopted [The Saratoga Springs Complete Streets Plan](#). One of the goals of the plan is the implementation of the [City of Saratoga Springs Complete Streets Checklist](#). As public and private projects come forward, this checklist is designed for plan compliance.

Progress. Yes, it's slow, but the Geysers Road Trail is moving forward. The Saratoga Springs 2020 budget funds a two-person recreation trail maintenance team for the city's growing trail network. The Saratoga Greenbelt Trail is moving forward. Saratoga PLAN is leading the development of the Palmertown Conservation Area, an off-road trail network connecting Saratoga Spa State Park, Daniels Road, and Lincoln Mountain State Forests to Moreau Lake State Park. We hope that Saratoga Springs will link to New York's Empire State Trail - 750-mile route, the longest multi-use trail in the nation.

If you would like to see progress continue with full compliance of the Saratoga Springs Complete Streets Plan and Checklist, and most importantly - funding, send an email to the Saratoga Springs City Council and let them know you support the Saratoga Springs Complete Streets Plan.

Commissioner of Accounts John Franck: john.franck@saratoga-springs.org

Commissioner of Public Safety Robin Dalton: robin.dalton@saratoga-springs.org

Commissioner of Public Works Skip Scirocco: skip.scirocco@saratoga-springs.org

Mayor Meg Kelly: Meg.Kelly@saratoga-springs.org

Commissioner of Finance Michele Madigan: Michele.Madigan@saratoga-springs.org

Earth Day and DEC turn 50 ~Jen Ferriss



Did you know that the New York State Department of Environmental Conservation (DEC) was established on the first Earth Day on April 22nd, 1970? If you are a history buff, check out the DEC's comprehensive timeline of highlights and environmental milestones including creating the first endangered species list for NY, banning lead paint, complying with the Clean Air Act and recreational access to wilderness areas. More recently, the Plastic Bag Ban will begin on March 1, 2020; so please remember to bring your own bag (BYOB) and find new ways to carry your wet hiking clothes or protect your feet from water crossing mishaps.

Here are a few alternatives to plastic bags:

1. Beeswax wraps for sandwiches
2. Produce bags for water mishaps, wet clothes
3. Nylon string bags for wet clothes after the hike (Check out the ADK store)
4. Reusable water bottles and bring a water filter
5. Clean up after your dog with existing plastic: bagel, bread, newspapers, take out, chip bags...
6. Silicone bags
7. Dry bags
8. Reusable containers for snacks
9. Bear canisters
10. If you need to leave no trace—check out these options

Come celebrate Earth Day with us at 7 pm at the Saratoga Springs Public Library and travel Hadrian's Wall without leaving your seat.

Rail Trail Resolution: from the Executive Committee

The Glens Falls - Saratoga Chapter Executive Committee had a discussion on the Warren County rail trail proposal at our January 2020 meeting. It was recommended that the Chapter support this proposal. The Club policy allows Chapters to take positions on conservation issues of local interest, so long as they do not conflict with the Club's position on the issue, if any; the Club has a statement of support for a study of this proposal on its website, stating the rail trail could be a "very worthy project that should be closely studied and evaluated." There was a discussion of the ownership of the various sections of the rail line and of the pros and cons of supporting the proposal.

Conservation co-chair Aimee Rutledge made a motion that:

“The Chapter supports study and evaluation of a rail-to-trail conversion of the rail line from Saratoga Springs to Newcomb, for its economic and recreation benefits.”

More recently in the news, the abandonment request approved by the Warren County Board of Supervisors is on hold. Official abandonment is required before a rail line can be converted to a trail. The U.S. Surface Transportation Board (STB) advised that the rail line proceedings by Warren County be held up until the STB rules on abandonment proceedings for the rail line north of Warren County. Abandonment of the Warren County portion of the line would impact the line to the north. The Chapter will monitor developments and consider how best to support the exciting recreational opportunity this rail corridor would provide.

Outings and Programs Calendar March 2020

Date	Day	Type	Destination	Leader(s)	Rating
* March 2020					
2	Mon	Geocache	Monday Monthly Geocache	Sarah King	NR
3	Tue	Walk/Ski/Snowshoe	Saratoga Battlefield Ski? Walk?	Maureen Coutant	C
4	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
7	Sat	Hike/Snowshoe	Allen	Wayne Richter, Mike Fuller	A+
10	Tue	Walk	Moreau hot dog roast	Maureen Coutant	C
14	Sat	Hike/Snowshoe	Lower Wolf Jaw from Roostercomb parking area	Jeff Mans, Andrew Meunier	A+
14	Sat	Hike/Snowshoe	Moxham Mountain	Amanda Gomez	A-
14	Sat	Snowshoe	Marcy, Gray, and Skylight	Steve Mackey	A++
15	Sun	Hike/Snowshoe	Hike to Colden	Joe Babcock	A
17	Tue	Walk/Hike	Green hike	Maureen Coutant	NR
26	Thu	Program	Morocco- Trekking, Medinas, & Mint Tea with John Schneider	Sarah King	NR
28	Sat	Snowshoe	Cobble Hill and Hayes Mountain Snowshoe/Bushwhack	Jeff Mans, Jayne Boudier	B+
29	Sun	Hike/Snowshoe	YM: Gull Bay Preserve & Anthony's Nose	Megan McLaughlin	C+
31	Tue	Walk	LGLC Preserve hike/walk	Maureen Coutant	C+
* April 2020					
1	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
4	Sat	Hike	Mount Adams - Fire Tower	Ben St. Andrews	B
6	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
7	Tue	Sunset Hike	Sunset Hike on Hadley	Maureen Coutant	B
15	Wed	Hike	Queensbury Medley	Reg Prouty	C+
15	Wed	Other	YM Game Night	Brian Coville	NR
18	Sat	Hike	Catskills Jaunt: Red Hill Fire Tower, Peekamoose, Table Mtns	Jen Ferriss	A
18	Sat	Hike	Spruce Mountain Fire Tower	Rich Crammond	C+
19	Sun	Hike	Potash Mountain	Steve Mackey	B-
22	Wed	Program	Hiking Hadrian's Wall, England by Lenore and Jack Reber	Sarah King	NR
25	Sat	Hike/Snowshoe	Wright, Algonquin, Iroquois, and Avalanche Lake	Wayne Richter	A+
25	Sat	Hike	Noonmark	Jeff Mans	B+
* May 2020					
2	Sat	Walk	Spring Bird Walk - Peebles Island State Park	Rich Speidel	C
4	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
6	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
9	Sat	Hike	Hike Pitchoff Mountain	Joe Babcock, Wayne Richter	B+
9	Sat	Walk	Spring Bird Walk - Wilton Wildlife Preserve & Park	Rich Speidel	C
10	Sun	Hike	YM - Buck Mountain	Brian Coville	B-
16	Sat	Hike	Wolf Pond Hike	Rich Crammond	B-
16	Sat	Walk	Spring Bird Walk - Pack Forest, Warrensburg	Rich Speidel	C
21	Thu	Program	"Modern Threats to Age-Old Adirondack Waterways" presented by Dan Kelting, of Paul Smith's Adirondack Watershed Institute	Sarah King	NR

Outings and Programs 1 of 3

MONDAY MONTHLY GEOCACHE

Mon, Mar 2, 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!

SARATOGA BATTLEFIELD SKI? WALK?

Tue, Mar 3, 2020, 9:00 am, Rating: C
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- Depending on the snow, we'll either ski or walk the Wilkinson Trail. It's about 4.2 miles with a variety of terrain. One hill is a little tricky on skis, but you can always take them off! Call or email to sign up.

EXECUTIVE COMMITTEE MEETING

Wed, Mar 4, 2020, 7:00 pm, Rating: NR
Kathi Noble - 518-745-7834, knoble2@nycap.rr.com
- Monthly meeting of the Executive Committee. Chapter Members welcome. Crandall Public Library, Glens Falls, NY

ALLEN - [Hike/Snowshoe]

Sat, Mar 7, 2020, 5:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Mike Fuller - 802-254-3314
or farmallboy55@hotmail.com
- Allen is always a fun March hike. Some times it's harder than others, depending on how much trail breaking is needed. It's a long day with a steep rise at the end. The reward comes on the way back with the best butt slide in the mountains.

MOREAU HOT DOG ROAST - [Walk]

Tue, Mar 10, 2020, 10:00 am, Rating: C
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- We'll do a short hike in the hills around Moreau State Park and then head to the Warming Hut for a hot dog roast...or whatever you want to throw in the fire! Call or email for more details.

LOWER WOLF JAW FROM ROOSTERCOMB PARKING AREA - [Hike/Snowshoe]

Sat, Mar 14, 2020, 7:00 am, Rating: A+
Jeff Mans - 518-265-4135, adkhighlander@aol.com
Colead: Andrew Meunier - 518-376-2470
or andrew.m.meunier@gmail.com
- About 10 miles round trip over varied terrain with an ascent of about 3,100 feet. Winter gear, snowshoes and crampons/spikes required. Possible meet-up at Schroon Lake Tops at 6:15 AM, and/or meet at the Roostercomb parking area at 7 AM.

MOXHAM MOUNTAIN - [Hike/Snowshoe]

Sat, Mar 14, 2020, time TBD, Rating: A-
Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com
- It's a 2.7 mile trail to Moxham Mountain. There is an elevation gain of 1,152 feet for this 2.7 mile hike to the summit. Snowshoes and/or microspikes required. Please call me for gear list and carpool info.

MARCY, GRAY, AND SKYLIGHT - [Snowshoe]

Sat, Mar 14, 2020, 6:00 am, Rating: A++
Steve Mackey - 518-793-6484, smackey33@verizon.net
- I haven't led this in quite a few years, but I always enjoyed it. The plan is to climb Marcy, Gray, and Skylight, and then go back up Marcy and go out the way we came in. They frown upon going from Marcy to Gray, because of the alpine vegetation, but there should be plenty of snow, and if there is anything showing we will be careful to stay on the rocks. One of the last times I did this in winter all the trees on Gray were buried, so snow depth will probably not be an issue. March usually has some great weather, so let's hope for a bluebird day.

HIKE TO COLDEN

Sun, Mar 15, 2020, 5:00 am, Rating: A
Joe Babcock - 518-791-9395, jababcock19@gmail.com
- Colden is always a fun hike, even with a bit of wind. Join me for a day in the park to get out and enjoy that snowy season in the High Peaks. We'll meet at Panera Bread parking lot to car pool. Snow is usually abundant this time of year.

GREEN HIKE - [Walk/Hike]

Tue, Mar 17, 2020, time TBD, Rating: NR
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- Not exactly sure what I'll be doing this week? A hike in VT ... the Green Mountain State? A walk along the Feeder Canal and do a clean up? I'll have to see if I have a good idea for St. Patrick's Day when it gets closer! Definitely need to wear something green!

MOROCCO- TREKKING, MEDINAS, AND MINT TEA WITH JOHN SCHNEIDER - [Program]

Thu, Mar 26, 2020, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
- This program will be held at Saratoga Springs Public Library.

COBBLE HILL AND HAYES MOUNTAIN SNOWSHOE/ BUSHWHACK IN HOFFMAN WILDERNESS/LOCH MULLER AREA IN SCHROON

Sat, Mar 28, 2020, 8:00 am, Rating: B+
Jeff Mans - 518-265-4135, adkhighlander@aol.com
Colead: Jayne Boudier - jayneboudier@gmail.com
- From Loch Muller in Hoffman Notch Wilderness area, we'll bushwhack to Cobble Hill and then over to the base of the ice climbing route/cliffs of Hayes Mountain, and around the cliffs to the summit of Hayes Mountain. From Route 9 in Schroon Lake, go west on Hoffman Road, then right onto Potash Road or Loch Muller Road, and then a left onto Henry Road. Park at end of Henry Road. Starts off on an old woods road, past famous split glacial radicals, and then a bushwhack up to Cobble Hill. Nice views south from Cobble Hill and filtered views of cliffs on Hayes Mountain. From Cobble Hill we'll head towards Bailey Pond and the base of the cliffs on Hayes Mountain. The cliffs are rather impressive with several ice climbing routes. We'll then work around the cliffs towards the summit of Hayes Mountain, and then return in a loop around the north of Hayes and down past the local Cathedral Rocks to Bailey Pond and out. Total bushwhack about 6 miles and ascent of 1,600' +/- See the ice climbing link, pictures of the cliff, and area map at: (<https://www.mountainproject.com/area/108020710/hayes-mountain>).

YM: GULL BAY PRESERVE & ANTHONY'S NOSE - [Hike/ Snowshoe]

Sun, Mar 29, 2020, 8:00 am, Rating: C+
Megan McLaughlin - 631-365-3934, megan@adk.org
- After previously enjoying the Lake George Land Conservancy's parks on the west side of Lake George, I thought it was time to check out the upper east side. Gull Bay Preserve offers a 3 mile loop with multiple overlooks. If the day is optimal we will probably take a quick drive over to Anthony's Nose to do the 1.6 mile out and back to the Lake George overlook. We'll be car pooling from Lake George or further south; email, text or check the Capital Region Young Member's Facebook page for more details and to sign up.

LGLC PRESERVE HIKE/WALK

Tue, Mar 31, 2020, time TBD, Rating: C+
Maureen Coutant - 518-745-7834, mojim@roadrunner.com
- This week we'll head up to Amy's Park and/or maybe the Godwin Preserve to Pole Hill Pond just north of Bolton Landing.

EXECUTIVE COMMITTEE MEETING

Wed, Apr 1, 2020, 7:00 pm, Rating: NR
Kathi Noble - 518-745-7834, knoble2@nycap.rr.com
- Monthly meeting of the Executive Committee. Chapter Members welcome. Wesley Health Care Center meeting room, Saratoga Springs, NY.

Outings and Programs 2 of 3

MOUNT ADAMS - FIRE TOWER - [Hike]

Sat, Apr 4, 2020, 6:00 am, Rating: B
Ben St. Andrews - 518-744-5574,
benjamin.st.andrews@gmail.com

- For anyone aspiring to do the ADK Fire Tower Challenge, or simply for the views, Mount Adams will be a rewarding hike. This will be a 5 mile out and back from Upper Works, with about a 2,000 foot gain. We will enjoy a southern perspective of the Great Range, weather permitting.

MONTHLY MONDAY GEOCACHE

Mon, Apr 6, 2020, time TBD, Rating: NR
Sarah King - 518-744-9348, scubakings@roadrunner.com
Colead: Mo Coutant - 518-745-7834 or mojom@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!

SUNSET HIKE ON HADLEY

Tue, Apr 7, 2020, time TBD, Rating: B
Maureen Coutant - 518-745-7834, mojom@roadrunner.com
- I haven't done a sunset hike in a while, so I thought we would give it a go on Hadley. It's a great view from there and should be a good sunset. Call or email to sign up.



QUEENSBURY MEDLY - [Hike]

Wed, Apr 15, 2020, 9:00 am, Rating: C+
Reg Prouty - 518-747-9736, reginaldprouty@gmail.com
- We will pick several short easy hikes in the town of Queensbury Land Conservancy files to enjoy a Wednesday midweek hike during the school spring break. So all school employees and retirees who can hike during the week are welcome. There may be some up and downhill terrain but nothing extremely strenuous. Exact locations TBA later.

YM GAME NIGHT - [Other]

Wed, Apr 15, 2020, 6:00 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 April 14th so that I may ensure there's ample food for everyone.

CATSKILLS JAUNT: RED HILL FIRE TOWER, PEEKA-MOOSE AND TABLE MOUNTAINS - [Hike]

Sat, Apr 18, 2020, 5:30 am, Rating: A
Jen Ferriss - 518-290-0703, ferrissj@gmail.com
- In order to get the most of our drive south to the Catskills we will first have a quick hike up to the Red Hill Fire Tower to enjoy the views and eat a 2nd breakfast/snack. After descending we will hop in our cars and take a winding 13 mile road trip to the Peekamoose/

Table Mountain trail head. If we are going to summit Peekamoose, we might as well travel the extra half mile to see what Table has to offer. Total mileage for the trip is around 13 miles, elevation gain is over 2,700 feet. If you have been hiking all winter, please join us for this ADK Fire Tower Challenge and Catskill 3500s hike. Meet at 5:30 am at Exit 16 park and ride.

SPRUCE MOUNTAIN FIRE TOWER - [Hike]

Sat, Apr 18, 2020, 9:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Let's hike to this 73 feet high tower, then up in the cab for some views. Summit elevation is 2,009 feet. Round trip hiking is 2.2 miles with 1,003 feet of elevation change. Meet at Spruce Mt. Road dead end trailhead, South Corinth area from Route 9N and Wells Road.

POTASH MOUNTAIN - [Hike]

Sun, Apr 19, 2020, 9:30 am, Rating: B-
Steve Mackey - 518-793-6484, smackey33@verizon.net
- I've been working on this trail every Monday for over a year, so I'll give a little tour on what we've been up to. The main improvements have been a lot of new rock steps, but we also put up official DEC trail markers, have a new sign in the parking lot, a new bridge, a new view on the nature trail, and we knocked down all the dead trees hung up everywhere. The trail is roughly a mile and a half (one way) with a thousand feet of vertical. On the way out we'll check out the nature trail which will add another half mile. Maybe if all goes well, we'll also have a new bench on the nature trail.

HIKING HADRIAN'S WALL, ENGLAND PRESENTED BY LENORE AND JACK REBER - [Program]

Wed, Apr 22, 2020, 7:00 pm, Rating: NR
Sarah King - 518-744-9348, scubakings@roadrunner.com
- This program will be held at Saratoga Springs public Library.

WRIGHT, ALGONQUIN, IROQUOIS, AND AVALANCHE LAKE - [Hike/Snowshoe]

Sat, Apr 25, 2020, 5:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- Let's hope for a good amount of lingering snow for one of the great Adirondack adventures. We'll start by heading through Avalanche Pass and Avalanche Lake. If we're lucky, the lake will have enough good ice for us to walk on top. Our route will take us part way along Lake Colden before we begin the steep ascent to the saddle between Algonquin and Iroquois. We'll visit Iroquois, retrace our steps for a bit, then head up the spectacular south face of Algonquin. We'll descend Algonquin, go up and down Wright, and return to the Loj parking lot. Distance is about 14.3 miles with about 3,800 feet of elevation change.

NOONMARK - [Hike]

Sat, Apr 25, 2020, 8:00 am, Rating: B+
Jeff Mans - 518-265-4135, adkhighlander@aol.com
- Noonmark Mountain is a 3,556-foot mountain near St. Huberts in the Keene Valley region. About 5 miles round trip over moderate to steep terrain. From the parking lot off Route 73 for the Ausable Club in St. Huberts, we'll walk up the dirt road for around 1/4 mile to the register at the trailhead for Noonmark Mountain. The trail starts on a private driveway for 0.2 miles before the foot trail bears right just before a large barn at the end of the driveway. From this point the trail is moderate as it follows an old woods road. At a bit over 0.5 miles from the trailhead you will come to the intersection for Noonmark Mountain on the right. From here the trail climbs much more aggressively through an attractive mixed forest. As you ascend, the approach becomes a bit more demanding and you will find more rock slab under foot and a trail lined with attractive cedars. The final approach to the summit is quite steep over open rock, and the views begin to unfold. The summit provides 360-degree views, including the Great Range, the Dix Range, and Giant Mountain. If the weather is nice, we'll spend some time enjoying the views before we return. Meet up at the Tops in Schroon Lake at 7:15am. Rain cancels.

Outings and Programs 3 of 3

SPRING BIRD WALK - PEBBLES ISLAND STATE PARK

Sat, May 2, 2020, 8:00 am, Rating: C
Rich Speidel - 518-623-2587
- Pebbles Island offers a gently rolling and wooded landscape amid urban surroundings. Its location at the confluence of the Mohawk and Hudson Rivers provides habitat for a variety of birds. We will walk across the Mohawk on a historic railroad bridge and gradually circle the island, covering about 2.5 miles. Along with songbirds, waterfowl are often seen from the cliffs, and an eagle or osprey is possible. Group size is limited, so please call ahead to register. The rain date is Sunday, May 3. Meeting place: Waterford Harbor Visitor Center.

MONTHLY MONDAY GEOCACHE

Mon, May 4, 2020, time TBD, Rating: NR
Sarah King - 518-744-9348, 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, May 6, 2020, 7:00 pm, Rating: NR
Kathi Noble - 518-745-7834, knoble2@nycap.rr.com
- Monthly meeting of the Executive Committee. Chapter Members welcome. Crandall Public Library, Glens Falls, NY

HIKE PITCHOFF MOUNTAIN

Sat, May 9, 2020, 6:00 am, Rating: B+
Joe Babcock - 518-791-9395, jababcock19@gmail.com
Colead: Wayne Richter - 518-893-7895 or wrichter@nycap.rr.com
- We will be doing an out and back hike of Pitchoff. We have scheduled this hike in the past, but the weather or conditions have not cooperated. We will be meeting at the Panera Bread parking lot to car pool and head up to the trailhead to explore this trail. Join us for a nice day in the Adirondacks.

SPRING BIRD WALK - WILTON WILDLIFE PRESERVE & PARK

Sat, May 9, 2020, 8:00 am, 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 10. Meeting Place: Camp Saratoga, Scout Road.

YM - BUCK MOUNTAIN - [Hike]

Sun, May 10, 2020, 8:30 am, Rating: B-
Brian Coville - 516-996-5086, Brian_Coville@Outlook.com
- Moderately paced hike up Buck Mountain from the Pilot Knob Road trailhead. Great views of Lake George from the summit, where we can stop and enjoy some snacks. The hike will probably take between 4-5 hours, and isn't too difficult, though there are some rocky scrambles near the top. Round trip distance: 5.8 miles. Elevation gain: 1,958 feet. Carpool meeting location: Panera Bread, 820 US Route 9, Glens Falls. If you go directly to the trailhead, please meet us at 9:00am.

WOLF POND HIKE

Sat, May 16, 2020, 8:00 am, Rating: B-
Rich Crammond - 518-584-2380
- Let's hike to this Adirondack pond that I have not been to yet. Approximately 5 miles round trip with not much elevation change. The meeting place is at the trailhead along Route 84, Blue Ridge Highway, approximately 11 miles from Northway Exit 29. Look for my black Ford pickup. See you there, hiker buds. Black flies not invited; bring head nets. Eeks!

SPRING BIRD WALK - PACK FOREST, WARRENSBURG

Sat, May 16, 2020, 8:00 am, 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 330 years old. Group size is limited, so please call ahead to register. The rain date is Sunday, May 17. Meeting Place: Pack Forest - Route 9, 3/4 mile north of Route 28.

"MODERN THREATS TO AGE-OLD ADIRONDACK WATERWAYS" PRESENTED BY DAN KELTING, OF PAUL SMITH'S ADIRONDACK WATERSHED INSTITUTE - [Program]

Thu, May 21, 2020, 7:00 pm, Rating: NR
Sarah King - 518-744-9348, scubakings@roadrunner.com
- This program will be held at Saratoga Springs Public Library.



ADK Wilderness First Aid Training



Ben and Andrew : ADK Wilderness First Aid Training

See page 6 to learn more about Ben and Andrew's personal experience at the training.

Skidmore North Woods Tue, Nov 26, 2019, Maureen Coutant

- This week we took a walk through the Skidmore North Woods. I usually take the same general route, but I wasn't out front at a junction and we went left instead of right, which was fine. It was interesting doing it in the clockwise direction. When we almost completed the loop, we took another different turn and wound up on a trail I'd never been on and we later wound up back to our original trail and returned the way we came. It was just about the perfect time out and about on a busy week before Thanksgiving. We had a huge group! Luckily we didn't all decide to go into Saratoga for lunch, but those that did overflowed a couple of tables at Uncommon Grounds. Participants: Judy Beers, Jim Brown, Kim Brown, Nancy Burke, Mo Coutant, Carma DeCicio, Paul Dietershagen, Karen Dixon, David Fiske, Paula Franshommo, Emilie Gould, Sue Howard, Susie Imgruth, Carloyn Jaskot, Jim Jordan, Ed Kopf, Lee & Mary Loose, Licia & Steve Mackey, Joy Muller McCoola, Ted Orosz, Anne Paolano, Karen Provencher, Bill Schwarz, Joanne Szot.

Turkey Trot #21, Saratoga Battlefield Thu, Nov 28, 2019, Rich Crammond

- This was a real nice fall hike in the park. A wet trail for this outing, but still enjoyable for the most part. It's just been great for the past 21 years. Highlights of this day were spending time with good hiker buds, seeing black squirrels by the visitor center, bluebirds, one deer, and not getting dumped on from the large flock of geese that flew over our heads. Can't beat that. Didn't get no better. Participants: David Fiske, Laura Fiske, Bill Schwartz, Colleen Coulter, Kim Wood, Molly Bederian, Steve Bederian, Rich Crammond.

Pilot Knob Tue, Dec 3, 2019, Maureen Coutant

- This was the day after the big snow storm after Thanksgiving. Lake George didn't get as much as just south of there. So we were expecting to need snowshoes, but as it turned out microspikes were OK. It did help that Karen and Liz used their little snowshoes to pack it down a bit. At times it would have been helpful to have more snow for the snowshoes and a little less for the microspikes. But it worked out. We had trouble in spots finding the trail, but that was a good thing...it slowed Karen and Liz down for the rest of us! We had a beautiful blue sky, temps in the 30s, no wind, fresh puffy snow on the branches, and a great group! Couldn't get better! Steve cleaned up a big pine that had fallen on the Inman Pond trail and another smaller one about 1/2 mile up that trail. Impressive! Participants: Sandi Allen, Steve Anderson, Bob Bedore, Kim Brown, Mo Coutant, Karen Dixon, Susie Imgruth, Steve Mackey, Liz Mulshine, Kathi Noble, Karen Provencher.

MacIntyre Winter Warm Up Sat, Dec 7, 2019, Joe Babcock and Wayne Richter

- This turned out to be a great day in the park. We gathered at the trailhead and decided to wear snowshoes to start. The snowshoes were actually not needed for the lower section of the trail, due to the snow pack being a bit thin. Once we started the real climb, they were necessary. We all made our way up to the junction for Wright and decided to ascend Wright first, in case the wind picked up later in the day. The hike up was great and we did get limited views of Algonquin and the surrounding area. Once on top, the wind was blowing well enough to keep our visit relatively short. It was a positive experience for all, though. When we arrived back at the junction, one of the hikers decided to head back down because of feeling weary. We let the hiker leave, not wanting to push anyone past their limit. The rest of us had a quick snack before heading up to Algonquin, led by a fast charging Mike Fuller. I think he was up on top, visiting with other hikers for a while before the rest of us joined him. The approach to Algonquin was windy, but the top was much calmer than Wright. The views were quite limited and after conferring with the group, most folks were content with heading back. We had an option to go on to Iroquois, but with limited visibility and noticing other groups who had attempted it and turned back, we decided to head back as well. We did get a group shot and enjoyed the summit for a bit before leaving. We headed back down, catching some better views as we climbed down the trail. The views below were clearing up a bit. After another brief stop to take in some more nourishment and hydrate, we had an enjoyable

hike out back to the parking lot. Great day out for a pre-winter hike. Participants: Dave White, Anthony Szmul, Kimberly Labrecque, Aaren Harris, Jen Ferriss, Mike Fuller, Mark Seymour, Connor Gillis, Wayne Richter and Joe Babcock.

Harry Betar Walkway SGF Tue, Dec 10, 2019, Maureen Coutant

- This week we took it easy and went for a walk along the Harry Betar Walkway and up above in the "bluff" section. It was raining a little bit, but we decided not to let that bother us and test out our rain gear! Afterwards we headed downtown for a bowl of soup to warm up! Great time out as always. Participants: Sandi Allen, Kim Brown, Mo Coutant, Licia & Steve Mackey, and Karen Provencher.

Wilton Wildlife Park Sat, Dec 14, 2019, Rich Crammond

- I hiked this day solo around the outer, blue trail markers of the park, with no rain. I didn't expect to see two bow hunters along the way. EEKS! Some of the park land is open for hunting seasons. I'm glad they had orange vests on and I had my red hat and orange on my pack, also. I had a good outing and a safe one, too. Nice to visit the fire tower again, and think of the early 60s when I stayed at Cornell Hill when the tower was there and a neat little cabin to go with it was close by. A very peaceful place for a while. Highlights of this outing were being in the woods on a late fall day. Just didn't get no better. Participant: Rich Crammond.

Annual Cookie Walk Tue, Dec 17, 2019, Maureen Coutant

- It was snowing a little bit during our outing, which made for a beautiful walk and the right ambiance for our Cookie Outing! We walked around Moreau State Park, having to be very careful of the ice mostly on the roads. We found out microspikes were definitely needed! We saw some black ducks on the lake that Neal and Edna were able to identify. The warming hut was nice and cozy, and everyone brought great treats to share. We love the warming hut! Participants: Sandi Allen, Mo Coutant, Paul Dietershagen, Sarah King, Mary Knutson, Margie Litwin, Licia & Steve Mackey, Joanne Szot, Barb Tomko & Bill Wasilewski, Edna & Neal Van Dorsten.



Cat and Thomas Sat, Dec 21, 2019, Amanda Gomez

- We started this hike around 8:30am with spikes in a fresh few inches of snow. It was mostly cloudy all day with little to no wind. We did the loop from Thomas to Cat. A very pleasant day to be in the woods. Participants: Laura Fiske, Reg Prouty, Doug Fish, Amanda Gomez.

Trip Reviews 2 of 3

Annual New Year Celebration Hike Wed, Jan 1, 2020, Reg Prouty and Bob Aspholm

- Bob was ill so Reg led the hike. We missed a turn for the trail to Cat and ended up below a ridge just south of Cat's summit, so we found a good spot for lunch and decided to follow our tracks back out to Edgcomb Pond. We saw what happened as an old wooden sign was hiding a red marker just above it, so we went straight instead of turning right after the barrier. We had a good day in the woods anyway. Nine hikers: Reg Prouty, Mark Stark, Sue Commanda, Suzanne Rancourt, Jayne Boudier, Cathy Flemming, Barb Lange, Mitchell Stark, and Adam Stark.

Whiteface from Lake Placid Sat, Jan 4, 2020, Wayne Richter and Joe Babcock

- With warm-ish weather and rain in the weeks leading up to this hike, we didn't feel confident about walking across Lake Placid, so we went the conventional route to Whiteface and then Esther via the Wilmington Trail from the Atmospheric Sciences Research Center. We expected to get some snow, did not expect to see much, and hoped for no rain - and, fortunately, that is what we got. With an early start, only a couple of people were ahead of us. The steep trail up to Marble Mountain had some icy patches, though the ice was soft enough for microspikes to give us confident grip. Once as high up as Marble Mountain, we had packed snow that made for easy going. The ski lift that comes up to the trail was not running as the snow was not deep enough, but we did see active lifts and skiers further below. The snow got deeper as we approached the wall below the curve in the road, and it finally looked like a real snowy winter as we made the final spectacular ascent to Whiteface along the open arete. Here, we were lucky enough to have the cloud layer briefly below us, allowing us to see the summit of Esther poking up above the lower cloud deck. We saw amazing feathers of snow on the branches of the hardy alpine shrubs, evidence of serious wind. The clouds closed in again as we approached the summit, making the tower buildings seem like something out of Lord of the Rings in the mist. We were fortunate enough to have little wind, allowing us to enjoy the summit, even if we couldn't see far. It began to snow lightly as we headed down and over to Esther. We saw a good number of people on our way down, making us appreciative for our early start. Participants: Joe Babcock, Kim Brown, Jen Ferriss, Mike Fuller, Karen Provencher, Wayne Richter, Anthony Szmul, Greg Travers, Dave White.

Monday Monthly Geocache Mon, Jan 6, 2020, Sarah King

- Our destination today was to The Lynn LaMontagne Schumann Preserve at Pilot Knob. I decided to switch the trip from Monday, January 6, to Tuesday, January 7, as it snowed much of Monday. We arrived and started our hike at 9:40am after signing the register and finding our first geocache. There were 12 geocaches at the preserve. My goal was to find the 3 new ones which were located on the blue trail or waterfall trail. Ed had never been to the preserve before so we did stop at all 12 caches. As the trails here have changed over the years, we did find ourselves on old trails at times and bushwhacking between the old and new. We did enjoy the newest trail with stone stairs. All geocaches were winter friendly, meaning meant to be found with snow on the ground. Most were hidden in trees but a few were on the ground. With minimal snow, they were easy to find. We did notice that some logging/clearing was going on just to the north of the preserve. We noticed a large truck coming down hauling a good number of trees and we could hear chainsaws as we hiked to one of the caches. We hiked up the waterfall, having two stream crossings on the way. The falls were pretty with the frozen area. Mo took lots of pictures. We stopped both on the way up and back down at the gazebo to enjoy the view and have a snack. We did find all 12 hides and were back at the trailhead by 2:30pm, having hiked about 5 miles. As always, a fun day out with good friends. Participants: Sarah King, Mo Coutant, Licia Mackey, Ed Kopf.

Street and Nye Sat, Jan 11, 2020, Andrew Meunier and Jeff Mans

- This hike was canceled due to poor weather. Three of us decided to try to climb these mountains on Sunday instead. We were greeted at

the near-empty Loj lot by a ranger who told us that attempting to climb Street and Nye would be foolhardy due to the swollen and raging Indian Pass Brook. An investigatory hike revealed that he was thoroughly correct. After reveling in the calamitous torrent, we enjoyed a short hike in Indian Pass and hoped for the swift return of "normal" winter weather! Participants: Jeff Mans, Karen Provencher, Andrew Meunier.

Tuesday Outing Tue, Jan 14, 2020, Maureen Coutant

- This week we had more of an adventure than we bargained for heading over to Wolf Pond! We had some warm weather and rain a little less than a week ago, so the river was running fast and we could tell it had been over its bank recently. The rain had also compacted the snow, so we could get by with just microspikes, although Peter and I wore snowshoes to stamp out any snow we came across in a few places. But the adventure was due to all the trees that were down. Many of them must have had the trail markers on them! It was really not a problem until we were almost to the pond. We got around a big tree that was across the trail and then we couldn't find the trail! We fanned out and still couldn't find it. We retraced our steps back to the last marker, then got to the same blow down...and hmm! We headed off to the right and bushwhacked until we got to a marshy area and then headed towards an opening which we assumed would be the pond and found it. On the way back we realized where we went wrong and we were almost in sight of the trail, when we went the wrong way! It made for an adventure and memorable experience! After enjoying the lean-to, exploring the pond to see if we could get a view of the high peaks (no - low hanging clouds), getting a wet foot (but well prepared with a dry sock and plastic bag), we headed back out. Made much faster time on the way out!! We'll be back again on a clear day! Participants: Sandi Allen, Bob Bedore, Mo Coutant, Peter Fedorick, Dave Freeman, Ed Kopf, Licia & Steve Mackey, Dave Roeger, and Denise Thorn.

Tabletop and Phelps Sat, Jan 18, 2020, Joe Babcock and Jen Ferriss

- This hike was cancelled due to weather conditions that could have affected the drive home at the end of the day. With a larger group signed up, we felt it was better to save this hike for another day.

Snowy Fire tower Sat, Jan 18, 2020, Amanda Gomez

- Canceled. I decided to err on the side of caution and cancel this hike due to the winter storm predicted, for everyone's safety not to drive in bad weather.

Annual ski/snowshoe hike up Pyramid and Gothics Sun, Jan 19, 2020, Steve Mackey

- We had a big storm (or at least a big storm was predicted) the day before and everyone canceled. However there was a bunch of friends that were interested in doing the ski part and skiing into Rainbow Falls. We ended up with seven participants and had excellent skiing conditions. The ski was around 8 miles round trip and the ski out was a blast. The falls were their typical cold, snowy, icy, and rugged cascade. Participants: Mo, Jim, and Gen Coutant, Steve and Licia Mackey, Kim Brown, and Scott Anderson.

Tuesday Outing Tue, Jan 21, 2020, Maureen Coutant

- The snow gods were good to me. We received a 1/2 foot of snow or more the weekend before this outing. I decided to head over to Brookhaven since they seem to have more snow than the Glens Falls area usually. Plus, I'd never led a trip over there. They have nice groomed trails and signage and lots of parking. We explored trails on both sides of the road and with a variety of terrain. Open greens, through the woods, and up and down some hills. It was great to get out and introduce many to this area. Participants: Kim Brown, Mo Coutant, Paul Dietershagen, Dave Freeman, Liz Gee, Jim Jordan, Licia & Steve Mackey, Karen Provencher, Gwenne Rippon, Alison Zoske.

Moreau Lake State Park Wed, Jan 22, 2020, Reg Prouty

- We decided to do a snowshoe as recent snowfall provided just enough to use the shoes. We were going to do a counterclockwise trip around only Moreau Lake but by unanimous consensus we decided to add a circuit of Mud Pond to the middle of the hike. Upon returning to Moreau, we spent lunchtime in the beautiful warming cabin. It was a beautiful day for the hike with a great group of 6: Reg Prouty, Robert Lucaroni, Denise Lucaroni, Joanne Walczak, Robert Gammon, and Mary Gammon.

Hudson Crossing / New Year Outing Sat, Jan 25, 2020, Rich Crammond

- What a nice January day for an ADK outing. We saw many small birds and ducks, but the grand prize was spotting a large wingspread eagle. I'm sure glad to see them make a comeback in New York. It sure was good to hike with folks I haven't seen for a while, also. The sky was grey and so were the squirrels, but to see at least one big bird of prey made my day. Thanks to my hiking buds for sharing your day outdoors. Didn't get no better. Participants: Jean Holcomb, Liz Gee, Alan Gee, Cathy Fleming, Rich Crammond.

Giant and RPR Sat, Jan 25, 2020, Andrew Meunier and Ben St. Andrews

- We started our hike just as the sun was starting to add some color to the sky. A thin layer of snow caused all of us to opt for snowshoes and we were able to navigate a few icy spots without too much trouble. We lingered at Giant's summit longer than we had planned because, despite the breeze, the temperature was unseasonably warm. We took the time to enjoy the lovely views across Keene Valley and most of us donned crampons to scout out the trail to Rocky Peak Ridge. About a quarter of a mile down that trail, we encountered the ice wall that we had read about in trail reports: a broad, pitched slab of hard ice leading to a sheer 8 foot drop. Even with crampons (and the length of webbing someone had left tied to a tree) we judged it unsafe to continue, especially with the weather forecast to deteriorate. We made our way back to the trail junction and most of us used crampons for the descent. These were a big help as the icy spots were much trickier on the way down. Frozen rain started to fall just as we reached the lot around 2pm - perfect timing! Participants: Kim Brown, Ben Norford, Conor Gillis, Brian Noel, Ben St. Andrews, Andrew Meunier.

Whiteface from Lake Placid "Rain" Date Sat, Feb 1, 2020, Wayne Richter and Joe Babcock

- Our plan was to park at the DEC boat launch just off Mirror Lake Drive and walk across Lake Placid. We arrived to find a patch of open water just off the boat ramp and what looked like a big patch of water logged snow or maybe even open water in the distance. Time for Plan B: We took the trail from Route 86 via Connery Pond. At the register, we saw that a group of eight from the ADK Winter Mountaineering School had signed in for the weekend on the previous day. The trail to Whiteface Landing is well used, and we found it well packed down, supporting fast progress. Once at the junction to Whiteface Landing, we were in the more narrow, well packed footway made by the ADK school. The participants had stayed at the Whiteface Lean-to, with quite a bit of evidence of their presence. After a snack at the lean-to, we continued up hill - they did a great job of breaking trail in six to eight inches of snow. We caught up to the group a little below tree line, and then went ahead, taking our turn with trail breaking. The summit was obscured in the clouds, but we did find a large group of friendly Quebecois who had come up from Wilmington. We enjoyed the summit and the snow formations for a while, then headed down. We stopped for lunch on an open rock that would have had great views if not for the cloud we were in. On our way back, we went down to Whiteface Landing and walked out on to the lake for a bit. Though it felt firm, it was slushy under the snow, and we did not go far. We'll have to wait for a really cold year to try the walk across the lake. Participants: Joe Babcock, Jen Ferriss, Wayne Richter.



Whiteface Mountain Photo by Joe Babcock

Monday Monthly Geocache Mon, Feb 3, 2020, Sarah King

- Today's destination was Schodack Island State Park. We were in search of 11 winter friendly hides which are part of the Winter 33, a winter geocaching series put out by Saratoga Capital Region State Parks. We left Panera at 8:30am and made the hour and 15 minute drive to the park. We parked near the heated restrooms, and started our walk on the trails around 10am. No snowshoes or micro spikes needed. We had an enjoyable walk, finding all 11 containers while stopping to read the informational signs about invasives in the park along the way. One of our favorite hides was called Messengers but we decided a more apt name might be A Murder. Not what you think; this cache container was among a group of fake crows. See photo in gallery to see if you can spot the container. It was a very pleasant day weather wise, starting out a bit on the chilly overcast side but by the time we had finished at noon, it had warmed up to the low 40s and the sun was trying to peek out. Snacks are usually part of our outing, usually provided by Licia. Thanks for the yummy brownies! Another fun outing. Participants: Sarah King, Licia Mackey, Ed Kopf, and Emilie Gould.

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

Glens Falls Crandall Library
 Corner of Glen and South Streets
 Holden Room (2nd floor of library).

From Exit 18, Broad into South to Glen Street.

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

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

From Northway (I-87), Take Exit 14 onto Route 9P North (Union Avenue). Proceed 1.5 miles, past three traffic lights to

T-junction, RIGHT onto CIRCULAR STREET to the first, traffic light. LEFT onto SPRING STREET for two blocks., RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

• From Route 9 and Route 50

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



Chepontuc Footnotes

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

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

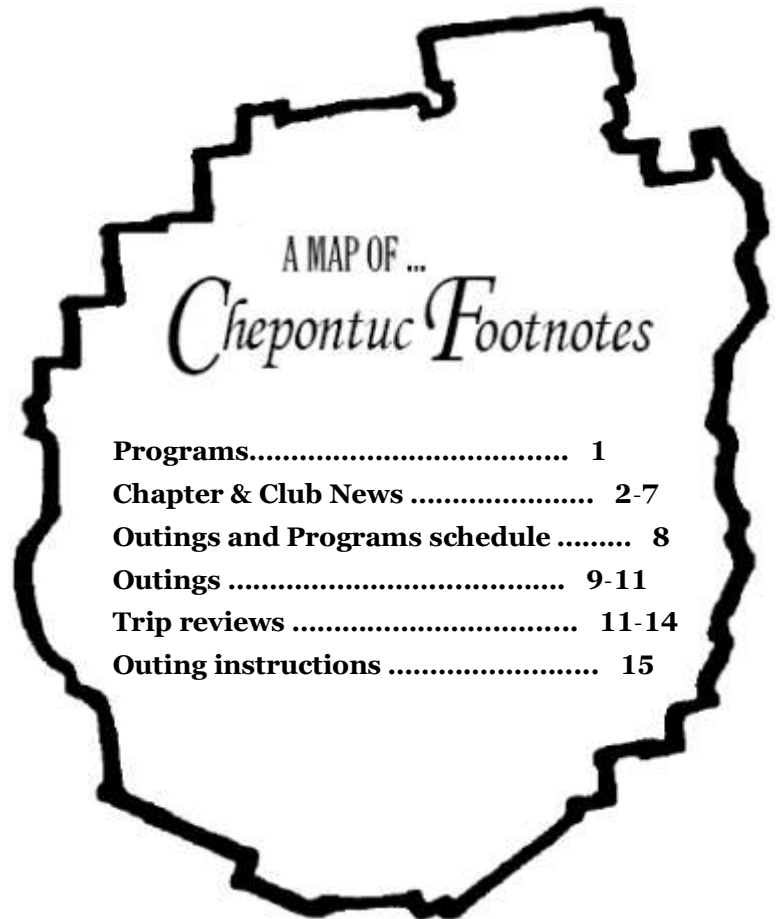
Website: ADK-GFS.ORG

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!***