



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

TAKE A WALK ON THE WILD SIDE

March 16, 2022

7 pm, In-Person, Saratoga Springs Public Library



Learn more about the wild flowers and native plants you observe in diverse habitats on your hikes and walks in nature. Suzanne Rancourt, a naturalist, herbal educator and member of the Adirondack Mountain Club, will guide us in identifying native plants and learning about their traditional uses as food or medicine. Suzanne will discuss eco-conscious use and Native American perspectives of stewardship. Join Suzanne as she offers basic rules for plant identification and use, including do's and don'ts and the three rules of identification.

Suzanne was born and raised in the rural mountains of West Central Maine and now lives in the Adirondacks. She is a tribally affiliated Native American, and her ancestors worked and lived close to the land. Her father and grandfather worked in the woods and instilled in her at an early age the way of balance that humans must live by to ensure food and natural resources for future living. In addition to being a talented poet, singer/songwriter and multimodal artist, Suzanne is an Expressive Arts Therapist and Alcohol and Substance Abuse Counselor.

Seating is limited and registration is required. Registration is through the Saratoga Springs Public Library website: <https://sspl.libcal.com/event/7648292>

MOROCCO - TREKKING, MEDINAS AND MINT TEA

April 20, 2022

7 pm, In-Person, Saratoga Springs Public Library

Join John Schneider on a visual and oral journey as he reminisces about his 10-day trip to Morocco in 2018. Beginning in Marrakech and ending in Fes with a three-day hiking trek in the Atlas Mountains right in the middle, you won't want to miss out on his "adventure of a lifetime."

In each city they stayed in hotels in the old section (medina), where cars are not allowed due to extremely narrow "streets." Even though they had been given maps of the medinas, navigating these narrow, very crooked and maze-like lanes was quite the experience. Fes has one of the largest medinas and one of the largest car-free urban areas in the world.



Seating is limited and registration is required. Registration is through the Saratoga Springs Public Library website: <https://sspl.libcal.com/event/6641971>

Banff Centre Mountain Film Festival World Tour



Virtual Viewing Options:
www.adk-gfs.org
Rent thru Oct 2022



Thank you for coming to the live Banff show this year at The Wood Theater in Glens Falls. We had 2 almost full houses, great raffle items and door prizes. We raised over \$600 for The Summit Steward Program in memory of Dan Kane. A big thank you to Banff committee: **ADK-GFS** ~ Kim Brown, Mo Coutant, Kathi Noble, Anne Paolano with help from Licia and Steve Mackey and other ADK Committee members & **Rocksport** ~ Sue Beadle & **Fountain Square Outfitters** ~ Nancy Fuller

Thank you to our Sponsors and Donors

ADK-Glens Falls Saratoga Chapter, Rocksport, Fountain Square Outfitters, Meyer, Fuller & Stockwell Law Office, Nemer Ford and Nemer Chrysler, Hudson Headwaters Health Network, The Queensbury Hotel, Local Motion Physical Therapy, SUNY Adirondack Adventure Sports Club.

Door prizes from: Adirondack Extreme, Adirondack Mountain Club, Adirondack Theatre Festival, Common Roots Brewing Company, The Crossroads, Fountain Square Outfitters, Jack and Tillie Freeman, Joy Woolworks, Legs by Liz, Rick's Bike Shop, Steve Myhrberg, Shady Business, The Sports Page, Summit Yoga, Rocksport Indoor Climbing Gym, & West Mountain Ski Center.



THANK YOU!



Chapter Chair Report ~ Brian Coville



It is an exciting time for the Adirondack Mountain Club. A few highlights have included purchase of the Cascade Ski Center along Route 73 near Lake Placid, launch of a thoroughly upgraded version of the website, and the beginning of the Club's 100th year! The year will be filled with events to celebrate the 100th anniversary. One of those events is participating in the 100 Mile Challenge. The Challenge will take place from May 29th to September 5th. Walk, run, hike, paddle, or pedal—or any combination of any human-powered activity—100 miles in 100 days, raise \$100 or more in sponsorships, and receive a 100 Mile Challenge patch! Registration is open on the ADK website.

The Banff Mountain Film Festival World Tour was held in February. I would like to thank the Banff committee for their hard work and dedication to making this event happen. Coordinating the Banff Film Festival always requires a lot of work and the pandemic has not made that any easier. I am thankful that the Banff Committee was willing to dedicate their time and effort to safely host this event during this time of ongoing uncertainty. (continued on page 4)

ADK Saratoga - Glens Falls Chapter Committee Officers and Chairs

Executive Committee Officers	Committee Chairs	Committee Chairs
Chapter Chair chapterchair@adk-gfs.org Brian Coville	Conservation 401-529-5034 conservation@adk-gfs.org Co-Chair Paul Dietershagen Aimee Viens Rutledge	Trails 518-638-6139 trails@adk-gfs.org Co-Chair Jim Schneider Tom Ellis
First Vice Chair 518-396-8108 vicechair@adk-gfs.org Kim Brown	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	Young Members ymg@adk-gfs.org Megan McLaughlin
Secretary 518-798-0624 secretary@adk-gfs.org John Caffry	Membership membership@adk-gfs.org Bobbi Fitzgerald	Fire Tower 518-668-3046 firetower@adk-gfs.org Tim Noble
Treasurer 518-793-6484 treasurer@adk-gfs.org Steve Mackey	Newsletter Editor 518-290-0703 newsletter@adk-gfs.org Jennifer Ferriss	Annual Dinner 518-798-3055 annualdinner@adk-gfs.org Anne Paolano
Past Chapter Chair 518-668-3046 pastchair@adk-gfs.org Vacant	Outings 518-893-7895 outings@adk-gfs.org Co-Chair Jen Shepherd Wayne Richter	Publicity publicity@adk-gfs.org Stephanie Graudons
Trustee 518-421-4975 wilderness@adk-gfs.org Alternate Trustee: Vacant Jim Schneider	Programs 518-798-3055 programs@adk-gfs.org Anne Paolano	Banff banff@adk-gfs.org Mo Coutant
Members at Large Maureen Coutant Kathi Noble Vacant	Learn More: adk-gfs.org	Get social Instagram: @adkglensfallssaratoga Facebook: facebook.com/adkgfs or facebook.com/SaratogaYMG

Chapter Chair Report cont.

We are beginning the process of assembling the Nominating Committee to prepare the slate of candidates for 2023 Chapter offices. I want to encourage anyone involved in Chapter outings, events, committees, and Chapter members in general to volunteer to be a part of the Nominating Committee. Participating on the Nominating Committee does not involve much time commitment. Contributing suggestions for potential candidates or the criteria for selecting those candidates is the most valuable part and an important way for members to inform the direction of the Chapter.

Vacant Executive Committee Positions

The Chapter Executive Committee is currently looking for volunteers for the Alternate Trustee, 2nd Vice Chair and Member-at-Large positions:

Alternate Trustee: Jim Schneider has been doing an outstanding job as Trustee so (without having discussed this with Jim) I am confident the Alternate Trustee will benefit from Jim's guidance and his remarkable level of dedication and enthusiasm. The Advisory Council meetings are worthwhile and filled with discussion of efforts which other chapters have found successful as well as challenges chapters are working diligently to address.

2nd Vice Chair: I previously served as the 2nd Vice Chair and really enjoyed it. 2nd Vice Chair is a great way to get involved with the Executive Committee and help out, especially if you are interested in taking on a leadership role in the future.

Member-at-Large: The member-at-large is a new Executive Committee position. There are three members-at-large positions; Mo Coutant and Kathi Noble serving in two of the three positions. Mo and Kathi are both former Chapter Chairs and currently volunteer on the Banff and Fire Tower Challenge committees, respectively. It'd be an honor to serve along side them as a Member-at-Large. This position is also a great way for someone new to the Executive Committee to become involved with few responsibilities beyond participating in the monthly Executive Committee meetings.

Please reach out to me or one of the other Executive Committee members if you are interested in volunteering for one of these roles or would like to learn more.

Adirondack Mountain Club Advisory Council

Highlights from the January 18th meeting

- The Cascade Ski Center was purchased; Goggins Road property has an interested party.
- 60+ outings are scheduled for the Fall Weekend/Centennial Celebration, September 23-25, 2002 in Silver Bay.
- Kate Hacker, Niagara Frontier Chapter, was elected to serve on the ADK Board of Directors. She will represent the Club membership.

If you have any comments, thoughts, concerns, suggestions regarding ADK in any way, shape or form, please let me know and I will communicate them to Kate. I know Kate and I know she will do a good job. As you know, the ADK mission statement has changed and is no longer stated as a "member directed" organization. As per the change in ADK bylaws approved by ADK membership, member representation in ADK governance now focuses on the lone board seat allotted to the Advisory Council representative - the representative of ADK membership. Send comments: trustee@adk-gfs.org

Next Advisory Council meeting: May 17, 2022.

Respectfully submitted by Jim Schneider, ADK Glens Falls-Saratoga Chapter Trustee

ADK Centennial Guidebook, *Peaks and Ponds*, *Adirondack Day Hikes* coming soon!

This brand-new collection of 37 classic and lesser-known day hikes honors ADK's 100-year anniversary. It will take you to beautiful remote spots throughout the park — places such as Moss Lake, Catamount Mountain, Tirrell Pond, and Kipp Mountain. Many of the hikes might even become your new favorites! It's a collaborative work by two of ADK's own staffers, who are seasoned outdoor adventurers: Bobby Clark, manager of our High Peaks Information Center, and Cat Hadlow, who works the front desk at Adirondack Loj.

The book also features snippets of ADK history. Learn about topics such as how ADK builds trails to curtail erosion, and how we helped fight the building of dams along the Hudson River. Sections about wilderness safety and ethics will help you have a safe, low-impact outing.



Peaks and Ponds will be available for just \$18.95 at ADK.org, or by calling 800-395-8080 (member discounts apply), and at select retailers.



APPLICATIONS FOR THE 2022 ADK TRAILHEAD STEWARDSHIP SEASON ARE NOW OPEN

The ADK Trailhead Stewardship Program @ Heart Lake is one of the ADK's most successful high-profile programs. Perhaps you have met one of our Trailhead Stewards at the High Peaks Information Center (HPIC). We greet hikers, answer questions and help folks make good decisions for a safe and enjoyable outing. Thorough Training in Leave No Trace Principles, Authority of the Resource Technique of hiker interaction, NYSDEC Central High Peaks regulations, and your hiking experience and knowledge of the trails that start at Heart Lake will give you the confidence to help us achieve program goals.

Weekend and holiday shifts are available. July and August shifts are weeklong, but there is the possibility of "split shifts" and substitute shifts. Generous volunteer benefits are included.

Please contact Bobby Clark, HPIC manager bclark@adk.org or Jim Schneider, trustee@adk-gfs.org with any questions you may have and for a print [application](#).



The *NYSDEC Hudson River Almanac* is a weekly natural history journal that seeks to capture the spirit, magic, and science of the Hudson River Valley watershed from the High Peaks of the Adirondacks, 320 miles to the sea. This includes the Mohawk, Battenkill, Wallkill, and other tributaries. Each edition of the Almanac covers the previous week and is sent as a free e-mail to a distribution of 20,000 readers.

The Almanac is compiled and edited by Tom Lake and produced by the NYSDEC's Hudson River Estuary Program in partnership with many hundreds of enthusiasts whose adventures, observations, and sentiments are found in its entries. We encourage personal contributions—a concise paragraph, or so, with details—including photos, from our readers. To contribute your adventures, and be placed on the distribution list, e-mail: trlake7@aol.com.

ADK Fire Tower Challenge
by Kathi Noble



Congratulations to the following hikers who have recently completed the Adirondack Mountain Club Fire Tower Challenge:

Brooke Champine, Albany
Patti Warner, Plattsburgh
Abigael Burke, Ballston Spa
Andrew Burke, Ballston Spa
Alaina Burke, Ballston Spa
Joshua James, Albany
Roberta Peacock, Tupper Lake
Jessica Norton, Tupper Lake
Carolyn Sturick, East Syracuse
Rob Arcuri, East Syracuse
Rita Glover, Fulton
Megan Kalisz, Rotterdam
Amy Brelia Meighan, Mamaroneck
Marie Pier Grimard-Berube, Rome
Anthony Bruno, Sackets Harbor
Maxim Verenich, Frankfort
Josh Gregory, Oneonta
Brooke Williams, Oneonta
Stephen Rombach, Hockessin, DE

An extra congratulations to the following people who have earned the **Winter Rocker**:

Margaret Varin, Clifton Park
Nancy Swete, Glenmont
Stephen Rombach, Hockessin, DE



**VOLUNTEER AT
THE 2022
SPORTS EXPO**

Saturday March 19th - 10 am to 4 pm

Sunday March 20th - 10 am to 5 pm

**4 hour shifts available. Please contact
Megan McLaughlin to help out
megan@adk.org**

Membership Update
by Bobbi Fitzgerald

Welcome new members and thank you to everyone who rejoined.

November 2021 New Members

Manuel & Maggie Orta, Queensbury
Heather Reynolds, Saratoga Springs
Jackie Chimiak, Saratoga Springs
Samantha McCart & Carl Burkart, Galway
Albert Burger, Wooster, OH
Patricia Midura, Lake Luzerne

November 2021 Rejoined Members

Mark Bremser, Queensbury
Karen Breslin, Wilton
Robert Canham, Ballston Spa
Kathleen Farrell, Rochester
Susan Kohler, Mechanicville
Ellen Laterra, Saratoga Springs
Peter Lee, Saratoga Springs
Peter Leyh, Jupiter, FL
Randall Palmer & Diane Gulbrandsen, Saratoga Springs
Christine Rounds, Clifton Park
Barbara Williams, Fort Edward

November 2021 Renewal Affiliate

Dan Nielsen, Indian Lake

December 2021 New Members

Kim & Lyndon Peck, Malta
Matt Kelley, Clifton Park
Jessica Krause & Will Demuth, Saratoga Springs
Scott & Jacqueline Royael, Maya, Parker, Maya, Glens Falls
Mallory & Kevin Conine, Bristow, VA
Jeannine Laverty, Saratoga Springs
Megan Wildermuth & RJ Demeo, Queensbury
Holly Bachilas, Lancaster, PA
Georgianna Ryan, Glens Falls
Katrin Schildge, Saratoga Springs
Minna Brown & Charlie Bettigole Margot, Sam, Glens Falls
Lisa Vollendorf & Scott Votey, Santa Rosa, CA
Bonnie Shannon & Don Weis, Fort Ann
Jacob Hayes, Fort Ann

December Rejoined Members

Joe Clain, Gansevoort
Madeline DeDe Panken & Catherine DeDe, Glens Falls
Peter Gkonos & Marie Ann Tavianini, Abington, PA
Jeff & Peggy Gorss, Greenfield Center
Lloyd & Virginia Matt, Queensbury
Mike Pinto, Glens Falls
Rachel Sloan, Glens Falls
Jack Whitney, Queensbury
Christopher & Jennifer Yates, South Glens Falls

December 2021 New Affiliate

Kelly Munger, Niskayuna

Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
* March 2022					
2	Wed	Meeting	March Executive Committee Meeting	Brian Coville	NR
9	Wed	Walk/Ski/Snowshoe	Where Are We Going Wednesday?	Jen Ferriss	C
12	Sat	Hike/Snowshoe	Haystack	Jen Ferriss	A++
13	Sun	Ski	Boreas Ponds	Steve Mackey	A
16	Wed	Program	Program: Take a Walk on the Wild Side: Flowers and Native Plants	Anne Paolano	NR
18	Fri	Hike/Snowshoe	Gothics Mountain from St. Huberts	Jeff Mans, Jen Ferriss	A+
20	Sun	Hike/Snowshoe	Mt. Adams Fire Tower	Jen Shepherd	B+
30	Wed	Walk/Ski/Snowshoe	Where Are We Going Wednesday?	Jen Ferriss	C
* April 2022					
2	Sat	Camp/Hike	Overnight Camp and Hike to Boreas Mountain from The Branch (Sat & Sun)	Jeff Mans, Jim Zwynenburg	A
6	Wed	Meeting	April Executive Committee Meeting	Brian Coville	NR
9	Sat	Hike/Snowshoe	Spring Training Hike:: Prospect Mountain - an alternate approach	Jen Shepherd	B
13	Wed	Walk/Hike	Where Are We Going Wednesday?	Jen Ferriss	C
20	Wed	Program	Program: Morocco: Trekking Medinas and Mint Tea	Anne Paolano	NR
20	Wed	Walk/Hike	Where Are We Going Wednesday?	Jen Ferriss	C
23	Sat	Hike	The Tip of the Tongue - A counter clock-wise approach	Jen Ferriss	A+
23	Sat	Walk	Gerald B.H. Solomon Saratoga National Cemetery	Rich Crammond	C-
* May 2022					
4	Wed	Meeting	May Executive Committee Meeting	Brian Coville	NR
29	Sun	Hike	100 Mile Challenge Kickoff Hike: Black Mountain Fire Tower	Jen Shepherd	B+
31	Tue	Walk	100 Mile Challenge: Weekly Walk at Rush Pond	Jen Shepherd	C+

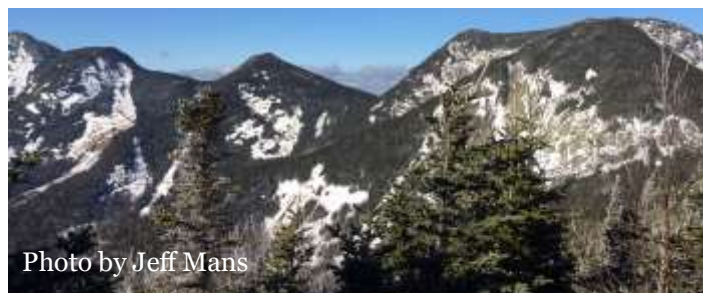


Photo by Jeff Mans



Photo by Jeff Mans

Outings and Programs March 2022

MARCH EXECUTIVE COMMITTEE MEETING

Wed, Mar 2, 2022, 7:00 pm, Rating: NR

Brian Coville - 518-350-4117,

Brian_Coville@Outlook.com

- The meeting will be a virtual meeting via Zoom. All chapter members are welcome at the meeting. The Zoom meeting information is available at the following link and upon request: https://1drv.ms/f/s!AoWpjNifugghgtRaK1dkW_KiTNS89w Email chapter-chair@adk-gfs.org for the password. The Zoom link will also be provided in the meeting agenda.

WHERE ARE WE GOING WEDNESDAY?

[Walk/Ski/Snowshoe]

Wed, Mar 9, 2022, 8:00 am, Rating: C

Jen Ferriss - ferrissj@gmail.com

- Where are we going? I won't know until Tuesday when I get a last look at the forecast. I do know that I have 2 hours to get outside to walk/hike a local trail or hop on X-C skis. Total mileage will be around 5 miles on a trail in the Saratoga/Southern Lake George region. The pace will be steady and may seem brisk but we will not be jogging or racing; I just need to be back in my car by 10 am to get ready for work. Let me know if you want to be on my email list and I will let you know where to meet up. All participants will need to show proof of vaccination upon arrival unless a valid medical exemption is provided. We will meet at the trailhead.

HAYSTACK - [Hike/Snowshoe]

Sat, Mar 12, 2022, 5:00 am, Rating: A++

Jen Ferriss - ferrissj@gmail.com

- We will leave from the Garden trailhead around 6:30 am to JBL, up to Slant Rock, over Little Haystack, and then on to the summit. Round trip 17.8 miles with an elevation gain of 3,570 feet. Snowshoes and full crampons required. This will be a long and rewarding day. Please check the current ADK COVID-19 guidelines (<https://adk.org/covid-19-guidelines/>) for proof of vaccination requirements. Less than ideal weather will move the hike to Sunday or the 2022-23 winter season. Space is limited. We will meet at the Exit 18 park and ride on Media Drive.

BOREAS PONDS - [Ski]

Sun, Mar 13, 2022, 8:00 am, Rating: A

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

- I've done this trip the past several years. It's not real hard, but it's not real easy. It's around 13-14 miles round trip. It is on an old Finch Pruyn road, so it's gently rolling and fairly wide. There are a couple downhills that can be fast, depending on conditions. There is a nice new lean-to in by the ponds that makes a great lunch spot. We'll ski around the ponds some, but it depends on the ice, how cold it is, and the wind. Let's hope for some sunshine.

PROGRAM

Wed, Mar 16, 2022, 7:00 pm, Rating: NR

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

- Take a Walk on the Wild Side with Suzanne Rancourt In person event in the Dutcher Community Room at Saratoga Springs Public Library. Registration is required. 50 seats available. Learn more about the wild flowers and native plants you observe in diverse habitats on your

hikes and walks in nature. Suzanne Rancourt, a naturalist, herbal educator and member of the Adirondack Mountain Club, will guide us in identifying native plants and learning about their traditional uses as food or medicine. Suzanne will discuss eco-conscious use and Native American perspectives of stewardship. Join Suzanne as she offers basic rules for plant identification and use, including do's and don'ts and the three rules of identification. Co-sponsored by the Adirondack Mountain Club. Seating is limited and registration is required. Suzanne Rancourt was born and raised in the rural mountains of West Central Maine and now lives in the Adirondacks. She is a tribally affiliated Native American, and her ancestors worked and lived close to the land. Her father and grandfather worked in the woods and instilled in her at an early age the way of balance that humans must live by to ensure food and natural resources for future living. In addition to being a talented poet, singer/songwriter and multimodal artist, Suzanne is an Expressive Arts Therapist and Alcohol and Substance Abuse Counselor. Registration Link: sspl.libcal.com/event/7648292.

GOTHICS MOUNTAIN FROM ST. HUBERTS

[Hike/Snowshoe]

Fri, Mar 18, 2022, 8:00 am, Rating: A+

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

Colead: Jen Ferriss

- We'll take the primary route to Gothics starting from the St. Huberts parking lot and up Lake Road to cross the Ausable River bridge to Beaver Meadow Falls and the trail to Gothics. There are multiple series of ladders that ascend a slide where the terrain is steep before reaching the final summit ridge and we scamper up to Gothics. Round trip is about 12.4 miles with 3,500 feet of elevation gain. Tenth highest ADK peak with excellent 360 degree views in the midst of the Great Range. Albany's own Verplanck Colvin would be proud.

MT. ADAMS FIRE TOWER - [Hike/Snowshoe]

Sun, Mar 20, 2022, time TBD, Rating: B+

Jen Shepherd - jen@adk.org

- I'm a glutton for punishment and in desperate need of spring training to prepare for the 100 mile challenge starting in May. If you like steep, challenging terrain and want to get outside for an adventure... this is for you. This will not be a fast paced hike, but I'll keep it as steady and consistent as my lungs will allow. Microspikes and snowshoes are mandatory. Who knows what the weather will be in March and that trail can be deep snow with a nice hard pack, fresh but deep snow, steep ice, melting run-off, or all of the above. Plan to have plenty of water, a thermos of your favorite hot beverage, snacks, lunch, and all appropriate winter layers. I will be strict and will be checking. The hike is roughly 5 miles round trip with plenty of elevation gain. Just when you think the trail can't possibly ascend anymore, it does! This will be a dog friendly hike, though I have reservations about icy sections. We can discuss during sign-up. Please email hike leader to sign up and provide a little hiking background if we've never hiked together before. Covid protocols are in place. You must be vaccinated and willing to show proof to participate. Inclement weather will cancel.

Outings and Programs March 2022

WHERE ARE WE GOING WEDNESDAY?

[Walk/Ski/Snowshoe]

Wed, Mar 30, 2022, 8:00 am, Rating: C

Jen Ferriss - ferrissj@gmail.com

- Where are we going? I won't know until Tuesday when I get a last look at the forecast. I do know that I have 2 hours to get outside to walk/hike a local trail or hop on X-C skis. Total mileage will be around 5 miles on a trail in the Saratoga/Southern Lake George region. The pace will be steady and may seem brisk but we will not be jogging or racing; I just need to be back in my car by 10 am to get ready for work. Let me know if you want to be on my email list and I will let you know where to meet up. All participants will need to show proof of vaccination upon arrival unless a valid medical exemption is provided. We will meet at the trailhead.

OVERNIGHT CAMP AND HIKE TO BOREAS MOUNTAIN FROM THE BRANCH (SAT & SUN)

Sat, Apr 2, 2022, 10:00 am, Rating: A

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

Colead: Jim Zwynenburg - 518-290-6804

or jim@testplastic.com

- We'll hike up The Branch road/trail off Blue Ridge Road and set up overnight camp along the river, and the next day take the existing Boreas Trail (road) to the former firetower cabin with the last mile or so on a traditional trail steeply climbing to the summit of Boreas Mountain along the 2012 Elk Lake Public Recreational Easement, and pack out afterwards. The Easement specifically provides that the Boreas Trail shall be available for Public Recreational Uses permitted by the Conservation Easement at all times during the calendar year and located along the existing woods road and trail to Boreas Mountain. Total round trip is a little over 12 miles. Very easy going along the existing roads.

APRIL EXECUTIVE COMMITTEE MEETING

Wed, Apr 6, 2022, 7:00 pm, Rating: NR

Brian Coville - 518-350-4117,

Brian_Coville@Outlook.com

- The meeting will be a hybrid with the option to participate via Zoom and an in-person at a location to be determined. All chapter members are welcome at the meeting. Please let the organizer know if you plan to attend in-person. The Zoom meeting information is available at the following link: https://1drv.ms/f/s!AoWpjNifugqhgRtRaK1dkW_KiTNS89w

Email chapter chair at adk-gfs.org for the password. The Zoom link will also be provided in the meeting agenda.

SPRING TRAINING HIKE: PROSPECT MOUNTAIN - AN ALTERNATE APPROACH

Sat, Apr 9, 2022, time TBD, Rating: B

Jen Shepherd - 518-000-0000, jen@adk.org

- We'll take one of the alternate trails up Prospect Mountain from the Lake George Recreational Park. This was never one of my favorite hikes until I was introduced to this route to the summit. It's much more pleasant than the main trail. Since it's April, we could encounter combinations of snow and mud the entire way, so plan your cloth-

ing and gear appropriately. Round trip is roughly 5.5 miles. Pace will be steady and consistent. If it's a nice enough day, we will linger and eat on the summit. Pack plenty of layers, snacks, food and water. This will be a dog friendly hike; please provide some info on your pup when signing up. Covid protocols are in place. You must be vaccinated and willing to show proof to participate. Please email hike leader to sign up. Give me a little background hiking info about yourself if we've never hiked together before. Bad weather will cancel.

WHERE ARE WE GOING WEDNESDAY?

[Walk/Hike]

Wed, Apr 13, 2022, 8:00 am, Rating: C

Jen Ferriss - ferrissj@gmail.com

- Where are we going? I won't know until Tuesday when I get a last look at the forecast. I do know that I have 2 hours to get outside to walk/hike a local trail. Total mileage will be around 5 miles on a trail in the Saratoga/Southern Lake George region. The pace will be steady and may seem brisk but we will not be jogging or racing; I just need to be back in my car by 10 am to get ready for work. Let me know if you want to be on my email list and I will let you know where to meet up. We will meet at the trailhead.

PROGRAM

Wed, Apr 20, 2022, 7:00 pm, Rating: NR

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

- Morocco-Trekking, Medinas and Mint Tea. In person event at the Dutcher Community Room Saratoga Springs Public Library. Join John Schneider on a visual and oral journey as he reminisces about his travels in Morocco. His "adventure of a lifetime" began in Marrakech and ended in Fes, with a three-day hiking trek in the Atlas Mountains in the middle. In each city, he stayed in the old section (medina) with narrow, crooked, maze-like streets and no cars. In addition to the medinas, highlights of the trip included collecting fossils, riding camels, going into remote areas of the country and visiting an herbal shop. Co-sponsored by Saratoga Springs Public Library. Seating is limited and registration is required. Please register online: sspl.libcal.com/event/6641971

WHERE ARE WE GOING WEDNESDAY?

[Walk/Hike]

Wed, Apr 20, 2022, 8:00 am, Rating: C

Jen Ferriss - ferrissj@gmail.com

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THE TIP OF THE TONGUE - A COUNTER CLOCK-WISE APPROACH - [Hike]

Sat, Apr 23, 2022, 7:00 am, Rating: A+

Jen Ferriss - ferrissj@gmail.com

Outings, Programs and Trip Reports

- Let's do the southern part of the range from a counter-clockwise approach. We will meet at the Clay Meadow trailhead on Route 9N at 7 am and hike to Montcalm Point along the Northwest Bay. After enjoying the tip of the tongue we will head up the range to Fifth Peak and back down to the cars. Hopefully with the spring melt the waterfall will be flowing. The total distance is around 13.25 miles with elevation gain around 4,000 feet. Be prepared for spring weather and mud. Space is limited.

GERALD B.H. SOLOMON SARATOGA NATIONAL CEMETERY - [Walk]

Sat, Apr 23, 2022, 9:00 am, Rating: C-
Rich Crammond - 518-584-2380

- This will be a walk to learn more about this well-kept and directed landscape. Approximately 1 mile of walking. Bring water and rain gear. Meet at the public information center, the first building in from the main entrance stone wall. Address: 200 Duell Road, Schuylerville. Look for my black Chevy pickup.

MAY EXECUTIVE COMMITTEE MEETING

Wed, May 4, 2022, 7:00 pm, Rating: NR
Brian Coville - 518-350-4117,
Brian_Coville@Outlook.com

- The meeting will be a hybrid with the option to participate via Zoom and an in-person at a location to be determined. All chapter members are welcome at the meeting. Please let the organizer know if you plan to attend in-person. The Zoom meeting information is available at the following link: https://1drv.ms/f/s!AoWpjNifugqhtRaK1dkW_KiTNS89w Email chapter-chair@adk-gfs.org for the password. The Zoom link will also be provided in the meeting agenda.

100 MILE CHALLENGE KICKOFF HIKE: BLACK MOUNTAIN FIRE TOWER

Sun, May 29, 2022, time TBD, Rating: B+
Jen Shepherd - jen@adk.org

- Lets kick off the 100 mile challenge with 5-8 miles on Black Mountain! If conditions warrant, and the group is feeling it, we will hike the loop for 8 miles. The backup plan is out and back the same way for a round trip of 5 miles. Pack snacks, lunch, and plenty of water. You'll want to bring layers, too; it could be spring at the trailhead and blustery or cold on the summit. We will hike at a steady, consistent pace. Plan to have lunch/snacks on the summit. If it's a nice day we can linger. The group will decide on the summit whether to loop or not to loop. Covid protocols apply; you must be vaccinated and willing to provide proof to participate. Email hike leader to sign up, and please provide some details about your hiking experience. Heavy rain/inclement weather will cancel. This is a dog friendly hike, so be sure your pup is good with other dogs and strangers. Pack plenty of treats but word of warning, tasty snacks tend to fall from the sky around dogs because hike leader can't help themselves!

100 MILE CHALLENGE: WEEKLY WALK AT RUSH POND

Tue, May 31, 2022, 4:00 pm, Rating: C+

Jen Shepherd - 518-000-0000, Jen@adk.org

- Join me for a 4-mile round trip walk at Rush Pond. We

will walk from one parking lot to the opposite end and back. The pace will a little faster than leisurely but not speed walking, though it could build up to that. This will be a dog friendly walk. Please be sure to give me info on your dog when signing up. They'll need to be on leash for the duration of the walk. Covid protocols apply. You must be vaccinated and willing to show proof. Please email leader to sign up and for more details.

Sawteeth via Pyramid-Gothics Trail Tue, Dec 21, 2021, Jeff Mans

- A great start to the winter: We had good weather and conditions that allowed us to use spikes/crampons the entire way. The trail was easy to follow even near the summit with too little snowfall to tempt the winds to play its winter game of covering the trail. Winter views of Pyramid, Gothics, Saddleback, Basin, Marcy and Haystack were in full panoramic display. On the way out we caught the spur trail to Rainbow Falls and marveled in the walled cavern at the base of an almost everlasting shower of continuing peace and tranquility. Participants: Jeff Mans (leader), Jen Ferriss and Anthony Szmul.

Lower Wolf Jaw from Rooster Comb Thu, Jan 20, 2022, Jeff Mans

- The day was cold and my knee was sore, so with two good companions we all agreed that it would be no disgrace to divert our attention to Rooster Comb and Snow Mountain to enjoy some freshly fallen snow and the crisp blue skies. Fortunately, none of us had to check off a box on any list, and the smiles on our faces were just as wide, and maybe wider, having saved for another day the additional 1,500 of elevation that will be waiting for our return. Participants: Jeff Mans (leader of sorts), Jim the Wizard Z. and Dave Ocho White.

Pyramid and Gothics Sun, Jan 23, 2022, Steve Mackey

- It originally seemed like I was going to have the biggest group ever on this trip (I lead it every year), but when all was said and done, we ended up with 5 and it was almost the exact same group that went last year. The conditions for skiing were very good, with a little fresh snow on top of a good base. The temperature had been extremely cold the days before we went, including some -25's in Saranac Lake. We were thinking about possibly moving the trip forward a week, but when the day actually arrived the coldest temperature we experienced was 8 above. Not exactly balmy, but not too bad. We dropped our skis off at Lower Ausable Lake, and then switched to either snowshoes or micro spikes. The trail was hard packed snow, but became a little softer the further we went. Last year the summits were in brilliant sunshine. It was nowhere near as clear this year, but we did get some breaks in the clouds and got to see the mountains and cliffs nearby. We got some nice pictures and David even shot some video with his go-pro. The ski out was as good as it gets. We almost had a little excitement because some of the Ausable Club snowmobiles stopped on the bridge which is the hardest/fastest spot on the whole road with 2 skiers still to come. But, luckily they moved on before the skiers got there, and all was well. Participants: David Pawlick, Ben Norford, Steve Mackey, Tammara Van Ryn, and Chris Lincoln.

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 email 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 can be cancelled if minimums are not met**, thereby affecting all parties. For safety, the MINIMUM number for Outings is: 3 people, including the leader (4 in winter). Exit 19 Panera Bread is the meeting spot unless otherwise noted in the trip description. Be there and ready to depart at the posted time.

Travel Information/Car Pools

Typically we encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. Currently the ADK COVID-19 protocols suggest no carpooling. 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!

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 snowshoes 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.

Ratings

Rating Effort	Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4000+	10+	10+
A	Strenuous	3000+	8-12	8-10
B+	Moderate Strenuous	2,000+	5-10	6-8
B	Moderate	1000+	5-8	5-6
C+	Fairly Easy	1000+	5-8	4-6
C	Easy	Under 1000	Under 5	Under 5

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 Chair on page 3 for more information.



Chepontuc Footnotes

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

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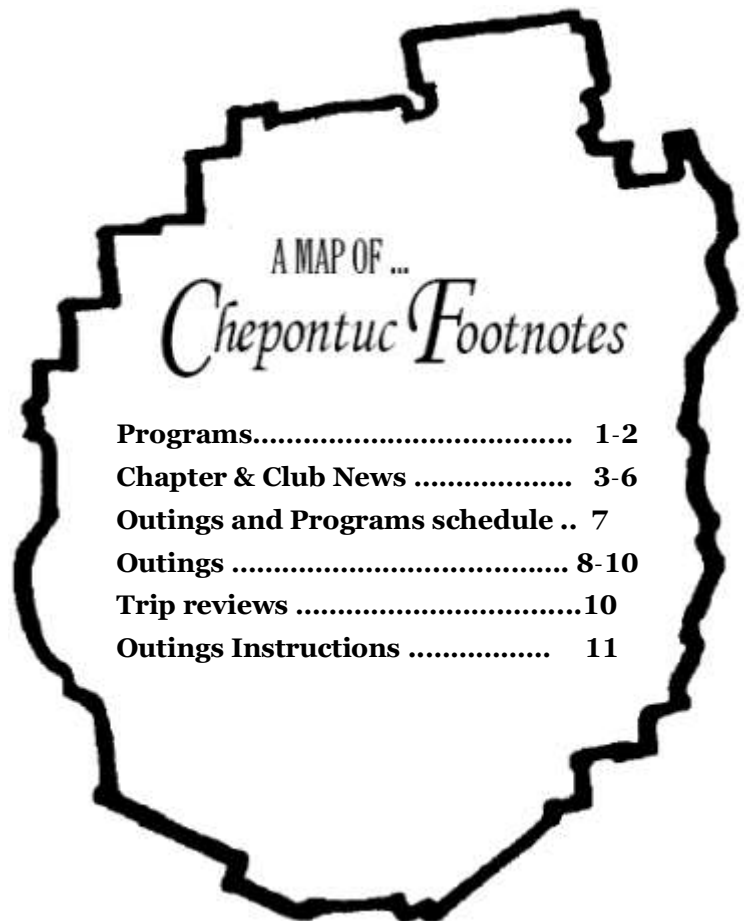


Are you moving?

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

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

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



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