



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

Historic Bridges of the Adirondacks May 19, 2021 7 pm Zoom (pre-registration required)



Please join Steve Engelhart, the executive director of Adirondack Architectural Heritage (AARCH), for an exploration of the incredible variety of historic bridges found in the Adirondacks. These include stone arch bridges in Keeseville and Ticonderoga; covered bridges in Jay and Edinburg; iron trusses over the AuSable, Hudson, Saranac, Raquette, Moose and Sacandaga Rivers; reinforced concrete, stone-faced spans in Keene, Piercefield and Black Brook; and the marvelous steel arch bridge over AuSable Chasm. These bridges reflect fascinating changes in technology and transportation and also tell important stories about the growth and development of Adirondack communities. As bridges are among our most

endangered historic resources, the program also looks at successful strategies for preserving these regional treasures.

Registration is through the Saratoga Springs Public Library: <https://sspl.libcal.com/event/6341327>

Did you miss? Forest Pests and the Potential Impact on the Adirondacks

Tammara Van Ryn is a long-time member of the Glens Falls-Saratoga ADK Chapter and currently is the Program Manager for the Adirondack Park Invasive Plant Program (APIPP).



The recorded program is available here: <https://www.youtube.com/watch?v=We4D9bAANNg&t=344s> (or go to the Chapter website for the link)

Photo credit: <https://images.app.goo.gl/MiaPhmnjNKpcTXoHA>

New Banff Mtn Film Festival Films Available Every Month

A New Monthly Film Series of past Award Winners will be available each month through October, so check the link each month.

You can rent a program for an evening of short films. These films are in addition to the original programs (Amber, Onyx) that are still available to rent through October 2021.

Go to Banff Site using our link, click Choose Films & Purchase Tickets or go to the Chapter website for the link

Our Chapter receives a portion of the revenue if you use our link.

Chapter Chair Report ~ Jen Shepherd



Signing up for a group led outing with an established organization such as the Adirondack Mountain Club, ADK, is a great way to meet new people and have fun in the outdoors. There are a few important details to know if you're not familiar with signing up for the group outings. ADK leaders are volunteers. They will offer all pertinent details about the outing in the initial write up. It's important that you read it thoroughly. Additional details are often conveyed via email during the sign-up/vetting process. You should do your own research as well.

If you've never been on an outing with a particular leader, offer them some info about yourself and your hiking background when you express interest in signing up. This helps them to gauge the group, plan accordingly and in some cases, decide if their outing is a good fit for your ability/skill level. On the day of the outing, be prepared, ensure you've followed any guidelines/gear specifications/instructions your leader gave you, and arrive on time. Leaders like to keep the group together so if you're a faster hiker, stick with the group and don't go ahead. Keeping everyone together ensures that everyone stays safe while also having a good time outside.

Interested in leading some hikes? We'd love to add some new leaders to our roster. Outings aren't limited to just hiking. Bike trips, paddles, and now some rock-climbing events can be added to the calendar. For more information, please reach out to our outings chair, Wayne Richter, the Young Members chair, Megan McLaughlin, or myself. We'd be happy to chat with you about becoming more involved!

ADK Saratoga - Glens Falls Chapter Committee Officers and Chairs

Executive Committee Officers		Committee Chairs	Committee Chairs
Chapter Chair Jen Shepherd chapterchair@adk-gfs.org		Conservation 401-529-5034 Aimee Viens Rutledge 518-396-9579 Paul Dietershagen conservation@adk-gfs.org	Trails 518-638-6139 Tom Ellis trails@adk-gfs.org
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ADK Fire Tower Challenge
by Kathi Noble



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

Regular finishers

Adam Orr, Queensbury
Suzanne LeClair, West Winfield
David LeClair, West Winfield
Allison Austin, Queensbury
Caysey Herschaft, Kingston
Tia Schiavoni, South Glens Falls
Tim Rodrigue, South Glens Falls
Paul Doherty, Madison
Joe Caron, Gansevoort
Mark Schilling, Albany
Kristina Kostine, Marcellus
Tricia Johnston, Lee, MA
Buddy Steele, Adams
Kimberly Woolridge, Bridgeport
Beth Morgan, Averill Park

Winter finishers

Donna Blondell, Newark
Janel Modoski, Albany
Thomas Sullivan, Vermontville
Kristen Taylor, Utica
Amanda Riggs, Chazy
Shane Holmes, Long Lake
Doreen Alessi Holmes, Long Lake
Janet Sotola, Altamont
Raymond O'Connor, Wilton
Joseph Murphy, Waterford
Malgorzata Pikulska, Short Hills, NJ
Peter Scialdone, Yorkville
Jim Allott, Wilton
Stacie Agostino, Glenville
Mark Agostino, Glenville
Lois Viola Swears, Gansevoort
Becca Mason, Greenfield Center

Regular and Winter Finishers

Sara Gulbrandssen, Highland Mills
Felicia Neahr, Canton
Kelly Moody, Morrisonville

Membership Update
by Pat Desbiens

JANUARY 2021

New Members

Lori & Norman Bellingham, Saratoga Springs
Courtney Davis, Queensbury
Larissa DiPace, Amsterdam
Andrew Hart, Niskayuna
Brian, Kathleen & Audrey Hodgdon, Clifton Park
Ben Jordan & Nellie Moore, Ballston Spa
Bernard & Mary McCue, Saratoga Springs
Travis, Rachel & Avery McDermott, Galway
Max McLenithan, Cambridge
Elizabeth Muoio, Queensbury
Anthony Parillo, Malta
Andre Savoie, Troy
Karen Starkweather, Queensbury
Vincent Tedi, Morristown, New Jersey
Julee & Shawn Tim; Kai Mullin & Alexander Green, Broadalbin

Rejoined Members

Nancy Frost, Clifton Park
Jean & Edward Holcomb, Saratoga Springs
Mary Beth Hynick, Saratoga Springs
Gary LaBella & Cindy Warmt, Malta
Brett, Lyndsey & Steven Lange, Queensbury
Justine Mosher, Queensbury
Jennifer Natyzak, Saratoga Springs
Bob, Lisa & Chris Reepmeyer, Saratoga Springs
Richard Smith, Ballston Lake

New Affiliates

Mary Dowling, Glens Falls
Jonathan Politis, Latham

FEBRUARY 2021

New Members

Lucinda Cross, Northville
Kaitlyn Dmyterko, Saratoga Springs
James Dolan, Saratoga Springs
Tamiko Everson, Mechanicville
Virginia Fletcher, Ballston Spa
Berta Lowenstein, Argyle
Amy Marsh, Johnstown
Logan, Dorothea, John, Theodore, Oliver, Roland & Paul Martin, Clifton Park
Thomas, Carla & Harry Metz, Saratoga Springs
Stella Piasecki, Saratoga Springs
Stephanie Toniolo, Saratoga Springs
Ellen Wetherbee & Steve McDevitt, Lake George

Rejoined Members

David Crouse, Mayfield
Jason & Suzanne Finn, Gansevoort
Kelly McKeighan, Salem
David & Maura Palar, Saratoga Springs
Janice Prichett, Clifton Park
Jillian Trunko, Cohoes

Views From On High 2nd Revised 2021 Edition is now available from ADK.

New material includes extensive Catskill and Adirondack trail and fire tower updates through winter 2021 including:



Poke-O-Moonshine: new Ranger Trail with its hiker friendly stone steps, switchbacks and scenic reroute.

St. Regis: New trailhead from Spring Bay of Upper St. Regis Lake. Combine a paddle trip with a fire tower hike.

Hunter: We love loop hikes! So, we put together this very interesting route combining the Spruceton Trail and the Devil's Path for an 8.8 mile loop.

Red Hill: NYS Department of Environmental Conservation teamed up with New York City Department of Environmental Protection and the town of Denning, with support from the State's Environmental Protection Fund and constructed a new trailhead and information kiosk on Denning Road.

Outings and Programs Calendar May 2021

Date	Day	Type	Destination	Leader(s)	Rating
* May 2021					
2	Sun	Hike	Potash	Jen Shepherd	B
4	Tue	Sunset Hike	YM Sunset Hike: Pilot Knob	Megan McLaughlin	C-
15	Sat	Hike	Hiking a Popular Hike in the Sentinel Range we choose not to name.	Jennifer Ferriss, Joe Babcock	A-
15	Sat	Clean up	Spring Clean Up : ADK HQ	Maureen Coutant	NR
18	Tue	Sunset Hike	YM Sunset Hike: Spruce Mt	Megan McLaughlin	C
19	Wed	Program	Zoom: Historic Bridges of the Adirondacks	Anne Paolano	NR
29	Sat	Hike	YM: OK Slip Falls	Megan McLaughlin	C+
* June 2021					
1	Tue	Sunset Hike	YM Sunset Hike: Shelving Rock	Megan McLaughlin	C-
5	Sat	Bike	Three Lakes Bike Loop	Andrew Meunier	C+
5	Sat	Hike	Pharoah Mountain	Jeff Mans	B+
12	Sat	Camp/Hike	Cold River Valley through Hike and Camp from Long Lake to Upper Works: June 12-14, 2021	Jeff Mans, Jim Zwynenburg	A+
12	Sat	Hike	Woodhull and Bald Mountain Fire Towers	Joe Babcock, Jennifer Ferriss	A-
15	Tue	Sunset Hike	YM Sunset Hike: Hackensack	Megan McLaughlin	C-
26	Sat	Bike	Brant Lake/Schroon River Gravel Bike Loop	Andrew Meunier	B+
* July 2021					
11	Sun	Hike	Montcalm Point, Hike and Swim	Neal Van Dorsten	C+
17	Sat	Camp/Hike	French Louie Trail Overnight	Andrew Meunier	A

Outings and Programs May 2021

POTASH - [Hike]

Sun, May 2, 2021, time TBD, Rating: B

Jen Shepherd - jlynne.adk@gmail.com

- Hopefully we will have seen the last of the snow, and the mud won't be too terrible with all those fancy new stone stairs that got built over the summer/fall. This hike is about 2.8 miles round trip with 1,033 feet of elevation gain. Email hike leader to inquire and see if this hike is a good fit for you.

Please offer some info about your hiking background when emailing. Dogs are welcome as long as they are friendly with strangers and other dogs on the trail. Pack layers, snacks, water, and lunch for the summit. Carpool will not be organized at this time. Covid measures will be in place unless something changes before hike date. Social distancing when possible and masks will be worn when not possible. Inclement weather may cancel hike. Email hike leader no later than Friday before the hike to sign up.

YM SUNSET HIKE: PILOT KNOB - [Hike]

Tue, May 4, 2021, 6:45 pm, Rating: C-

Megan McLaughlin - megan@adk.org

- Young Member Sunset Hikes are back! (Will be every other Tuesday.) Join us for a short but rugged 1 mile hike up to the Pilot Knob gazebo. We'll hang out on top for as long as the group wants to and enjoy the view of Lake George. Bring a headlamp or flashlight in case we need it, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will reschedule for Wednesday or Thursday. Hike is family friendly; children and adorable dogs are welcome.

HIKING A POPULAR HIKE IN THE SENTINEL RANGE WE CHOOSE NOT TO NAME - [Hike]

Sat, May 15, 2021, 5:30 am, Rating: A-

Jennifer Ferriss - 518-290-0703, ferrissj@gmail.com

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

- A Popular hike in the Sentinel Range, this hike has been cancelled the past few years due to weather, too much mud or too much ice.. This year it was decided to not name the hike so that perhaps we can finally ascend this trail across from Cascade. Are we superstitious? Perhaps a little, but really just like to have fun. Hike capacity is limited, meet at Panera's at 5:30 am or at the Cascade/Pitchoff trail head at 7:30.

SPRING CLEAN UP : ADK HQ

Sat, May 15, 2021, 9 am to 2 pm

Maureen Coutant - 518-745-7834

- Join fellow ADKers to help spruce up the ADK HQ building for the busy summer season. We rake, put out the picnic table & parking lot timbers. If the weather is nice we may stain the building. Dress for a mess & bring a rake and gloves. No worries if you don't want to rake, there are other jobs for you. Call if you have special skills or equipment to offer. Coffee, muffins, donuts or scones, and lunch provided!

YM SUNSET HIKE: SPRUCE MT - [Hike]

Tue, May 18, 2021, 7:00 pm, Rating: C

Megan McLaughlin - megan@adk.org

- Spruce Mountain Fire tower. Easy to moderate hike around 2.5 miles round trip near Corinth. Must climb tower for views. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. Beginners, families and adorable dogs welcome.

Check the website often.
Trips may be added or change

Outings and Programs cont. May 2021

ZOOM: HISTORIC BRIDGES OF THE ADIRONDACKS -

[Program]

Wed, May 19, 2021, 7:00 pm, Rating: NR

Anne Paolano - 518-744-6359, annepaolano@yahoo.com

- Program will be held via Zoom through Saratoga Springs Public Library. Steve Engelhart, AARCH- Historic Bridges of the Adirondacks, Wednesday May 19th, 2021. This program explores the incredible variety of historic bridges that are found in the region. These bridges reflect fascinating changes in technology and transportation and also tell important stories about the growth and development of Adirondack communities. As bridges are among our most endangered historic resources, the program also looks at successful strategies for preserving these regional treasures.

YM: OK SLIP FALLS - [Hike]

Sat, May 29, 2021, time TBD, Rating: C+

Megan McLaughlin - megan@adk.org

- Join the Young Members and celebrate one of the best parts of spring, raging waterfalls! OK Slip Falls is one of New York's highest falls at 250 feet. It is about 3 rolling miles to the overlook, and if the day is going well I would like to continue down the trail, crossing over the top of the falls and heading down to the Hudson River. This will add an additional 2 miles to the hike, bringing our total to 8 miles round trip and adding some elevation changes as we will go from the top of the falls down to the river. As it is spring, be prepared for bugs and mud!

YM SUNSET HIKE: SHELVEY ROCK - [Hike]

Tue, Jun 1, 2021, 7:00 pm, Rating: C-

Megan McLaughlin - megan@adk.org

- Easy to moderate paced hike with a 1.7 mile ascent to Shelvey Rock's overlook. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. Beginners, families and adorable dogs welcome.

THREE LAKES BIKE LOOP - [Bike]

Sat, Jun 5, 2021, time TBD, Rating: C+

Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com

- This is one of my favorite bike rides in the Southern Adirondacks. It's a mostly flat, 33 mile loop that will take us past Brant Lake, Schroon Lake, and Loon Lake. We'll plan on a few stops, including a lunch stop at the Adirondack General Store. The entire route is on pavement (although there are a few rougher sections). We'll shoot for a moderate but consistent pace that will allow us to enjoy the scenery (~10-12 mph).

PHAROAH MOUNTAIN - [Hike]

Sat, Jun 5, 2021, 9:00 am, Rating: B+

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

- Annual trip to Pharoah Mountain to see the Pink Lady Slippers in full bloom. Meet at the Schroon Lake Tops parking lot at 9 AM, and drive to Crane Pond Road, and as far as we can to Crane Pond and the trailhead before we start this hike. Perhaps we'll take a nice side trip to Oxshoe Pond and lean-to on the return trip. Pharaoh Mountain at 2,556 feet offers a 360 degree view of the vast Pharaoh Lake Wilderness area with its many ponds and lakes. There is a marked trail to the summit from Crane Pond. Approximately 8 miles round trip with an overall elevation gain of 1,467 feet.

COLD RIVER VALLEY THROUGH HIKE AND CAMP FROM LONG LAKE TO UPPER WORKS: JUNE 12-14, 2021 -

[Hike]

Sat, Jun 12, 2021, 9:00 am, Rating: A+

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

Colead: Jim Zwynenburg - 518-683-2413, testplastic@gmail.com

- Unless we can arrange for a boat taxi from the Long Lake public boat launch to Plumley Point, we'll start on the Northville Placid Trail (NPT) in Long Lake on Saturday morning and hike north along the lake and then towards the Cold River Valley and to the Ouluska lean-to where we'll make camp for 2 nights. On day 2, Sunday, we plan to explore Ouluska Pass with a bushwhack up Seward Brook and consider climbing Seward or Seymour depending on the conditions, and then return to the Ouluska lean-to for the evening. On day 3, Monday, we'll break camp and continue up the Cold River, stop at the former Cold River Town Hall, where Mayor Rondeau formerly resided, and work our way to Duck Hole, the Preston Ponds, Henderson Lake, and out at the Upper Work at Tahawus, where we hope to have a car spotted and waiting for us. Total hiking distance is approximately 14 miles from Long Lake to the Ouluska lean-to on day 1, about 13 miles exploring Ouluska Pass on day 2, and about 11

miles from the Ouluska lean-to to Upper Works on day 3. Personal overnight gear, bear canister and cooking equipment required.

WOODHULL AND BALD MOUNTAIN FIRE TOWERS -

[Hike]

Sat, Jun 12, 2021, 5:30 am, Rating: A-

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

Colead: Jennifer Ferriss - 518-290-0703, ferrissj@gmail.com

- Having completed the Fire Tower Challenge, but not climbed all of the tower hikes in the Adirondacks, we have chosen this hike to accomplish this goal some time in the near future. Please join us for a great day in the park, exploring these two hikes in the western section of the Adirondacks. Meeting at Panera Parking Lot at 5:30 am off exit 19 of the Northway. Can also plan to meet at Rondaxe (Bald) trailhead between 7:30 and 7:45.

YM SUNSET HIKE: HACKENSACK - [Hike]

Tue, Jun 15, 2021, 7:00 pm, Rating: C-

Megan McLaughlin - megan@adk.org

- Easy to moderate paced hike with a 1.3 mile ascent to peak in Warrensburg. Bring a headlamp or flashlight, snacks or pack dinner, extra layers, and a sense of adventure. Hike is weather permitting; rain will cancel or reschedule for Wednesday or Thursday. Beginners, families, and adorable dogs welcome.

BRANT LAKE/SCHROON RIVER GRAVEL BIKE LOOP -

[Bike]

Sat, Jun 26, 2021, time TBD, Rating: B+

Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com

- This 32 mile bike loop will leave from the Hub in Brant Lake and take us on a tour of some of the gravel roads in the area. Gravel roads usually mean less traffic and pleasant scenery. The route has some challenging climbs and fun descents, although we'll be in no hurry. Typical road bike (23 - 25mm width) tires will work OK but wider tires will be more fun and less prone to flattening on the rougher surfaces we'll be rolling over.

MONTCALM POINT, HIKE AND SWIM

Sun, Jul 11, 2021, 9:00 am, Rating: C+

Neal Van Dorsten - 518-644-7034, Nealvan@aol.com

- A wonderful hike along the shores of Lake George to Montcalm Point. We will have a swim and await pick up by boat. We will boat back to Bolton Landing and then to our vehicles. This hike is very popular and has limited space, so sign up early. We will all meet in Bolton Landing in the public parking area adjacent to the Bolton Brewery. From there we will depart promptly at NINE for the trailhead.

FRENCH LOUIE TRAIL OVERNIGHT - [Camp/Hike]

Sat, Jul 17, 2021, time TBD, Rating: A

Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com

- This overnight backpacking trip will take us to a remote and beautiful corner of the Adirondack Park, far from the crowded trailheads of the high peaks. Its many lakes are home to moose, loons, ... and perhaps the occasional deer fly! We'll take the Cedar Lakes Trail to the Northville Placid Trail where it passes through the West Canada Lake Wilderness. Then we will follow the NPT west towards West Lake and explore what's left of the trapper/hermit French Louie's settlement. After a night spent at one of several lean-tos in the area, we'll leave the NPT and take the French Louie Trail east to complete our counterclockwise loop. Our total mileage will be ~20 miles spread over two days with ~2,000 feet of elevation gain. There will also be the option to summit Pillsbury Mountain on Sunday if we are feeling ambitious.



MUD SEASON

Please voluntarily refrain from hiking above 2500 feet during mud season. Don't forget if you encounter mud on the trail walk right through it! For more info check out <https://www.adk.org/mud-season-quick-facts/>

YM: Prospect Mt Loop via Lake George Rec Center, AKA the Better Way Sat, Jan 30, 2021, Megan McLaughlin

- Luckily the forecasted high wind chill did not discourage the group from going out, because it ended up being a cold but beautiful day without wind. Eight of us set out, and the group quickly evenly split into a faster and a slower group. We parked by the Rec Center ball fields, entered the woods just below the ski trails and began snowshoeing. It was a very enjoyable snowshoe and a great hike for the first time snowshoers in the group, who were able to experience a beautifully broken trail without any daunting obstacles. The way up was very beautiful, following the frozen brook in the beginning and reaching the summit with a beautiful clear sky and great views. We were able to enjoy some time on top before heading down the road, where after using the snowmobile cutover, we popped out of the woods right to our waiting vehicles. Participants: Megan McLaughlin, Rich Rogers, Avanti Shirali, Danielle Sanzone, Davey Kelley, Andrew John, Lauraly Grossman, Kendra Schieber, and Sean Driscoll.

Seward Range with 2 night camp Tue, Feb 2, 2021, Jeff Mans

- Camping and hiking in a snowstorm, oh my! A homemade sled carried a heavy load for winter camping up the winter road and about a half mile down the Blueberry trail until one of the wooden x-county ski tips broke, and the sled was abandoned until our return. Shouldering multiple packs, we broke trail to the Blueberry lean-to and made camp for the night as the snow continued to fall. A rather curious and active mouse became our companion for the next few days, and posed for a farewell shot before we bid adieu. The next morning we made breakfast and started off towards Seward with a foot of new-fallen snow on the herd path, with more found at higher elevations as the snow continued to filter down. Going was slow, as we often broke below the faint tracks that had been left about a week earlier. Instead of mph, our progress was marked by hours per mile, as we only advanced up Seward before returning to our lean-to and the comfort of a hot meal and warm shelter for the night. On the third and final day, we were greeted by pleasant and sunny conditions, but on account of the sled rescue before us, we broke camp and winched our winter packs on our backs to waddle out back to the sled. Some reference was made to heavy packs and strong legs, and a cameo was produced. Back at the sled we used our snowshoes to pack a path back and forth to the Ampersand Road before we returned and were able to manhandle the sled out to the Ampersand Road, where we soon found ourselves in good company and out to the winter parking area in record time, almost like being levitated and transported through space and time. Good company, warm shelter, no hunger pains, and a winter wonderland that can't be beat unless you're counting peaks. Sled modification to include indestructible downhill skis next trip. Participants: Jeff Mans, Jim Zwynenburg, and Greg "Hurt Foot" in mind and spirit.

Valentine's Day Singles Mingle & Sweetheart's trek - Moreau State Park Sun, Feb 14, 2021, Jen Shepherd

- Our hike began with a 9am meet-up. We went with microspikes and left the snowshoes in the car since the trail/road didn't require more than spikes. It was a leisurely to moderate pace kind of day. No real wind but definitely a gray morning. We enjoyed some loops around the lake, visited the outdoor fire by the warming hut and had some conversation over cocoa/coffee/tea. There were a few people ice fishing on the lake but we opted not to cross the ice. Nobody felt like an unanticipated swim. Eight participants total including leader and a dog: Jen S., Diane A., Sarah J., Ben N., Sharon B, & Beau (dog), Lucinda C., and Steph.

Avalanche Pass Sun, Feb 21, 2021, Steve Mackey

- Another great winter ski trip. Half of us met at Panera, and the other half met at South Meadows. Joe brought short bushwhacker type skis, so we gave him a little head start. We took a little break at Marcy Dam, and we managed to feed one chickadee, one sunflower seed. We regrouped before the big climb up to Avalanche

Pass. I had some old skins that I had brought along, with very little stick left to the glue. I thought I'd at least give them a try. They worked fantastic and I was able to climb with ease, and descend, as if I knew what I was doing. (I felt a little guilty). The rest of the group looked like professionals. I waited at one of the hard spots on the way out, and all the video I got was of skiers being under control and looking good. At the lake, we spent a little time checking out the "hitch up Matilda" and the "Trap Dike." We ended up getting done early enough, and got to have a beer at the new Paradox Brewery. Participants: Jim Schneider, Matt Karkoski, Joe Babcock, Jim Amell, Maureen Laskey, Steve Mackey.

St. Patty's Day on Spruce Sat, Mar 13, 2021, Jen Shepherd

- We couldn't have asked for a nicer day to be out on the trails. A bit brisk with a light wind but bright and sunny! After some cancellations, four of us embarked on our adventure. The trail was a bit icy down low but manageable in spikes. We made decent time to the summit where we met two lovely ladies from the Albany chapter. We had an excellent chat about a mutual friend and Schenectady chapter member Herb Terns and his awesome new book Iron Sharpens Iron. Great story about the Iron Man challenge. It's always fun running into chapter members on hikes. We stayed long enough to take some photos from the tower and make our way down before we got too chilly. As it got later into the morning, more people were making their way up to the summit. The sun was warming up the trail and conditions were changing from a nice hard pack with ice patches to slightly melted with ice patches. Everyone made it down without incident with plenty of time left in the day to enjoy the sunshine. Participants: Jen S., Diane A., Cindy C., and Ben N.

Boreas Ponds Sat, Mar 13, 2021, Steve Mackey

- Our trip ended up being after a thaw, so the skiing conditions weren't ideal. Boreas Ponds is sort of in a "snow belt," so there was plenty of snow for a base. Unfortunately it had frozen, so that there wasn't a good grip on the uphill, and on the downhill, if you got in the tracks you were in for a bumpy ride. Then on the way out, the snow had softened up quite a bit, and there were random places where your skis would suddenly sink in about a foot. It still was far superior to walking or snowshoeing. The weather was really nice, and the view was outstanding. We had lunch in the new lean-to, and it might be the nicest lean-to in the Adirondacks. After lunch, we skied around the ponds for a while. We stayed close to the shore because out in the middle the snow had all blown away. Real nice trip. I'll probably lead it again next year. Participants: Ellen Wetherbee-McDevitt, Jen Ferriss, Joe Babcock, Shelly Nevard, Cathy Gilchrist, Steve Mackey.

Phelps Sat, Mar 20, 2021, Jen Ferriss

- I thought perhaps that changing the meet-up time to 8 am would give us a better chance of getting a parking spot at the Loj, but alas we missed the cut off by a few cars at 7:45 am. Luckily Mike and Anthony had spots and were able to take our bags so the 1 mile walk from South Meadows served as a warm up without effort. We arrived at Marcy Dam to a full deck; winter campers were enjoying breakfast and recommended skipping the bridge to enjoy the views and walk across the ice. I made the decision to take the new re-route past the Marcy Dam #4 Lean-to. The trail was hard packed and post holed so we all switched to snowshoes to make the rest of the way less of a hop and more of a float on snow. The detour turned out to be unnecessary but a welcomed diversion to see the new trail. Phelps was a popular destination but we had plenty of space to stretch out and enjoy the blue skies, sun, and views during our extended lunch break. We made it back to the cars at the HPIC at a steady pace, enjoying the warm spring air. If you hike with me, ice cream always follows. Joe and I enjoyed our first Martha cones of the season. Hikers: Jen Ferriss, John Acacia, Joe Babcock, Mike Fuller, Tyler Gross, Mark Seymour and Anthony Szmul.

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.

Bear Canisters to Rent to Chapter Members



These bear-proof canisters are required by overnight users in the Eastern/Central Zones April 1 to November 30th. NYSDEC encourages campers to use bear-resistant canisters throughout the Adirondack and Catskill backcountry.

8.8” dia. X 12” long, weight 2.7 lbs. designed to slip into your backpack.

Backpackers’ Cache (Garcia Manufacturing) and Bear Keg (Counter Assault) are available to rent for \$5 for up to 3 nights and \$10 for 4-7 nights.

Call Jim Schneider at 518-421-4975 to reserve your canister rental.



Chepontuc Footnotes

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

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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!***

